

Lever Family Rhythms

Monday-Thursday:

9:30am	Wake Up Get Dressed Eat Breakfast
10:00am	Block A
11:30am	Lunch and Break
1:00pm	Block B
2:30pm	Snack Time and Break
3:00pm	Block C
4:30pm	Free
6:00pm	Dinner
7:30pm	Family Time
9:30pm	Phones Up

Block A:

- Devotion
- Read
- Missions

Block B:

- Science
- Technology
- Math

Block C:

- Create
- Outside
- Exercise

Resources:

- www.khanacademy.org
- www.K12.com
- www.udemy.com
- www.theworshipinitiative.com

Friday:

9:30am	Wake Up Get Dressed Eat Breakfast
10:00am	Block A
11:30am	Lunch