

March 30, 2020

Dear Families,

Here is a list of resources you might find helpful as you support your children with their remote learning. These resources have been collected from other educators and compiled into a list. As always please check the links before using them with your child as I would hate something inappropriate to pop up (this is lesson #1 in teacher training classes!). My best piece of advice is to **make a schedule** and stick to it as much as possible. The kids thrive when they know what their day looks like. Also **give your child some choice** when making the schedule. Some kids like to get their least favorite subject areas out of the way while others want to start with their favorite things first. **Provide them with lots of praise and positive reinforcement.** That may look like giving them an edible treat (Skittles, Smarties, M&Ms) or something tangible such as stickers, stars, tokens that they can trade in for free time or a favorite activity. **Using a timer is also very helpful.** Set the timer for how long you want your child to work on an activity. If they are giving you a hard time doing their work, keep track of the time they are wasting and that will be taken away from a preferred activity. If they work hard during the allotted time they can earn extra time towards a preferred activity or a special treat. **I would also suggest breaking the day up.** Don't expect your child to sit and do an hour straight of school work. They don't do that at school they certainly won't do that at home. You are all doing a great job and just keep doing the best you can. What works for one family won't work for another so **please don't compare yourselves.** Don't forget to follow **The Mighty Mason Mustangs** YouTube channel. We have many read alouds and other videos for the students to watch.

Kristen

**General recommendations for parents supporting social, emotional, and behavioral needs:**

1. Stay calm and practice/model coping strategies for your children. Children look to the adults in their lives to determine if they should be afraid and how to manage emotions.
  - a. Focus on what you can control, see [this article](#) for more information:
  - b. Practice self-care as an adult, [here is a great resource full of free options](#)
2. [Behavioral Strategies for Home Based Learning](#)
3. Use visuals. The use of visuals helps decrease anxiety and helps structure the day: Include daily responsibilities each family member will have (dishes, making beds, putting laundry away, etc. as well as outdoor time and academic learning. [https://drive.google.com/file/d/1uJsAK1Hz7FWp\\_o9-FSPiO3ya6Co0eYar/view](https://drive.google.com/file/d/1uJsAK1Hz7FWp_o9-FSPiO3ya6Co0eYar/view).
  - a. [Visuals for students with Autism](#) - The Indiana Resource Center for Autism just sent out some visual support to help students with Autism (and other needs) through these difficult times.

4. Make a contract - identify concerns, state expectations and discuss the role that each family member has to help make the living conditions better.
5. Talking to children about Coronavirus:  
[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)
6. Apps for children with special needs:  
<https://www.educatorstechnology.com/2016/01/a-handy-chart-featuring-over-30-ipad.html>
7. Keep calm and structure on: 3 videos and downloadables on how to manage emotions and build structure at home:  
<https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/>
8. Schedules, token boards and resources: <http://l.ead.me/bbTE3n?trackSharing=1>:

### **Social/Emotional Supports- for adults and children**

- [Free Family Toolkit](#) - Families can access ideas to keep children busy, support their mental health, in addition to educational resources. After signing up and confirming your email they email the toolkit to you
- [“Thinking and Feeling Words” to Build Your Child’s Communication Skills](#)
- [Coping Skills card game \(Free\)](#) all ages
- [Self Regulation Break Cards \(Free\)](#) - all ages
- [100 Free Coping Skills](#) - all ages
- [101 Positive Self-Affirmations \(Free\)](#) all ages
- [Perspective Taking Lesson \(Free\)](#) - grades 5-8
- [Creating a Calm Down Space](#) For a classroom but can be used at home (Free)- all ages, create a space to support children accessing coping skills independently or with your support at home
- [Free Mindfulness Class for kids](#) Live- Tues, Wed, Thurs at 1pm est
- Gratitude Journaling- fun for kids and parents to do together, every day write down 3 things that you are grateful for (big or small), kids can draw pictures or write or both, keep a journal going to look back on later!
- [Feelings Bingo](#) (Free) - grades 3-6, check out and build your child’s emotional vocabulary with this fun game
- Check out all the screen/internet free ideas on page 18
- Podcast- Short and Curly- Teaches children ages 7-12 about ethics and philosophy through hilarious predicaments
- Keep kids moving with [www.Gonoodle.com](http://www.Gonoodle.com)
- Meditation for kids
  - [Meditation for Kids](#)
  - [Free guided scripts for kids](#)

