



Daily Sample Schedule for high school students

PHASE 2

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

Language Arts See suggested activities on page 2

Math See suggested activities on page 3

Science See suggested activities on page 3

Social Studies See suggested activities on page 4

World Languages See suggested activities on page 4

Elective See suggested activities on page 4

Wellness See suggested activities on page 5

Art See suggested activities on page 6

Music See suggested activities on page 7

CTE See suggested activities on pages 7-8



Social Emotional Engagement Guide See suggested activities on page 9



Handouts + Worksheets See enclosed handouts starting on page 10

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

Jej kate koj komman bwe aolep menin jiban ko ewor ipped ren tobar aolep rijikuul. **Elane kwoj aikuj jiban ikijen Kajin,** joug im kebak Renee French ilo rfrench@dbqschools.org ak Taj Suleyman ilo tsuleyman@dbqschools.org nan komman karok nan an jikuul lewaj rukook nan jiban.

No esmeramos por hacer que todos nuestros recursos sean accesibles para todos y cada uno de los estudiantes. **Si necesita asistencia en su idioma Español,** comuníquese con Renee French al correo electrónico rfrench@dbqschools.org o con Taj Suleyman al correo electrónico tsuleyman@dbqschools.org con el objetivo de coordinar la presencia de un intérprete del distrito.

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.

IOWA DEPARTMENT OF EDUCATION RESOURCES

The Iowa Department of Education released a new website of optional resources to support students in grades PreK-12, including interactive games, virtual field trips, coding activities and e-books.

Visit educateiowa.gov/pk-12/resources-support-learning-during-covid-19 to access these resources.

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 2

These OPTIONAL 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

Language »
Arts

AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Picture Stories: <ul style="list-style-type: none"> › Look through family photos or a magazine › Write or draw what happens next » Topic of your choice project: <ul style="list-style-type: none"> › Choose a topic you are familiar with or want to research (you could also choose yourself as a topic) › Create a display of the information › Share the information with a family member or friend › (Kids are doing this on TikTok and sharing them) » Write a 50 word mini-saga: <ul style="list-style-type: none"> › In 50 words, no more, no less, develop a story that has a beginning, middle, and an end. › Share with a family member. (from Daniel Pink's A Whole New Mind). › For example: "When the musician couldn't suit the right lyrics to the tune, he contacted his muse. She inspired, consoled, provoked, and challenged him. He never met her, only communicated through email. Her feedback caused him to ponder the words and play soulfully. If only he knew it was his own mother." <p>⊕ Need help supporting your student's learning? Use the "53 Ways to Check for Understanding" resource from Edutopia at the very end of this document. It gives parents and students ideas of different ways to help students process and share new learning. These can be applied to nearly all the content areas and offer students choices in their learning.</p> <p>📄 Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › Comprehension Questions to Ask Your Child › Graphic Organizer: Compare and Contrast › 53 Ways to Check for Understanding 	<p>⊕ Also see the Elementary and Middle School Activities + Resources</p> <p><i>Extended Activity:</i></p> <p>Create an Experience Book</p> <ul style="list-style-type: none"> » Use simple objects from an event/ activity (example student loves Wendy's fries, so paste the fry container). <ul style="list-style-type: none"> › Use hand-under-hand or hand-over-hand techniques if needed. › Give the student time to explore the objects to be placed on the page, choose where on the page to put the items, paste etc. › Book relates to the CHILD'S experiences. » Remember to show the page as the student experienced the activity, not how you did or wanted him/her to. <ul style="list-style-type: none"> › Making entries meaningful. » Display what was meaningful to the student and represent that on the page. <ul style="list-style-type: none"> › Add entries during the activity or as soon as possible after the activity. » It is important to do the page when the activity is fresh on your student's mind. Hopefully, in doing it quickly the memories will remain, and you can go back periodically and relive the experience. If you wait too long, you might forget important details that occurred. <ul style="list-style-type: none"> › Use a variety of approaches to produce pages. » Be creative and have fun. Use different colors, textures, pictures etc. to make the pages memorable. » To enhance the student's understanding of the concept of the experience book choose the time and topics carefully: <ul style="list-style-type: none"> › Pick a time when the student is best able to attend to the activity. The student should be in a quiet or active alert state. 	<ul style="list-style-type: none"> » IXL <i>An online resource helping students build language arts and communication skills.</i> » Article of the Week » Common Lit » Audible <i>Free audiobooks for students.</i> <p>📄 Access these resources on the district's website.</p>

AT HOME

Graphing Review

» Use the information in the table below to answer the questions.

Unit Sales of the Apple iPhone Worldwide from 2007 to 2018

YEAR	iPhone sales in millions
2007	1.39
2008	11.63
2009	20.73
2010	39.99
2011	72.29
2012	125.05
2013	150.26
2014	169.22
2015	231.22
2016	211.88
2017	216.76
2018	217.72

Data from Statistica.com


» Draw a graph of the data above.

» Does the data show a linear trend, exponential growth, or some other type of relationship? How do you know?

» What do you notice happens to sales between 2015 and 2018? Make a prediction on why you think this happened.

» What do you predict iPhone sales will be like in 2020? Why?

» If you have access to a graphing calculator or desmos.com determine the regression equation for this graph.

 **Also see these enclosed handouts:**

- » Practice Math ACT

ACCOMMODATIONS

Ⓞ **Also see the Elementary and Middle School Activities + Resources**

» [IXL Math](#): Use for procedural fluency practice, not conceptual understanding.

Extended Activity:

» Gather objects to put on a wall/board/basket with descriptions on a sticky note of how they're connected to math.

» Discuss how to make real-world math connections. Examples: playing cards, cake pans, softball score sheets, and cookie recipes.

ONLINE

» [Exponent Properties Involving Products](#)
For all math levels

» [Right Triangle Trig](#)
Geometry enrichment for higher math levels

 Access these resources on the district's website.


AT HOME

What's the Solution?

» Make a list of 20 things that bug you.

» From your completed list, choose one to focus on and create a solution to the problem.

» Consider what resources you would need, what experts would be helpful to you, and a method to determine whether the solution was effective, necessary, and valued.

 **Also see these enclosed handouts:**

- » Chocolate Milk CER
- » T-Chart

ACCOMMODATIONS

Extended Activity:

» Make a shorter list of things that bug you.

» Pick one to focus on.


» Make a T-Chart (hard copy available at food pick up locations), marking one column as Problem, and the other as How to Fix It.

ONLINE



» [Virtual Lab Simulations](#)

» [NOVA Labs](#)



» [National Geographic Videos](#)

 Access these resources on the district's website.


Social Studies »


AT HOME	ACCOMMODATIONS	ONLINE
<p>» 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.</p> <p>» Write notes in a journal or just your thoughts on paper about your experiences – create a primary source for future historians.</p> <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › Job Interest Picture Inventory 	<p><i>Extended Activities:</i></p> <p>» Talk to your family about a visit to a virtual museum. Use pictures to help you remember your visit.</p> <ul style="list-style-type: none"> › Write sentences or a paragraph about your favorite exhibit. › Draw a picture of your favorite exhibit. › Make a short video describing what you saw. › Find the location of the museum on a map. <p>» Complete the Job Interest Picture Inventory to discover your interests for future employment.</p>	<p>» National Geographic <i>See articles and videos about a plethora of topics</i></p> <p>» Virtual Tours of National Parks</p> <p> Access these resources on the district's website.</p>



World Languages »


AT HOME	ACCOMMODATIONS	ONLINE
<p>» Watch a movie (school appropriate ☺) with the subtitles on in your target language</p> <p>» Teach 5 of your favorite phrases to someone in your house</p> <p>» Listen to a song/radio station (on i.e. pandora) (in your target language)- what do you understand? What do you like or not like about it?</p> <p>» Play card and dice games in the handouts below.</p> <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › Card Games › Dice Games 	<p>» French Audio Lingua</p> <p>» German Audio Lingua</p> <p>» Spanish Audio Lingua</p> <p>» University of Texas at Austin - Spanish proficiency guides</p>	<p>» Top 10 places to visit- France</p> <p>» Top 10 places to visit- Germany (option 1) OR Germany (option 2)</p> <p>» Top 10 places to visit- Spain (option 1) OR Spain (option 2)</p> <p> Access these resources on the district's website.</p>

Elective »

AT HOME	ACCOMMODATIONS	ONLINE
<p>» Experience the power of storytelling. Learn more about the story of a friend, teacher, or relative. Ask questions like:</p> <ul style="list-style-type: none"> › When was the first time you were away from home overnight? › What is one thing about your childhood you would like to feel or do again? › What was the best experience in school you ever had? The worst? › What was the best decision you ever made? <p><i>(from Daniel Pink's A Whole New Mind)</i></p>	<p><i>Extended Activity:</i></p> <p>» Using the At Home activity as guide, students can use family and/or friend pictures to tell their stories to the student. Do this several times as a model, then encourage the student to try it on their own. If needed, prompt the student to include the following: Who, What, Where, When, and Why.</p>	<p>» StoryCorps <i>A public service dedicated to collecting, preserving, and sharing people's stories in order to build connections between people. Stories get uploaded to the Library of Congress for preservation. Consider participating.</i></p> <p> Access these resources on the district's website.</p>

