



**ANDRUS ORCHARD SCHOOL**  
**CONTINUITY OF LEARNING PLAN**  
**APRIL 2020**

**ANDRUS ORCHARD SCHOOL**  
**1156 N. Broadway Yonkers, NY 10701**  
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Dear Orchard School Families,

We hope this letter finds you and your family well and safe. This is a unique time that we are in and we understand how incredibly difficult this is for many families. Thank you for your patience and understanding as we navigate the uncharted waters of extended school closures! Through the incredible commitment of our entire staff, the successful collaboration over the past week, and the capabilities of distance communication, we are ready to launch our Continuity of Learning Plan. Our initial plan began with the distribution of packets some weeks ago. We will continue to refine this plan during these unprecedented times.



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Our first day of the Continuity of Learning Plan will begin on Monday, April 14th. Teachers will be available from 9:00 a.m. to 3:30 p.m. Monday through Friday for the duration of the closing. As we launch this plan, you should expect to see a combination of new and review work, as well as essential work from the previous learning packets.

This plan addresses nearly all aspects of distance learning for all students in grades K-9 to meet the needs of all students impacted by the school closures. Please read carefully as the guidelines and expectations are subject to change. This learning will allow students to work at their own pace and schedule; we have provided a suggested daily schedule for parents and students.

The primary method of teacher communication with students and families will be through the assigned Canvas classrooms, and the Google "suite" of applications. Each child has been provided a G-Mail address, Docs, Sheets, Forms, etc. Teachers will be providing daily feedback to address the academic and socio-emotional needs of our students. We hope to expand interaction with students as we progress with this technology.

Part of our contingency planning for an extended closing pertains to the social-emotional well-being of our students, staff and families. A crisis like this is bound to put unprecedented stressors on both our families and our community. Included in this Continuity of Learning Plan are some resources to use in the home, and below are some helpful guides about how to speak to your child(ren) about COVID-19 from the New York State Education Department and the Governor's Office (click on title to go to resource):

- <https://www.usatoday.com/story/news/health/2020/02/28/talking-children-coronavirus-keep-simple-avoid-stress/4906147002/>
- <https://www.deseret.com/indepth/2020/1/28/21112457/fear-coronavirus-china-children-anxiety-health-medicine-virus>

- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- <https://www.nbcnews.com/better/lifestyle/how-talk-your-kids-about-coronavirus-ease-their-fears-ncna1129851>



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Students with related services should expect to hear from their providers. Students that receive psychiatry services from ANDRUS will be reached out to by our Psychiatry team as well.

We appreciate your cooperation as we implement our Continuity of Learning Plan.

Be well and be safe.

Sincerely,

Ms. Ko  
*Principal*

Ms. Daniels  
*Assistant Principal*

Ms. Cheney  
*Assistant Principal*

Ms. Santana  
*Math & Science Curriculum Coordinator*

Ms. Harrow  
*ELA Curriculum Coordinator*

## **INTRODUCTION**

The purpose of this document is to educate all of our stakeholders about The Orchard School's plan for our Continuity of Learning while our school is experiencing a mandatory closure. This packet details the program and expectations for everyone involved in educating our children.

While the initial Continuity of Learning Packets worked well to keep our students engaged and ready to learn, recent events have made it clear that it is now time to move quickly to implement The Orchard School Continuity of Learning Plan. Before we introduce the Guiding Principles and Goals, we would like to thank the following people. First, thank you to all of our leaders and staff who worked collaboratively on the Continuity of Learning Packets and are actively engaged in developing high quality learning plans. **Second, we wish to thank our parents for their patience and understanding as we move forward together.**

Please note that distance learning cannot fully duplicate the traditional classroom learning experience. The Orchard School greatly values the teacher/student relationship, and to this end we have collaborated with our talented staff to make this learning plan a reality. This plan allows for flexibility and it is intended to give ALL students access to an appropriate education during an emergency school closure.

