


EAST HARTFORD PUBLIC SCHOOLS/ ESCUELAS PUBLICAS DE EAST HARTFORD
SY2020 Distance Learning Plan (Weekly Schedule) - Grade 2 - Week 4: 6/1/2020
SY2020 Plan de aprendizaje de distancia (Programa semanal) - Grado 2 - 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>Managing Anxious Feelings:</p> <ul style="list-style-type: none"> • I can use positive self-talk to calm down. <p>Watch the video: Managing Anxious Feelings</p> <p>Practice at home: Lesson Guide for Families</p>
	<p>Additional Learning/ Resources:</p> <p>Write down the positive self-talk you would use to calm down in each scenario:</p> <ul style="list-style-type: none"> • It’s been a few weeks since you’ve seen your friends, and you’re anxious about not seeing them. • You’re last up to kick in the kickball game, and the score is tied. You’re worried you’ll let down your team. • It’s your turn to present your book report, and you feel really anxious and can’t remember what to say. <ul style="list-style-type: none"> • Have your child practice changing examples of negative self-talk to positive self-talk for calming down. (Examples of negative self-talk: “This is impossible.” “I’ll never catch up.” “I’m so dumb.” “My ideas stink.” “No one will listen to me.”)