



Novak/Sancinito Learning Day from Home

Day 25: Friday, April 17, 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 moving to Koo Koo Kangaroos Superheroes Unite• Go outside for a superhero themed workout routine<ul style="list-style-type: none">○ 10 Spiderman crawls○ 1 Flash sprint○ 5 soaring Wonder Woman runs○ 3 flying Supermans (lay on your stomach, extend arms and legs as you reach up)○ 5 Batman squats (bend knees, jump up and extend legs and arms as in the shape of superman)
9:30-10:30am	Universal Design for Learning! Theme: Superheroes Unite!	If your teacher shared any work for ELA or social studies, dive in now. Today is all about our favorite superheroes and villains! One of the reasons superheroes are so popular is because they have qualities we admire. Explore the character traits, strengths, weaknesses and origin stories of your favorite heroes and villains using the DC Comics character website and the Marvel character website. Which hero is your favorite? Which villain? What powers are the most interesting? Now choose from the options below to use your own superhero writing skills! Options: <ul style="list-style-type: none">• Write down the combined traits that would make the best superhero or villain. Use this list to create the ultimate superhero or villain from your imagination. Try Marvel's creation tool first, then write about your new Marvel or DC Comic star. Draw a picture to go with your creation.• How did Superman get his powers? Today you get to write your own superhero origins story! Recreate the origin story for your favorite hero or villain explaining how the character got superhuman strengths.• Who is your hero? An athlete? A world leader? Your mom? Watch this clip from Marvel's Hero Project to see how Robbie uses his powers to make the world better. Write

If you have any questions:

Katie Novak, @katienovakudl, katie@novakeducation.com

Alison Sancinito, @Teach_Sancinito, Alison.Sancinito@gmail.com

		<p>about what makes the person in your life a real superhero by considering their powers and abilities. What makes this person a hero?</p> <ul style="list-style-type: none"> Using the above clip from the Marvel Hero Project or this one about Jayara as a guide, consider your own strengths to make change happen in the world. Write about how you can use your powers for good. Write your own original comic starring your favorite heroes and villains. Use the Canva comic strip creator, iMovie or Book Creator to make a digital comic strip to share.
10:30-12:00	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.</p> <p>Options:</p> <ul style="list-style-type: none"> Arts & crafts Sports Board games & puzzles Reading Nature walk or playing outside
12:00-12:30pm	Lunch	<p>Everyone has to eat at least one fruit and one veggie! Try to make a red, white and blue themed lunch in honor of Captain America. Try to eat something green in honor of Hulk. Try to make these spider crackers in honor of Black Widow.</p>
12:30-1:00pm	Helping Job	<p>Time to be a super helper! 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. Want to be a super friend? We challenge you to connect with every classmate by the end of the week. Use mail, email or your online Classroom to provide feedback to a classmate's work or to just say hello!</p>
1:30-2:30pm	Creative Time	<p>Options:</p> <ul style="list-style-type: none"> Make superhero cuffs from toilet paper rolls Try these superhero handprints of Spider-man and Captain America Older students can draw along with actual Marvel Comic illustrators as they create Wolverine and Spider-man. Check out Marvel Entertainment's YouTube Channel and follow them on Twitter for postings of their live schedule for all types of activities for comic book fans.
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</p>

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		<p>if you don't have anything on your to-do list, check out the resources that follow.</p> <p>Superheroes love science and math! Superman studied earth science and Hulk experimented with chemistry. Use the resources below to take your science and math skills to a superhuman level:</p> <p>Options:</p> <ul style="list-style-type: none"> • Create and play this superhero coding game without a computer. All you need is Legos, poster board, tape, Post-Its and of course, superheroes! • Ted-Ed hosts reveal just how scientifically realistic superhero powers can be to us mere mortals in these "If Superpowers Were Real" video collections. • Make a secret code to communicate with your hero friends. • Use superheros and Legos to face off in a math game of greater than or less than (Pre-K-Grade 1). • Superheroes can fly from building to building. Create a safe landing for your "superhero egg" in the egg drop STEM challenge. • Superheroes like Wonder Woman better know the weather and wind before flying out to save people! Make this anemometer out of household items to help her to arrive safely.
3:30-4:00	Free Reading	<p>Options:</p> <ul style="list-style-type: none"> • Try to complete this BINGO reading board with your super reader skills! • Love comics? Check out these recently released Marvel digital comics. • Join Epic (free for 30 days) and search the large collection of superhero books at your just right reading level.
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.
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. Check out the Marvel Hero Project series on Disney+ or watch your family's favorite hero movie. • Everyone has to take a shower to clean off germs during this window. • 8:30pm bedtime!

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