



Continued Learning Opportunities Learning from Home

8:15	<i>Good Morning!</i>	
8:30	<p><i>Warm-Up Your Mind</i></p>	<p>Social-Emotional Well Being: Growth Mindset Series Episode 1: https://www.youtube.com/watch?v=2zrtHt3bBmQ Episode 2: https://www.youtube.com/watch?v=EoWLgWCcpWo Episode 3: https://www.youtube.com/watch?v=OFKVoCuwl2s Episode 4: https://www.youtube.com/watch?v=HWr2gE5lPc Episode 5: https://www.youtube.com/watch?v=BXyNOXSTaMg</p> <p>Mindfulness: https://positivepsychology.com/mindfulness-for-children-kids-activities/</p>
8:45	<p><i>Online Learning</i></p>	<p>Language Arts: Starfall: https://www.starfall.com/h/ Readworks: https://www.readworks.org/ RazKids: https://www.raz-kids.com/</p> <p>Other Resources: BrainPop: https://www.brainpop.com/ ABCYa: https://www.abcya.com/ MobyMax: https://www.mobymax.com/</p> <p>Math: NCTM Illuminations: https://illuminations.nctm.org/ Math Playground: https://www.mathplayground.com/ Zearn: https://zearn.org (use student account) Khan Academy Kids: https://www.khanacademy.org/ Greg Tang Math Games: https://www.gregtangmath.com/games Splash Learn: https://www.splashlearn.com/ Cool Math: https://www.coolmath.com/</p>
10:00	<p><i>Brain Break</i></p>	<p>Go Noodle: https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw Fluency & Fitness: https://fluencyandfitness.com/</p>
10:15	<p><i>STEAM</i></p>	<p>Science/Social Studies: Natural History Museum: https://naturalhistory.si.edu/visit/virtual-tour San Diego Zoo: https://kids.sandiegozoo.org/ Time for Kids: https://www.timeforkids.com/ Nat Geo: https://kids.nationalgeographic.com/ Mystery Science: https://mysteryscience.com/school-closure-planning</p> <p>Technology: Hour of Code: https://code.org/learn Typing.com: https://typing.com Typing Club: https://www.typingclub.com/ MineCraft: https://education.minecraft.net/</p> <p>Art & Music: Art for kids: https://www.youtube.com/artforkidshub Learning for Kids: https://www.youtube.com/user/Kidslearningvideo Classics for Kids: https://www.classicsforkids.com/</p>
11:15	Free to-go Breakfast and Lunch at all schools except AHS and AACHS (11-12 pm)	
12:15	<p><i>Read Aloud</i></p>	<p>Epic!: https://www.getepic.com/ StoryLine: https://www.storylineonline.net/</p>
12:45	<p><i>Reflect</i></p>	<p>Journal Writing: Write and draw about three things that you learned today.</p>
1:15	<p><i>Time to Unplug</i></p>	<p>Play in the backyard. Play a board game. Play cards. Do your chores.</p>
7:30	<p><i>Family Time</i></p>	<p>Cuddle up with a good book! Read to your children or have them read to you.</p>
8:00	<i>Bedtime</i>	
<p>TV Programming: PBS SoCal: Pre-K to 2nd KLCS: 3rd to 8th KCET: 9th to 12th Alvord Educational Services: https://www.alvordschools.org/Domain/2801</p>		

