


EAST HARTFORD PUBLIC SCHOOLS/ ESCUELAS PUBLICAS DE EAST HARTFORD
SY2020 Distance Learning Plan (Weekly Schedule) - Grade 1 - Week 3: 5/26/2020
SY2020 Plan de aprendizaje de distancia (Programa semanal) – Grado 1 - Week 3: 5/26/2020

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 Anger:</p> <ul style="list-style-type: none"> ● I can explain physical and situational clues to feeling angry. ● I can demonstrate proper belly-breathing technique. ● I can use a three-step process to calm down: Say “Stop,” name your feeling, and do belly breathing. <p>Watch the video: Calming Down Anger</p> <p>Practice at home: Lesson Guides for Families</p>
	<p>Additional Learning/ Resources:</p> <p>Have students practice what they know about calming down. Present students with these scenarios and ask them how they would calm down:</p> <ul style="list-style-type: none"> ● Your shoelace keeps coming untied (frustration). ● It’s your birthday tomorrow and you can’t sleep (excitement). ● Your sibling took something from you and won’t give it back (anger). <ul style="list-style-type: none"> ● Have your child draw a picture of themselves with their hands on their tummy. Have them write a word about or describe to you a time they calmed down using belly breathing



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