### **Youtube Videos:**

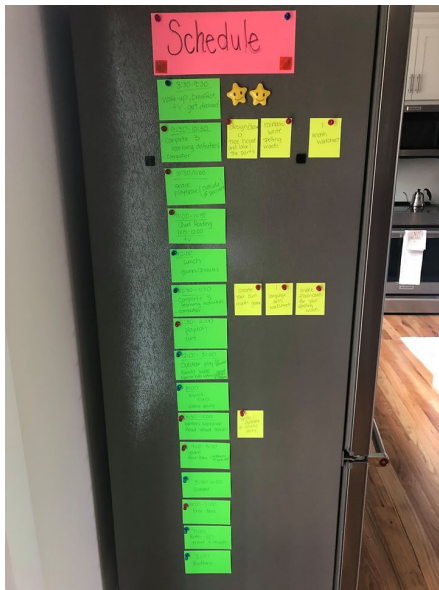
- [Friendly Wishes | Guided Meditation for Kids | Peace Out](#)
- [Meditation for Kids - The Butterfly - Kids' Meditation](#)
- [Guided Meditation for Children | THE GRATITUDE TREE | Kids Meditation for Happiness](#)
- [Guided Meditation for Children | Your Magical Island | Kids Relaxation](#)
- [Guided Meditation for Children | Your Secret Treehouse | Relaxation for Kids](#)
- [Guided Meditation for Kids | The Friendly Whale | Relaxation for Children](#)

## Schedule Ideas

[Schedule Sample from EdHelper](#)

[Schedule "Recipe" for All Activities](#)

<https://afirm.fpg.unc.edu/build-new-routines-> developing new routines



*Index cards on the fridge with sticky notes for specific activities!*

Ben's Schedule:

Before 8 - read / listen  
 8 - Breakfast  
 8:30 - School work →  
 10 - Park or Trail w snack  
 12 - Lunch  
 1 - Creative Work →  
 2 - Chores/Projects →  
 3 - Kindle  
 3:30 - Free Play →  
 5:30 - Dinner  
 6 - Family tv or reading  
 7:30 - Bath  
 8 - listen/read in bed  
 8:30 - Bedtime

School Work:  
 Math  
 Journal  
 guided reading  
 spelling  
 research + present  
 write letters

Creative Work:  
 Drawing  
 Painting  
 wood working  
 baking/cooking  
 call friends/family  
 Perler beads  
 Dancing Showcase

Chores:  
 clean cars  
 laundry  
 bathrooms  
 wipe + set table  
 vacuum  
 sweep porch + patio  
 yard work  
 tidy up/organize

Free Play:  
 sports cards      Legos  
 board games      races  
 scavenger hunt    soccer  
 obstacle course    bonfire  
 family reading    anything!  
 beyblades

Outings: Bryn Coed Trail      Bridge to Bridge Trl  
 Binky Lee Preserve      W/V Fields  
 Sawmill Trail      Pine Creek Fields  
 French Creek Trail

# COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

|               |                     |  |
|---------------|---------------------|--|
| Before 9:00am | Wake up             | Eat breakfast, make your bed, get dressed, put PJ's in laundry   |
| 9:00-10:00    | Morning walk        | Family walk with the dog<br>Yoga if it's raining   |
| 10:00-11:00   | Academic time       | NO ELECTRONICS<br>Sudoku books, flash cards, study guide, Journal  |
| 11:00-12:00   | Creative time       | Legos, magnatiles, drawing, crafting, play music, cook or bake, etc  |
| 12:00         | Lunch               |  |
| 12:30PM       | Chore time          | A - wipe all kitchen table and chairs.<br>B - wipe all door handles, light switches, and desk tops.<br>C - Wipe both bathrooms - sinks and toilets |
| 1:00-2:30     | Quiet time          | Reading, puzzles, nap  |
| 2:30-4:00     | Academic time       | ELECTRONICS OK<br>Ipad games, Prodigy, Educational show  |
| 4:00-5:00     | Afternoon fresh air | Bikes, Walk the dog, play outside  |
| 5:00-6:00     | Dinner              |  |
| 6:00-8:00     | Free TV time        | Kid showers x3   |
| 8:00          | Bedtime             | All kids   |
| 9:00PM        | Bedtime             | All kids who follow the daily schedule & don't fight   |

## Enrichment Activities/Virtual Field Trips

[5 Field Trips to Canada](#), Activities Included

[Visit the New England Aquarium](#), Activities Included

Disney World- youtube offers videos that others took on the rides

[Atlanta Aquarium](#)


[Art with Mo Willems](#) - Mo Willems invites YOU into his studio every day for his LUNCH DOODLE. Learners worldwide can draw, doodle and explore new ways of writing by visiting Mo's studio virtually once a day for the next few weeks. Grab some paper and pencils, pens, or crayons and join Mo to explore ways of writing and making together. New episodes at 1pm every weekday

[Cincinnati Zoo Home Safari](#) -"Home Safaris" beginning today at 3pm ET. These Home Safaris will be broadcast live on Facebook.