## **GUIDING PRINCIPLES & GOALS (K-9)**

<b>GUIDING PRINCIPLES</b>	The Continuity of Learning Plan is based on the following principles: <ul style="list-style-type: none"><li>• Collaboration and strong communication</li><li>• Flexibility and adaptability to different opportunities</li><li>• Cultivating a robust and engaging learning experience for ALL students</li></ul>
<b>GOALS</b>	<ul style="list-style-type: none"><li>• To maintain continuity of educational opportunities for students while students work remotely</li><li>• To draw on the professional expertise of our faculty to provide students and families with a consistent learning journey</li><li>• To work within the guidelines of the NYSED</li><li>• To provide all students a meaningful learning experience</li></ul>



## INSTRUCTION OVERVIEW

<b>LEVELS OF INTERACTION</b>	<p>The Orchard School will draw on 2 levels of interaction as students and faculty engage in distance learning.</p> <ul style="list-style-type: none"><li>• Level 1- Telephone and email communication. Feedback loop = real time (phone); email = within the day.</li><li>• Level 2- Pre-designed communication, lessons, and a feedback loop of 24 hours</li></ul> <p><b><i>*Please note there are currently no levels of interaction that include live video chat*</i></b></p>
<b>MODELS OF INSTRUCTION</b>	<p>Depending on the level of interaction the learning activity calls for, students and faculty will move between two models of instruction:</p> <ul style="list-style-type: none"><li>• Synchronous (online at the same time): students and faculty are online and working at the same time in a digital community. It is important to note that there will be NO live video interaction</li><li>• Asynchronous (not online at the same time): faculty posts assignments and materials online and students interact with those materials at their own time.</li></ul>

### GOOGLE SUITE APPLICATIONS:

The Orchard School will utilize both Canvas and the many Google applications that are available to us. Most importantly, we will draw on the collaborative and interactive strengths of Canvas 'Classrooms' to post assignments, resources and materials. Both Canvas and Google applications provide faculty the chance to provide timely feedback as students move through their lesson modules.

<b>SCHEDULE</b>	<p>Students will follow The Orchard School schedule that will be provided exclusively for The Continuity of Learning Plan</p>
<b>DAILY ATTENDANCE</b>	<ul style="list-style-type: none"><li>• Attendance will be taken daily, just like a regular day</li><li>• If the teachers recognize multiple absences, they will communicate with the parent/guardian</li><li>• If a student is sick and cannot complete the day's lessons, parent should treat the day as a regular 'absence' and call into school attendance office</li></ul>



## INTRODUCTION OVERVIEW

<b>COMPLETION OF ASSIGNED WORK</b>	Students have the flexibility to complete the daily posted lessons throughout the day and when it is convenient for the child and family. As long as completed assignments are posted by the due date, faculty members will receive them.
<b>GRADING</b>	At the current time, regular grading policies will apply
<b>OFFICE HOURS</b>	It is likely that there will be questions as we all move through this new process. Parents and students should contact the teachers and staff will respond in a timely manner
<b>TECH SUPPORT</b>	At any given point in time, students and families can get Tech Support by first contacting the classroom teachers; classroom teachers will respond case by case.

## HOW TO SETUP YOUR CHROMEBOOK

To setup your Chromebook, you'll need:

- Your Google Account username and password
- Access to a Network

### **Step 1: Turn on your Chromebook**

1. If the battery is detached, install the battery
2. Press the power button

### **Step 2: Follow the onscreen instructions**

1. To chose your language and keyboard settings, select the language that appears on the screen
2. Optional: To turn on the accessibility features, select accessibility
3. Choose your network.
4. Accept the terms of service.

### **Step 3: Sign in with your Google Account**

To chose your Chromebook owner, enter your Google Account email or phone number & password

- If you've already turned on 2-Step Verification, you'll be sent a code to your selected device.
- If you don't have a Google Account to add, create one. On some Chromebooks, you can select More options Create new account.
- To use your Chromebook without an account, select Browse as Guest.
- If you're having trouble signing in with your Google Account, use the sign-in troubleshooter. Once you sign in, your bookmarks, extensions, and apps will appear automatically.



## CONTINUITY OF LEARNING

### SUGGESTED DISTANT LEARNING SCHEDULE ACTIVITY

TIME	ACTIVITY
8:30	Start time for Teachers Teacher Morning Announcement Morning Check-In ( <i>Today / Feel....</i> )
9:05 - 10:00	Reading/ELA
10:00 - 10:15	Sensory / <b>BODY BREAK</b> & Snack
10:15 - 11:00	Math
11:00 - 11:15	Sensory / <b>BODY BREAK</b>
11:15 - 12:00	LUNCH
12:00 - 12:30	PE, Play Outside, Recess
12:30 - 1:15	Science / Social Studies
1:15 - 2:00	Library Media Center, Horticulture, Music, Art or Health
2:00 - 2:40	Related Services / Social Emotional Learning
2:40 - 2:55	Sensory / <b>BODY BREAK</b>
2:55	"SEE" YOU TOMORROW!

**All School work must be completed by 7:00 PM the day the work is assigned in order to be graded! Should you have any questions, please contact your child's Teacher directly via email, they will be available during the above hours (8:30 AM – 3:30 PM).**

#### **Teacher Responsibilities**

- We are back- this is a school day. We are "in session".
- Faculty will be engaged virtually during school hours and are expected to support students by providing timely feedback and any other reasonable help students may need during the regular school day.
- During "Office Hours", faculty are expected to respond in a timely manner if students engage them.
- Faculty will work collaboratively with administrators to design robust and meaningful learning experiences in all content areas.
- Faculty will ensure that all assignments/lessons are posted to their Classroom weekly
- Teachers will post their absences.





## **Student Responsibilities**

- Take part in your new learning journey; have a GROWTH mindset- ***You can do this!***
- Participate and complete assigned work by sticking to timelines and responding to feedback
- Remember to use your Safety Plan!
- Ask for help if you have questions, concerns or if you need help. If you don't send us a message, we won't know!
- Follow a regular schedule as best as you can
- Always consider how to be kind and thoughtful when communicating online. Remember, tone (of the message) can't be heard through typed words
- Be appropriate. There should be NO live videos between students, students and teachers, or teachers to students

## **Parent Responsibilities**

- Create a dedicated space (as best as possible) for your child to work
- Regularly check in with your child during the learning tasks and assist them if needed
- Regularly check in with the teacher as well
- Assist with technical issues as best as you can; then contact the teacher
- Please let your child know schoolwork is not optional and must be completed as best they can
- Please do not post email or live chat on social media. Respect student and family privacy

## **Principal/ Administrator Responsibilities**

- Principals/ Admin will have access to all Classrooms
- Principals/ Admin/ Coordinators will monitor the instructional plans

## **Final Thoughts**

- Be patient with yourselves, your children and our staff as we navigate the unknown over the next few weeks. It will be a learning experience for everyone.
- Teachers and staff are genuinely excited to be reconnecting with your children.
- Rest assured we are committed to supporting both the academic and social emotional needs of our children and families. Despite these best efforts and intentions, mistakes are inevitable.
- Email is the preferred method of communication at all levels. Contact your child's homeroom teacher for any questions or concerns.
- Please be flexible. We fully intend to improve this plan and our communication as we move forward together!



## Providers Offering Free Wi-Fi or Special Accommodations for 60 Days

### **Comcast**

- offering free public Wi-Fi for 60 Days to families who do not have a subscription already
- <https://corporate.comcast.com/press/releases/internet-essentials-low-income-broadband-coronavirus-pandemic>
- 1-855-846-8376 for English / 1-855-765-6995 for Spanish.

### **Charter Communications/Spectrum**

- <https://docs.google.com/document/d/1GOYGiB4FfMKTedrAQ7hr-cqe3eVcPu8nh2V9sqDRRXA-adband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>

### **Altice USA**

- For households with K-12 and/or college students who may be displaced due to school closures and who do not currently have home internet access, we are offering our Altice Advantage 30 Mbps broadband solution for free for 60 days to any new customer household within our footprint.
- <https://www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic>
- 866-200-9522 to enroll in Optimum region

### **AT&T**

- AT&T is waiving data overage fees to all customers so that families and students can stay connected during the pandemic. The company is promising not to terminate the service of any customer over the next 60 days.
- AT&T will continue to offer internet access for qualifying limited income households at \$10 a month through the Access from AT&T program.
  - <https://m.att.com/shopmobile/internet/access>
  - 855.220.5211 – English / 855.220.5225 - Spanish
  - <https://about.att.com/pages/COVID-19.html>

### **Verizon**

- Verizon said it will waive any late fees and not terminate any service for the next 60 days.

### **T-Mobile**

- ALL current T-Mobile and Metro by T-Mobile customers who have plans with data will have unlimited smartphone data for the next 60 days (excluding roaming).
- Providing T-Mobile and Metro by T-Mobile customers an additional 20GB of mobile hotspot and tethering service for the next 60 days – coming soon.
- Working with our Lifeline partners to provide customers extra free data up to 5GB of data per month over the next two months.
- Increasing the data allowance for free to schools and students using our EmpowerED digital learning programs to ensure each participant has access to at least 20GB of data per month for the next 60 days.



## Sprint

- Not terminating service if they are unable to pay their Sprint bill because of the coronavirus, and
  - Waiving late fees incurred because of economic circumstances related to the pandemic.
  - Starting on Tuesday, customers with international long distance calling plans will receive complimentary international calling rates from the U.S. to countries defined by the CDC as Level 3.
- **By next Thursday:**
  - Customers with metered data plans will receive unlimited data per month for 60 days (a minimum of two bill cycles) at no extra cost.
  - We will provide customers with an additional 20GB of mobile hotspot data per month for 60 days (a minimum of two bill cycles) at no extra cost.
- **Coming soon:**
  - Customers with mobile hotspot-capable handsets who don't have mobile hotspot today will now get 20GB as well per month for 60 days (a minimum of two bill cycles) at no extra cost.
- The 1Million Project Foundation's efforts to connect kids without home internet has become that much more important to schools, community leaders and district administrators as they grapple with ongoing educational challenges as schools are cancelled. Starting next Tuesday, we will be increasing the data allotment provided to students from 10GB to 20GB each month from now through June 30, 2020.



## Free Wifi FAQs

### **Spectrum**

- As of Monday, March 16, Spectrum is offering households with K-12 and college students free WiFi access and broadband (high-speed internet) for the next 60 days. But this only applies to households who do not already have a Spectrum WiFi and broadband subscription.
- To enroll, or to ask for more information, call 844-488-8395 or go to [spectrum.com](http://spectrum.com).
- Installation fees will be waived for new student households. For most new customers, self-installation is an option and free professional installation is also available.
- For customers where self-installation is available, equipment and instructions can be shipped directly to the customer at no charge. For customers who have never had Spectrum services at their address, professional installation is required.

### **Hotspot from a Smartphone:**

- Before we dive into exactly how to set up a hot spot, a word of warning: Using your phone as a Wi-Fi hot spot, if supported by your carrier, could eat up a lot of data. If you don't have an unlimited data plan, it's a good idea to keep an eye on exactly how much you're using, especially if you're doing things like streaming video, torrenting, or gaming. That's if your plan supports Wi-Fi hot spots. You'll also want to check with your carrier if it does.
- How to create a Wi-Fi hot spot on Android
  - Creating a Wi-Fi hot spot on Android is super easy, as is turning it off after you're done using it. If you have a power outlet available to you, it's a good idea to plug your phone in before you create the hot spot — being used as a Wi-Fi hot spot can draw a lot of power from your battery. If you have an Android device, simply follow these instructions to create a Wi-Fi hot spot.
  - Open the Settings app.
    - Press the Network & Internet option.
    - Press the hot spot & tethering option.
    - Toggle the switch next to Wi-Fi hot spot to on.
    - Tap Set up Wi-Fi hot spot to manage name and password settings for your hot spot.
    - After that's done, you should be able to find the Wi-Fi network from your other devices. When you're done, simply follow the instructions again and toggle the switch in step 4 back to the off position.
- How to create a Wi-Fi hot spot on iOS
  - Apple makes creating a Wi-Fi hot spot on your iPhone pretty easy too. As we mentioned in the Android section, it's a good idea to plug your phone in to a power outlet to ensure it doesn't run out of battery. If you're using an iPhone running iOS 11, here's how to create a Wi-Fi hot spot.
  - Open the Settings app.
    - Tap Personal hot spot.
    - Switch the slider next to Personal hot spot to the on position.
    - From that same screen you can edit your Wi-Fi password.
    - After that's done, you should be able to access your Wi-Fi hot spot. When you're done, simply follow the instructions again and switch the slider in step 3 back to the off position to turn off the Wi-Fi network.



## Alternative Resources for Kids at Home

During this time with the COVID-19 pandemic and officials asking many to practice social distancing (defined as staying 6 feet away from people), here is a resource list for caregivers as suggestions for other alternative resources when many are asked to stay at home. When our youth stay at home, there is just a matter of time when they get bored from the same ipad games or video games which may lead to other outlets to take up their time whether engaging in appropriate behaviors or problem behaviors. See below for other ways to interact and stay engaged with others during this pandemic.

