

Self-Care Day Schedule

2/16/22

Period 1	7:50-8:50
-10 min Calorie Break-	
Period 2	9:00-10:00
Period 3	10:05-11:05
Period 4	11:10-12:10
Lunch	12:15-12:45

Sources Self-Care Day

<u>Session 1</u>	12:50-1:35
<u>Session 2</u>	1:35- 2:20