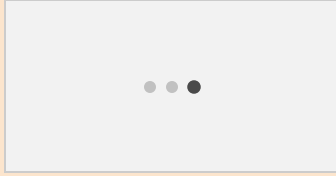
[Enrichment Activities](#) - a comprehensive list of over 250+ activities that can be done online and offline, table indicates the developmental level of each activity, plus the level of parent involvement needed

[National Parks](#) Google Earth is offering free virtual tours of 31 parks!

## Additional Field Trips

|   |   |  |
|---|---|--|
| <p>San Diego Zoo</p>                                |  | <p>The <a href="#">San Diego Zoo</a> has a website just for kids with amazing videos, activities, and games. Enjoy the tour!</p>           |
| <p>Yellowstone National Park Virtual Field Trip</p> |  | <p><a href="#">Mud Volcano</a>, <a href="#">Mammoth Hot Springs</a>, and so much more. Tour <a href="#">Yellowstone National Park</a>!</p> |

**MARS!!**  
**!**



**[Explore the surface of Mars](#) on the Curiosity Rover.**

**They are updating from WEBVR to WEBXR now, but [360 Mode](#) offers a digital view!**

**Animal  
Cameras**



**[Live Cams at the San Diego Zoo](#)  
[Monterey Bay Aquarium live cams](#)  
[Panda Cam at Zoo Atlanta](#)  
[6 Animal Cams at Houston Zoo](#)  
[Georgia Aquarium](#) has [Jellyfish](#), [Beluga Whales](#), and [more](#)**

**Virtual Farm  
Tour**



**This Canadian site [FarmFood 360](#) offers [11 Virtual Tours](#) of farms from minks, pigs, and cows, to apples and eggs.**

**U.S. Space and  
Rocket Museum  
in Huntsville, AL**



**See the [Saturn 5 Rocket](#) on [YouTube](#) and more on this tour thanks to a real father/son outing.**

|  |   |   |
|--|---|---|
| <p>Discovery<br/>Education<br/>Virtual Field<br/>Trips</p> |  <p>Real time learning—direct from the tundra!</p> | <p>A few of the field trip topics include <a href="#">Polar Bears and the Tundra</a> <a href="#">Social Emotional Skills</a> <a href="#">STEM</a> <a href="#">manufacturing</a></p> |
| <p>The Louvre</p>  |   | <p>Travel to Paris, France to see amazing works of art at <a href="#">The Louvre</a> with this virtual field trip.</p>  |
| <p>The Great Wall of China</p>                             |    | <p>This <a href="#">Virtual Tour</a> of the <a href="#">Great Wall of China</a> is beautiful and makes history come to life.</p>  |
| <p>Boston Children's Museum</p>                            |   | <p>Walk through the <a href="#">Boston Children's Museum</a> thanks to Google Maps! <a href="#">This</a> virtual tour allows kids to explore 3 floors of fun.</p>                   |

## Activity Resources

[10 Ball Games for Kids](#)

[Animal Crawl Exercises for Kids with Videos](#)

[Art At Home \(Art Activities\)](#)

[Calm Down Jar](#)

[Fitness Activity Cards](#)

[Foam Dough](#)

## YouTube

[Alphabet Rock Song](#) - a way to keep those letters in check!

[Circle Time Hello Song](#) - great way to get the day started for little ones

[Circle Time Days of the Week Song](#) - everyone's favorite, very catchy!

[Circle Time Months of the Year Song](#) - learn those months!

[Illinois Autism Partnership Circle Time Songs](#) - a whole playlist of songs!

[Illinois Autism Partnership Brain Break Songs](#) - a whole playlist of brain breaks!

[Mr. Calvin's Art Room](#) - Video art lessons

[Uptown Funk Dance with Visual Supports](#) - great for exercise, a fan favorite!

## Behavioral Support

- [Corona Specific Supports](#)- handwashing, emotional control, etc. from the University of North Carolina
- [Visuals for students with Autism](#) - The Indiana Resource Center for Autism just sent out some visual support to help students with Autism (and other needs) through these difficult times.
- Use visuals. The use of visuals helps decrease anxiety and helps structure the day: Include daily responsibilities each family member will have (dishes, making beds, putting laundry away, etc. as well as outdoor time and academic learning.  
[https://drive.google.com/file/d/1uJsAK1Hz7FWp\\_o9-FSPiO3ya6Co0eYar/view](https://drive.google.com/file/d/1uJsAK1Hz7FWp_o9-FSPiO3ya6Co0eYar/view).
- Schedules, token boards and resources: <http://l.ead.me/bbTE3n?trackSharing=1>:

## Screen Free Enrichment Activities:

- Interview a family member.
- Measure the area and perimeter of each room in your home.
- Graph the types of birds that frequent your yard or windows.
- Be completely silent for 60 minutes, then write about the experience.
- Write and mail a [real] letter to your teacher or principal or classroom penpal. Address the envelope yourself.
- Build a "fable fort" out of blankets and chairs. Camp in it all day while you create stories to tell your family over dinner.
- Learn morse code and use it to communicate with your siblings through walls and floors.



