



Distance Learning Week 1: Creating a Routine

Experts recommend following a routine in these trying times, so we also recommend helping our students set up a routine with the help of a schedule so they can get a sense of normalcy.

In the following pages, you will find examples of a weekly schedule in English and Spanish with suggested activities for the first and second week of distance learning. The schedules have been adapted from ELL2.0 (<https://sites.google.com/view/ell20/no-tech-activities-for-dt>) and have been modified to accommodate Elementary, Middle and High School students.

In the following weeks, EduSkills will post activities on the EduSkills website to support your distance learning work with students.

Elementary

Early childhood- For younger students you can use picture books, or read to them for the reading assignments.

Students can use pictures to write stories and make their list.

	Monday	Tuesday	Wednesday	Thursday	Friday
Emotional Support 	Begin with visualization. Think about your stresses. Then, breathe out and (try) to let them go.	Make a list of things that you like about yourself. Post it somewhere.	Write down something that is bothering you. Look at it. Then, rip it up and throw it away.	Read this quote from the Dalai Lama. "Be kind whenever possible. It is always possible."	Think about what you accomplished this week. Pat yourself on the back.
Content Knowledge 	Pick 5 food items in your home. Read the labels and rank them from healthiest to least healthy.	Figure out something you'd really like to buy. Now create a plan to earn and save for it.	Check in on current events. List 3 examples of cooperation you see in the world.	Take a walk and list 5 of the animals and plants you see. Write a story including them.	Be a historian. Create a timeline of important events that have happened in the past month.
Language Development 	Reread a favorite book. What did you notice when you read it again? Record your thoughts on video or recording	Write about how you have spent your time at home. What has been good? What has been hard? Why?	Using the internet, a newspaper, magazine, etc., look for interesting words for each letter of the alphabet. A-Z	Watch a favorite TV show or movie. Turn on the captions. Bonus points for captions in another language.	**Write a letter to someone you appreciate. Tell them how awesome they are. Read it outloud to the person or record it. Edit your letter if necessary

Physical Health 	Take a walk for 20 minutes or more. Do 20 sit ups.	Dance to your 3 favorite songs.	Run for a minute. Walk for a minute. Repeat 10 times.	Do 25: push ups, sit ups, lunges, and squats.	Have a dance party. It's FRIDAY!
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Para estudiantes menores los padres pueden leer el libro a los estudiantes o utilizar libros con ilustraciones.

En los proyectos de escritura los estudiantes pueden usar dibujos o recortes de papel para escribir su historia

	Lunes	Martes	Miercoles	Jueves	Viernes
Salud emocional 	Comienza con la visualización. Piensa en tu estrés. Luego, exhala y (intenta) dejarlo ir.	Haz una lista de las cosas que te gustan de ti. Cuelgalo en alguna pared para que todos lo vean.	Escribe algo que te esté molestando. Míralo. Luego, rómpelo y deséchalo.	Lee esta frase del Dalai Lama. "Sé amable siempre que sea posible. Siempre es posible "	Piensa en lo que lograste esta semana. Date unas palmaditas en la espalda.
Conocimientos 	Elige 5 alimentos en tu casa. Lee las etiquetas y clasificalas de la más saludable a la menos saludable.	Piensa en algo que realmente te gustaría comprar. Ahora crea un plan para ganar dinero y ahorrar para comprarla.	Checa las noticias actuales. Enumera 3 ejemplos de cooperación que vez en el mundo.	Da un paseo y enumera 5 animales(insectos, etc) y plantas que vez. Escribe una historia incluyéndolos.	Se un historiador. Crea una línea de tiempo de eventos importantes que hayan sucedido en el último mes.
Language 	Vuelve a leer uno de tus libros favoritos. ¿Qué notaste cuando lo leíste de nuevo? Graba tus ideas en video	Escribe acerca de cómo has pasado tu tiempo en casa. ¿Qué ha sido bueno? ¿Qué ha sido duro? ¿Por qué?	Usando el internet, un periódico o una revista, busca palabras interesantes o nuevas para cada letra del alfabeto.A-Z	Mira un programa de TV o película favorita. Enciende los subtítulos. Recibe puntos extra por subtítulos en otro idioma.	Escríbele una carta a alguien que aprecias. Diles cuán increíbles son. Lee la carta en voz alta.
Salud Física	Camina por 20 minutos o más. Haz 20 abdominales	Baila con tus 3 canciones favoritas.	Corre por un minuto. Camina por un minuto. Repite	Haz 25: flexiones, abdominales, estocadas y	Haz una fiesta de baile. ¡Es viernes!

			10 veces.	sentadillas.	
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Middle School and High School

	Monday	Tuesday	Wednesday	Thursday	Friday
Emotional Support 	Begin with visualization. Think about your stresses. Then, breathe out and (try) to let them go.	Make a list of things that you like about yourself. Make a video and Post it somewhere.	Write down something that is bothering you. Look at it. Then, rip it up and throw it away.	Read this quote from the Dalai Lama. "Be kind whenever possible. It is always possible." How can you apply this quote to some aspect of your life right now(Give specific examples)	Think about what you accomplished this week. Based on that write a goal for next week
Content Knowledge 	Pick 5 food items in your home. Read the labels and rank them from healthiest to least healthy based on	Figure out something you'd really like to buy. Now create a plan to earn and save for it and create a budget.	Check in on current events. List 3 examples of cooperation you see in the world. Identify 3 other problems that could be solved	Take a walk and list 5 things you noticed that have changed in the environment. Then write a hypothesis of	Be a historian. Create a timeline of important events that have happened in the past month. Predict what will

	<p>sodium content. Make another list based on sugar content, etc</p>		<p>through cooperation. List the problems and explain how cooperation will solve each of them</p>	<p>what you think has affected those changes. How would you test your hypothesis</p>	<p>happen in the next month based on your timeline.</p>
<p>Language Development</p> 	<p>Reread a favorite book. What did you notice when you read it again? Record your thoughts on video or recording</p>	<p>Write about how you have spent your time at home. What has been good? What has been hard? Why?</p>	<p>Using the internet, a newspaper, magazine, etc., look for interesting words then write one sentence using each word</p>	<p>Watch a favorite TV show or movie. Turn on the captions. How many discrepancies can you hear between what is said and what is written?</p>	<p>**Write a letter to someone you appreciate. Tell them how awesome they are. Read it outloud to the person or record it. Edit your letter as necessary</p>
<p>Physical Health</p> 	<p>Take a walk for 20 minutes or more. Do 20 sit ups.</p>	<p>Dance to your 3 favorite songs.</p>	<p>Run for a minute. Walk for a minute. Repeat 10 times.</p>	<p>Do 25: push ups, sit ups, lunges, and squats.</p>	<p>Have a dance party. It's FRIDAY!</p>