



Novak/Sancinito Learning Day from Home

Day 8: Wednesday, March 25, 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.
9:00-10:00am	Get moving!	Outdoor Option: <ul style="list-style-type: none">Let's put a little <i>spring</i> in our step today!!! As we are playing outside, walking, playing tag, or just going on a nature hunt, look for signs up spring. Here is a fun scavenger hunt to guide you! Indoor Option: <ul style="list-style-type: none">Read and act out the kids yoga story Rachel's Day in the Garden
10:00-11:00am	Universal Design for Learning! Theme: It's Time for Spring!	Life Cycles of Frogs, Dragonflies, and Butterflies One telling symbol of spring is new life! Now you have an opportunity to learn more about the cycle of life. Start with this video , produced by WGBH, for students K-5 about the process of Metamorphosis. Once you finish the video, use the following questions to discuss or ask kids to respond in writing, art, or by making a video. Let them choose! <ul style="list-style-type: none">What are some ways in which metamorphosis helps the animals that undergo it?What is the difference between how you grow up and how a caterpillar grows up?Why do you think the caterpillar and butterfly are so brightly colored? Additional Options: <ul style="list-style-type: none">If you have a copy of A very Hungry Caterpillar, snuggle up and read. If you don't have it, watch the author, Eric Carle, read it.If you have older kids, you may want to discuss the concept of migration, how birds fly south for winter and come back up in the spring. Here is a great animated TED Ed video on migration and how many birds have a hard time getting it back home. <i>Reflection question:</i> How can we help more birds come back from their migration?

If you have any questions:

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		<ul style="list-style-type: none"> This episode of Peep and the Big Wide World is called Spring Thing! After watching the 8 minute episode, have kids talk about the changes they notice from winter to spring. Learn about why birds lay eggs in the spring in this mini-lesson on Mystery Science featuring Mystery Doug.
11:00-12:00	Free Time/Recess	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! Need some ideas? Enjoy the fresh air, listen to music, have a snack or read a magazine. Feel like being an angel face, do a chore or two! (:
12:00-12:30pm	Lunch	Everyone has to eat at least one fruit and one veggie!
12:30-1:30pm	Time to be a Helper	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!
1:30-2:30pm	Creative Time	<p>Options</p> <p>Take some time to let those creative muscles breath. Think painting, drawing, Playdoh, writing a story, or doing one of the spring crafts below:</p> <ul style="list-style-type: none"> Make a Spring Rubbing and Collage Project If it's windy out, make a kite! Make a milk-carton birdhouse to try to get more birds to come back home from their migration!
2:30-3:30pm	<p>Universal Design for Learning!</p> <p>Spring Into Math</p>	<p>If your teacher sent you some ideas or enrichment activities for math, now is the time to dive in. If you don't have anything from your teacher, let's use math in the world around you. This morning, you got some exercise! Now it's time to put some math with it (Thanks, Mrs. Kieda)!</p> <p>Options</p> <ul style="list-style-type: none"> add up the number of exercise minutes that everyone in the family did during the day. Use manipulatives or calculators if it's helpful! find the average of exercise minutes in the family! find the area and perimeter of each room in the house. You may have to get out some measuring tapes or you can estimate! <p>Once you have all that figured out, work together to create your own math problems. For example, "If Mom exercised for 10 minutes and Mom and Dad together exercised for 15 minutes, how many minutes did Dad exercise?" See if you can stump each other!</p> <p>Alternatively, you can play March Madness math! Many people look forward to March Madness, a spring basketball tournament, although it's cancelled this year. Don't worry - you can still have fun with math and learning more about "greater than" and "less than," by flipping coins. Read the rules and then have a fun math experience!</p>

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3:30-4:15pm	Reading	Options: Read, read, read! During this time, you may want to enjoy a little more fresh air and have a little tea party (or hot cocoa) outside while you snuggle up with a good book. Need an indoor option? Listen to this read aloud of Bear Wants More .
4:15 - 5:30pm	Outside/Indoor Playing	This is kid time (i.e, Parents check email or sit down with a bag of popcorn time). It's all about entertaining yourself without looking at a screen. C'mon, you kiddos can do it. Play outside, collect sticks, look for more signs of spring. Work together and be creative.
5:30-6:00pm	Dinner	Everyone at the table! Share highs and lows from 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! • Everyone has to take a shower to clean off germs during this window. • 8:30pm bedtime!

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