


EAST HARTFORD PUBLIC SCHOOLS/ ESCUELAS PUBLICAS DE EAST HARTFORD
SY2020 Distance Learning Plan (Weekly Schedule) - Grade 4 - Week 3: 5/26/2020
SY2020 Plan de aprendizaje de distancia (Programa semanal) - Grado 4 - 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... | |
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|  | <p>Calming Down Anger:</p> <ul style="list-style-type: none"> ● I can demonstrate a technique for deep, centered breathing. <p>Watch the video: Calming Down Anger</p> <p>Practice at home: Lesson Guide for Families</p> |
| | <p>Additional Learning/ Resources:</p> <ul style="list-style-type: none"> ● Complete the Lesson Handout ● Complete the Home Link ● Have your child sit with their eyes closed and shoulders tense. Then have them practice counting backward from ten to one while relaxing their shoulders a little with each number. By the time they get to one, their shoulders should be completely relaxed. |