


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

	Social Emotional Learning I can/ Yo puedo...
	 <p>Calming Down:</p> <ul style="list-style-type: none"> ● I can identify situations in which I might need to calm down ● I can learn the technique for deep, centered breathing ● I can identify and practice other CalmingDown Strategies (using positive self-talk, counting, taking a break) <p>Watch the video: Calming Down</p> <p>Practice at home: Lesson Guides for Families</p>
	<p>Additional Learning/ Resources:</p> <ul style="list-style-type: none"> ● Complete the Follow-up Worksheet: Calming Down ● Complete the Home Link ● Create your own cartoon strip showing how you can calm down in one of the scenarios below. Draw four squares for each of the Calming-Down Strategies, then draw your pictures and add words to the boxes. ● Have your child practice deep, centered breathing anytime they become nervous or anxious during the day.