



Daily Sample Schedule for elementary school students

PHASE 2

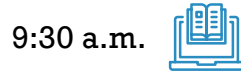
Each student is unique (that's what we love about them!) and learns at different paces and different ways. This schedule is a sample to help guide you - use any or all of it, but always feel free to modify it to meet the needs of your student or family.



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



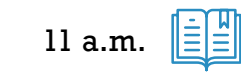
9 a.m. Morning Movement See suggested activities on page 2



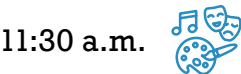
9:30 a.m. Learning Opportunities See suggested activities on pages 2-4



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



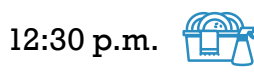
11 a.m. Story Time Read to your child or your child reads



11:30 a.m. Creativity Time See suggested activities on page 5



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 6



2 p.m. Project Time See suggested activities on page 6



3:30 p.m. Free Play See suggested activities on page 6



Social Emotional Engagement Guide See suggested activities on page 7



Handouts + Worksheets See enclosed handouts starting on page 8

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:

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.

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.

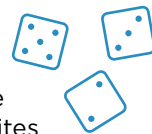
Visit educateiowa.gov/pk-12/resources-support-learning-during-covid-19 to access these resources.

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.



THIS WEEK'S LEARNING ACTIVITIES INCLUDE A VARIETY OF ACTIVITIES INVOLVING PLAYING CARDS AND DICE.

A limited supply of playing cards and dice will be available at the Hempstead High School and Prescott Elementary School meal sites on Friday, April 3. Virtual cards and dice can be found under the Online Resources.





Suggested Learning Activities + Resources for elementary students

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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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Morning Movement



» AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Touch your toes 10 times » 10 High knees » 5 right side lunges, 5 left side lunges » Wall sit for 10 seconds » Hold a plank for 10 seconds 	<ul style="list-style-type: none"> » Slow the pace of the activity » Provide rest periods as needed » Define boundaries clearly » Provide balance support » Reduce the time period or number of repetitions 	<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	ACCOMMODATIONS	ONLINE
<p>Card Activities (Remove Face Cards for following activities and designate aces as 1's)</p> <ul style="list-style-type: none"> » Line up cards in order » Play Memory- Place cards face down and flip to find matches » Lay out cards face up and put cards together that make 10 » Put cards in a stack. Take turns drawing to at a time and tell what the sum of the 2 numbers would be » Sort cards in a variety of ways (by suit, by number, evens/odds) » Choose a card (or two to make a 2-digit number), don't look at it but hold it on your forehead so others can see it. Ask others "yes" or "no" questions to discover your number » Look through the documents below for numerous math card game ideas! (hard copies available at lunch distribution centers) Go to Card Games under Online-resources for more card games! 	<p><i>Activity Option:</i></p> <ul style="list-style-type: none"> » reduce the number of places in place value games » use a smaller set of cards (ex: Aces through sixes instead of aces through tens) » reduce the number of cards drawn or dice used » reduce target number/number of points needed to win or number of rounds played » choose an operation where the child will find success (+, -, x, /) » provide references for child to use during the game (Ex: list of prime numbers, hundreds chart, multiplication table, factors chart) » instead of doubles, find a number that is one more or one less, two more/less, etc. 	<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 » Card Games » Dice Games » Virtual Dice » Virtual Cards <p> Access these resources on the district's website.</p>
<p>Dice Activities</p> <ul style="list-style-type: none"> » Roll a die, be the first to say the number » Roll the die, color a matching die on the "What Did You Roll?" sheet (included in pdf below and in hard copies distributed at lunch centers) » Roll a die and find that many of an item in your house » Roll 2 dice and be the first to say the sum or difference » Look through the document below for numerous math dice game ideas! (hard copies available at lunch distribution centers) 		
<p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › What Did You Roll Activity › Elementary Card Games (not available online; will be sent electronically via Seesaw) › Elementary Dice Games 		

