



Daily Sample Schedule for elementary school students

WEEK 3


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 6

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,** jout 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 MATH LEARNING OPPORTUNITIES INCLUDE A VARIETY OF ACTIVITIES THAT MAY INVOLVE THE USE OF MATH MANIPULATIVES.

A limited supply of math manipulatives will be available at the Hempstead High School and Prescott Elementary School meal sites on Thursday, April 9.

Some of the math concepts may be review and some will build upon previous learning. Find the pages your child will experience the most success and yet challenge them. Encourage your student to use various strategies they know and have them explain their reasoning.





Suggested Learning Activities + Resources for elementary students

WEEK 3

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"> » Army Crawl: lay on stomach, use knees and arms to move forward » Walk in High Kneel: get on knees, cross a room this way » Superman: lie on stomach with hands and feet up, hold for the count of 5-10 seconds, repeat » Walk the Beam: find a line to walk on, feet to heel, repeat 5 times » Crab Walk: sit on floor with feet flat, place hands on floor behind bottom and lift bottom up off floor and hold, crab walk around the room 	<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>Counting Around the House <i>(from Math Learning Center Pre-K Resources Site)</i></p> <ul style="list-style-type: none"> » Help set the table to eat and count each plate and item of silverware as you put it down: "One, two, three. Three plates!" » When you set out some toys to play with, count them "How many cars do you have? Let's count. One, two, three, four, five, six. Six cars!" » When you walk up the stairs, count each step as you step on it. » Count while you wait for the cup to fill, the tub to drain, the microwave to beep, the toast to pop up, the traffic light to turn green, and so on. » Play a game called Plink, Plonk, Plunk. Take turns dropping four to six small hard objects (pennies, Legos) into a cup, telling how many there are in the cup, dumping them out, and counting them together. Children enjoy the sound of each object hitting the cup, and the sound reinforces the counting. » When you read a picture book, count the items on each page. Point to each item while counting. » When you're on a walk or in the car, read numbers on houses, license plates and signs. <p>Computation Skill Practice</p> <ul style="list-style-type: none"> » Complete the grade appropriate handout below. Refer to note on previous page for instructions. <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › Kindergarten Math Fluency Practice › Grade 1 Math Fluency Practice › Grade 2 Math Fluency Practice › Grade 3 Math Fluency Practice › Grade 4 Math Fluency Practice › Grade 5 Math Fluency Practice 	<ul style="list-style-type: none"> » Do some examples together before the child works independently » Choose pages from a different grade level » Do the even or odd-numbered problems only » Complete just a few problems on each page (put a star by the most important problems to complete) » Student may give answers verbally » Cut worksheets into sections and work on one section at a time » Cover sections of the worksheet with a blank sheet of paper to display only what the child needs to complete » Provide a number line, place value chart, multiplication table, or hundreds chart to help students solve problems » Provide counters (bingo chips, blocks, etc.) for students to use as manipulatives » Provide separate paper if the child wants to draw a picture or rewrite a problem with more room to solve » Use lined paper turned sideways (or graph paper if you have it) to create columns to make it easier to keep numbers in the right place value when solving multi-digit problems (+, -, X, /), including problems with decimals 	<ul style="list-style-type: none"> » On-line Math Games » Math Activity of the Day » Math Story Collections <p><i>(Above resources from Math Learning Center, producer of Bridges in Mathematics)</i></p> <ul style="list-style-type: none"> » 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>

AT HOME	ACCOMMODATIONS	ONLINE
<p>Read or Tell a Story</p> <ul style="list-style-type: none"> » Read or tell a story to your child each day. This could be a different picture book, a chapter from a chapter book, or a story told by the adult that is either fiction or non-fiction. » Have your child read you a story or tell you a story. Ask them to identify the beginning, middle, and end of the story they read or told. » Choose any book. Look at the cover and read the title. Ask your child to predict what the story might be about. Read the story. Check your child's predictions. » Have your child read a book to themselves. Then have them do a book talk to others trying to convince them to read book. » Read two books by the same author. Compare and contrast the books. » After reading any simple picture book, turn it into a play and act it out. » Ask your child to tell you a story. Be sure they describe the characters, setting, problem and solution. 	<p><i>Reading response options:</i></p> <ul style="list-style-type: none"> » verbalize responses » draw pictures » act out the story » point to pictures that show beginning, middle, and end <p><i>Ways to practice fluency:</i></p> <ul style="list-style-type: none"> » adult can read a part first and the student will echo read » adult and student can read the selection at the same time » adult and student can take turns reading phrases, sentences, paragraphs, or pages » after adult models reading the passage/section, student can read aloud the same text multiple times 	<ul style="list-style-type: none"> » Scholastic Activities for PK-5 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. » Storyline Online Watch a video featuring celebrated actors reading children's books. <p> Access these resources on the district's website.</p>
<p>Writing/Expressing Yourself</p> <ul style="list-style-type: none"> » Draw a picture of the places you want to visit someday. » Make a list of places you want to visit someday » Write a letter to someone. Call them and read it to them. » Write down all the things you are thankful for. » Write a note to someone in your family. Give it to them and ask them to write a note back to you. Keep exchanging notes for several days. » Begin a journal. Draw and label a picture or write down what you are doing each day. » Write down step by step directions for making your favorite sandwich, snack, meal, or dessert. » Write a story about something real in your life (vacation, family gathering, sport you play etc.) » Write a story about something fictional. » Write a description of your day. 	<p><i>Writing response options:</i></p> <ul style="list-style-type: none"> » provide a visual model » trace the letters or words » model an example first (Ex: How many sounds in the word gum? If I stretch it, I say /g/, /u/, /m/. That's three sounds, so I will mark the number 3.) » do some examples together before the child works independently » choose pages from a different grade level » do the even or odd-numbered problems only » complete just a few problems on each page » student could draw, dictate or sign the answers » for sorting, adult could cut out the pieces first » reading passages may be read to the child or child and adult could take turns » child could highlight answers in the text and verbally put the ideas in his/her own words » provide a separate sheet of lined paper for long responses » allow child to refer to list of sight words (for syllable activity) or idioms, adages, proverbs (for idioms activity) 	
<p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › Dice Syllables/Sounds › Dice Pre-Writing › Dice Beginning Writing › Dice Writing › Dice Nouns/Verbs/Pronouns/Adjectives › Dice Idioms/Adages/Proverbs › Pre-K Lexia Skill Builder › Kindergarten Lexia Skill Builder › Grade 1 Lexia Skill Builder › Grade 2 Lexia Skill Builder › Grade 3 Lexia Skill Builder › Grade 4 Lexia Skill Builder › Grade 5 Lexia Skill Builder 	<p><i>Lexia and Dice worksheet options:</i></p> <ul style="list-style-type: none"> » use a visual model » trace letters or words » draw pictures » write words » verbalize responses » sign responses » adult may write child's responses/ story 	

SCIENCE »

