

Hello Arcata Elementary School Families:

During these evolving times, the Arcata School District wants to be sure that students and families are safe, healthy, have access to food, and are aware of available resources. To that end, please continue to check the resources we're sharing on our district website at arcataschooldistrict.org and school website at arcataelementaryschool.org and Facebook. You can find information about food distribution, community updates, other services and ways to stay healthy. Additionally, this document provides some ways to engage your child(ren) while our state is requiring people to stay home.

The activities below are optional, free, and can be done with regular household materials. We have included some links to virtual/online activities, as well. We also have distributed distance learning materials to students. We will share more information about what teaching and learning will look like while school is closed in a later communication.

	TK-2	3-5
Social Emotional Learning	<ul style="list-style-type: none">● Keep a drawing/writing journal about how you are feeling while at home● Practice taking 5-10 deep breaths. Count in for 3 and out of 3.● Heartbeat Exercise: As your students monitor their heartbeat and breathing after exercise, they'll learn to become mindful of how their body feels.● Pinwheel Breathing: This exercise helps students practice deep breaths by using a pinwheel to show them how.● Muscle Relaxation: How often are we truly mindful of the muscles in our body? With this activity, children can start practicing mindfulness around how they tense or relax their muscles.● Mindful Coloring: Click on the link to find printable sheets that you can use for a mindful coloring activity.● Five Senses Exercise: Did you know that you can use all five of your senses while being mindful? This	<ul style="list-style-type: none">● Keep a drawing/writing journal about how you are feeling while at home.● Practice taking deep breaths. Count in for 3 and out for 3.● KidsHealth has age appropriate resources for mental and physical health.● MindYeti has several engaging free mindfulness meditations.

	<p>activity can show you how!</p> <ul style="list-style-type: none"> ● MindYeti has several engaging free mindfulness meditations. 	
Reading/Literacy	<ul style="list-style-type: none"> ● Listen to read alouds of your favorite books. Try Storyline Online and Storyline from Space ● Do you have a Humboldt County Library card? You can download free books, podcasts and magazines. ● ● Watch a movie, read a book, play a video game and then tell a sibling or family member about it. ● Take turns making up stories. ● Put on a play for the family based on your favorite book 	<ul style="list-style-type: none"> ● Read a chapter book to yourself or a family member. ● Read a book, newspaper, or article of your choice ● Try Storyline Online and Storyline from Space
Writing	<ul style="list-style-type: none"> ● Have your child write or draw a story. ● Draw and/or write about the movie, book, virtual field trip or video game you just watched, read, took or played. ● "Write" letters and/or words as practice for letter formation and/or spelling on a table, rug or a family member's back. ● Storybird - reading, writing, and creating your own book or comic. 	<ul style="list-style-type: none"> ● Write a book report or summary of your reading: Include an opinion about the book with details to support your opinion. Write about the life lesson or theme of the book with evidence from the book to support your ideas. ● Write an imaginative story - it could be a fantasy, realistic fiction or science fiction. ● Write paragraphs with introduction, details, and conclusion about any topic or book you read (about an animal, person, or thing).
Math	<ul style="list-style-type: none"> ● Measure things around the house with objects (How many spoons long is the table?) ● Rote counting - how high can you count? 	<ul style="list-style-type: none"> ● Write your own number stories and word problems. ● Practice skip counting and/or multiplication. ● Play your favorite board or card game (ie. checkers,

	<ul style="list-style-type: none"> • Find shapes around your house (rectangles, triangles, circles, etc). • Write out the numbers and point to them as you count. • Count or add objects - beans, books, pennies. • Play your favorite board or card game (ie. checkers, tic tac toe, monopoly, dominoes, Uno). 	tic tac toe, monopoly, dominoes, Uno).
Science	<ul style="list-style-type: none"> • Mystery Science – engaging full and mini lessons • Lawrence Hall of Science – a variety of games and activities • Code.org – coding projects that students can create at home • Scratch – create stories, games and animations with coding 	<ul style="list-style-type: none"> • Mystery Science – engaging full and mini lessons • Lawrence Hall of Science – a variety of games and activities • Code.org – coding projects that students can create at home • Scratch – create stories, games and animations with coding
Arts	<ul style="list-style-type: none"> • Check out some of the world’s best museum’s online: Metropolitan Museum of Art for kids, • Lunch Doodles with Mo Williams! 	<ul style="list-style-type: none"> • Check out some of the world’s best museum’s online Google has a vast assortment of links to museums that you can explore with your family
Health and Physical Movement	<ul style="list-style-type: none"> • Have a dance party! Put on your favorite song and dance around for 10-15 minutes. • Play musical chairs. • Go for a walk or hike with a loved one or a pet. • GoNoodle (K-8) offers educational physical and mental health practices. • Review and discuss the COVID-19 Presentation for TK-1 students (translated in Spanish and Chinese). 	<ul style="list-style-type: none"> • Review and discuss the 2-5 coronavirus presentation for students (translated into Spanish and Chinese). • GoNoodle (K-8) offers educational physical and mental health practices. • Do jumping jacks, pushups, situps, stretches, high knees, cherry pickers, jog around your home, squats. • Have a dance party! Put on your favorite song and dance around for 10-15 minutes. • Go for a walk or hike with a loved one or a pet.

