


**EAST HARTFORD PUBLIC SCHOOLS/ ESCUELAS PUBLICAS DE EAST HARTFORD**  
**SY2020 Distance Learning Plan (Weekly Schedule) - Grade 3 - Week 2: 5/18/2020**  
**SY2020 Plan de aprendizaje de distancia (Programa semanal) – Grado 3 - Week 2: 5/18/2020**

**Overview:** As East Hartford Public Schools continues to provide educational opportunities and resources during the extended time at home, we have provided the schedule below to help structure your day. Please use this as a guide to support your child’s learning during their time at home. Please know that this guide should be adjusted to best fit your family.

**Process:** Use the guides and links below to access grade level appropriate activities that best fit the needs of your child. Individual progress and development by students will be monitored as appropriate by each teacher through daily/weekly/monthly checkpoints and assessment reviews with students/families.

<b>Social Emotional Learning</b> I can/ Yo puedo...	
	<p><b>Managing Anxiety:</b></p> <ul style="list-style-type: none"> <li>● I can identify the first two Calming-Down Steps.</li> <li>● I can demonstrate using the first two Calming-Down Steps.</li> </ul> <p><b>Watch the video:</b> <a href="#">Managing Anxiety</a></p> <p><b>Practice at home:</b> <a href="#">Lesson Guide for Families</a></p>
	<p><b>Additional Learning/ Resources:</b></p> <ul style="list-style-type: none"> <li>● Practice <a href="#">Taking Steps to Calm Down</a></li> <li>● Create your own poster to show calming-down steps: *Breathe, Count, Use positive self-talk</li> <li>● Ask your child: When was the last time you felt a strong emotion? What was that emotion? What are the first two things you can do to handle strong emotions?</li> </ul>