### Ways to discuss COVID-19 with kids and adolescents

Resource	Link	How to access	Available until
<b>BrainPOP:</b> <u>Coronavirus</u> (4-minute video, activities, games, and movie-making)	<u>Coronavirus</u>	Website: Click on the link to the left	During COVID-19 school closure
<b>National Public Radio:</b> <u>Just for Kids: A Comic Exploring the New Coronavirus</u> – includes a 3 minute audio and kid-friendly comic	<u>Just for Kids: A Comic Exploring the New Coronavirus</u>	Website: Click on the link to the left	During COVID-19 school closure
<b>PBS Kids:</b> <u>How to Talk to Your Kids About Coronavirus</u> (includes a list of videos, games, and activities about handwashing and staying healthy at the bottom of the article)	<u>How to Talk to Your Kids About Coronavirus</u>	Website: Click on the link to the left	During COVID-19 school closure
Child Trends- publications on several articles for caregivers during COVID-19 pandemic	<a href="http://www.childtrends.org/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic">www.childtrends.org/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic</a>	Website: Click on the link to the left	During COVID-19 school closure
Article: How parents can keep kids busy (and learning in quarantine	<a href="https://www.theatlantic.com/family/archive/2020/03/activities-kids-coronavirus-quarantine/608110/">https://www.theatlantic.com/family/archive/2020/03/activities-kids-coronavirus-quarantine/608110/</a>	Website: Click on the link to the left	During COVID-19 school closure
Child Mind Institute- talking to kids about COVID-19- for caregivers	<a href="https://childmind.org/article/talking-to-kids-about-the-coronavirus/">https://childmind.org/article/talking-to-kids-about-the-coronavirus/</a>	Website: Click on the link to the left	During COVID-19 school closure
Autism Educator blog –COVID-19 social story and other autism resources	<a href="https://theautismeducator.ie/2020/03/11/corona-virus-social-story/">https://theautismeducator.ie/2020/03/11/corona-virus-social-story/</a>	Website: Click on the link to the left	Always

## Educational Resources

Resource	Link	How to access	Available until
Home School Blog of resources	<a href="http://www.homeschoolingonthehudson.com">www.homeschoolingonthehudson.com</a>	Website: Click on the link to the left	During COVID-19 school closure
Weekly educational boosts, study packets, and guided lessons	<a href="https://www.education.com/">https://www.education.com/</a>	Website: Click on the link to the left	During COVID-19 school closure
<b>**Continually updated great resource list! From numerous learning/educational subjects such as learning to play instruments interactively to learning to code or even becoming a kid-published author of a hardcover book delivered to their home (after clicking the link-search for Storyjumper)</b>	<a href="http://www.amazingeducationalresources.com">www.amazingeducationalresources.com</a>	Website: Click on the link to the left	During COVID-19 school closure
Free Educational learning in a different modality. Provides daily schedules for students ages 4-18 and subject resources.	<a href="http://www.khanacademy.org">www.khanacademy.org</a>	Website: Click on the link to the left	During COVID-19 school closure
16 card games that will turn your kids into math aces	<a href="https://www.weareteachers.com/math-card-games/">https://www.weareteachers.com/math-card-games/</a>	Website: Click on the link to the left	Always
Great educational games, apps, and websites	<a href="https://www.commonensemedia.org/lists/free-educational-apps-games-and-websites">https://www.commonensemedia.org/lists/free-educational-apps-games-and-websites</a>	Website: Click on the link to the left	Always- a great resource!
Free Live Online classes for ages 3-18	<a href="https://outschool.com/">https://outschool.com/</a>	Website: Click on the link to the left	During COVID-19 school closure

## Caregiver resources for official information resources from websites

Caregiver resource to review what your kids want to watch (before they watch it)	<a href="https://www.commonensemedia.org/">https://www.commonensemedia.org/</a>	Website: Click on the link to the left	Always
CDC Government website for the latest on COVID-19	<a href="https://www.cdc.gov/coronavirus/2019-nCoV/index.html">https://www.cdc.gov/coronavirus/2019-nCoV/index.html</a>	Website: Click on the link to the left	Always
For the autism community	<a href="https://www.autismspeaks.org/covid-19-information-and-resources">https://www.autismspeaks.org/covid-19-information-and-resources</a>	Website: Click on the link to the left	Always

