



Daily Sample Schedule for middle school students

PHASE 1

Each student is unique (that's what we love about them!) and learns at different paces and different ways. This schedule is a sample to help guide you - use any or all of it, but always feel free to modify it to meet the needs of your student or family.



Learning Opportunities

Exploratory See suggested activities on page 2

Math See suggested activities on page 2

Language Arts See suggested activities on page 2

Science See suggested activities on page 3

Social Studies See suggested activities on page 3

Art See suggested activities on page 4

Music See suggested activities on page 4

Wellness See suggested activities on page 4

Reading the printed version of the document? Access the online resources at: www.dbqschools.org/coronavirus-information/educational-resources

In the pages that follow, the expert teachers on our educational support team have developed activities and compiled resources to support the learning of your student.

In addition, you can also access the following:

KEYSTONE AEA RESOURCES UNLOCKED

Our partners at Keystone AEA have opened all of their learning resources to students with no password needed. Visit www.keystoneaea.org/parents-families/at-home-digital-resources to access resources students are familiar with including Book Flix, True Flix, and more.

Have a question about the activities in this resource guide? Reach out to your student's teacher — they are here to support you during this closure.

STAY UP-TO-DATE WITH THE DISTRICT'S CORONAVIRUS RESPONSE EFFORTS: **www.dbqschools.org/coronavirus**



Suggested Learning Activities + Resources for middle school students

PHASE 1

Activities are ranged to meet the various needs of learners.
Start where your child would have the most success and work to a challenge!

Reading the printed version of the document? Access the online resources at: www.dbqschools.org/coronavirus-information/educational-resources



Learning Opportunities

Exploratory »

AT HOME	ACCOMODATIONS	ONLINE
Budgeting Activity » Ask a family member about how they develop and manage the household budget.		» EVERFI Personal Finance Online Lessons <i>Students login through Canvas and visit their exploratory class. Instructions on how to create accounts and get started will be available by Friday, March 27.</i>

Access these resources on the district's website.

Math »


AT HOME	ACCOMODATIONS	ONLINE
Card Math » Use playing cards or make your own cards with numbers on them to play war. » Decide if you want to practice addition, subtraction, multiplication, or division. » Then, each person flips up 2 cards and completes the decided upon math with the two numbers. » Whoever has the biggest answer wins those cards.	<i>Alternate Activity:</i> » Develop a mock store where the student can purchase items within a budget. » Gather items from your home (cereal, soup, book, clothing). » Discuss costs of items (research online, store advertisements). » Student label and price the items. Try to stay within your budget!	» Khan Academy » ST Math <i>Students login through Clever Portal</i>
Puzzles » Put together a puzzle.	<i>Math Tutorials:</i> » www.virtualnerd.com	Access these resources on the district's website.


Language »

Arts


AT HOME	ACCOMODATIONS	ONLINE
» Read a book, story, article, etc. and tell someone or write the gist. » Read a book, story, article, etc. and summarize. You may choose to summarize by: <ul style="list-style-type: none"> › Writing › Telling someone else › Drawing a picture › Creating a video (TikTok, Snapchat, etc.) » Write! <ul style="list-style-type: none"> › A story › A journal entry › Create a blog › Write an email to a family member › Draw a picture story and share it with someone 	<i>Options:</i> » Web Comic Books <i>ReadWriteThink Resources:</i> » Interactive Reading & Writing activities » Printouts / Graphic Organizers to support reading & writing	» Scholastic » Audible <i>free audiobooks for students</i>

Access these resources on the district's website.


Science »	AT HOME	ACCOMODATIONS	ONLINE
	<p>Weathering and Erosion Activity</p> <ul style="list-style-type: none"> » Take a walk and look for evidence of weathering and erosion. » Describe to someone how these processes work. <p>Why is it important to wash your hands?</p> <ul style="list-style-type: none"> » Take three small pieces of bread and three ziploc bags. » For the first bag label it “control.” » Use your unwashed hands to handle both sides of the bread and place it in the bag. » For the second bag, label it “hand sanitizer.” » Use hand sanitizer on your hands, then handle both sides of the second bread slice and place it in the bag. » For the third bag, label it “Washed with soap.” » Wash your hands with soap and water singing “Happy Birthday” twice, then handle both sides of the third bread slice and place it in the bag. » Place all three bags in a warm place and check the bags each day. Take a picture or record your observations. 		<ul style="list-style-type: none"> » Virtual Lab Simulations » NOVA labs » Kids National Geographic » Science Flix <i>Provides 60+ complete units, through movies, interactive features, varied text features, and hands-on activities. Students access this through Keystone AEA website.</i> <p> Access these resources on the district's website.</p>

Social Studies »	AT HOME	ACCOMODATIONS	ONLINE
	<ul style="list-style-type: none"> » Use maps around the house or car to learn or review features of maps (e.g. scale, legend) or just explore » After discussing facts about the novel coronavirus with an adult, write a letter to a civic leader (e.g. mayor, member of Iowa or U.S. Congress, president) to share your concerns, requests, ideas, etc. » Write notes in a journal or just your thoughts on paper about your experiences - this is history 	<ul style="list-style-type: none"> » Draw a map of your room or house, create a legend. » Create a journal using sketches to capture your experiences. 	<ul style="list-style-type: none"> » CNN 10 <i>Watch and discuss what you saw with someone else</i> » iCivics <i>Find multiple games and other activities to learn about civics and government in the U.S.</i> » Teaching Tolerance <i>Find many activities to learn about social justice</i> » FreedomFlix <i>A behind-the-scenes look at the people, places, and events that shaped our world. Students access this through Keystone AEA website.</i> <p> Access these resources on the district's website.</p>


Art »

