



# Novak/Sancinito Learning Day from Home

## Day 14: Thursday, April 2, 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!	<b>Outdoor Option:</b> <ul style="list-style-type: none"><li>• Yesterday you took a fitness challenge. Today will be a smile challenge! Walk around your neighborhood until you find at least 5 people to show your pearly whites to.</li></ul> <b>Indoor Option:</b> <ul style="list-style-type: none"><li>• Little ones will love this <a href="#">brush your teeth remix</a> by Sesame Street</li><li>• Dance to <a href="#">Happy</a> by Zumba Kids</li></ul>
9:30-10:30am	Universal Design for Learning!  Theme:	<b>Dental</b> 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.  How much do you know about your teeth? Explore the options below to learn more about  <b>Options:</b> <ul style="list-style-type: none"><li>• <a href="#">Watch this video called Taking Care of My Teeth</a> to learn about all the ways you can keep your teeth healthy and shiny. Stop and pause to discuss the questions embedded in the video.</li><li>• Do you know what causes cavities? <a href="#">Watch this video</a> and read <a href="#">this article</a> to learn more. What habits will you change?</li><li>• Check out <a href="#">the world's first 3D dynamic virtual mouth</a> from dr. Simon Harrison (biomechanical engineer and computer modeller). Watch as the teeth break down common sweets to better understand what is happening in your mouth.</li><li>• Read about the <a href="#">Adventures of USS SugarSwatter</a>. Start a story of your own to help fight eliminate sugar where it lurks.</li><li>• Explore <a href="#">these games</a> from Colgate to learn more about oral hygiene.</li><li>• Love fun facts? Read this list of <a href="#">10 Things You Didn't Know About Your Teeth</a>.</li></ul>

If you have any questions:

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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"> <li>● Arts &amp; crafts</li> <li>● Sports</li> <li>● Board games &amp; puzzles</li> <li>● Reading</li> <li>● Nature walk</li> </ul>
12:00-12:30pm	Lunch	<p>Everyone has to eat at least one fruit and one veggie! Check out these good foods for dental health to make smart choices for your teeth.</p>
12:30-1:00pm	Helping Job	<p>Just like yesterday, today's 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"> <li>● 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. These foods are good for your teeth.</li> <li>● Offer to walk your dog around the block to get some extra movement.</li> <li>● Does your house need cleaning from germs and dust? Offer to help!</li> </ul>
1:00-1:30pm	Connect	<p>Connect with friends or family members from a digital platform. Make sure you brush after lunch before you sign on!</p>
1:30-2:30pm	Creative Time	<p>Options:</p> <ul style="list-style-type: none"> <li>● Find a small box to paint and decorate or make a small pouch out of fabric, felt and string. Decorate your item with glitter, sharpies and jewels. Keep your item as a tooth fairy pouch or box for your next loose tooth.</li> <li>● Spread some joy today through art. Make something to hang in your window, put some art outside or send something to someone you love. Art makes people smile, and today is all about smiling!</li> </ul>
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 dental habits. Explore this <a href="#">list of healthy dental habits</a> and <a href="#">this article (read aloud options)</a> to learn more about how to properly care for your teeth. Share your work with someone you love or even with your dentist to spread the word. We are sure that your dentist will love it!</p> <p>Options:</p> <ul style="list-style-type: none"> <li>● Use Book Creator or create a paper book to write a how-to for a younger child who is just learning to properly brush teeth. Here are some <a href="#">resources to review</a> to help those tiny smiles. What supplies do they need? What steps should they take? Add visuals and be clear with your writing so the process is easy to</li> </ul>

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		<p>follow. Read to a younger sibling or share with a younger family member.</p> <ul style="list-style-type: none"> <li>● Interview your family members to learn more about their dental hygiene habits. Based on what you learned today, write a note to each family member with recommendations for improvement.</li> <li>● Do you have some musical skills? Write and perform an original tune explaining the importance of dental health. Share a video or audio clip with your dentist. Maybe they will play it in the waiting room!</li> <li>● Write a How To from the point of view of a tooth. What does the tooth need to feel healthy and strong? How does it feel to be mistreated? Get creative with your product! Make a comic or a cartoon to bring some humor to your work.</li> <li>● Little ones can draw a picture of a healthy, happy tooth or mouth. Around the tooth draw and label all the steps needed to keep the tooth happy (floss, toothbrush).</li> </ul>
3:30-4:00	Free Reading	Find a good book that makes you smile. We love to see those pearly whites! Try to find a funny book or a silly book to read. Choose your family's best tickler to read <a href="#">Tickle Monster</a> to the 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	<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! Everyone has to take a shower to clean off germs during this window. Remember to properly brush and floss before bed.</li> <li>● 8:30pm bedtime!</li> </ul>

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