

Monday, June 1st

Time	Activity	Resources
8:00-9:00 am (60 mins)	Breakfast Fuel up, and get ready for a fantabulous day!	
9:00-9:30 am (30 mins)	Morning Reflection	Morning Reflection: Monday, June 1st
9:30-10:00 am (30 mins)	<u>Brain Break!</u> Get Moving and get your heart rate up!	P.E. Video: https://fitacademymn.org/covid19/PE/
10:00-10:30 am (30 mins)	Hedgehog Blog	Send me a picture or video (via Hangout or ClassTag) of you and your hedgehog, in your FAVORITE spot at home!
10:30-10:40 am (10 mins)	<u>Brain Break!</u> Take a snack break, or do some coloring, before getting back to work	
10:40-11:00 am (20 mins)	Independent Reading Find a comfy spot to curl up with a good book!	
11:00-11:15 am (15 mins)	<u>Brain Break!</u> Take a walk, and make observations as you go. Remember to use your 5 senses!	
11:15am - 12:00pm (45 mins)	Creative Time Draw, Color, Paint, Chalk, etc.	Other Ideas: https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain

12:00-1:00 pm (60 mins)	Lunch Time! Listen to the <i>Forever Ago</i> podcast for History content, or <i>Story Pirates</i> for silly stories written by kids	Forever Ago https://www.brainson.org/pages/foreverago (scroll down for Episodes) Story Pirates storypirates.com/podcast (scroll down and click "Listen Now")
1:00-1:30 pm (30 mins)	Classroom Character Awards	Vote: https://docs.google.com/forms/d/e/1FAIpQLScNyW0CMRV5z8LcqJusfO8BUepJ8_-4nUxZG1RcmWzMtZgSHQ/viewform
1:30-1:45 pm (15 mins)	<u>Brain Break!</u> Technology Time	Epic! Books ReadingEggspress MathSeeds Prodigy
1:30-8:00 pm	Family Time Spend some quality time with your family playing games, going outside, and/or doing something you enjoy	
8:00-9:00 pm	BedTime Bath/Shower, Brush Teeth, and turn out the lights. Enjoy a good night's sleep!	

Morning Reflection: Monday, June 1st

1. How am I feeling right now?



2. What is my goal for today?

3. My plan to achieve this goal is....

- ☐ Ask for help
- ☐ Write it down
- ☐ Create a mantra (i.e. "I can do all things..." or "See it and believe it to achieve it")
- ☐ Do that thing FIRST, before anything else (for example, if your goal is to spend time outside, get outside RIGHT AWAY, for at least 15 minutes)

Tuesday, June 2nd

Time	Activity	Resources
8:00-9:00 am (60 mins)	Breakfast Fuel up, and get ready for a fantabulous day!	
9:00-9:30 am (30 mins)	Morning Reflection	Morning Reflection: Tuesday, June 2nd
9:30-10:00 am (30 mins)	<u>Brain Break!</u> P.E. Activity	P.E. Video: https://fitacademymn.org/covid19/PE/
10:00-10:30 am (30 mins)	Hedgehog Blog	Tell me your plans for today, written in the form of a letter from your hedgehog!
10:30-10:40 am (10 mins)	<u>Brain Break!</u> Take a snack break, or do some coloring, before getting back to work	
10:40-11:00 am (20 mins)	Hedgehog Facts	Watch Video: https://www.youtube.com/watch?v=dWg-7xysy3I Would a pet hedgehog be a good fit for you and your family? Why or why not?
11:00-11:15 am (15 mins)	<u>Brain Break!</u> Get Creative	Ideas: https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost -your-brain
11:15-1:00 pm (105 mins)	Lunch Time! Listen to the <i>Forever Ago</i> podcast for History content, or <i>Story Pirates</i> for silly stories written by kids	Forever Ago https://www.brainson.org/pages/foreverago (scroll down for Episodes) Story Pirates storypirates.com/podcast (scroll down and click "Listen Now")

	<u>Brain Break!</u> Technology Time	Epic! Books ReadingEggspress MathSeeds Prodigy
 1:00-2:00 pm (60 mins) 	Small Group Google Meet	https://meet.google.com 1. Click Join a Meeting 2. Type in YOUR group's join code 1:00...grade3 1:15...room111 1:30...solbrack 3. Don't have a Small Group, yet? Sign Up here! https://www.signupgenius.com/go/70a084faea82aa1ff2-distance
	Independent Reading Find a comfy spot to curl up with a good book!	
1:00-8:00 pm	Family Time Spend some quality time with your family playing games, going outside, and/or doing something you enjoy	
8:00-9:00 pm	BedTime Bath/Shower, Brush Teeth, and turn out the lights. Enjoy a good night's sleep!	

Morning Reflection: Tuesday, June 2nd

1. I did / did not achieve my goal yesterday. Why / Why not?

2. What is my goal for today?

3. My plan to achieve this goal is....

- ☐ Ask for help
- ☐ Write it down
- ☐ Create a mantra (i.e. "I can do all things..." or "See it and believe it to achieve it")
- ☐ Do that thing FIRST, before anything else (for example, if your goal is to spend time outside, get outside RIGHT AWAY, for at least 15 minutes)

My Plans for the Day

Dear Ms. Solbrack,

Sincerely,

Wednesday, June 3rd

Time	Activity	Resources
8:00-9:00 am (60 mins)	Breakfast Fuel up, and get ready for a fantabulous day!	
9:00-9:30 am (30 mins)	Morning Reflection	Morning Reflection: Wednesday, June 3rd
9:30-10:00 am (30 mins)	<u>Brain Break!</u> Get Moving and get your heart rate up!	P.E. Video: https://fitacademymn.org/covid19/PE/
10:00-10:30 am (30 mins)	Hedgehog Blog	Add an accessory to your hedgehog (tie, bow, hat, shoes, etc.) Send me a picture for proof!
10:30-10:40 am (10 mins)	<u>Brain Break!</u> Take a snack break, or do some coloring, before getting back to work	
10:40-11:00 am (20 mins)	Independent Reading Find a comfy spot to curl up with a good book!	
11:00-11:15 am (15 mins)	<u>Brain Break!</u> Take a walk, and make observations as you go. Remember to use your 5 senses!	
11:15am - 12:00pm (45 mins)	Creative Time Draw, Color, Paint, