

May 1, 2020

## **Journal**

In the mornings I have been starting my day by waking up around 8:30ish. Once I wake up I like to write in my morning pages and then meditate. After that I do a quick 15-minute exercise followed by breakfast. Then I begin my what now has become my typical “work day”. I usually sit at my computer and check emails and look over any paperwork. After I call my co-worker to discuss plans talking to parents and any new plans we have to forward to them.

It’s been a little difficult adjusting to this now what we call “work day” because before I was so used to being more active and talking to my students and seeing their faces. I do miss seeing them every day and interacting with them. I cannot wait to see them again soon.

**Jasmine Ramos**

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