At-Home Learning

Schedule, Resources, and Guidance for At-Home Learning Experiences
Recommended for Upper Elementary and Middle Grades

Mr. Malone

Time	Recommended Learning Experiences	Resources
8:00-8:30	***Morning Mindfulness***	
	• Morning Pages / Journal: Write 1-3 pages without stopping. What are you thinking about this morning? How are you feeling? Write down anything that comes to mind! (*Do NOT collect or share*) • Meditation / Mindful Breathing Exercises: Using the resources (which include apps and recordings), provide time for mindful breathing, visualization, etc. as an entry point to their day.	• Mindfulness Resources includes apps and guided recordings for meditation • 51 Mindfulness Exercises for Kids in the Classroom
8:30-9:30	***Current Events / Non-Fiction Reading***	
	• Have kids locate 1-2 current events articles that they would like to read and think about for the day. • Key questions & prompts (use for discussion and/or writing): ○ *Summarize the article's central idea in 3-5 sentences.* ○ *What is the significance or importance of this topic?* ○ *What questions does the article raise for you? How might you begin to answer those questions?* ○ *What did you notice about the writer's craft? Were there particular words, phrases, or text features that stood out to you? Why did they stand out? What is their effect?*	NewsELA is a fantastic resource with leveled nonfiction texts; consider using standard news outlets (NY Times, CNN) as well. • Newsela • Lesson of the Day - NY Times

	• Recommended Outputs:
	  ○ *Answer the above questions in writing*
	  ○ *Compose an email to a friend, family member, teacher - attach the article and share your thinking*
	  ○ *Email the article's author! They would likely love to hear from you. What key ideas did you take away from their piece? What questions linger?*	

9:30-9:45	***Brain Break***	
	• Break time! Snack, jump around, play, check social media…	
9:45-10:45	***Math***	

	• Dedicate this hour to math problem-solving and skills practice. There are an abundance of online resources here.
	• I recommend committing to *at least one high-quality math task daily*, grounded in these key questions and prompts:
	  ○ Before solving:
	  ■ *What do you notice about the problem?*
	  ■ *What are your initial ideas about solving?*
	  ■ *What are examples of reasonable / unreasonable responses? What might be a range of reasonable responses?*
	  ○ While solving:
	  ■ *Model and represent your thinking so that I (or anyone!)*
		For Word Problems / Tasks:
		• YouCubed - Tasks
		• Summative Assessment Tasks
		• Balanced Assessment in Mathematics: BA (go to "library" and select your grade band)
		• Math Problem of the Week
		• Creative Math Prompts
		• Alex Bellos's Monday puzzle

	can follow your train of thought. ■ *Strive to solve with at least two strategies.* ○ After solving / Recommended output: ■ *Present your solution pathway(s)* - record a short video explaining the problem and your solution. Share the video with a friend, family member, or teacher! ● For fluency practice, invite kids to set goals for themselves: ○ Which skill would you like to focus on today? (Can also provide a menu of options). ○ Which platform / resource would you like to use to work on that skill? ○ What goals will you work toward? This can include # of problems completed, % correct, amount of time spent...	**For Fluency** ● For me, there is no better option than Common Core Worksheets - By Grade Level. There are 10+ versions of each worksheet, they are sorted by skill and grade, and they are VERY straightforward.
10:45-11:00	***Brain Break***	
	● Break time! Snack, jump around, play, check social media…	
11:00-12:00	***Elective***	

	• Invite kids to design their own elective experiences as part of their day. These can include individual mini-projects / explorations or ongoing engagements (i.e., practicing a musical instrument, art project, research project...)
	
	• You may want to spend some time at the beginning of the week discussing and planning out longer-term projects / engagements.
	
	• Ground the elective experience in these questions:
	  • *What do you hope to learn more about during this elective block?*
	  • *How will you go about learning it (i.e., what will you do?)?*
	  • *What will you produce today? What can we look at together at the end of this block to discuss what you have learned?*
	  • *Do you think this elective will last for one day, or will you keep working on it? If you keep working on it, what might your long-term work product be?*
	
	• Recommended Outputs:
	  ○ Keep a journal / log of your elective experience.
	  ○ Select an "elective buddy" - friend, family member, etc. - send them a quick email each day to discuss what you worked on, what you learned, what you plan to do tomorrow.
		• Personal Learning Plan Template (from Dr. Bernard Bull)

12:00-1:00	***Lunch***	

	• Yum!
	• This might also be a nice time to *reach out to friends and family members* on your mind.
	  ○ Who are you thinking about / missing today?
	  ○ Share some updates from your life!
	  ○ Inquire how they are
	  ○ Voice gratitude for them! Remind them why they are great :)	

1:00-2:00	***Science***	

	• Ideally, kids continue a blend of hands-on, investigations / experiments *and* learning the content of their present science courses. There are great resources for both online (see right).
	