AT HOME	ACCOMMODATIONS	ONLINE
<p>Read or Tell a Story</p> <ul style="list-style-type: none"> » Listen to someone read or tell a story to you. When they are done, tell or show them your favorite part of the story. » Read a story with your child. Discuss and show the beginning, middle, and end of the story. Read the story again with your child. » Have your child read or tell a story to you. Ask your child questions about the main idea of the story. » Write a nursery rhyme down for your child. Have them practice reading it. Have them act out the nursery rhyme. » Think of your favorite poem or write a poem. Have your child read and reread the poem, then perform it for your family. » As you are reading any book, tell someone your text-to-self connection. » As you are reading any book, tell someone your text to world connection. » As you are reading any book, tell someone your text to text connection. » If you are reading a chapter book, before you read the chapter make a prediction about what this chapter will be about. Check your prediction after you read the chapter. 	<p><i>Reading response options:</i></p> <ul style="list-style-type: none"> » locate pictures in the text that answer questions » verbalize responses » draw pictures » act out the story » retell the story using objects in your home » When rereading fluency passages, students can practice by page, paragraph, sentence, or phrase. <p><i>Worksheet options:</i></p> <ul style="list-style-type: none"> » Choose pages from a different grade level » Do the even or odd-numbered problems only » Complete just a few problems on each page » Do some examples together before the child works independently 	<ul style="list-style-type: none"> » Scholastic Once on the page, scroll down and click on "Click Here to Get Started." Then choose a grade level. » BookFlix Read a fiction or non-fiction story and complete related activities. <p> Access these resources on the district's website.</p>
<p>Writing/Expressing Yourself</p> <ul style="list-style-type: none"> » Act out your favorite song. » Create a dance for a favorite children's song. » Sit completely silent for 2-10 minutes. Write, draw, or share with someone what that was like. » Write a short story. Read it to someone. Ask them questions to see if they were listening to your story (i.e. what is the main idea, who were the characters, what was the setting). » Make a list of all the things you love about spending more time at your house. » Create your perfect amusement park. » Write down what you will tell people about this time at home when they asked you about it 10 years from now. 	<p><i>Writing response options:</i></p> <ul style="list-style-type: none"> » draw pictures » write words » verbalize responses » sign responses » adult may write child's responses/story 	
<p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › Kindergarten LEAD 21 Worksheets › Grade 1 LEAD 21 Worksheets › Grade 2 LEAD 21 Worksheets › Grade 3 LEAD 21 Worksheets › Grade 4 LEAD 21 Worksheets › Grade 5 LEAD 21 Worksheets 		

SCIENCE »	AT HOME	ACCOMMODATIONS	ONLINE
	<p>» Complete the activities in the handouts that follow.</p> <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › Life Science Word Search › Physical Science World Search › Roll an Animal › Dice Senses 	<p><i>Word Search Options:</i></p> <ul style="list-style-type: none"> » point to a certain letter » color the first letter of a word » point to words » highlight or color the words » adult can circle/highlight words and child can find the word in the list that matches » start with 3 letter words and work up to longer words <p><i>Dice Activity Options:</i></p> <ul style="list-style-type: none"> » verbalize/draw pictures/write words/sign words/adult may write child's responses 	<p>» Mystery Science <i>Digital learning with no materials, digital learning with materials.</i></p> <p>» Virtual Dice</p> <p> Access these resources on the district's website.</p>

SOCIAL STUDIES »	AT HOME	ACCOMMODATIONS	ONLINE
	<p>Civics</p> <ul style="list-style-type: none"> » Draw a picture of ways you can help in your home or community. » Read or talk about a person (present or past) who is a good citizen. Make a list of ways you can demonstrate good citizenship. <p>Geography</p> <ul style="list-style-type: none"> » Walk around your neighborhood, find 5 of the following: a stop sign, a store, a fence, a school, a farm, a house, a mailbox, a stoplight, a playground, and a fire hydrant. » List all the letters of the alphabet in a vertical column. Try to come up with the name of a city, state, country, or continent for each letter. <p>Economics</p> <ul style="list-style-type: none"> » Draw a picture of what you want to be when you grow-up. Tell someone three reasons why you chose to be this when you grow-up. » Make a list of all the jobs you know about in your family/community. Sort the list into goods (jobs that produce a product) and services (jobs that help people). <p>History</p> <ul style="list-style-type: none"> » Tell or draw a picture for someone about an important event in your life and tell them why it was important for you. (ex. My first day of school...) » Interview an older family member (in person, phone, FaceTime, etc.) about an important event in history that he/she has lived through. Record what you learned in a drawing, collage, or paragraph. 	<p><i>Response Options:</i></p> <ul style="list-style-type: none"> » verbalize/draw pictures/write words/sign words/adult may write child's responses <p><i>Sorting:</i></p> <ul style="list-style-type: none"> » List of words can be cut out and moved or circled with different colors instead of re-writing. » Before the interview, provide or co-create a list of questions for the child to ask. 	<p>» Google Earth <i>Discover places around the world.</i></p> <p>» FreedomFlix <i>Read a book and watch a related video about a historic event/person.</i></p> <p>» TrueFlix Biographies <i>Read a book and watch a related video about an impactful citizen.</i></p> <p> Access these resources on the district's website.</p>



