



Learning Day from Home

Day 4

| 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"> Explore the spaces around you! Try to head down a new road or take a new path on a walk or bike ride. Discover new things about the neighborhood you live in. This will come in handy for a future theme on geography and mapping! <p>Indoor Option:</p> <ul style="list-style-type: none"> Dance with the GoNoodle Hip Hop Astronaut Welcome to the Space Jam! Try this movement based video from OPENPhysED.org If you want to jam to an educational song, check out They Might Be Giants', How Many Planets? (Thanks, Owen for the song tip!) |
| 10:00-11:00am | Universal Design for Learning! Theme: Exploring Space | <p>Science lesson about space</p> <p>Spend 10-20 minutes on some science skill work if your teacher provided some resources. If you don't have any resources, jump right into the space videos and learning experiences below. What topics interest you? Have a "Did You Know" chat afterwards with someone at home.</p> <ul style="list-style-type: none"> BrainPop science and BrainPopJr space (free to join and login) Middle School Student Names Next Mars Rover Explore the solar system with NASA's virtual Exoplanet Travel Bureau Solar system videos and games from NASA Space Place Explore the surface of Mars on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but 360 Mode offers a digital view! <p>Options:</p> <ul style="list-style-type: none"> Real enthusiasts might want to print out and make this MoonPhase calendar! Try this Roving on the Moon STEM challenge Art-lovers can make a galaxy montage using markers, coffee filters and dark paper. Revisit the sources and sketchnote what you learned. Include 5 facts in a digital or paper format. |

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| 11:00-11:30 | Creative Time | <p>Creative time is after UDL time today in case you need more time to complete your options. If not, use recyclable materials or dump out some art supplies and see what you can create! Use your imagination just like NASA scientists do. This is a screen-free creative task. There is plenty of <i>space</i> to create something cool.</p> <p>Need a brain break? Try Face the Cookie or Noodling Around (thanks Mrs. Osterholz!)</p> |
| 11:30-12:00 | Get moving! | Try to get moving before or after lunch. Which time works best for you? If you're super hungry, eat lunch and then get moving! |
| 12:00-1:00 | Lunch | Everyone has to eat at least one fruit and one veggie! |
| 1:00-2:00 | <p>Universal Design for Learning!</p> <p>Space on the Page</p> | <p>At 1:00 EST today, join Lunch Doodles with Mo Willems sponsored by the Kennedy Institute. If you're not on EST, the video will remain online to be streamed afterwards! So everyone will have access.</p> <p>Options:</p> <ul style="list-style-type: none"> • Use paper, pen, pencils or crayons to make your Lunch Doodle • If you can take your device outside, doodle with sidewalk chalk! • Follow your Lunch Doodle up with one of Mo Willems books. |
| 2:00-3:00 | Free Time/Recess | <p>Options:</p> <ul style="list-style-type: none"> • Go for a bike ride, build a Lego castle, bake some cookies. If you want to stick with the space theme, make these adorable planet cookies! |
| 3:00-3:30pm | Connect | <p>Options:</p> <ul style="list-style-type: none"> • Take more time to connect with friends, family or a favorite teacher. If you chatted on FaceTime yesterday, then send a note, picture or card to someone today. Here is an e-card option from Canva. Share your Lunch Doodle with someone you love! |
| 3:30-4:00pm | 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/donation. If it happens to be your room, you can pick the music. Otherwise, Mom and dad pick. Spring cleaning, woohoo! |
| 4:00-4:30pm | Reading | <p>Find a quiet, cozy <i>space</i> to read. Try to find a nonfiction book or article that interests you. Can't find anything? Explore the following sites for some amazing stories, and/or nonfiction articles.</p> <p>Options:</p> <ul style="list-style-type: none"> • The International Children's Digital Library: en.childrenslibrary.org. There is a great collection of "Folk Tales from Around the World" here. • Storyjumper features books written by other students! : www.storyjumper.com/book/search. |

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| | | <ul style="list-style-type: none"> Newsela: Access current non-fiction articles at multiple Lexile levels so all kids can find news they can comprehend: newsela.com |
| 4:30-5:30 | Take Some Space | <p>Options: Continue reading, draw, fold laundry or organize something. Choose an option that relaxes you. Break out a coloring book if you have one, or if you have access to a printer, consider printing out a coloring page for Zentangle and get lost in coloring.</p> |
| 5:30-6:00pm | Dinner | <p>Everyone at the table! Share highs and lows from day. In the spirit of exploration, check out Ina Garten (Barefoot Contessa) on Instagram! She is posting new recipes to make from everyday pantry items. Smitten Kitchen is doing the same. Plan a new recipe for the weekend!</p> |
| 6:00-6:30pm | More fresh air | <p>Options: Family walk, bike ride, family soccer game or lacrosse. Kids vote.</p> |
| 6:30-8:30pm | Free time/ Stargazing | <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. Might be a night to stay up late and stargaze with NASA's skywatching tips Magic School Bus Space Adventure is a fun TV option 8:30pm bedtime! |