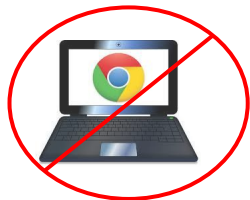
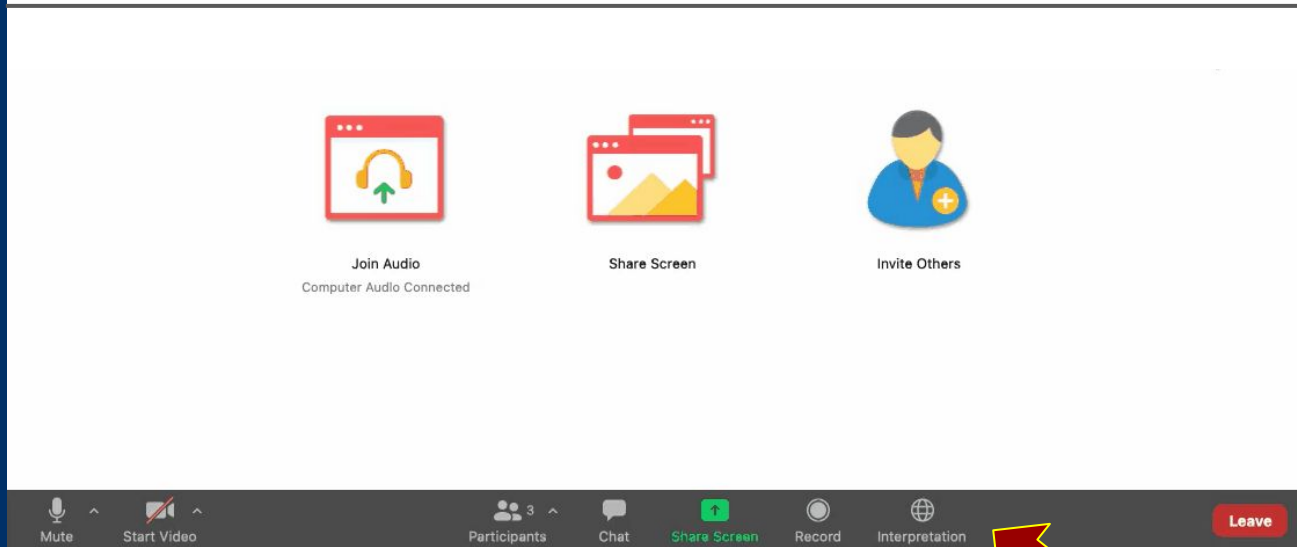


# Interpretation Interpretación 翻譯



Live interpretation does not work on Chromebooks

La interpretación en vivo no funciona en Chromebooks.

Chromebook 沒有這功能。

The Family Landing Pad  
La Plataforma De Aterrizaje  
Familiar

家庭登陆垫

Creating Community

Creando Comunidad

建立社区

SLUSD Family Learning Series

Serie de Aprendizaje Familiar de SLUSD

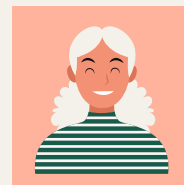
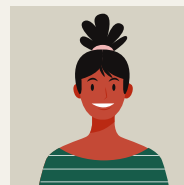
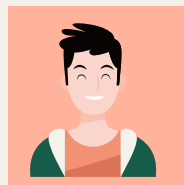
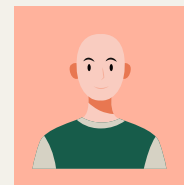
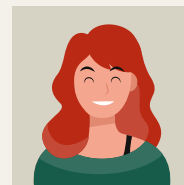
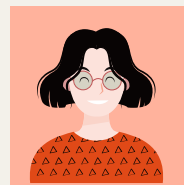
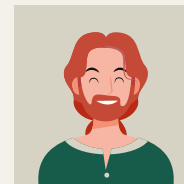
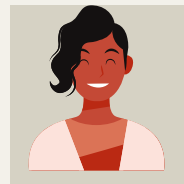
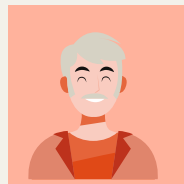
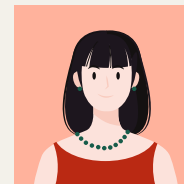
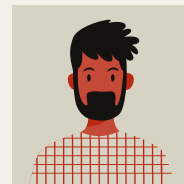
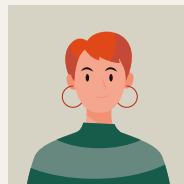
SLUSD家庭学习系列

