



Novak/Sancinito Learning Day from Home

Day 13: Wednesday, April 1, 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!	Outdoor Option: <ul style="list-style-type: none">• Create a fitness challenge with your family this morning. Try to include jumping jacks, squats or other fitness tasks to get your heart rate up. Indoor Option: <ul style="list-style-type: none">• Dance to Bones! Bones! Bones! song by GoNoodle.• The muscles in your body help you to move it, move it in this Zumba Kids Dance! Want more Zumba for kids? This collection will keep you moving.
9:30-10:30am	Universal Design for Learning! Theme: The Human Body	The Human Body 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. Today, we are going to learn about the human body. There's a lot to wonder about when it comes to our bodies and how they work. We will try a ball toss activator before jumping into the options! To make the catch, your mind concentrates on the flight path of the ball, integrates information from your eyes and ears and communicates actions to your muscles. Toss a small ball around in a group to test this out. If you catch the ball, respond with "I wonder about." Now explore the options below to investigate the many mysteries of the human body. You will share what you learn in the exit ticket. Options <ul style="list-style-type: none">• Do you wonder about how your body knows you're full? Check out this video to learn more.• Why do we cry? Follow the story of Iris and Onion here.• Are you staying up too late? Watch this video to better understand why we need sleep!• Ever wonder about what makes you sneeze? This article (read aloud option) will teach you!

If you have any questions:

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		<ul style="list-style-type: none"> • What are your bones made of and how do they grow? Read this article (read aloud option) to learn more. • Mystery Science (now for free) is full of topics to explore about the human body. Do you know why we hiccup? Do you know why we need blood? Explore the website for additional human body related topics you might still wonder about. <p>Now use the ball toss exit ticket to review what you learned. Toss a small ball around again. If you catch the ball, respond with “I learned that...”</p>
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.</p> <p>Options:</p> <ul style="list-style-type: none"> • Arts & crafts • Sports • Board games & puzzles • Reading • Nature walk
12:00-12:30pm	Lunch	Everyone has to eat at least one fruit and one veggie!
12:30-1:00pm	Helping Job	<p>Today your helping task is related to promoting healthy habits. Bonus if you try more than one!</p> <p>Options:</p> <ul style="list-style-type: none"> • Open the fridge, grab some fruit and make a fruit salad for your family to enjoy. Ask to help chop some veggies for easy snacking. • Offer to walk your dog around the block to get some extra movement. • Does your house need cleaning from germs and dust? Offer to help!
1:00-1:30pm	Connect	Is it nice outside? Your body benefits from exercise and fresh air. Go outside today to connect. Wave to your neighbors and greet people as they walk by.
1:30-2:30pm	Creative Time	<p>Options:</p> <ul style="list-style-type: none"> • Go through your cabinets and try this pasta skeleton! • No pasta available? Try a nature skeleton instead with items you find around the yard. • Try a lifesize body map. Get creative using items from around your home. This could also be done outside with chalk.
2:30-3:30	Universal Design for Learning!	<p>If your teacher shared any work for ELA or social studies, dive in now. Now that you are done, we want you to teach others about the importance of healthy habits. Share your work with someone you love to spread the word!</p> <p>Options:</p>

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		<ul style="list-style-type: none"> • Read about the Benefits of Exercise. Now learn more about how your body responds to exercise in this video from NOVA science. Write a persuasive argument or create a persuasive art piece to remind others to get up and moving. Share your work with your teacher or someone you love. • Explore the contents of a healthy plate. Now reflect on your own choices. What new foods should you be trying? What could your family do to improve healthy habits? Is someone in your house drinking too much coffee? Write a letter to a parent or caregiver with some suggestions for improvement. • If you didn't learn about the importance of sleep in the options from this morning, then explore this video and this NewsELA article on the Mysteries of Sleep to better understand why we all need sleep. Interview two people about their sleep habits. Based on what you learned about sleep, what adjustments would you recommend? • How does our ability to see compare to other animals? Read this article from Scholastic called Extraordinary Eyes. Adjust to your reading level, use video clips and text to speech options as needed. What do we have in common with other animals? What is different? Sketch, write or record audio of what you learned. • How does stress impact you? What are your strategies for dealing with stress? In this short video, kids explain what stress means to them. Now read this article from NewsELA about how you can relieve stress through art or this article about the impact of exercise on stress. Talk to your family and write down all the ways they relieve stress. Take some time to try a new strategy and reflect on how it worked for you.
3:30-4:00	Free Reading	Fresh air is good for the body and soul. If it is nice out, read under a tree or stretch a blanket out on the lawn. Surround yourself with a stack of good read alouds and read together as a family.
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! We recommend the Calm app to help your body relax after a long day. Everyone has to take a shower to clean off germs during this window. • 8:30pm bedtime!

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