

My Virtual Schedule Plan

Directions: Complete the following template to manage your wellness, priorities & school on your virtual school days. Add & delete rows as needed. Be sure to include sleep, physical activity, meals & self-care time, as well as when you plan to work on each subject. In the last column identify where you can find important items for each class.

Time	Priority/Wellness/School Subject	Teacher & Where to find what I need in Canvas

My ELT teacher's name is:

My Counselor's name is:

Who in my life I can ask for help or encouragement when I feel myself getting off track or stuck:

One mindful or stress reduction strategy I enjoy is:

One tip or small change I can make in my daily habits to help me be successful in Sem 2 is:

¹ NHES 7.12.2-3