

La escuela está cerrada, ¿y ahora qué?

A continuación hay algunos consejos y recursos para mantener la estabilidad de los niños durante el cierre de esta escuela.

1. **Cree un horario diario y organice su tiempo:** establezca horarios designados para comer, jugar / tiempo creativo, tiempo de silencio, tiempo al aire libre, académicos y ayudar con las tareas domésticas. Mantenga a sus hijos ocupados y mantenga su rutina día a día. Estos son algunos ejemplos (Fuente: Khan Academy):

Preschool, kindergarten, 1st grade and 2nd grade

Time	Activity
8am - 9am	Breakfast/Get ready (Yes. Change out of PJs)
9am - 9:30am	Khan Academy Kids (ideally doing it while sitting next to a parent or older sibling giving them positive feedback for effort). Khan Academy kids starts at the basics of letters, numbers, and social emotional learning and goes through the first grade standards in math, reading, writing and social emotional learning. For students with stronger literacy and motor skills: Khan Academy Kindergarten, 1st grade and 2nd grade math can be appropriate. Ideally a parent or older sibling sits next to them while doing this. One practice that we've seen teachers use to great effect is to have all students start on Kindergarten and then move to 1st grade, 2nd grade, etc. This helps ensure that older students are progressing with accumulating gaps. It also helps build momentum and confidence. Course challenges and unit tests can be used to accelerate through material. For students with minimal gaps, they should be able to get through a previous year's content in 1-3 hours.
9:30am - 10am	Play. Ideally outside if weather permits.
10am - 10:30 am	Reading time. Ideally this would be time to read next to a parent or sibling. If students are ready, they can read on their own. Suggested books (by reading level): - There are 100+ books that students can read or have read to them on Khan Academy Kids - The ALSC summer reading list is also a great resource
11am - 11:30am	Break. Ideally run around and play outside.
11:30am - 12pm	Writing practice - Write and illustrate a story about someone having a funny adventure when they stay home sick. - Draw a picture of what you think a virus looks like. Tell about the different parts and how you think they work.
12pm - 1pm	Lunch - Listen to an educational podcast! Try Wow in the World! If you like science, Stories Podcast or Circle Round to hear a story, or Noodle Loaf to learn about music!
1pm-7pm	Relax, go outside, work on passions, time with family.
7-8pm	Lights out, time to sleep!

Grades 10-12

Time	Activity
8am - 9am	Wake up, make your bed, eat breakfast and get ready for an awesome day! And yes, change out of PJs :)
9am - 9:40am	Khan Academy math practice. Depending on level, one of the following courses are likely appropriate: Algebra II Geometry Precalculus/Trigonometry AP Calculus AB or BC AP Statistics
9:40am - 10am	Go for walk/run. Youtube JustDance /workouts if weather is bad. Maybe 15 minutes of Yoga with Adriene ?
10am - 10:40am	Official SAT Practice (math, reading and writing)
10:40 - 11am	Break/walk
11am - 12pm	Science practice on Khan Academy (high school or A.P. level): - Biology (high school, A.P.) - Chemistry (high school, A.P.) - Physics (high school, A.P.) - Economics (micro, macro) AP CS Principles
12pm - 1pm	Lunch - Listen to an educational podcast! Try This American Life if you like storytelling, or RadioLab or Science Friday if you like science!
1pm - 2pm	Social studies or second science - American history (high school, AP) - Government and politics (high school, AP) World History Art history - Any of the sciences above
2pm-2:30pm	Walk/break. Maybe a guided meditation ?
2:30pm-3:30pm	Journaling/Writing Things to write about/prompts: - What do you think will be the short term implications of the pandemic and the school closures? - How will society be different post pandemic? Why? - How is this virus different from the flu? Why does that matter? - What is the social impact on you of school closures? What is positive and what is negative? - Is the governmental response that you are seeing adequate? What would you do differently if you were the mayor, governor or president?
3:30pm-11pm	Relax, go outside, work on passions, time with family.
11pm	Lights out, time to sleep!

2. **limite el tiempo de pantalla lo mejor que pueda:** es probable que sus hijos necesiten usar pantallas para completar sus actividades académicas y mantenerse ocupados durante parte del día, pero trate de evitar que sus hijos usen tabletas de uso ilimitado / teléfonos / televisores todo el día.
3. **Pase tiempo de calidad con su hijo:** esta es una oportunidad para pasar un tiempo especial 1: 1 con sus hijos jugando, leyendo, cocinando, caminando, etc. En un momento de incertidumbre y ansiedad, nuestros hijos necesitan esa atención especial ahora más que siempre. Estas son algunas ideas de actividades:

- a. <https://parade.com/1009774/stephaniecosmanski/things-to-do-with-kids-during-coronaviruss-quarantine/>

4. **Solicite apoyo:** Los trabajadores sociales de su escuela, la Sra. Zajac está aquí para ayudar. Envíeme un correo electrónico (en inglés o español) si necesita ayuda o asesoramiento sobre cómo administrar este tiempo en casa. También puedo proporcionar ideas adicionales de actividades no académicas.
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