Blaze Consulting Group

Grupo de Consultoría Blaze

火焰咨询集团

March 24, 2021



# Welcome / Bienvenidos / 欢迎

## Jenjii & Franklin Hysten

Blaze Consulting Group, LLC creates transformative experiences where individuals, teams, and communities can envision a better future and activate positive change. Our approach draws on community strength and connects social assets to research validated practice and data. Through coaching, training, facilitation, and consulting services, we aim to increase opportunities for children, youth, and their families to succeed

Blaze Consulting Group, LLC crea experiencias transformadoras en las que las personas, los equipos y las comunidades pueden visualizar un futuro mejor y activar un cambio positivo. Nuestro enfoque se basa en la fuerza de la comunidad y conecta los activos sociales con la práctica y los datos validados por la investigación. A través de servicios de coaching, capacitación, facilitación y consultoría, nuestro objetivo es aumentar las oportunidades para que los niños, los jóvenes y sus familias tengan éxito.

**Blaze Consulting Group, LLC创造了变革性的经验，让个人，团队和社区可以设想更美好的未来并激活积极的变化。我们利用社区的力量，并将社会资产与经过验证的实践和数据联系起来。通过指导，培训，倡导和咨询服务，我们旨在为儿童，青年及其家庭增加成功的机会**



# Agreements / Acuerdos / 协议书

- Mute Yourself
- Desactive el Sonido
- 使自己静音

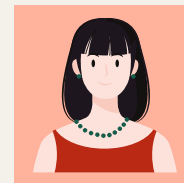
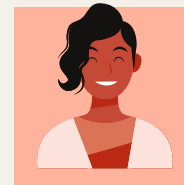
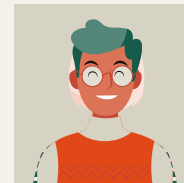
- Place comments in the chat box
- Coloque comentarios en el cuadro de chat
- 在聊天框中放置评论

- Raise the hand icon
- Levantar el icono de la mano
- 举起手形图标

- Try on the process
- Prueba el proceso
- 试一试

- Right to pass
- Derecho a pasar
- 通过权

- Be open, be respectful
- Estar abierto, ser respetuoso
- 开放, 尊重

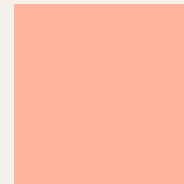
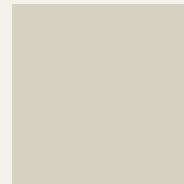
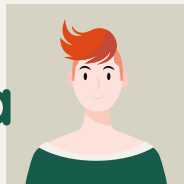




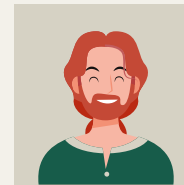
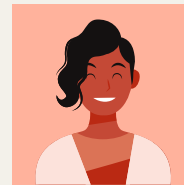
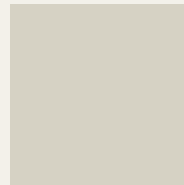
# Chat Blast

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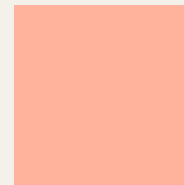
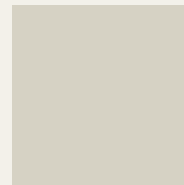
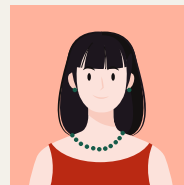
### 聊天分享



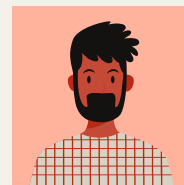
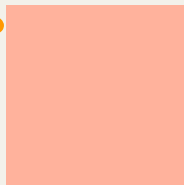
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Como traes movimiento a tu dia?



