

RunningBrooke Virtual Learning Brain Boost Schedule

Tuesday – Friday Schedule	Instruction time	When?
SEAL	30 minutes	Before SEAL Yoga Deck – 3 poses
Encore	45 minutes	Before Encore 20 Jumping Jacks
CORE - Math	60 minutes	Before Math Lesson Perpetual Calendar AM Before Independent Work Bean Bag/Sock Toss
CORE – Science/Social Studies	60 minutes	Before Science/Soc Studies Fitness Cube Before Independent Work Clock Poster Activity
Intervention / Enrichment Block	45 minutes	Before Independent Work Teacher/Student Choice!
Lunch	30 minutes	
CORE - ELA	90 minutes	Before ELA Lesson Perpetual Calendar PM Between Transitions Fitness Cube
Movement Break / Recess	20 minutes	





Prepare the Brain for Learning!

When to Schedule Brain Boosts

- At the beginning of the day (during SEAL, morning meeting)
- Before starting a new goal or objective
- Before each mini lesson
- Before students begin independent work
- Between academic activities
- During transitions
- When students appear bored or restless
- Before, during, and after testing
- While teaching and reviewing academic content