Free access to daily video sessions for empowerment, meditation, and free webinars	<a href="#">"Resilience in Challenging Times."</a>	Website: Click on the link to the left	Always
Use with your discretion- A home schooling blog that features best videos and virtual tours of zoos and aquariums and other free or nearly free online learning for kids	<a href="https://www.homeschoolingonthehudson.com/">https://www.homeschoolingonthehudson.com/</a>	Website: Click on the link to the left	Always
Greater Good's Guide to well-being during Coronavirus	<a href="https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus">https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus</a>	Website: Click on the link to the left	Always

### Accessible on tablets/ipads or online

Name	Link	How to access	Available until
Free Kids and Tween by Audiobooks. Offer to play and listen to the books before watching the movie if available	<a href="https://stories.audible.com/discovery">https://stories.audible.com/discovery</a>	Website: Click on the link to the left or through your own tablet when Audiobooks app is downloaded	During COVID-19 school closure
Body Coach Joe Wicks is holding online 30 minute PE sessions for the nation's children	<a href="https://www.goodhousekeeping.com/uk/lifestyle/a31804366/the-body-coach-joe-wicks-live-pe-lessons/">https://www.goodhousekeeping.com/uk/lifestyle/a31804366/the-body-coach-joe-wicks-live-pe-lessons/</a>	Website: Click on the link to the left or click further on youtube link	During COVID-19 school closure. A new video everyday Mon-Friday at 9AM.
Smithsonian's game center of interactive educational games-one for teaching nutrition while maintaining budget	<a href="https://ssec.si.edu/game-center">https://ssec.si.edu/game-center</a>	Website: Click on the link to the left	During COVID-19 school closure.
Educational movie/documentary like our planet or planet Earth. 30 day free trial Netflix.	<a href="https://www.netflix.com/title/80049832">https://www.netflix.com/title/80049832</a>	Website: Click on the link to the left	
Listen to podcasts	<a href="https://www.apple.com/us/search/kids-podcasts?src=serp">https://www.apple.com/us/search/kids-podcasts?src=serp</a>	Website: Click on the link to the left	
Free Digital Cooking Classes from Delish on Instagram at 1pm EST	<a href="https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/">https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/</a>	Website: Click on the link to the left	During COVID-19 school closure.

Free Digital Cooking Classes from Delish on Instagram at 1pm EST	<a href="https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/">https://www.delish.com/food-news/g31786555/delish-instagram-live-kids-cooking-class/</a>	Website: Click on the link to the left	During COVID-19 school closure.
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### Indoors Activities

Activity Name	Link	How to access	Available until
Indoor scavenger hunt	<a href="https://kidactivities.net/40-scavenger-hunt-riddles-for-kids/">https://kidactivities.net/40-scavenger-hunt-riddles-for-kids/</a>	Website: Click on the link to the left	Always
Learn a new recipe, whether it's cooking lunch, baking cupcakes, or making fun snacks	<a href="https://www.allrecipes.com/recipes/16866/appetizers-and-snacks/snacks/kids/cute-and-fun/?page=2">https://www.allrecipes.com/recipes/16866/appetizers-and-snacks/snacks/kids/cute-and-fun/?page=2</a>	Website: Click on the link to the left	Always
Make slime or fluffy slime	<a href="https://www.littlepassports.com/blog/category/craft-diy/">https://www.littlepassports.com/blog/category/craft-diy/</a>	Website: Click on the link to the left	Always
Visit the San Diego's zoo, museums like the Louvre, theme parks like Disney world –all from your computer	<a href="https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/">https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/</a>	Website: Click on the link to the left and then the respective "places" to visit	During COVID-19 school closure.
Song Maker	<a href="https://musiclab.chromeexperiments.com/Song-Maker/">https://musiclab.chromeexperiments.com/Song-Maker/</a>	Website: Click on the link to the left	During COVID-19 school closure.
Chrome Music Lab	<a href="https://musiclab.chromeexperiments.com/">https://musiclab.chromeexperiments.com/</a>	Website: Click on the link to the left	During COVID-19 school closure.
Fun Science experiments	<a href="https://www.littlepassports.com/blog/category/science/">https://www.littlepassports.com/blog/category/science/</a>	Website: Click on the link to the left	During COVID-19 school closure.
Board games within the home or outside if it's a nice day with social distancing	Monopoly, game of life, or even create your own game of charades with your own ideas.		
Fun learning at home	<a href="https://www.littlepassports.com/blog/craft-diy/free-activities-fun-learning-home/">https://www.littlepassports.com/blog/craft-diy/free-activities-fun-learning-home/</a>	Website: Click on the link to the left	During COVID-19 school closure.
Thought provoking games (Pictionary, scrabble, charades, riddles, other brain games)	These are board games or games that can be created by you!	Create an obstacle course time challenge	
Karaoke & Dancing	Laundry	Sensory Simon Says	
Skits and Acting	Folding/organizing clothes	Visual games (mazes, I Spy)	



