



Express Remote Learning

For when you're having a hard day:

1. Don't worry and take a breath! We all have bad days sometimes!
2. Begin your day in prayer with Ms. Wu on Class Dojo.
3. Fill your day with activities you enjoy working on with your parents.
4. End your day in prayer with Mrs. D on Class Dojo.
5. Ask your mom or dad to email your teachers about your day.
6. Have a good night's sleep and try again tomorrow!