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# Today: Let's Move    Hoy: Vamos a movernos



今天：讓我們一起動吧

How does physical activity helps us manage stress:

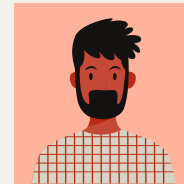
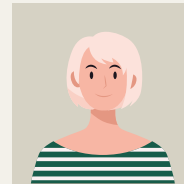
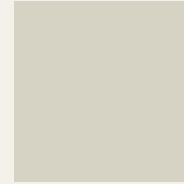
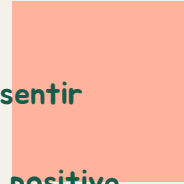
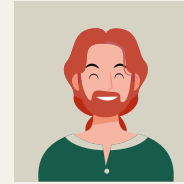
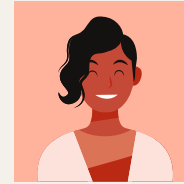
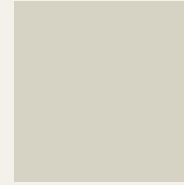
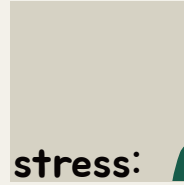
- Counteracts stress producing hormones
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¿Cómo nos ayuda la actividad física a manejar el estrés?

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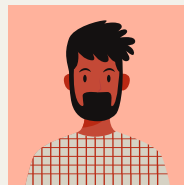
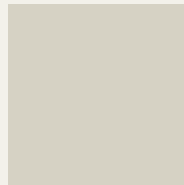
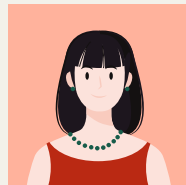
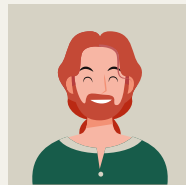
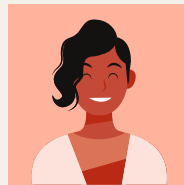
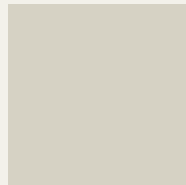


# Physical Activity Supports Family Wellness

La actividad física apoya el bienestar familiar

身體鍛煉有助於家庭身心健康

- Try it out
- Do what works for you
- Have fun
- Talk back to us
- Pruébalo
- Haz lo que te funcione
- Diviértete
- Háblanos
- 試試看
- 做你覺得有效的
- 玩得開心
- 回來告訴我們





# KICKSTART WORKOUT

8 rounds- 1 minute of exercise (Intensity Level based on speed, extension and engagement)

Jumping jacks

Arm circles- side/ front/ above head

Torso twists

Bob & Weave

Knee to elbows

Jab Cross combo

Side to side

Knee attacks

# Other Ideas for Physical Movement with the Family

## Otras ideas para el movimiento físico en familia

### 可以與家人一起做的其他運動

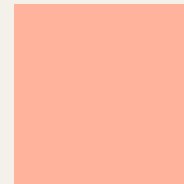
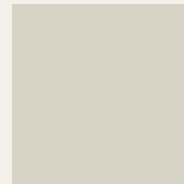
- San Leandro Marina- Walk, run, play outdoor activities
- Learn a dance or whole dance routine on YouTube
- Play hide and seek with you dog
- Neighborhood walk / ride (invite a neighbor)
- Lake Chabot
- What else?
- San Leandro Marina- Caminar, correr, jugar actividades al aire libre
- Aprenda un baile o una rutina de baile completa en YouTube
- Jugar al escondite con tu perro
- Paseo / caminata por el vecindario (invitar a un vecino)
- Lago Chabot
- ¿Qué otra cosa?
- San Leandro 海濱 -散步, 跑步, 進行戶外活動
- 在YouTube上學習舞蹈或整個舞蹈套路 \* 與您的狗一起玩捉迷藏
- 鄰里散行/乘車(邀請鄰居) \* 去查博特湖Lake Chabot走走
- 去查博特湖Lake Chabot走走 \* 還有什麼?



