


**EAST HARTFORD PUBLIC SCHOOLS/ ESCUELAS PUBLICAS DE EAST HARTFORD**  
**SY2020 Distance Learning Plan (Weekly Schedule) - Grade K - Week 3: 5/26/2020**  
**SY2020 Plan de aprendizaje de distancia (Programa semanal) - Grado K - 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><b>Calming Down Strong Feelings:</b></p> <ul style="list-style-type: none"> <li>● I can demonstrate belly breathing.</li> <li>● I can identify and demonstrate the Calming-Down Steps.</li> </ul> <p>Watch the video: <a href="#">Calming Down Strong Feelings</a></p> <p>Practice at home: <a href="#">Lesson Guide for Families</a></p>
	<p><b>Additional Learning/ Resources:</b></p> <ul style="list-style-type: none"> <li>● Listen to the <a href="#">Belly Breathe Song</a></li> <li>● Complete the <a href="#">Home Link</a> together.</li> <li>● Listen to <a href="#">Mind Yeti: Hello Breath</a></li> </ul>