





Daily Sample Schedule for elementary 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.

8 a.m.  **Rise and Shine!** Eat breakfast, get dressed, brush teeth


9 a.m.  **Morning Movement** See suggested activities on page 2

9:30 a.m.  **Learning Opportunities** See suggested activities on pages 2-3

10:45 a.m.  **Snack** Grab a healthy snack to powerup — even better if it's a fruit or vegetable!

11 a.m.  **Story Time** Read to your child or your child reads

11:30 a.m.  **Creativity Time** See suggested activities on page 4

Noon  **Lunch** Feed your mouth, feed your brain! Grab a healthy lunch hitting the major food groups. *No-cost meals are available for students throughout the community. Visit www.dbqschools.org for sites and times.*

12:30 p.m.  **Chores** See suggested activities on page 5

1 p.m.  **Outdoor Play / Games** See suggested activities on page 5

2 p.m.  **Project Time** See suggested activities on page 5

3:30 p.m.  **Free Play** See suggested activities on page 5

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:

FAMILIAR STUDENT RESOURCES

Students can use their district username and password to access the [Clever Portal](#), just like they do at school. Here, they'll have access to some of their favorites: ST Math, Code.org, Type to Learn, Seesaw and more.

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 elementary school students

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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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Morning Movement


» AT HOME	ACCOMODATIONS	ONLINE
<ul style="list-style-type: none"> » Run in Place » Dance Party » Jumping Jacks » Frogs Jumps » Walk the "Tightrope" 	<ul style="list-style-type: none"> » Slow the pace of the activity » Provide rest periods as needed » Define boundaries clearly » Provide balance support 	<ul style="list-style-type: none"> » Mindfulness Poses » Go Noodle <p> Access these resources on the district's website.</p>




Learning Opportunities

MATH »

» AT HOME	ACCOMODATIONS	ONLINE
<p>Geometry Scavenger Hunt</p> <ul style="list-style-type: none"> » Search and Identify: <ul style="list-style-type: none"> › circles, squares, triangles › rectangles, rhombus, trapezoids, quadrilaterals, pentagons, hexagons, ellipse › cubes, spheres, cylinders, rectangular prisms, cones, pyramids › diagonal line, vertical line, horizontal line, perpendicular lines, parallel lines, arcs › equilateral triangles, scalene triangles, right triangles, isosceles triangles › right angle, obtuse angle, acute angle › polyhedron, octahedron, tetrahedron › tessellations, concentric circles » Continue with parts of shapes: <ul style="list-style-type: none"> › halves quarters, three-fourths, one-eighth, one-third › 0.5, 0.25, 0.75, 0.01 	<ul style="list-style-type: none"> » Offer multiple choice <i>Ex: Point to two items and ask, "Which of these items is a circle?"</i> » Give/model an example with descriptors prior to asking child to find one <i>Ex: "This window is a rectangle because it has four sides and the opposite sides are the same length and distance apart. Now can you find a rectangle?"</i> 	<ul style="list-style-type: none"> » Math at Home Resources from Math Learning Center, producer of Bridges in Mathematics » Khan Academy Math Resources » Math Words Dictionary <p> Access these resources on the district's website.</p>
<p>Measurement Activity</p> <ul style="list-style-type: none"> » Line up your stuffed animals. Which is the biggest? Which is the smallest? » Using objects from your home (spoons, building blocks, clothespins, etc.) and measure to see who is tallest in your home. » Estimate how many hands lengths long a table is. Check to see if you were close. » Estimate the perimeter and area of a door in your home using your hand as the unit. Check to see how close you were. » Using objects from your home (spoons, building blocks, clothespins, etc.), estimate how many will fit in a bowl. Fill the bowl with the object and see how close you were. » Estimate how many spoonsful of water it takes to fill a drinking glass. Use a spoon to fill the cup and see how close you were. » Create your own measurement challenge. 	<ul style="list-style-type: none"> » Model the activity and/or do some examples together with different objects (Ex: cups, bottles from the spice rack) before the child does it independently 	