Ice Cream making	Proper brushing teeth or flossing	Movement games (bunny hop, wheelbarrow walk, jumping jack, cartwheels, hopscotch, using swings, camping chair balance challenge, catching games, marching)
Magic tricks	Proper showering/bathing	Making stress balls
Calligraphy and drawing	Nail care/Mani or pedi at home	Scent & Taste games (blindfold smelling game, taste exploration)
Spring cleaning/Organizing	Table manner skills	Making aroma therapy pouches
Knitting/Crocheting/Sewing	Painting	Free Coloring pages- <a href="https://www.crayola.com/featured/free-coloring-pages/">https://www.crayola.com/featured/free-coloring-pages/</a>
Paper mache	Poster and sign making	Decorating your room
T-shirt designs	Picture collage	Leaf collage
Comic book making	Puppet making	Rain stick crafting
Popsicle stick creations	Paper airplane making and challenge	Collaborative art projects
Braiding hair	Mask making and decorating	

#### Outdoors within your community

Name
Gym activities (e.g., stretching, jumping jacks, planks)
Jogging
Bike Riding
Skate boarding/Rollerblading
Yoga/Pilates/Zumba/Dance- can follow along with <del>youtube</del> videos
Fitness games or field day games- (e.g., relay races or like egg race)
Photography
Playground

#### Outdoors within your yard/front lawn

Name
Cornhole ( <i>beanbag toss game</i> )
Remote control cars
Bingo
Legos
<del>Pokemon</del> tournaments
Traditional activities and crafts (i.e. Origami for Japanese culture, salsa dancing for Latin American culture)
Cultural fashion show
Bird House Making
Kite Making and Flying
Model Rockets
Plant a tree
Gardening

## Sensory Breaks - Distance Learning

**A Beginning of the Day before the start of lessons – Pick 1 from each category**

**Please view the digital version for links to these video clips.**

<b>MORNING ENERGIZER (PICK 1)</b>	<b>MORNING BALANCE (PICK 1)</b>
<ul style="list-style-type: none"><li>• Wake Up</li><li>• How to Salute the Sun</li><li>• Alive, Alert, Awake</li><li>• Get Up</li></ul>	<ul style="list-style-type: none"><li>• Super Crazy Eights</li><li>• Hand/Foot Challenge</li><li>• Pat'n Rub</li><li>• Tap This Way</li><li>• Swirly Fingers</li></ul>

**After every 45-60 minutes of instruction – Pick 1 from each category**

<b>DAILY ENERGIZER (PICK 1)</b>	<b>DAILY BALANCE (PICK 1)</b>
<ul style="list-style-type: none"><li>• Mood Walk</li><li>• You Got This</li><li>• Young Dylan Dance Along</li><li>• Boom Chicka Boom</li><li>• Champtastic Cookie Boogie</li><li>• Pop See Ko</li><li>• Jump!</li><li>• Milkshake</li><li>• Pizza Man</li><li>• Wobbly Man</li><li>• Madison Keys - Jump, Squat, Turn Around</li><li>• Danger Force</li><li>• Awesome Upstander</li><li>• Clap, Stomp, Jump</li><li>• GeoCentric</li><li>• Blast Off</li><li>• Electricity</li><li>• Let's Go</li></ul>	<ul style="list-style-type: none"><li>• Star of the Show</li><li>• Weather the Storm</li><li>• Cozy Chair</li><li>• Dancing Bear</li><li>• The Mantis</li><li>• Willow Willow</li><li>• In The News</li><li>• Tight Rope</li><li>• Eagle Pretzel</li><li>• Super Scooper</li></ul>