AT HOME	ACCOMMODATIONS	ONLINE
<p>» Spell Your Name Workout (repeat 2x):</p> <ul style="list-style-type: none"> › A: 50 jumping jacks › B: 30 crunches › C: 40 squats › D: 10 push ups › E: 1 min. wall sit › F: 30 mtn. climbers › G: 20 squats › H: 30 crunches › I: 10 burpees › J: 2 min. plank › K: 20 mtn. climbers › L: 15 push ups › M: 20 lunges › N: 40 jumping jacks › O: 30 lunges › P: 30 mtn. climbers › Q: 1 min. plank › R: 2 mins. wall sit › S: 15 burpees › T: 1 min. plank › U: 40 jumping jacks › V: 1 min. wall sit › W: 30 squats › X: 25 crunches › Y: 10 push ups › Z: 30 lunges <p><i>(reproduced with permission - www.thefitfilledlife.com)</i></p>	<p>» All activities can be modified to meet the physical needs of your student by decreasing or increasing the number of stretches, exercises or amount of time.</p>	<p>» At Home Physical Education Activities</p> <p>» The Body Coach</p> <p>» Learn the American Heart Society Dance Routine</p> <p>» 30 Days of Yoga</p> <p> Access these resources on the district's website.</p>

AT HOME	ACCOMMODATIONS	ONLINE
<p>☉ Also see PHASE 1 for additional activities</p> <ul style="list-style-type: none"> » Use the enclosed handout and draw one of the following each day <ul style="list-style-type: none"> › Self-portrait › A sport › A family portrait › Your favorite animal › Something or someone you love › Free draw › Something in space › A bug › Your favorite book character › Your dream room. › Your favorite food › A garden › Your own comic book › An ocean scene <p>Extended 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. <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › 14 Days of Drawing at Home 	<ul style="list-style-type: none"> » Making marks on paper with any materials they have at home. See what those materials do when they are layered over each other. » Create Taste Safe Paint » Create Ice Cube Watercolors 	<ul style="list-style-type: none"> » Art 21 Cai Guo-Qiang » Edgar Mueller » MoMA Learning <p><i>Visit an online design museum or attraction:</i></p> <ul style="list-style-type: none"> » Design Museum (London) » Eames House (Los Angeles) » National Building Museum (Washington, D.C.) » Victoria and Albert Museum (London) <p> Access these resources on the district's website.</p>

Music »	AT HOME	ACCOMMODATIONS	ONLINE
	<p><i>Ask your student to:</i></p> <ul style="list-style-type: none"> » reate your own theme song, then find a way to write it down (using either traditional musical notation or pictorial symbols) so that they can recreate it » Write new lyrics to an existing song » Have a concert in your living room—they can sing, move or play an instrument » Create a new instrument using recycled objects from your home, then demonstrate it and explain how it works » Performance students might consider a practice routine: <ul style="list-style-type: none"> › Warm up (scales/vocal warm ups/long tones) › Identify and isolate passages that need to be refined and work on them › Practice performing your piece 	<p><i>Extended Activities:</i></p> <ul style="list-style-type: none"> » Listen to your student’s favorite song/ music together and find/draw pictures that tell the lyric’s story. » Dance, dance, dance! » Compare and contrast two different music pieces. How are they the same? How are they different? Think about the voices, instruments, rhythms, and speed. 	<ul style="list-style-type: none"> » London Symphony Orchestra <i>Experience a live orchestral concert from multiple points of view.</i> » Free Piano Method <i>Learn music theory (to read and understand music) and piano skills. If you don't have a piano or keyboard at home, you can use this virtual one.</i> » Groove Pizza <i>Explore a variety of rhythms along with fractions and angle degrees. Play with pre-made rhythms or create your own and save it as an mp3.</i> » Music Theory <i>Sharpen your music theory skills with interactive lessons and drills. Good for beginning musicians through AP Music Theory students.</i> <p> Access these resources on the district’s website.</p>

CTE: »	AT HOME	ACCOMMODATIONS	ONLINE
Foods	<ul style="list-style-type: none"> » Cook at Home! 		<p><i>Foods Video Analysis:</i> Watch one of the options and write a persuasion paper on what you learned and why your friends and classmates should watch it.</p> <ul style="list-style-type: none"> » NETFLIX: <ul style="list-style-type: none"> › Somebody Feed Phil (:60) › Ugly Delicious (:60) › Sugar Rush (:50) › Forks Over Knives (1:36) › What The Health (1:32) » HULU: <ul style="list-style-type: none"> › Diners, Drive ins and Dives (:20) › Guy’s Grocery Games (:45) › CHOPPED! (:45) › Master Chef (Junior) (:45) » AMAZON PRIME: <ul style="list-style-type: none"> › Is Sugar the New Fat? (:45) › The Sugar Film (1:42) › What’s with Wheat (1:18)

