

April 20th-April 24th

Assignments can be completed anytime during the week that is convenient for your family.

Pick one and complete or do them all!

I'm adding some social emotional learning this week. We typically cover SEL topics about 1x per month in class, so I thought this would be a good time to add some of these items. There will be a mix of technology and SEL topics this week.

Kindergarten-2nd

Learn about coding and even try your hand at coding this week.

Watch the video below to learn what coding is and how it affects you.

Try the coding game below to see if you can create your own movements on the computer

Play an ABCYA Game for 10-15 minutes

Practice calming activities this week

Watch the video below with the Breathing Song to learn about how to use our breathing to help our emotions

Use the PDF #1 to create a Calm Down Bottle

Use the PDF #2 to create Calm Down Cards to help you when you are feeling sad, mad, frustrated, stressed or scared

Play a feelings game on PBS Kids.

Use the Feelings Chart to identify your feelings today as a family.

Coding for Kids Video <https://www.youtube.com/watch?v=XMZFUnAgOqs>

Breathing Song <https://www.youtube.com/watch?v=PoEqvoMoZsQ>

<https://cccstechclass.weebly.com/uploads/1/2/7/0/127032727/calm-down-cards-young-children.pdf>

https://cccstechclass.weebly.com/uploads/1/2/7/0/127032727/calm_down_bottle.pdf

3rd-5th GRADE

Learn about coding and even try your hand at coding this week.

Watch the video below to learn what coding is and how it affects your devices.

Click on the link below to begin your own coding journey. Instructions for each grade level are included to the right. Click on your name and begin coding.

Coding for Kids Video <https://www.youtube.com/watch?v=XMZFUnAgOqs>

<https://game.kodable.com/>

Enter class code to begin---Email Dr. B if you don't have the code

Social Emotional Learning-Let's stay Calm

Watch the Brain Pop video on Mindfulness. OR watch the video link below about being mindful. Email or Dojo me 1 way you can be mindful.

Update your Wellness Plan for coping skills while at home. Share as a family about what you do to stay calm. See the picture below for ideas.

Make a Calm Down Bottle with instructions below.

Mindfulness Video <https://www.youtube.com/watch?v=fmWYD6aHLhg>

COPING TOOLS: What Helps Me

- | | |
|---|---|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |