A Connell Daily Schedule

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| 8:00-8:30 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast and Free Writing  Opinion Writing | Would you rather be super fast or super strong? | Would you rather be an eagle or a cheetah? | Would you rather have no tv for a week or no sweets? | Would you rather go sledding on a cold day or swimming on a hot day? | Would you rather go to an amusement park or a water park? |
| Week 2 Opinion Writing: This week’s Free Writing Theme focuses on opinion writing. Have your child find a quiet spot and have them write for 20 to 30 minutes. Don’t worry about grammar or spelling as this activity is intended for providing reasons to support their choices over conventions of writing. The most important part is that your child answers the question. *Adaptation: If your child struggles writing, have your child orally answer your question. Make sure they stay on topic and give reasons that fit the topic.* | | | | | |

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| 8:30-9:30 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Online Amplify  Amplify-1569280410.jpg | Amplify | Amplify | Amplify | Amplify | Amplify |
| Week 2 Amplify: This online reading program is tailored for your child’s individual needs. The system will adjust up and down based on your child’s responses to questions. The more you use the system the more it pinpoints your child’s needs. Please note that there are educational games based on your child’s progress. Please monitor your child to make sure they don’t always end up on the games. | | | | | |

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| 9:30-10:00 | Monday | Tuesday | Wednesday | Thursday | Friday |
| PE/Physical Exercise  Healthy Snack | <https://www.youtube.com/watch?v=vbpzfnEQJjE>  “PopSeeKo 3”  Run in place for 60 seconds | <https://www.youtube.com/watch?v=KhfkYzUwYFk>  “Can’t Stop the Feelin’”  **Freestyle by making up your own moves to the song – just keep moving and have fun!**  Cool down by sitting criss-cross applesauce, closing your eyes, and taking slow breaths | <https://www.youtube.com/watch?v=fpD9kRyBn8o>  “Get Yo Body Movin’”  **It’s National Walking Day!**  Celebrate by taking a brisk walk around your house or your backyard. | <https://www.youtube.com/watch?v=BQ9q4U2P3ig>  “Banana, Banana, Meatball”  20 jumping jacks  Cool down with  <https://www.youtube.com/watch?v=bRkILioT_NA> | <https://www.youtube.com/watch?v=tbPGvZDNoY0>  “Awesome Rainbows”  Today is National Find A Rainbow Day!  Go for a 15 min walk and find as many things as you can for each color of the rainbow. Maybe you’ll get lucky and see an actual rainbow in the sky! |
| Week 2 Go Noodle: You can sign up for a free account at <https://www.gonoodle.com/>, however most videos can be found on YouTube using the above link. Please be aware that YouTube can move on from video to video, meaning that your child could watch something you do not approve of. Please monitor your child while online. For older students have them go for a 30 minute run or walk, shoot some basketball outside, or just play. | | | | | |

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| 10:00-10:30 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Science  Wildlife of India - Wikipedia  Animals | <https://www.youtube.com/watch?v=sT-Rxw8OhKQ>  “Cheetahs”  What are some questions you might have about Kris? | <https://www.youtube.com/watch?v=XEJC7JOIhEM>  “Red Panda”  How do the different features of the Red Panda’s body (ex. its tail, color) help it in the wild? | <https://www.youtube.com/watch?v=uCGhL5OEEzY&t=161s>  “Penguins”  Can you think of another animal that molts or sheds? Draw a picture of it or write about it! | <https://www.youtube.com/watch?v=hE1RW1xwCh4>  “Sloths”  Why do sloths have such poor eyesight? | <https://www.youtube.com/watch?v=xiMaPHnrc_k>  “Ocelots”  What are 3 interesting facts you learned about ocelots? |
| Week 2: This week, we are visiting the Cincinnati Zoo for a series of Home Safaris via YouTube. As a reminder, please be aware that YouTube can move on from video to video rather quickly, meaning that your child could watch something you do not approve of. Please monitor your child while online. | | | | | |

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| 10:30-11:00 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Related  Arts Activities | Art  Scribble Art  On a piece of paper, create a large swirly scribble on paper. Color all of the shapes a different color. | Field Trip  Take a virtual field trip to the Houston Zoo by visiting  <https://www.houstonzoo.org/explore/webcams/> | Music  This is the Remix!  A lot of new songs are just remixes of old ones. Make up your own fun lyrics to your favorite song. | Field Trip  Take a virtual field trip by visiting the  International Space Station at  <https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html> | STEM- Design a Maze  Ask permission to use items around your house to build a maze  <https://www.pinterest.com/pin/763219468087648184/> |
| Week 2: This week, take a few virtual tours using your computer or tablet along with the other related arts activities! | | | | | |

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| 11:00-12:00 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Lunch | Lend a helping hand: Help your parent/  guardian  make lunch! | Nutrition Nugget: We each need three servings of vegetables and two fruits a day.  Add one of each to your lunch today! | Meal Prep 101:  Make a lunch that has protein, a vegetable, a fruit, a grain, and dairy | Try a new fruit!  If you could make a new type of fruit like a cotton candy grape, what would yours taste like? | Track how much water you drink for the rest of the day.  Try add more servings! |
| Lunches are now served Monday, Wednesdays, and Fridays at any Erie Public school from 10:00-1:00. Food bags will be delivered every Friday also from 9:00-1:00. At table time today, ask your child to share one of their favorite Morning Meeting activities from school. | | | | | |

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| 12:00-1:00 | Monday | Tuesday | Wednesday | Thursday | Friday |
| I-Ready online  Math Program | i-Ready | i-Ready | i-Ready | i-Ready | i-Ready |
| This online Math program is tailored for your child’s individual needs. The system will adjust up and down based on your child’s responses to questions. The more you use the system the more it pinpoints your child’s needs. Please note that there are educational games based on your child’s progress. Please monitor your child to make sure they don’t always end up on the games. | | | | | |

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| 1:00-1:30 | Monday | Tuesday | Wednesday | Thursday | Friday |
| Free Read ½ to 1 hour per day | Free Read | Free Read | Free Read | Free Read | Free Read |
| Looking for some online learning resources to add to your webpage? All of the sites below can also be found on the each school's **Destiny Library Homepage**, along with many other resources. To access the Destiny Library Homepage, simply go to the EPS website and choose the Student Portal Page. Look for the purple Follett Destiny icon.  Click on the icon and then choose your school from the list. | | | | | |

PARENTS, the YMCA is offering free online exercise programs for nonmembers who can’t go to the gyms to work out or who just need some stress relief. Visit [www.ymca360.com](http://www.ymca360.com) for details!

