



Daily Sample Schedule for high 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

Elective See suggested activities on page 2

Math See suggested activities on page 2

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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.



Suggested Learning Activities + Resources for high 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!

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Learning Opportunities


Elective »


AT HOME	ACCOMODATIONS	ONLINE
<p>» Look around the house for objects that are poorly designed. Sketch modifications, write a letter to the manufacturer, and/or create modifications to meet your needs better. (from Daniel Pink's A Whole New Mind)</p>	<p>Sensory Trays:</p> <p>» Create rotating sensory trays using a divided chip and dip platter. Theme days:</p> <p><i>Trees:</i> gather various leaves, twigs, and nuts.</p> <p><i>Soft:</i> playdough, cotton balls, marshmallows.</p> <p><i>Hard:</i> rocks, silverware, marbles, pens.</p>	<p>» 99% Invisible <i>Watch episodes, listen to podcasts, and/or read articles about "all the thought that goes into the things we don't think about – the unnoticed architecture and design that shape our world" and discuss what you learned with family or friends.</i></p> <p>» Career Exploration <i>Start exploring career clusters!</i> <i>Kuder Navigator, the district's career information system, helps students explore and prepare for various options after high school. Students take assessments beginning in middle school that identifies their interests, skills and work values that are matched up to career clusters, pathways and occupations. Students login through Clever Portal</i></p> <p> Access these resources on the district's website.</p>


Math »

AT HOME	ACCOMODATIONS	ONLINE
<p>» Have your teen create a personal budget. Determine what percentage of their income (job, allowance, etc.) should be used in each area they feel is important: savings, entertainment, food, charity, etc. If they don't have any actual income, use a fictional amount, such as \$100/month.</p>	<p>Math Tutorials:</p> <p>» www.virtualnerd.com <i>Teens can also look around their home and price items (from advertisements, online resources) and then create their own store to shop and stay within their budget.</i></p>	<p>Khan Academy Resources:</p> <p>» For All Math Levels: Linear and Exponential Growth and Decay</p> <p>» For Algebra 1 Enrichment and/or Students in Geometry or Higher Math Levels Factoring Quadratics Factoring by Grouping Strategies for Factoring</p> <p> Access these resources on the district's website.</p>


Language Arts	AT HOME	ACCOMODATIONS	ONLINE
	<ul style="list-style-type: none"> » Read a book, article, story, etc. and find the CER (claim, evidence, reasoning). Share the CER by: <ul style="list-style-type: none"> › Writing › Telling someone › Drawing a picture › Create a video » 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 	<ul style="list-style-type: none"> » Web Comic Books 	<ul style="list-style-type: none"> » Common Lit » Audible <i>free audiobooks for students</i> <p> Access these resources on the district's website.</p>

Science	AT HOME	ACCOMODATIONS	ONLINE
	<ul style="list-style-type: none"> » Choose one product you use everyday and track its lifecycle, taking into consideration the resources used to source materials, manufacture, distribute, sell, consume, and dispose of the product. Write a public service announcement script or draw a public service announcement poster to share the economic benefits/costs associated with the product and offer explanations or solutions. 	<ul style="list-style-type: none"> » Scented playdough is a great activity. If you purchase playdough from the store, you can still add scents such as peppermint, cinnamon, or vanilla. 	<ul style="list-style-type: none"> » Online Simulations » Scishow Youtube Channel » STEMscopes Games <i>Login using your district username and student ID number. Games are found on the toolbar at the top of the screen.</i> » Kids National Geographic <i>Science videos, activities, and resources.</i> » 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"> » Read through the Census 2020 materials your family recently received in the mail. Talk through the Frequently Asked Questions with your family. Interview an adult who has voted in at least two elections. Ask them: <ul style="list-style-type: none"> › the process to register to vote › the process to caucus › the process of voting › what they look for in candidates › what circumstances existed at the time that impacted their decisions, etc. 	<ul style="list-style-type: none"> » 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> » Virtual Field Trips <i>Select Social Studies from the drop down</i> 	<ul style="list-style-type: none"> » CNN 10 <i>Watch and discuss what you saw with someone else</i> » New York Times Lesson of the Day » Teaching Tolerance <i>Find many activities to learn about social justice</i> » Smithsonian Education <i>History, culture, art: interactive resources, videos and tools.</i> <p> Access these resources on the district's website.</p>

