



## Continued Learning Opportunities Learning from Home

8:15	<i>Good Morning!</i>	
8:30	<p><i>Warm-Up Your Mind</i></p>	<p><b>Social-Emotional Well Being:</b>  <b>Growth Mindset Series</b>            Episode 1: <a href="https://www.youtube.com/watch?v=2zrtHt3bBmQ">https://www.youtube.com/watch?v=2zrtHt3bBmQ</a>            Episode 2: <a href="https://www.youtube.com/watch?v=EoWLgWCcpWo">https://www.youtube.com/watch?v=EoWLgWCcpWo</a>            Episode 3: <a href="https://www.youtube.com/watch?v=OFKVoCuwl2s">https://www.youtube.com/watch?v=OFKVoCuwl2s</a>            Episode 4: <a href="https://www.youtube.com/watch?v=HWr2gE5lPc">https://www.youtube.com/watch?v=HWr2gE5lPc</a>            Episode 5: <a href="https://www.youtube.com/watch?v=BXyNOXSTaMg">https://www.youtube.com/watch?v=BXyNOXSTaMg</a></p> <p><b>Mindfulness:</b> <a href="https://positivepsychology.com/mindfulness-for-children-kids-activities/">https://positivepsychology.com/mindfulness-for-children-kids-activities/</a></p>
8:45	<p><i>Online Learning</i></p>	<p><b>Language Arts:</b>            Starfall: <a href="https://www.starfall.com/h/">https://www.starfall.com/h/</a>            Readworks: <a href="https://www.readworks.org/">https://www.readworks.org/</a>            RazKids: <a href="https://www.raz-kids.com/">https://www.raz-kids.com/</a></p> <p><b>Other Resources:</b>            BrainPop: <a href="https://www.brainpop.com/">https://www.brainpop.com/</a>            ABCYa: <a href="https://www.abcya.com/">https://www.abcya.com/</a>            MobyMax: <a href="https://www.mobymax.com/">https://www.mobymax.com/</a></p> <p><b>Math:</b>            NCTM Illuminations: <a href="https://illuminations.nctm.org/">https://illuminations.nctm.org/</a>            Math Playground: <a href="https://www.mathplayground.com/">https://www.mathplayground.com/</a>            Zearn: <a href="https://zearn.org">https://zearn.org</a> (use student account)            Khan Academy Kids: <a href="https://www.khanacademy.org/">https://www.khanacademy.org/</a>            Greg Tang Math Games: <a href="https://www.gregtangmath.com/games">https://www.gregtangmath.com/games</a>            Splash Learn: <a href="https://www.splashlearn.com/">https://www.splashlearn.com/</a>            Cool Math: <a href="https://www.coolmath.com/">https://www.coolmath.com/</a></p>
10:00	<p><i>Brain Break</i></p>	<p>Go Noodle: <a href="https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw">https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw</a>            Fluency &amp; Fitness: <a href="https://fluencyandfitness.com/">https://fluencyandfitness.com/</a></p>
10:15	<p><i>STEAM</i></p>	<p><b>Science/Social Studies:</b>            Natural History Museum: <a href="https://naturalhistory.si.edu/visit/virtual-tour">https://naturalhistory.si.edu/visit/virtual-tour</a>            San Diego Zoo: <a href="https://kids.sandiegozoo.org/">https://kids.sandiegozoo.org/</a>            Time for Kids: <a href="https://www.timeforkids.com/">https://www.timeforkids.com/</a>            Nat Geo: <a href="https://kids.nationalgeographic.com/">https://kids.nationalgeographic.com/</a>            Mystery Science: <a href="https://mysteryscience.com/school-closure-planning">https://mysteryscience.com/school-closure-planning</a></p> <p><b>Technology:</b>            Hour of Code: <a href="https://code.org/learn">https://code.org/learn</a>            Typing.com: <a href="https://typing.com">https://typing.com</a>            Typing Club: <a href="https://www.typingclub.com/">https://www.typingclub.com/</a>            MineCraft: <a href="https://education.minecraft.net/">https://education.minecraft.net/</a></p> <p><b>Art &amp; Music:</b>            Art for kids: <a href="https://www.youtube.com/artforkidshub">https://www.youtube.com/artforkidshub</a>            Learning for Kids: <a href="https://www.youtube.com/user/Kidslearningvideo">https://www.youtube.com/user/Kidslearningvideo</a>            Classics for Kids: <a href="https://www.classicsforkids.com/">https://www.classicsforkids.com/</a></p>
11:15	Free to-go Breakfast and Lunch at all schools except AHS and AACHS (11-12 pm)	
12:15	<p><i>Read Aloud</i></p>	<p>Epic!: <a href="https://www.getepic.com/">https://www.getepic.com/</a>            StoryLine: <a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a></p>
12:45	<p><i>Reflect</i></p>	<p><b>Journal Writing:</b> Write and draw about three things that you learned today.</p>
1:15	<p><i>Time to Unplug</i></p>	<p>Play in the backyard. Play a board game. Play cards. Do your chores.</p>
7:30	<p><i>Family Time</i></p>	<p>Cuddle up with a good book! Read to your children or have them read to you.</p>
8:00	<i>Bedtime</i>	
<p><b>TV Programming:</b> PBS SoCal: Pre-K to 2nd    KLCS: 3rd to 8th    KCET: 9th to 12th  <b>Alvord Educational Services:</b> <a href="https://www.alvordschools.org/Domain/2801">https://www.alvordschools.org/Domain/2801</a></p>		

