



# Learning Day from Home

## Day 6

Time	Task	Details
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.
9:00-9:30am	Get moving!	<b>Outdoor Option:</b> <ul style="list-style-type: none"><li>The runoff from rain eventually makes its way to the ocean. Go on a morning walk and look to see if there are storm drains. Count them!</li></ul> <b>Indoor Option:</b> <ul style="list-style-type: none"><li>Do a little <a href="#">Surfer Wave</a> on GoNoodle to get pumped for learning about the ocean!</li></ul>
9:30-10:30am	Universal Design for Learning!  Theme: Ocean Warriors!	<b>Oceans!</b> While you're inside, take a learning adventure to the ocean! To activate background knowledge and get to thinking about oceans, choose one or more articles from the Newsela text set on <a href="#">Exploring Oceans</a> . Remember that you can change the reading level of any article so kiddos can understand it. Watch <a href="#">Trash Talk from Ocean Today</a> to accompany the articles.  Next, dive into a lesson from National Geographic on <a href="#">How People Affect Ocean Animals and Plants</a> . There are great visuals and prompts so kids can brainstorm, build comprehension and begin to think about their impact on ocean life.  <b>Options:</b> <ul style="list-style-type: none"><li>Extend your learning by completing an additional National Geographic lesson on <a href="#">Healthy Beaches</a>.</li><li>Pretend that you're visiting the beach. Put out beach towels, put on a bathing suit, take out any/all marine books and stuffed animals and have a snack at the "beach."</li><li>What can we do to help? Develop ideas on how we can help solve the problems with our oceans.</li></ul>
10:30-11:00	Connect	If your teachers are checking in with you, take some time to respond. Also use this time to email your teacher or accept a Zoom invitation to connect. They definitely miss you! Parents and caregivers, this is also a good time to send a quick thank you to the fabulous educators working

		with your child. Go through your connect list from last week, place a call and connect with a friend.
11:00-12:00pm	Free time/recess	Free time is when the kids are in charge. Decide as a family if free time/recess is best before or after lunch. What works best for your family? Not sure? Ask the kids! Screens are <i>extinct</i> right now. Try a family game of <a href="#">octopus tag</a> . This game also works great with some old pool noodles.
12:00-1:00pm	Lunch	Everyone has to eat at least one fruit and one veggie!
1:00-1:30pm	Reading	So many options. Curl up with a brand new book, snuggle up to read old favorites, or use one of the many resources online that learners can access for free during the coronavirus school closings like this link to <a href="#">celebrities reading storybooks</a> .
1:30-2:30pm	Helping Job!	This week we will complete a helping job each day. Empty the dishwasher, clean a room, vacuum, watch a younger sibling or help with the laundry. Add to this list based on what your family needs. Want to be a super-duper helper? Aim for two jobs each day!
2:30-3:00pm	Universal Design for Learning!  Ocean Math	It's time to <i>dive</i> into math. If your teacher shared some math sites with you, <i>dive</i> into those. Also, there are numerous free sites where learners can practice their math facts while playing ocean-themed games. Choose one or more of the following for math facts practice.  <b>Options:</b> <ul style="list-style-type: none"> <li>• The National Teachers of Mathematics have an awesome game for learners in grades 3-8 called <a href="#">Deep Sea Duels</a>. The best part about this game is that it's a multi-player and siblings can compete!</li> <li>• Abcya has a game of <a href="#">Counting Fish</a> for your littlest learners (PreK-K)</li> <li>• Play <a href="#">Jet Ski Addition</a> for young learners (K-1)</li> <li>• <a href="#">Play Canoe Puppies</a> (Grade 2)</li> <li>• <a href="#">Swimming Otters Multiplication</a> (Grade 3)</li> <li>• <a href="#">Deep Sea Math Mystery</a> (Grades 5-6)</li> <li>• Tired of too much time by the ocean and have some dice handy? <a href="#">Use 5 dice to turn Yahtzee</a> into a fun math game that anyone in the family can play! (Thanks to our colleague, Karen Gartland for the idea!)</li> </ul>
3:00-4:00pm	Quiet Time	<b>Options:</b> Read, draw, fold laundry or organize something. Choose an option that relaxes you. As you are relaxing, play the soothing sounds of <a href="#">ocean waves</a> .
4:00 - 5:30pm	Outside/Indoor Playing	Did quiet time go swimmingly for you? If so, extend it into playing time a bit. Don't feel the pressure to shift right on time. When you're ready, be screen-free and wild while exploring your backyard, trying a new game or taking a family hike.
5:30-6:00pm	Dinner	Everyone at the table! Share highs and lows from day.

6:00-6:30pm	More fresh air	<b>Options:</b> Family walk, bike ride, family soccer game or lacrosse. Kids vote.
6:30-8:30pm	Free time	<ul style="list-style-type: none"><li>• You can use technology if you were cooperative with everything else during the day!</li><li>• Everyone has to take a shower to clean off germs during this window.</li><li>• 8:30pm bedtime!</li></ul>