CTE: » Child Development	» AT HOME	ACCOMMODATIONS	ONLINE
	<ul style="list-style-type: none"> » Babysit » Write a Letter: <ul style="list-style-type: none"> › Write a letter either to a friend, family member, or to your future children about what is currently happening in your life. You can include lists of your favorite things, a schedule of how you're spending your days practicing social distancing, and most importantly your thoughts and feelings about what is going on. Be honest and open with your communication. » Parents Interview: <ul style="list-style-type: none"> › Because you are all spending more time at home with your parents, you are seeing what it really takes to be a parent. I want you to come up with 10 questions you'd like to ask your parents about when/how they decided to become parents. Questions may include things like: How old were you when you decided to start your family? Was it planned? What would you change? Who taught you to be a parent? Etc. Write a two page reflection that includes the interview questions and answers. » eLearning Project <ul style="list-style-type: none"> › Contact your teacher for a project if interested. 		<p><i>Child Development Video Analysis:</i> Watch one of the options and write a persuasion paper on what you learned and why your friends and classmates should watch it.</p> <ul style="list-style-type: none"> » NETFLIX: <ul style="list-style-type: none"> › The Secret Life of Babies (1:28) › Baby Care 101 (1:49) » HULU: <ul style="list-style-type: none"> › Unexpected (2 Seasons) (:43) » AMAZON PRIME: <ul style="list-style-type: none"> › Look Who's Talking (1:35) › Look Who's Talking Now (1:35) › Look Who's Talking Too (1:20) › Kids on the Edge: Identity and Mental Health (:49) » YOUTUBE <ul style="list-style-type: none"> › Our Supersized Kids

CTE: » Business / Careers	» AT HOME	ACCOMMODATIONS	ONLINE
	<ul style="list-style-type: none"> » Interview a parent or other trusted adult to ask about their job and path taken to get where they are... It's about the conversation! 		<ul style="list-style-type: none"> » Review results in Kuder Navigator with a parent/guardian and map a plan for the future.



Social Emotional Engagement Guide for all students

PHASE 2

These OPTIONAL 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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Socialization

Children and teens are wired to be social. During times of social distancing and routine changes it's important to find ways to promote socialization. Try out ones from different categories!

» AT HOME	ACCOMMODATIONS	ONLINE
<p>Get Creative</p> <ul style="list-style-type: none"> » Have the kids be the leaders in pretend play » Act out scenarios together or use toys like dolls, action figures, stuffed animals to interact » Create a skit or a play together » Draw a cartoon strip about interaction or write a story » Read a book with characters the about same age as the child/teen » Have family dinner, play a game or do a puzzle together 	<ul style="list-style-type: none"> » Brainstorm play ideas and scenarios that your child might be experiencing ahead of time or co-create them together » Provide boundaries or rules about the activity 	<ul style="list-style-type: none"> » Common Sense Media for Parents » The Gratitude Experiment » SciShow Psych » Gratitude and the Brain » SEL Resources for Parents and Caregivers during COVID-19
<p>Reach Out</p> <ul style="list-style-type: none"> » Draw a picture, make a card, or create a poster, collage, or project for a family member or friend » Write a letter, email or blog post to family members or friends » Create a vlog (video log) or write a speech to that person » Share your creation with the person- send it digitally, mail it, or save it for later. When we share our gratitude for others with them, it makes us (and them) feel better! 	<ul style="list-style-type: none"> » Have the child tell another person about the picture or what to write for them » Help create a script for the child » Brainstorm ideas with them before starting 	<ul style="list-style-type: none"> » Coronavirus Social Story » School Closure Toolkit <p> Access these resources on the district's website.</p>
<p>Use Technology</p> <ul style="list-style-type: none"> » Make a phone call to a friend or loved one » Create a video greeting to send to someone » Video chat or use another app. <ul style="list-style-type: none"> › Have a play date › Figure out how to play a board game through video › Watch a video at the same time together and have a watch party › Put on some music and have a virtual dance party » Connect through video games or social media 	<ul style="list-style-type: none"> » Be aware of parent controls and appropriate technology for the age of the child » Review social norms or rules before the child interacts with others, if needed » Provide ideas to the children for things to do together » Give a smaller number of options like 2 choices 	

