


EAST HARTFORD PUBLIC SCHOOLS/ ESCUELAS PUBLICAS DE EAST HARTFORD
SY2020 Distance Learning Plan (Weekly Schedule) - Grade 5 - Week 3: 5/26/2020
SY2020 Plan de aprendizaje de distancia (Programa semanal) - Grado 5 - 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>Managing Anxiety:</p> <ul style="list-style-type: none"> ● I can identify social situations that can cause anxiety. ● I can apply what I’ve learned about calming down in scenarios that cause social anxiety. <p>Watch the video: Managing Anxiety</p> <p>Practice at home: Lesson Guides for Families</p>
	<p>Additional Learning/ Resources:</p> <ul style="list-style-type: none"> ● Complete the Home Link ● Ask your child: <ul style="list-style-type: none"> What can make you feel anxious? What are some ways your body tells you that you’re feeling anxious? What are some positive statements you can say to yourself when you’re anxious?