AT HOME	ACCOMODATIONS	ONLINE
<p>» Draw yourself or another person with things that are important to you/them.</p> <p>» Fill a piece of paper with 3 different types of marks.</p> <p>» Pick an area or object in a room to draw.</p> <p>» Take a piece of paper and figure out different ways you can cut, fold, tear, or glue.</p> <p>» Draw what you see looking out a window.</p> <p><i>Tips:</i> Draw objects big enough they use up the space on the paper. Draw what you see. Be observant.</p>	<p><i>Make Homemade Therapy Clay</i></p> <p>» Ingredients</p> <ul style="list-style-type: none"> › 2 cups flour › 1 cup salt › 2 tablespoons vegetable oil › 3/4 to 1 cup water › Food coloring (optional) <p>» Instructions</p> <ul style="list-style-type: none"> › In a large bowl, mix flour and salt. › Add the oil, and then slowly add the water and stir until you get a nice clay consistency. › If you want the dough to be different colors, separate the clay into portions and put them in a bowl. Add a couple of drops of food coloring to each portion and mix well with a spoon. Be prepared that the food coloring may stain your fingers while working with it! › Once completely mixed, make it into the desired shapes. › Bake in a 250 degrees F oven for approximately one hour, though the timing will vary depending on how thick your creations are. Bake it long enough for the clay to harden but not start to burn. 	<p>» Free Art Lessons for Kids and Adults <i>Choose from a variety of art projects you can do right at home.</i></p> <p>» View from My Day Activity <i>Participate in a drawing activity in which you record the place you interact with. Choose, observe, create, and share.</i></p> <p> Access these resources on the district's website.</p>
<p>Extension Challenge</p> <p>» Choose one of the themes from above and develop it further by either adding some color, collage elements. or both. Have fun with it.</p>		

Music »

AT HOME	ACCOMODATIONS	ONLINE
<p>» Listen to your favorite song and answer the following questions:</p> <ul style="list-style-type: none"> › What point of view is the song coming from? › What is the main idea of the song? › How does the song make you feel? › Is there any conflict in the song? › Do you think musicians can bring about change with their music? › Try to write your own! 	<p>» Listen to a song and:</p> <ul style="list-style-type: none"> › Move to the song › Create a beat with the song › Create a picture that represents how the song makes you feel 	<p>» Analyze a song: Waiting on the World to Change by John Mayer</p> <p>» Watch a video: How to Analyze Songs Video</p> <p>» Grammy Museum</p> <p>» Music Theory</p> <p> Access these resources on the district's website.</p>

Wellness »

AT HOME	ACCOMODATIONS	ONLINE
<p>» Take a walk or jog around the block</p> <p>» Do jumping jacks, lunges, burpee, high knees, mountain climbers</p>	<p>» Slow the pace of the activity</p> <p>» Take a rest if needed</p>	<p>» Mindfulness Poses</p> <p>» Go Noodle</p> <p>» Physical Education TV</p> <p>» The Body Coach</p> <p> Access these resources on the district's website.</p>



Social Emotional Engagement Guide for all students


PHASE 1

Activities are ranged to meet the various needs of learners.
Start where your child would have the most success and work to a challenge!

Reading the printed version of the document? Access the online resources at: www.dbqschools.org/coronavirus-information/educational-resources

Family Check Ins

During this time kids might be confused, missing their routine, friends, and teachers. It is important to check in with your children to see how they are handling the stress. Below are a few check in examples.

» AT HOME	ACCOMODATIONS	ONLINE
<p>Family Check In: Feeling Scale</p> <ul style="list-style-type: none"> » Have each member of the family check in on a scale of 1-10 on how they are feeling with their emotions and why <ul style="list-style-type: none"> › 1: Feeling the worst and need help › 10: Feeling the best, I'm great to go for the day » Try to use feeling words when explaining <ul style="list-style-type: none"> › Beginners might use words like mad, sad, scared, tired, bored, and happy › Others might expand using more words like frustrated, overwhelmed, anxious, content, thankful, excited, or others › Some might use colored Zones to describe their feelings like Red Zone, Green Zone, Yellow Zone or Blue Zone if that's something they've worked on in school » Family members can help each other by listening, using a coping skill, or something else 	<ul style="list-style-type: none"> » Make the scale smaller <ul style="list-style-type: none"> › 1: Feeling Bad › 2: Feeling Okay › 3: Feeling Great » Provide or create a list of feeling words for the child to pick from » Teach the child what a feeling word is or means » Provide choices for coping skills or suggest one to try together 	<ul style="list-style-type: none"> » Feelings Words Vocab List (PDF) » Stop, Breathe & Think for Kids <i>Mindfulness, Breathing and Meditation web app</i> » Mindful Coloring Online » SEL Resources for Parents and Caregivers during COVID-19 » Coronavirus Social Story » School Closure Tool Kit <p> Access these resources on the district's website.</p>
<p>Family Check In: 3 Good Things</p> <ul style="list-style-type: none"> » Thinking about and sharing what we are thankful for helps us feel calmer. » Give each family member time to think. » Have each family member share three things they are thankful for. » They can also share why they are thankful. 	<ul style="list-style-type: none"> » Other words for thankful are grateful or appreciate » Give the child ideas of things some people appreciate or things you appreciate » Share only one thing you are thankful for » Share things that make us happy instead of thankful 	
<p>Family Check In: Highs and Lows</p> <ul style="list-style-type: none"> » Give each family member time to think and then each family member can share their favorite part of their day and their least favorite part of the day. » Families can help each other problem solve if needed. 	<ul style="list-style-type: none"> » Review the day with child first before you ask them what they liked or didn't like » Use only positives. Instead of sharing a high and low, try just sharing a high (or more than one). 	