


EAST HARTFORD PUBLIC SCHOOLS/ ESCUELAS PUBLICAS DE EAST HARTFORD
SY2020 Distance Learning Plan (Weekly Schedule) - Grade 1 - Week 4: 6/1/2020
SY2020 Plan de aprendizaje de distancia (Programa semanal) - Grado 1 - Week 4: 6/1/2020

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>Self-Talk for Calming Down:</p> <ul style="list-style-type: none"> ● I can recognize situations that require the use of calming-down strategies. ● I can use positive self-talk to calm down. <p>Watch the video: Self-Talk for 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 Home Link ● Have students practice calming down by belly breathing. ● Have students practice positive self-talk as another way they can calm down when they have strong feelings. ● Have students talk about the different scenarios where they can use belly breathing or self-talk to help them calm down.