Creativity Time

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

ART »

AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Look out a window in your home. Draw a picture of what you see. Label your picture. Use at least four different colors. <ul style="list-style-type: none"> › Drawing Challenge (Choose one or more): › Draw a llama surfing › Draw a piece of fruit in outer space › Draw your art teacher on an island › Draw a design for a \$3 bill. » Use found objects (paper towel rolls, milk bottle caps, plastic yogurt cups, egg cartons, etc) to create an animal sculpture. Use tape, glue or other materials to connect each item. 	<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"> » Draw Kids Draw » Art with Mati & Dada <p> Access these resources on the district's website.</p>

MUSIC »

AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Sing children's songs with your student from your own childhood. Extend these experiences by: <ul style="list-style-type: none"> › Keeping a steady beat while you sing the song by patting, clapping, marching or playing a small percussion instrument. (You could also listen to the radio and show the beat by moving.) › Create a dance to go with the song. › Help your child in creating new verses to the song, or asking them to create their own song › Create a new musical instrument out of materials around the house that makes a sound by shaking, scraping or tapping—then explain to someone how it works! » Explore new rhythms by adding different time signatures (4/4, 3/4 2/4) with your chosen song. <ul style="list-style-type: none"> › If your band and orchestra instrument is at home, you can work in your method book. › Create your own theme song, then find a way to write it down (using either traditional musical notation or pictorial symbols) so you can recreate it. 	<ul style="list-style-type: none"> » Echo singing (adult sings one line; child copies it) » Add actions to aid with remembering lyrics » Adult may assist hand-over-hand to help keep beat 	<ul style="list-style-type: none"> » Let's Play Music » Super Simple Songs » Children Love to Sign: Top 10 Kids Action Songs » Chrome Music Lab » Groove Pizza » Smart Music <p> Access these resources on the district's website.</p>

DRAMA »

AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Try to make a letter of the alphabet or a number with your body. » Find a family member and be their mirror copying their movements and then switch. » Choose any letter and look for items around your house that start with that letter. » Use those same items and make up a story. » Dramatize your story for the family. 	<ul style="list-style-type: none"> » Use hand movements instead of locomotor (body) movements 	<ul style="list-style-type: none"> » Drama Games <p> Access these resources on the district's website.</p>




Chores

AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Dust a room in your home » Help set the table for lunch or dinner » Clean two mirrors or windows in your home » Sweep or vacuum a room in your home » Fold clean laundry and match clean socks 	<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	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Relay races » Follow the Leader » Kick the Can » Kick ball <p>Mother May I? Game</p> <ul style="list-style-type: none"> » Object of the Game: <ul style="list-style-type: none"> › By following different commands the winner of Mother May I is the first one to reach the “mother” » What to Do First: <ul style="list-style-type: none"> › Choose who will be the mother. Have the mother stand at one end of the playing area and the rest of the children line up side by side at the opposite end of the yard. » How to Play: <ul style="list-style-type: none"> › “Mother” calls each child by name one at a time and tells them to take a random number of steps towards them. For ex. the “mother” will say “Bobby, take 3 giant steps.” Before the player takes the steps they must ask the “mother”.. “Mother may I?”. The mother then answers “Yes you may.” The player then may take the steps towards the “mother”. › If the player forgets to ask “Mother may I?” after getting directions on the type of steps he should take he must go back to the starting line or home. › The first player to reach “mother” gets to be the new “mother”. The types of steps should vary with each child. Some examples are: giant, tiny, baby, crawling, twirling, backwards, marching steps. 	<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 	<ul style="list-style-type: none"> » Mindfulness Poses » Go Noodle » Physical Education TV » Open - Online Physical Education Network <p> Access these resources on the district's website.</p>



Project Time

» AT HOME	ACCOMMODATIONS	ONLINE
<p>Spring Flowers</p> <ul style="list-style-type: none"> » Make or draw spring flowers. » Place them in your front window. » Walk around your neighborhood and tally how many spring flowers you see posted. 		



Free Play

» AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Play the card game War » Build a card house » Play your favorite board game » Dress-Up day, decide a specific way to dress for each day of the weekday (ex. pajama day, crazy day, favorite color) » Play a game of Tic-Tac-Toe 		



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 	

