



Novak/Sancinito Learning Day from Home

Day 20: Friday April 10, 2020

We are two Mommas/educators trying to support continuation of learning in our homes. Join us!

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!	Options: <ul style="list-style-type: none">• Get dancing with Kidz Bop's The Best Day of My Life and Can't Stop The Feeling to start your day on a happy note!• Ride your bike or scooter in the sunshine! Smile at people you see and spread some kindness around your neighborhood.• Revisit our "wave challenge" from last week. Keep walking or running until you wave to at least 5 people.• Start your day feeling calm and relaxed with this Yoga for Kids workout.• Take a nature walk and stop to smell the roses (literally). Spring is popping up all around us!
9:30-10:30am	Universal Design for Learning! Theme: Finding Joy	If your teacher shared any work for ELA or social studies, dive in now. Today is all about being happy. There is a lot going on in the world right now, so we want to give you a full day to be joyful! Research suggests that recognizing joy and experiencing happiness can help us physically and mentally. We are giving you lots of options and choices today to explore a topic that makes you smile. Explore the NewsELA (free login) Spark a Feeling Text Set . Learn about dancing cockatoos, kids helping others and the good news about the Florida Manatee . Use the search feature to explore other topics that bring your joy. Do you love reading about puppies? Sports? World records? NewsELA has you covered. Options: <ul style="list-style-type: none">• Find 3 facts, 2 things that surprised you and ask 1 question as you read.• Complete a post-reading activity like "I used to think...Now I think."• Record a video or a TikTok to joyfully explain what you learned. Dancing, costumes and singing are all allowed and encouraged!• Show what you know through art. Use your strength (art, singing, acting) to have fun with this one.

If you have any questions:

Katie Novak, @katienovakudl, katie@novakeducation.com

Alison Sancinito, @Teach_Sancinito, Alison_Sancinito@gmail.com

11:00-12:00	Free Time/Recess	<p>Decide as a family if free time/recess is best before or after lunch. Free time is when the kids are in charge. All screen-free choices are honored here. Choose your favorite option today even if it is muddy or messy!</p> <p>Additional Options:</p> <ul style="list-style-type: none"> ● Arts & crafts ● Sports ● Reading ● Nature walk or playing outside
12:00-12:30pm	Lunch	<p>Everyone has to eat at least one fruit and one veggie! After lunch, try a smile challenge. Who can smile the longest without breaking character?</p>
12:30-1:00pm	Helping Job	<p>Look inside and outside your home. Make a to-do list of all the little projects that need to get done. Do you have a garden bed that needs weeding? A nail that needs pounding in? Does your sink need to be cleaned? Every day this week, work together to cross as many things off the list as you can during helping time!</p>
1:00-1:30pm	Connect	<p>Connect with friends or family members from a digital platform (like Facetime or Zoom) or make something to send in the mail to someone you miss. You might miss your family and friends this week. If seeing people makes you happy, we are giving you an extra option this afternoon to connect.</p>
1:30-2:30pm	Creative Time	<p>Options:</p> <ul style="list-style-type: none"> ● Do desserts make you happy? Explore some online recipes and bake something yummy to have after dinner. ● Have some fun with splatter paint. This is an outside art project for sure! ● Do you love music? Make a family playlist on Spotify. Have each family member add a happy song. Listen to your "Family Fun" playlist while drawing, cooking or creating art.
2:30-3:30	Universal Design for Learning!	<p>If your teachers sent you any work for STEM (science or math), review that work and complete it at this time. When you are done, or if you don't have anything on your to-do list, check out the resources that follow.</p> <p>Does being kind and laughing make you happier? This video follows a few young people who test out the kindness theory. This article from the BBC explores the science of laughter. It includes an MRI of the head laughing and laughter in different animals and cultures (family read aloud with videos). Laughter can have many health benefits! Explore the options below to make others smile and laugh.</p> <p>Options:</p> <ul style="list-style-type: none"> ● Develop and complete a list of five tasks that will make other people happy. Remember, this could have great health benefits for you as well. ● Watch this student created video from Newton North High School. Look at how one simple compliment impacts so many students. Take some time to reconnect with loved ones or

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		<p>friends. Be sure to pay each person a compliment to brighten their day!</p> <ul style="list-style-type: none"> • Does playing sports make you happy? Make a funny bloopers video acting out some epic sport fails. Show your blooper video to make people laugh. • Explore some of the joke books on Epic (free). Write some jokes of your own. Call a friend or family member to share. • Does science and math make you happy? We are loving this virtual science fair sponsored by the American Statistical Association. Use time today and math/science time in the weeks ahead to have fun with this project! • Consider all of the things that bring you joy. Make a vision board out of art, pictures and words to inspire you and to bring you joy. This article and video will give you some inspiration.
3:30-4:00	Free Reading	You guessed it! Today is the day to read a happy book. Take your reading outside, surround yourself with cozy pillows, have a favorite snack or cuddle with a pet.
4:00 - 5:30pm	Outside/Indoor Playing	This is kid time (i.e, Parents check email or chat on the phone time). Time to run free! Start a game or join one your sibling wants to play.
5:30-6:00pm	Dinner	Devices not allowed during dinner! Eat together and share highs and lows from the day. Enjoy your dessert from creative time.
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. Try a funny family movie tonight to enjoy together. • Everyone has to take a shower to clean off germs during this window. • 8:30pm bedtime!

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