- Alphabetize the spices in your kitchen.
- Stay up late and stargaze.
- Call a grandparent or older relative. Ask them to teach you the words to a song from their childhood days.
- Using household materials, build a working rain gauge, barometer, and wind vane.
- Determine and chart the times that different liquids require to turn solid in the freezer.
- Design and build puppets that perform a show about multiplication.
- Construct a family tree.
- Learn ten new big words. Write them in marker on your bathroom mirror.
- Draw a map of your home.
- Sit silently for 15 minutes while you write down every sound you hear. When you are done, classify the sounds (high/low pitch, high/low volume, manmade v. naturally occurring, etc.).
- Create a Venn Diagram that compares and contrasts two people in your family, your neighborhood, or your church, mosque, or temple.
- Learn, practice, and perform a magic trick.
- Learn, practice, and tell three new jokes.
- Use household materials to make and play stringed, percussion, and wind instruments.
- Learn to shine a pair of shoes.
- Collect leaves from ten different (non-harmful) plants. Sort them by size, color, and texture.
- Put your favorite book, toy, and keepsake on a small table in sunlight. Draw or paint a full color still life.
- Find, pick, and dissect a flower.
- If you have stairs, walk up and count them. Walk down and count by twos. Walk up and count by threes. Continue through tens.
- Determine the volumes of ten containers, then display them in order on your porch.
- Write a poem on your sidewalk using chalk.
- Classify twenty everyday objects by shape, size, color, height, mass, and material.
- Measure the length of your bed using five different nonstandard units.
- Call a person who speaks a language you do not. Ask them to teach you five common words or phrases.
- Create and use a secret code.
- Using one type of paper (constant), build three different paper airplanes (independent variable) and test to see how far they fly (dependent variable).
- Set a clock three hours and seven minutes ahead. Whenever someone needs to know the time, help them figure it out by subtracting.
- Write down every adjective you say for one full day.
- Learn three new jokes. Tell them to an aunt or uncle.
- Design a map of every state ever visited by people in your family.
- Write or tell a story titled "What if humans had to leave the Earth and no one remembered to turn off the last robot?"
- Find ten rocks smaller than a dime.

- Using paper, tape, and string, design, build, and test a device that warns you when someone opens the kitchen cabinet.
- Imagine, create, and fly a full size flag that tells the world about you.
- Make puppets and have the kid/s put on a puppet show (puppets could be made from toilet paper rolls)
- Make paper airlines and see whos can fly the furthest

**Non-screen activities you can do at home** 

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from. 

|   |   |  |   |  |
|---|---|--|---|--|
| <b>1</b> How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!        | <b>2</b> Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.  | <b>3</b> Get building! You could build a Lego model, a tower of playing cards or something else!                         | <b>4</b> Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it? | <b>5</b> Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else? |
| <b>6</b> Hold a photo session. Use a camera or a mobile phone to take some snaps. What will your photographs? Your pets or toys perhaps?  | <b>7</b> Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!   | <b>8</b> Use an old sock to create a puppet. Can you put on a puppet show for someone?                                   | <b>9</b> Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?                     | <b>10</b> Design and make a homemade board game and play it with your family.  |
| <b>11</b> Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?                     | <b>12</b> Can you create a story bag? Find a bag and collect items to go in it that relate to a well-known story. If you can't find an item, you could draw a picture to include. | <b>13</b> List making! Write a list of things that make you happy, things you're grateful for or things you are good at. | <b>14</b> Design and make an obstacle course at home or in the garden. How fast can you complete it?  | <b>15</b> Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.                     |
| <b>16</b> Keep moving! Make up a dance routine to your favourite song.  | <b>17</b> Write a play script. Can you act it out to other people?  | <b>18</b> Read out loud to someone. Remember to read with expression.  | <b>19</b> Write a song or rap about your favourite sport.   | <b>20</b> Get sketching! Find a photograph or picture of a person, place or object and sketch it.  |
| <b>21</b> Junk modelling! Collect and recycle materials such as gutterhats, toilet rolls and boxes and see what you can create with them. | <b>22</b> Draw a map of your local area and highlight interesting landmarks.  | <b>23</b> Write a postcard to your teacher. Can you tell them what you like most about their class?                      | <b>24</b> Draw a view. Look out of your window and draw what you see.   | <b>25</b> Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?               |

[Pobble.com](http://Pobble.com) – More writing. More progress.