READING »	AT HOME	ACCOMODATIONS	ONLINE
	<p>Read or Tell a Story</p> <ul style="list-style-type: none"> » Look at all the pictures in your book and make predictions on what will happen. » Read the story to the child / Read the story together / Have the child read the story to you / Read to self » Have your child locate objects, pictures, letters, words, sounds, and punctuation. » Describe the characters and tell how they are the same and different. » Identify the problem and solution. » Change the setting and/or the ending and describe how the story changes. » If reading a chapter book, tell someone in your home or on the phone about the chapter you just read. 	<p><i>Response Options:</i></p> <ul style="list-style-type: none"> » Verbalize » Draw pictures » Act out the story » Retell the story using objects in your home 	<p>» Scholastic Once on the page, scroll down and click on "Click Here to Get Started." Then choose a grade level.</p> <p> Access these resources on the district's website.</p>
	<p>Pick A Room In Your Home</p> <ul style="list-style-type: none"> » What objects go together? (bed/pillow) » Find 3 objects that start with /s/. » Find 5 objects that have 2 syllables. » Find 5 objects and write them down. Create a rhyming word for each object (real or non-sense). » How many objects have long /a/? » Alphabetize the furniture in this room. 	<p><i>Activity Options:</i></p> <ul style="list-style-type: none"> » Change the starting sound, number of syllables, or vowel sound <p><i>Response Options:</i></p> <ul style="list-style-type: none"> » Write words » Verbally list objects » Adult may write child's responses 	

SCIENCE »	AT HOME	ACCOMODATIONS	ONLINE
	<p>Scavenger Hunt for Matter/Properties (Indoor)</p> <ul style="list-style-type: none"> » Find 4 things that are soft, 4 things that are hard, 4 things that are blue, find 2 things that are cold, find 2 things that are hot » Find an example of a solid, liquid and a gas <p>Scavenger Hunt for Living Things (Outdoor)</p> <ul style="list-style-type: none"> » Identify 4 living plants » Identify 4 living critters 	<p><i>Response Options:</i></p> <ul style="list-style-type: none"> » Verbalize » Draw pictures » Write words » Sign words 	<p>» Mystery Science Digital learning with no materials, digital learning with materials</p> <p> Access these resources on the district's website.</p>


SOCIAL STUDIES »	AT HOME	ACCOMODATIONS	ONLINE
	<p>Economics</p> <ul style="list-style-type: none"> » Find things in your home and tell if they are needs or wants (or create a list) <p>Civics</p> <ul style="list-style-type: none"> » Create a list of or discuss the rules that you follow in your home or community <p>Geography</p> <ul style="list-style-type: none"> » Draw a map of your bedroom or another room in your home <p>History</p> <ul style="list-style-type: none"> » Make a timeline of the activities you do each day/week (Use pictures or words) 	<p><i>Response Options:</i></p> <ul style="list-style-type: none"> » Verbalize » Draw pictures » Write words » Sign words 	<p>» Google Earth Discover places around the world</p>




Creativity Time

Allow student choice with topics and/or materials for the activities below


ART »

AT HOME	ACCOMODATIONS	ONLINE
<p>Sketchbook Prompts</p> <ul style="list-style-type: none"> » Free draw using 3 different colors, write or explain what you drew » Draw yourself or a family member » Fill a piece of paper with 3 different types of marks. » Pick an area or object in a room to draw. » Take a piece of paper and figure out different ways you can cut, fold, tear, or glue. <p><i>Tips:</i> Draw objects big enough to use up all space on the paper. Draw what you see. Be observant.</p> <p><i>Extension Challenge:</i> 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>	<p><i>Alternate activity:</i></p> <ul style="list-style-type: none"> » Create a sensory tray using a divided chip and dip platter. <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, paper clips.</p>	<ul style="list-style-type: none"> » The Kitchen Table Classroom Virtual Gallery Tours » The Art of Education University Art Activities and Lessons to Try at Home <p> Access these resources on the district's website.</p>

MUSIC »

