

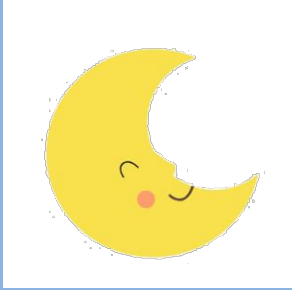


Groton Community School - Learning at Home Schedule

Maintaining a structured schedule can help minimize the disruption, and reduce the anxiety, that the COVID-19 virus is creating in family's lives. These are possible suggestions to create your OWN family schedule to maintain a sense of normalcy and add value to this family time together.

<p>Good morning</p> 	<p>Wake Up- make your bed, get dressed, eat a healthy breakfast and help clean up</p> <p>Physical Activity- walk/bike, play outdoors, dance to music</p> <p>Learning Time- reading books, creative art activities, sensory play, puzzles, Legos or blocks, build a fort, cook/bake</p> <p>Clean Up Time- toys and help clean up/disinfect house</p>
<p>Good afternoon</p> 	<p>Eat a healthy lunch and help clean up</p> <p>Nap or quiet activities- reading books, video read-alouds or audio books, educational apps, puzzles, drawing, mindfulness activities</p> <p>Fresh air- nature walk, play outdoors</p>
<p>Good evening</p> 	<p>Eat a healthy dinner and help clean up</p> <p>Family Time- outdoor play, cooperative games and play, educational videos, optional TV</p> <p>Bath/shower and PJs</p> <p>Goodnight read-aloud books</p>

GCS EDUCATIONAL APPS FOR PRESCHOOL & KINDERGARTEN:

These are some of the apps (mostly free) that we use at GCS. We welcome additional ideas! Moderation and parent/guardian supervision are important to reduce excessive screen time.

Teacher Apps:

- PicCollage Lite
- Dropbox
- Book Creator (free version)
- Chrome
- Google Earth
- Pinterest
- Leaf Snap
- Insight Timer
- Buddha Board

Free Preschool/Kindergarten Apps:

Science:

- WWF Together (World Wildlife Foundation)
- Play and Learn Science
- My Moon Phase

Creative Arts:

- Chroma Kids
- Draw and Tell HD
- Color Band
- Musical Me
- Chatterpix Kids

Math

- 10 fingers +
- Fish School
- Moose Math
- Park Math HD
- Todo Math
- Endless Numbers

Social Emotional:

- Peek-a-Zoo
- Breathe, Think, Do with Sesame

Mind Body:

- Super stretch Yoga HD
- 49 Poses: Children's Yoga Video Lessons

Language Literacy:

- Starfall ABCs
- Starfall Learn to Read
- Endless Reader
- Endless Wordplay
- Endless Spanish

OTHER IDEAS - PLEASE NOTE:

GCS has vetted some, but not each and every idea, listed below. The list is inspired by an original Facebook post from a fellow educator. The following resources look like good ideas to get started and explore for at home learning. Other ideas welcome!

Language arts and/or literacy resources: Check your favorite authors' websites, too!

Storyline Online

<https://www.storylineonline.net/>

Compilation of Picture Books Read Aloud by Authors

https://pernillesripp.com/2020/03/14/picture-books-read-aloud-videos-for-lesson-use/?fbclid=IwAR2g-xPtx4hKndFrRQLSJO9_7DxIsQ84DZjHxv8tRk2_TAZ8-8e8AI-tqkE

Ideas from National Center on Improving Literacy

https://myemail.constantcontact.com/Resources-for-When-Your-Child-Can-t-Go-to-School.html?soid=1127725926505&aid=2FurlgsGzOg&fbclid=IwAR1IOLPjARnzeWPcK4H9_OEC9MD7Tip_SpODuvaPO5CSt8hzmyF5s6tp3U4

Storytime from Space

<https://storytimefromspace.com/>

Reading Rockets

<https://www.readingrockets.org/books/fun>

Kids Podcasts

<https://www.kidslisten.org/>

Squigglepark

<https://www.squigglepark.com/>

National Geographic Young Explorers Books

<https://kids.nationalgeographic.com/explore/books/>

Author and Illustrator - Oliver Jeffers - Read alouds at 6pm GMT/ 2pm EST/ 11am PST.

<https://www.oliverjeffers.com/>

Science and Social Studies:

National Geographic for Kids

<https://kids.nationalgeographic.com/>

Mystery Doug

<https://mysterydoug.com/>

History for Kids

<https://www.historyforkids.net/>

Art:

Finish the Comic - Activities for Kids by Author, Jarret Lerner

<https://jarretlerner.com/activities/>

Idea sharing:

Ideas from the following may need more supervision than indicated for younger children...

150+ Enrichment Activities for Children While Parents are Working Remotely

<https://docs.google.com/spreadsheets/d/1KCFnWreu4v7VoO3NbgP-Qcq2LyE1FvliYSoiTLRY7Qg/htmlview?usp=sharing&fbclid=IwAR3r-ENhLCeVYOfbFw-ioikndXjAZuOv338ejnwGFBzJVraWPB-HW8BOetg&sle=true>