AT HOME	ACCOMODATIONS	ONLINE
<p>» Read a book, magazine or newspaper article of your choice pertaining to a country (or person from that country) that speaks your target language</p> <p>» Read up on how countries of your target language are coping with the coronavirus</p> <p>» Write! Journal, blog, letter, poem, short story in the target language</p> <p>» Illustrate/draw a picture of your favorite vocabulary word</p>	<p><i>All Languages:</i></p> <p>» Word Reference <i>for unknown vocabulary</i></p> <p><i>French:</i></p> <p>» French 1-2 vocab list</p> <p>» French 3-4 vocab list</p> <p>» French 5-6 vocab list</p> <p>» French 7-8 vocab list</p> <p><i>German:</i></p> <p>» vocabulary/quizlet</p> <p><i>Spanish:</i></p> <p>» Spanish 1-2 vocab list</p> <p>» Spanish 3-4 vocab list</p> <p>» Spanish 5-6 vocab list</p> <p>» Spanish 7-8 vocab list</p> <p>» Essential verbs- Spanish 1-2</p> <p>Feel free to refer to any handout or reference that your teacher has previously provided</p> <p><i>Tip for reading:</i> Use two (different colored) highlighters- with one of the highlighters, highlight everything you understand. Use the other color highlighter to highlight what you don't understand. Use wordreference.com to look up words you don't know.</p>	<p><i>All Languages:</i></p> <p>» Quizlet <i>Continue with practicing vocabulary via flashcards/ create your own quizlet account and make your own</i></p> <p>» Conjuguemos <i>Practice some grammar/ structure (click on 'use without and account and then go to the 'library' to find your language</i></p> <p>» duolingo <i>Download the app and practice your target language</i></p> <p>» Send an email to say "hello" to your world language teacher</p> <p><i>French:</i></p> <p>» News in Slow French</p> <p>» French Learning Calendar</p> <p><i>German:</i></p> <p>» Nachrichtenleicht (easy news)</p> <p>» The Independent</p> <p>» News in Slow German</p> <p>» Herr Antrim</p> <p><i>Spanish:</i></p> <p>» Notes in Spanish</p> <p>» News in Slow Spanish</p> <p><i>English Language Learners Newcomer / Beginner:</i></p> <p>» duolingo</p> <p>» Learning Chocolate</p> <p><i>Intermediate / Advanced:</i></p> <p>» Vocabulary</p> <p>» Using English Quizzes</p> <p> Access these resources on the district's website.</p>

Art »

AT HOME	ACCOMODATIONS	ONLINE
<ul style="list-style-type: none"> » Document a day/week in your life with drawing, photos, or any materials available. » Combine two forms that usually don't belong together to create a new/ different form. » Design a new product that would make your life easier (see exploratory/elective options). » Draw, photograph, and/or create what you observe looking out a window. 	<p><i>Make Homemade Therapy Clay</i></p> <ul style="list-style-type: none"> » Ingredients <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) » Instructions <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. 	<ul style="list-style-type: none"> » Free Art Lessons for Kids and Adults <i>Choose from a variety of art projects you can do right at home.</i> » Design Your Own Theme Park <i>Imagineering in a Box is designed to pull back the curtain to show you how artists, designers and engineers work together to create theme parks. Go behind the scenes with Disney Imagineers and complete project-based exercises to design a theme park of your very own.</i> <p> Access these resources on the district's website.</p>
<p>Extension Challenge</p> <ul style="list-style-type: none"> » Use different approaches as you create: <ul style="list-style-type: none"> › Draw what you see. Be observant. › Exaggerate features › Play proportions › Observe/explore from different angles. › Magnify one aspect of the form you are observing. › Add and/or subtract elements from the form › Change the environment to make people think differently about the subject matter. 		

Music »

AT HOME	ACCOMODATIONS	ONLINE
<ul style="list-style-type: none"> » Listen to your favorite song and answer the following questions: <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! 	<ul style="list-style-type: none"> » Listen to a song and: <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 	<ul style="list-style-type: none"> » Analyze a song: Waiting on the World to Change by John Mayer » Watch a video: How to Analyze Songs Video » Grammy Museum » Music Theory <p> Access these resources on the district's website.</p>

Wellness »

AT HOME	ACCOMODATIONS	ONLINE
<ul style="list-style-type: none"> » Walk or jog around the block » Take a bike ride » Go on a hike 		<ul style="list-style-type: none"> » Track your progress toward a healthy lifestyle using a free website or app: <ul style="list-style-type: none"> › Health app on your phone › Myfitnesspal › Mapmyrun › C25K › Fiton › Strava



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!

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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). 	