	• For experiments, ground in the following questions:
	  ○ What question are you exploring in this investigation / experiment?
	  ○ What are your hypotheses? What do you expect might happen, and why?
	  ○ What data are you collecting throughout? How are you recording / organizing that data?
	  ○ What does the data suggest about your investigation and hypothesis?
	  ○ Recommended output: create a written summary, video, or presentation explaining your experiment and its results to a friend or family member!
	
	• For content study / review, ground in the following questions:
	  ○ What scientific topics / ideas are you learning about today?
	  ○ How will you learn about / practice those topics?
	  ○ Recommended output: create a short video or presentation explaining the target science topic to a friend or family member. If you can explain it to someone else, you understand it!
		Experiments / Investigations
		• Scientific American - Bring Science Home
		• Easy Science Experiments You Can Do at Home or at School
		• Home Demos (Bill Nye)
		
		Content Review
		• Khan Academy Science
		• HippoCampus
		• PhET: Free online physics, chemistry, biology, earth science and math simulations
		• IXL.com has free 30-day subscriptions (and hopefully will extend!).

2:00-2:30	***Fitness***	
	• Get up and move! • Lots of youtube videos will serve as great guides here - and of course, if kids have their own preferred form of exercise, lean into that!	• Active Kids Conditioning Exercises • Yoga for Kids! • KIDS WORKOUT ! Full 25 min exercise routine

		• The Scientific 7-Minute Workout - From the New York Times
2:30-3:15	***Writing***	
	• Dedicate time for kids to write in response to meaningful and engaging prompts. They may have writing assignments for school, but if not, consider the prompts in the linked resources, which range from creative to expository. • Recommended output: ○ Share an excerpt from your daily writing friend, family member, or teacher. Choose one of which you are especially proud and/or one for which you are eager to get feedback.	• 700+ Creative Writing Prompts To Inspire You Right Now • 48 Writing Prompts for Middle School Kids (includes creative and expository) • Writing Prompts for Middle School (includes creative and expository) • 100 Not-Boring Writing Prompts for Middle- and High Schoolers
3:15-3:30	***Brain Break***	
	• Break time! Snack, jump around, play, check social media…	
3:30-4:00	***Choice Reading***	
	• Dedicate time for kids to read books of choice • Resources to the right can be used to access texts!	• Best Short Stories for Middle Schoolers, As

	• Recommended Outputs:
	  ○ Log minutes spent reading and pages read
	  ○ Quick check-in with a reading buddy (parent, sibling, friend):
	  ■ If fiction:
	  • How did the plot of your novel progress today?
	  • What do you think might happen next?
	  • Did you notice anything interesting about the author's style? Did any words / phrases / images stand out?
	  • What ideas are you having in response to the text?
	  ■ If non-fiction
	  • What did you learn about while reading today?
	  • Did you notice anything interesting about the author's style? Did any words / phrases / images stand out?
	  • What ideas are you having in response to the text?
		Chosen by Teachers
		• Short Stories for Middle School
		• A Poem A Day: 30 Poems for Secondary Students During National Poetry Month (or Any Other Time of Year)

Additional Content / Experience Ideas (DRAFT):

- History / Social Studies
  - https://www.icivics.org/games
  - https://www.hippocampus.org/
  - Crash Course - World History, US History, Economics (Youtube - Crash Course)
- Learn / Practice Coding!:
  - https://codemoji.com/blog/best-coding-websites-kids.php
- Practice typing skills:
  - https://www.typing.com/
  - https://www.kidztype.com/typing-web/browse-typing-practice.html
  - https://www.typingclub.com/sportal/program-3.game
- Museums / Art → Look at, respond to, and discuss visual art together!
  - https://smarthistory.org/required-works-of-art-for-ap-art-history/

    - Coronavirus closings? Virtually visit hundreds of museums around world
- Language Practice! https://www.duolingo.com/learn
- Watch & Debrief the News
- Virtual Field Trips from Discovery Education!
    - https://www.discoveryeducation.com/community/virtual-field-trips/