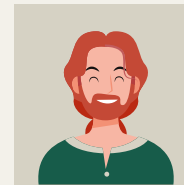
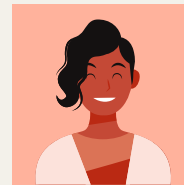
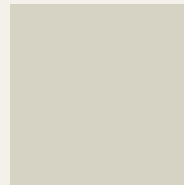
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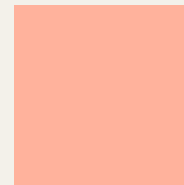
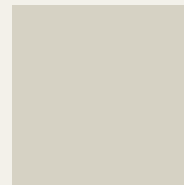
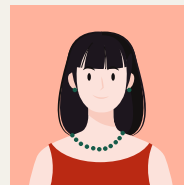
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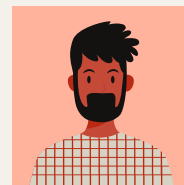
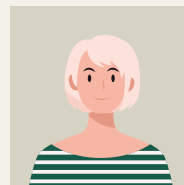
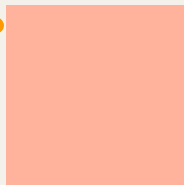
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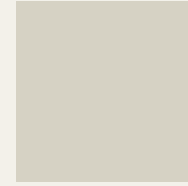
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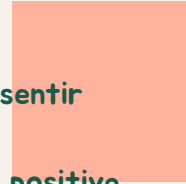
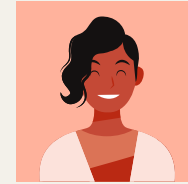
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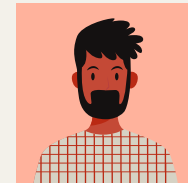
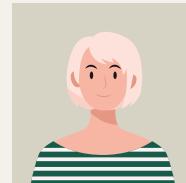
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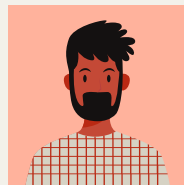
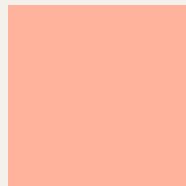
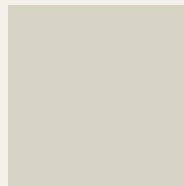
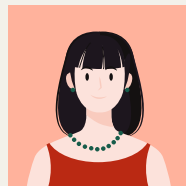
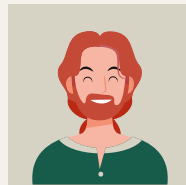
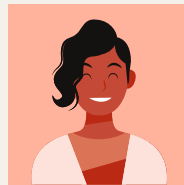
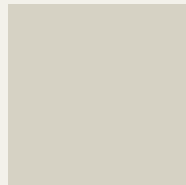


# Physical Activity Supports Family Wellness

La actividad física apoya el bienestar familiar

身體鍛煉有助於家庭身心健康

- Try it out
- Do what works for you
- Have fun
- Talk back to us
- Pruébalo
- Haz lo que te funcione
- Diviértete
- Háblanos
- 試試看
- 做你覺得有效的
- 玩得開心
- 回來告訴我們



# KICKSTART WORKOUT

8 rounds- 1 minute of exercise (Intensity Level based on speed, extension and engagement)

Jumping jacks

Arm circles- side/ front/ above head

Torso twists

Bob & Weave

Knee to elbows

Jab Cross combo

Side to side

Knee attacks

# Other Ideas for Physical Movement with the Family

## Otras ideas para el movimiento físico en familia

### 可以與家人一起做的其他運動

- San Leandro Marina- Walk, run, play outdoor activities
- Learn a dance or whole dance routine on YouTube
- Play hide and seek with you dog
- Neighborhood walk / ride (invite a neighbor)
- Lake Chabot
- What else?
- San Leandro Marina- Caminar, correr, jugar actividades al aire libre
- Aprenda un baile o una rutina de baile completa en YouTube
- Jugar al escondite con tu perro
- Paseo / caminata por el vecindario (invitar a un vecino)
- Lago Chabot
- ¿Qué otra cosa?
- San Leandro 海濱 -散步, 跑步, 進行戶外活動
- 在YouTube上學習舞蹈或整個舞蹈套路 \* 與您的狗一起玩捉迷藏
- 鄰里散行/乘車(邀請鄰居) \* 去查博特湖Lake Chabot走走
- 去查博特湖Lake Chabot走走 \* 還有什麼?



