



Learning Day from Home

Day 2

| Time | Task | Details |
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| Before 9:00am | Wake Up | Eat breakfast, get dressed, brush your teeth! Once you complete all these tasks, you can have free time until 9. |
| 9:00-10:00am | Get moving! | <p>Outdoor Option:</p> <ul style="list-style-type: none"> • Morning walk around the neighborhood. Wave to neighbors. Smile at people you see along the way. • Take a nature walk! Use the Mass Audubon Society Nature BINGO card to collect items you find along the way. <p>Indoor Options:</p> <ul style="list-style-type: none"> • Follow along with Mariam Gates reading Good Morning Yoga book. Practice some Yoga Moves for Kids. • Have a family dance party. Start a family Spotify playlist and let everyone add in a few favorite songs. This is the time to teach kids your old dance moves! |
| 10:00-11:00am | <p>Universal Design for Learning!</p> <p>Where does our food come from?</p> | <p>Yesterday we planted a garden to learn a little more about growing our own food. Now, it's time to learn more about where our food comes from</p> <ul style="list-style-type: none"> • Explore SeedsMap.org to learn more about where our food comes from and the challenges facing agriculture today. Explore the CIAT maps and infographics to understand where our food comes from. • Now that you know where we get our food, learn more about some of the problems with food insecurity. Explore these resources from Students Rebuild. • Later this week we will sign up for the Students Rebuild Hunger Challenge! Preview the challenge today! <p>Options:</p> <ul style="list-style-type: none"> • Discuss what you learned or write in your journal, record a video, or create a mini-podcast...What did you learn about food? What are some problems? How can we help? • Collect your learning thoughts on Post-it Notes to save for a future task. |
| 11:00-11:30am | Creative Time | Get ready for the Fort Building Contest! Connect with a friend or family member and invite them to join tomorrow's fort building challenge. |

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| | | <p>In the meantime, try some of these creative options:</p> <ul style="list-style-type: none"> ● Look out the window and paint or draw what you see. ● Make a piece of art to mail to someone special. ● Find a quiet space to burrow, build, sing or act. ● Plan or sketch your fort design. |
| 11:30am | Lunch | Everyone has to eat at least one fruit and one veggie! |
| 12:30-1:30pm | Choose a room! | Every day this week, we will choose one room out of a hat, and we will all go in and deep clean everything - windows washed, bedding washed, floors steamed and things collected for trash/donate. If it happens to be your room, you can pick the music. Otherwise, Mom and dad pick. Spring cleaning, woohoo! |
| 1:30-2:00 | Reading Time | Read alone, with a partner or with your family. Listen to an audiobook or cuddle up with your pet! |
| 2:00-3:30pm | <p>Universal Design for Learning!</p> <p>Get curious about the past</p> | <p>Yesterday we learned about something happening in the world today. Now it is your chance to travel back in time to thousands of years ago.</p> <p>Options:</p> <ul style="list-style-type: none"> ● Explore the endless digital exhibits of ancient artifacts in the MET Museum in New York and the MFA Boston. Many artifacts represent the food and natural resources of ancient times. Challenge: Can you find one connected to food? Or another artifact that inspires you? ● Learn about daily life in Egypt. ● Explore the Cave of Lascaux in France made by some of our earliest ancestors. Can you find the Hall of Bulls? What can you learn about our ancestors' food sources from the art? <p>Options:</p> <ul style="list-style-type: none"> ● Extend your learning: Use the art or artifact as a springboard to learn more! Do the math on how long ago an artifact was made or learn more about the culture it belongs to. Share 3 new facts with someone! ● Sketch and label an artifact or an important image from the cave to share with family and friends. Maybe make your own cave art! ● Write or discuss your choice with someone at home. I learned that.... I wonder about.... ● Write a short story or poem inspired by the artifact, the people who used it or the culture it represents |
| 3:30-4:15 | Quiet Time | <p>"Doing nothing often leads to the very best of something." (Winnie the Pooh)</p> <p>All family members have 45 minutes of quiet time to refresh the soul.</p> <p>Options: Read, play, draw, fold laundry or organize something. Choose an option that relaxes you.</p> |

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| 4:15 - 5:30pm | Outside playing or NON-technology play or quiet time. | Options: Play lacrosse, listen to an audiobook, play a board game, practice your fort making skills for tomorrow's challenge! Just don't plug anything in. |
| 5:30-6:00pm | Dinner | Everyone at the table! Share highs and lows from day. |
| 6:00-6:30pm | More fresh air | Options: Family walk, bike ride, family soccer game or lacrosse. Kids vote. |
| 6:30-8:30pm | Free time | <ul style="list-style-type: none"> ● You can use technology if you were cooperative with everything else during the day! ● Everyone has to take a shower to clean off germs during this window. ● 8:30pm bedtime! |