AT HOME	ACCOMMODATIONS	ONLINE
<p>» Explore the National Mississippi River Museum & Aquarium (located in Dubuque!) website listed in the online resources section. Learn about their collection of animals!! A new lesson and video is posted every day.</p> <p>» www.rivermuseum.com/educational-resources</p> <p>» Complete the activities in the handouts that follow.</p> <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> » Earth Day Activity » Backyard Scavenger Hunt » Animal Report 	<p>Earth Day Activity:</p> <ul style="list-style-type: none"> » verbalize/draw pictures/write words/sign words/adult may write child's responses <p>Backyard Scavenger Hunt:</p> <ul style="list-style-type: none"> » choose one or two columns or one or two rows to find items, circle or highlight 5 or 10 items to find, adult/older child reads the words aloud <p>Animal Report:</p> <ul style="list-style-type: none"> » choose one section to complete, 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>» National Mississippi River Museum & Aquarium</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 your four favorite animals. Have the people in your family vote on the animals they would most like as a pet. » Write a public service announcement (PSA) to convince people to vote in the presidential election this November. Read your PSA to someone in your family. <p>Geography</p> <ul style="list-style-type: none"> » Walk around your neighborhood and try to spot the following: tree, hill, a bird nest, a flower, and a water source. » Develop a list of ways you could protect the geography of our area (Mississippi River, trees, prairies). Throughout the week, circle any things from the list that you personally do. » Complete the Word Search handout. <p>Economics</p> <ul style="list-style-type: none"> » Develop a list of what to buy at a grocery store or another type of store or gather items from around your home. Talk about if the items are a want or a need. » Keep a running list of the things that your family buys/pays for this week. For each item in the list, talk or write about what influenced your family's decision to buy. <p>History</p> <ul style="list-style-type: none"> » Look through pictures with your family and talk about what was occurring in each picture. Talk about your top three pictures. Why are they your favorite? » Create a Venn diagram to compare/contrast your spring break activities from last year to this year. Discuss: How have this year's current events impacted your activities? <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> » Geography Word Search 	<p>Response Options:</p> <ul style="list-style-type: none"> » verbalize » draw pictures » write words » sign words » adult may write child's responses » co-create the list/project <p>Word Search Options:</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 4 letter words and work up to longer words 	<p>» Google Earth <i>Discover places around the world.</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"> » Drawing Challenge: draw an animal playing a sport, draw a person with a type of food for eyes, draw a sweater made of candy. » Color a picture using only the primary colors (red, yellow, and blue). » Use a piece of paper. Cut into a square. Fold your own origami creation. <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> » Origami Bunny 	<ul style="list-style-type: none"> » Use a larger piece of paper for origami to make it easier to manipulate. » Support with hand-over-hand folding. » Touch and feel various textures around the house. Record those textures on a piece of paper by laying your paper on the surface and rubbing the paper with the side of a pencil. » Create Taste Safe Paint » Create Ice Cube Watercolors 	<ul style="list-style-type: none"> » Red Ted Art: Origami » Origami Bunny <p> Access these resources on the district's website.</p>

MUSIC »

AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Explore music in nature: Write down a list of sounds you hear as you walk outside. » Create a piece of art as you listen to music. » Make a musical instrument by placing rice between two paper plates and staple them together. Color on the outside. Play along with your favorite song. » Play musical chairs with the family. Place chairs in a circle and walk around chairs until the music stops. When the music stops, sit down. Whoever doesn't get a chair is out. » Write down a list of songs and place them in a shoebox. Family members take turns choosing a piece of paper and singing the song. <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> » Scavenger Hunt 	<ul style="list-style-type: none"> » List of sounds/songs can be written by adult. » Use the talk-to-text feature on a phone/device to make the list on a "notes" app. » 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. » Instead of musical chairs, you could pass spoons (or another common object) around the circle, using one less spoon than there are people. When the music stops, the person without a spoon is out. 	<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 » Storyline Online (music search results) <p> Access these resources on the district's website.</p>

DRAMA »

AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Find a ball and say something that begins with the letter A, pass the ball to a family member that says a word with the letter B, keep passing until you get through the alphabet. » "Let's wobble like a jellyfish!" Each family member makes up a new movement. » Dramatize a short story for the family. » Find 3 paper bags and notecards. Split the notecards into three groups and write the names of people on one set of cards, things on another set, and places on the third set. Then, put one stack of cards in each bag - one bag with people, the second bag with things, and the third bag with places. Take turns picking out one word from each bag to put together a story. 	<ul style="list-style-type: none"> » Use hand movements instead of locomotor (body) movements » Provide a list of the letters in the alphabet and cross off each letter as it is used » Instead of words, draw or cut out pictures for the cards 	<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"> » Pick up garbage outside your house » Help make a meal at home » Dust a room in your house » Clean up a room in your home - put away items, dust, vacuum/sweep floors » Help with laundry - gather dirty clothes, sort, wash dirty clothes, dry clean clothes, fold clean clothes, help put away clean clothes 	<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"> » TV Tag: when you are tagged in TV tag, you must name a television show to be released » Set up an outside obstacle course » Caterpillar Tag: <ul style="list-style-type: none"> › Start like regular tag, with one person assigned to be "it." › Once "it" touches another player, they hold hands and both are "it" together, and are the start of a growing caterpillar. › As a person is tagged, join hands at either end of the line, until everyone is caught. Last person to join the "caterpillar" is "it" when played again. » Please Mr. Crocodile: <ul style="list-style-type: none"> › All players stand together facing the other side, except one chosen as "Mr. Crocodile." › Mr. Crocodile stands in the middle of the yard. › Players chant, "Please Mr. Crocodile may we cross the river? If not, why not, what's your favorite color?" › Mr. Crocodile calls out favorite color and any players wearing that color are safe to cross past Mr. Crocodile. › Once players are safely crossed, any players not wearing the selected color must try to run across without being caught by Mr. Crocodile. › The player that is caught becomes the next Mr. Crocodile and the game starts again. 	<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>Kindness Project</p> <ul style="list-style-type: none"> » Think of someone in our community that is helpful to others, draw a picture or write a thank you to them, then mail it. 		



Free Play

» AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Put together a challenging puzzle » Play a favorite toy/game with a family member » Play a new board game » Decorate a door in your home with pictures, positive words, etc. » Play Charades or telephone with your family 		



Social Emotional Engagement Guide for all students

WEEK 3



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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Kindness

Families have spent a lot of time together over the past few weeks of social distancing, which can be stressful to children and adults alike. It's important to take a step back and remember to be kind to one another.

» AT HOME	ACCOMMODATIONS	ONLINE
<ul style="list-style-type: none"> » Have a family discussion. <ul style="list-style-type: none"> › What does it mean to be kind? › Why is it important? › How does it feel when someone is kind to you? › How does it feel when you are kind to someone else? » Read a book about kindness such as Kindness is Cooler, Mrs. Ruler by Margery Cuyler, The Kindness Book by Todd Parr or Have you filled a bucket today by Carol McCloud or many others. <ul style="list-style-type: none"> › Check Youtube for stories read aloud. » Find some kindness quotes from the Two by Two handout below or words and pick a motto for your family. » Do A Kindness Project during "Project Time" » Leave a kind message in sidewalk chalk outside for others to see » Create a skit, poster, collage or project teaching others what kindness means » Do a self-assessment about kindness in your family such as the Two by Two Family Tree Scale handout below » Create a challenge in your house to see who can do Random Acts of Kindness for each other » Create a Kindness jar. <ul style="list-style-type: none"> › Have each member write or draw kind thoughts or actions on a scrap of paper. › Put those papers in the jar or bowl › During Family Check-Ins pull out one or two and share with the family » Join the World of Hearts Movement in your community. <ul style="list-style-type: none"> › Decorate your door or window with colorful hearts » Take a walk or a drive as a family and search for other houses with hearts. <p> Also see these enclosed handouts:</p> <ul style="list-style-type: none"> › Two by Two Kindness Quotes and Introduction › Two by Two Family Tree Scale 	<ul style="list-style-type: none"> » Some children might need different descriptions of being kind. Pick words and meanings that fit the needs of your student. » Brainstorm ideas for the kindness challenge before beginning. » Give only two or three choices of kind activities to practice at a time. » Have the child listen to a book, read with you, or read allow. » Have the child tell an adult or older sibling what to write for them when creating the kindness jar. <ul style="list-style-type: none"> › This is also a great way for a sibling to practice kindness. » Provide boundaries or rules about the activity <ul style="list-style-type: none"> › Get supplies ready before the activity. 	<ul style="list-style-type: none"> » World of Hearts Movement Article » Common Sense Media for Parents » SEL Resources for Parents and Caregivers during COVID-19 » Coronavirus Social Story » School Closure Toolkit <p> Access these resources on the district's website.</p>

