


**EAST HARTFORD PUBLIC SCHOOLS/ ESCUELAS PUBLICAS DE EAST HARTFORD**  
**SY2020 Distance Learning Plan (Weekly Schedule) - Grade 1 - Week 5: 6/8/2020**  
**SY2020 Plan de aprendizaje de distancia (Programa semanal) - Grado 1 - Week 5: 6/8/2020**

**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.

<b>Social Emotional Learning</b> I can/ Yo puedo...	
	<p><b>Managing Worry:</b></p> <ul style="list-style-type: none"> <li>● I can recognize situations that require the use of calming-down skills.</li> <li>● I can demonstrate the Ways to Calm Down—belly breathing, counting, and using positive self-talk.</li> <li>● I can identify grown-ups to talk to when feeling worried.</li> </ul> <p>Watch the video: <a href="#">Managing Worry</a></p> <p>Practice at home: <a href="#">Lesson Guides for Families</a></p>
	<p><b>Additional Learning/ Resources:</b></p> <ul style="list-style-type: none"> <li>● Complete the <a href="#">Home Link</a></li> <li>● Have students practice calming down by using all the Ways to Calm Down. Provide an example of when you needed to calm yourself down. Ask students to think of a few scenarios where they might need to use the Ways to Calm Down.</li> <li>● Have your child draw a picture of a time when they were worried. Then have them write or copy two or three sentences about what they can do to calm down when they’re worried.</li> </ul>