AT HOME	ACCOMODATIONS	ONLINE
<p>Melody and Lyrics Activity</p> <ul style="list-style-type: none"> » Sing “Twinkle, Twinkle Little Star” or any nursery rhyme. » Now sing the melody and change the lyrics. <ul style="list-style-type: none"> › Ex: Pizza, pizza tastes so good. Pizza is my favorite food, Pepperoni with cheese on top. Drink it with a soda pop. Pizza, pizza tastes so good. Pizza is my favorite food. » Using the same nursery rhyme, sing the melody in a different order creating a different melody: <ul style="list-style-type: none"> › Pepperoni with cheese on top › Pizza, pizza tastes so good › Drink it with a soda pop › Pizza is my favorite food › Pizza, pizza tastes so good › Pizza is my favorite food » Find an object in the house (could be recycled item-bucket, spoons) “found sound” and play with your new composition. » Compose your own nursery rhyme using family member names. 	<ul style="list-style-type: none"> » Echo singing (adult sings one line; child copies it) » Add actions to aid with remembering lyrics 	<ul style="list-style-type: none"> » Mother Goose Club Mother Goose Songs » SFSKids Fun and Games with Music from the San Francisco Symphony <p> Access these resources on the district's website.</p>

DRAMA »

AT HOME	ACCOMODATIONS	ONLINE
<ul style="list-style-type: none"> » Choose a family member to be each character in “Old MacDonald Had a Farm.” » Sing the song, “If You’re Happy and You Know It” and change the words: “If You’re Grumpy and You Know it” Act it out! » “I Can’t Go a Day Without” game. Find objects around the house that you can’t live without and share with a family member why it is so important. » Spell your name using your body. <ul style="list-style-type: none"> › 1st Letter: Head › 2nd Letter: Arm › 3rd Letter: Hips › 4th Letter: Knee › 5th Letter: Foot › then repeat if there are more than 5 letters 	<ul style="list-style-type: none"> » Use hand movements instead of locomotor (body) movements 	<ul style="list-style-type: none"> » If You’re Happy and You Know It Super Simple Songs » Drama Games Beat by Beat Press <p> Access these resources on the district's website.</p>



Chores

» AT HOME	ACCOMODATIONS	ONLINE
<ul style="list-style-type: none"> » Pick up a room in your house » Dust a room » Take out the garbage » Help with laundry » Wash and/or dry dirty dishes 	<ul style="list-style-type: none"> » Break down chore into small tasks. Give child 1 task to do at a time. For example: <ul style="list-style-type: none"> › Chore: Clean up a room › Step 1: Pick up clothes › Step 2: Put clothes in basket › Step 3: Pick up blocks › Step 4: Put blocks in bin 	



Outdoor Play / Games

» AT HOME	ACCOMODATIONS	ONLINE
<ul style="list-style-type: none"> » Hide and Go Seek » Tag » Duck, Duck, Goose » Red Light, Green Light » Freeze Tag 	<ul style="list-style-type: none"> » Slow the pace of the activity (Ex: instead of running, child may walk) » Offer time to rest within activity » Reduce size of play area 	



Project Time

» AT HOME	ACCOMODATIONS	ONLINE
<p>Create A Family Tree</p> <ul style="list-style-type: none"> » Talk to your family. Who are your Grandparents? Aunts? Uncles? Cousins? » Create a family tree. Use photos, drawings, or the family tree worksheet. » Each day call someone on your family tree. Find out an interesting fact or story about them and add it to your tree. » Watch your Family tree grow! » What else can you do to add to your family tree? 	<ul style="list-style-type: none"> » Provide or co-create a list of questions for the child to ask before calling 	



Free Play

» AT HOME	ACCOMODATIONS	ONLINE
<ul style="list-style-type: none"> » Build a blanket fort » Play a board game or Charades » Put together a puzzle » Build an indoor obstacle course and time how long it takes each family member to complete it » I Spy 		



Social Emotional Engagement Guide for all students

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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>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). 	

Access these resources on the district's website.