

WCSD K-2 DISTANCE LEARNING LESSON PLANS


WEEK ONE – April 1st – April 3rd




Notes for families:


* **For your academic assignments** - Complete the learning activities for the subjects below. Feel free to change the length of time you spend on each subject throughout the week to meet the needs of your student and your families. You simply need your child to complete all the assignments by the end of the week. You may print the assignments or complete them on a separate piece of paper.

* **The Social and Emotional Learning Signature Practices** will help your child to incorporate some of the social-emotional skills they have been working on all year long. This is especially important throughout this distance learning experience. Your student can write these in a journal or notebook to practice self-awareness and self-regulation skills. Our first SEL focus is **Courage**.

***Courage** is doing the right thing, even when it is hard. When you have courage, it doesn't mean that you aren't afraid. Having courage means that you push those fears aside to do what is right. You make choices that help you be your best self, making life better for you and for others around you.*

Subject and Learning Goal	Description	Online Resource(s)	Extra Help/Tips If Your Student/Family Needs It
SEL Starter – Time to warm up your brain. This will help get your brain ready to learn. 	CHOOSE ONE EACH DAY <ul style="list-style-type: none">Write down the word “courage” and draw 3 things that show what it means to you.Pick your favorite superhero. Explain how they are courageous.Exercise your courage! Pick 1-3 new things that you want to try today.	Journaling ideas (create a profile by submitting your email and receive daily quotes and inspirational thoughts to write about, relate to, or develop a plan to use) https://www.jesselewischoselove.org/daily-dose-sign-up/	
SEL Brain Breaks – Is your brain getting tired? Try one of these before, during, and/or after a tough lesson or activity.	(PICK ONE EACH TIME YOU NEED A BREAK) <ul style="list-style-type: none">“Star” Breathing (see below)Play rock, paper, scissors with someone in your home. First to 5 games/wins.“Balloon” Breathing (See Below)	Quick clip on Courage: https://www.youtube.com/watch?v=rkg-ffNGv_E&feature=youtu.be	

	<ul style="list-style-type: none"> Try and rub your belly with your right hand while patting the top of your head with your left hand. Can you switch? 	<p>Go Noodle – YouTube Channel: https://bit.ly/2xnscag</p> <p>Mind Yeti: https://bit.ly/2UdYNbV</p>	
<p>Reading practice – Spend time listening to reading and practicing reading on your own. The more time you spend practicing, the better reader you will become! Plus, reading is fun!</p> 	<p>Read fiction and/or nonfiction books independently or with a partner for at least 20 minutes per day and complete the At Home Reading Log.</p> <p>Options for books –</p> <ul style="list-style-type: none"> Read-alouds Books you have around the house Libby (online Washoe Co. library app) Benchmark materials that have been brought home Log in to Clever to read your Benchmark books online, using your Clever Badge (if you have one), or the link to the right Newspaper and magazines 	<p>Read-alouds can be found on www.storylineonline.net</p> <p>Libby (online Washoe Co. library app)</p> <p>Clever for Benchmark books online: https://bit.ly/3acVAPc</p> <p>Grades K-2: At Home Reading Log for Fiction and Nonfiction Books</p>	<p>Students can read books at their reading level, be read to by someone else, or read a book in their native language.</p>
 <p>Writing – One way to become a stronger writer is to write about something you’ve read.</p>	<p>Writing to Sources</p> <p>Choose one of the books that you read. Draw and write about 1 or more key details from the book. Key details explanation: All details share a little information with the reader, but not all details are key details. Key details are really important details that a reader must know to understand the text. If you are looking for key details, ask yourself, “Is this detail something I have to know to understand the text?”</p>	<p>Grades K-2: Directions for At Home “Writing to Sources” Writing</p> <p>Week #1: My “Writing to Sources” Writing Paper</p>	<p>Students can dictate or tell their thoughts to someone and they can write for them.</p> <p>Students can draw and label pictures, make a list, copy key details from the text, or write sentences.</p> <p>Language/Sentence Frames: One key detail from my book is_____. Another key detail is_____.</p>

	<p>3. In making your playground, what worked well and what did you have to change or modify?</p> <p>4. How will this playground benefit or help your community?</p>	Students can write in their native language.
Music 	Participate in the Music Listening Challenge.	Access the instructions here.
SEL - CLOSER A cool-down for your brain ”- This is how you will end your day.	(CHOOSE ONE EACH DAY) <ul style="list-style-type: none"> • How can you help someone be courageous? • In what ways have you or a friend shown courage today. Try and identify 1-3 courageous moments. • What does it feel like to be courageous? 	

Breathing Techniques:

 <h2>Drain</h2> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “sssshhh” sound and release all your muscles, draining out the stress.</p>	 <h2>S.T.A.R.</h2> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p>
 <h2>Pretzel</h2> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p>	 <h2>Balloon</h2> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbpbpbpb” sound.</p>