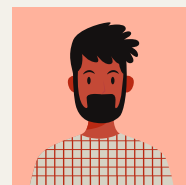
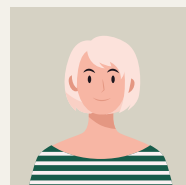
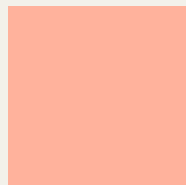
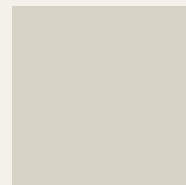
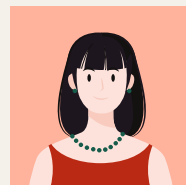
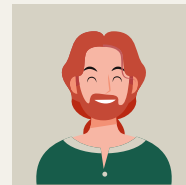
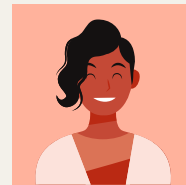
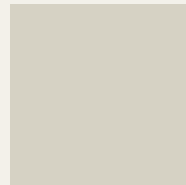
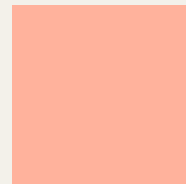
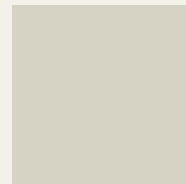


Chat...  
Charla...  
聊天...

What will you try?

¿Qué vas a intentar?

你會嘗試什麼？



# Parent Facilitators / Facilitadores de Padres / 家長聯絡員

<b>School Site</b> <b>Escuela / 學校</b>	<b>Parent Facilitator</b> <b>Facilitador de Padres / 家長聯絡員</b>	<b>Contact Number</b> <b>Numero de Contacto / 聯絡電話</b>
Wilson	Angelica Franco	618-4370 ext 3494
Jefferson	Gloria Fernandez	618-4310 ext 2809
Washington	Maria Ochoa	618-4360 ext 3333
McKinley	Jazmin Marquez	618-4320 ext 2938
Bancroft	Joanna Garcia	618-4380 ext 3612
Muir	Jasmin Vega	618-4400 ext 3703
Garfield	Norma Rosas Alonzo	618-4300 ext 2794
Monroe	Rebecca Jauregui	618-4340 ext 3170
Madison	Sara Lopes	895-7944 ext 3077
Roosevelt	Laura Ordonez	618-4350 ext 3290

# One last thing... / Una ultima cosa... / 最後一件事...

Remember

Be informed

But not overloaded...

Recuerda

Ser Informado

Pero no Sobrecargado

記住

知到

不可以超負荷...

## Raffle Time

### Tiempo de la Rifa 抽獎時間

If you win the raffle, please stay on the zoom call until we have your name, phone number and e-mail address.

Si gana la rifa, permanezca en la llamada de zoom hasta que tengamos su nombre, número de teléfono y dirección de correo electrónico.

如果您贏了抽獎，請留在Zoom，直到我們知道您的姓名，電話號碼和電郵地址。

tenki ทขอบคุณคุณ takk спасибо kam sah hamnida  
дзякуй hvála dhanyavadagalu tack  
gracias dziękuję bedankt blagodaram mèsi xièxie tanemirt  
arigatô manana diolch akun danke kop khun krap laafetai lava  
ačiū grazzi ありがとう kia ora dankon dėkuji  
tau barka mamnun gràcie kitos spas  
teşekkür ederim bayarlalaa obrigada tapadh leat chnoraloutioun  
sagolun murakoze taiku mahalo tidi madioba chokrane rahmat  
sukriya obrigado dakujem  
terima kasih misaotra welain mercé najis tuke  
asante grazie nandiri 謝謝 mersi kőszönőm sobodi اراكش  
mauruuru matondo cam on ban go raibh maith agat merci nanni vinaka  
paldies ngiyabonga