**For Early Elementary and Elementary – Pick 1 before Math**

### **Math Moves**

- Count to 100
- Skip Count to 100
- Getcha Money Right

## STAR JUMPERS

4 6 10  
REG INT ADV

FULL BODY



- Drop down to a squat position
- Explode up into the air

## CHASE THE RABBITS

8 10 16  
REG INT ADV

FULL BODY



- Alternate knees to chest in fast motion

## ROLL-O's

10 20 30  
REG INT ADV

UPPER BODY



- Make circular motion with arms
- Tip: Vary size, speed, or direction for more variety

## INCHWORM

4 6 8  
REG INT ADV

UPPER BODY



- Begin in standing position
- Walk on hands into push up position
- Take steps forward to starting position

## THE TIGHTROPE

4 6 8  
REG INT ADV

LOWER BODY



- Balance on one foot with arms to sides
- Reach down to touch opposite toe
- Alternate sides

## RATTA-TAT-TAT

:20 :30 :40  
REG INT ADV

LOWER BODY



- Pitter-patter feet quickly for allotted time

## LIZARDS

4 6 10  
REG INT ADV

MIDDLE BODY



- Lie on stomach with arms at sides
  - Gently raise head and upper torso six inches
- Tip: Keep head in line with back

## VENUS FLY TRAP

2 4 8  
REG INT ADV

MIDDLE BODY



- Lie on back with arms and legs outstretched
  - Touch feet and fingers above head
- Tip: Keep head and back aligned



**WATER BREAK**  
(30-Seconds)

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## THE MULE

FULL BODY

4 6 10  
BEG INT ADV



- Balance on hands and feet
- Kick both feet up behind you

## HOP SCOTCH

FULL BODY

4 6 10  
BEG INT ADV

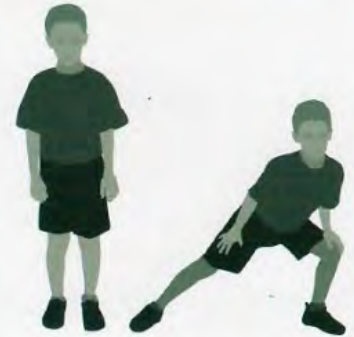


- Jump forward in 2-1-2 progression

## THE TWO STEP

LOWER BODY

4 6 8  
BEG INT ADV

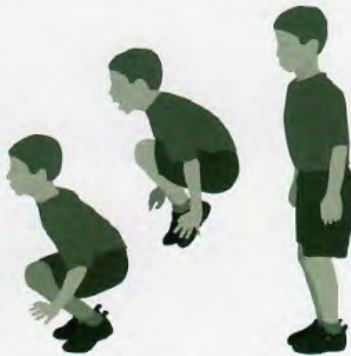


- Step to one side into a squat
- Back to start and alternate sides

## CHEST BUSTERS

LOWER BODY

4 6 10  
BEG INT ADV

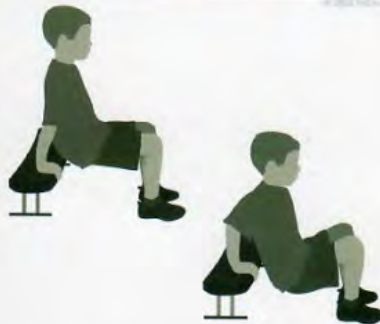


- Jump up and touch thighs to chest

## DIPSY DOOS

UPPER BODY

5 10 15  
BEG INT ADV



- Move body up and down on edge of chair  
Option: Perform on floor if no chair available

## FOUR ON THE FLOOR

UPPER BODY

4 8 12  
BEG INT ADV



- Hands shoulder-width apart
- Lower chest to floor and up  
Option: Perform on knees if necessary

## TOE TAPPERS

MIDDLE BODY

6 8 12  
BEG INT ADV



- Reach for toes with fingers  
Option: Touch opposite toes for variety

## THE BRIDGE

MIDDLE BODY

:20 :30 :40  
BEG INT ADV



- Support body on forearms
- Hold body in straight position  
Option: Kneel if necessary



**WATER BREAK**  
(30-Seconds)

C. 2008 Fitness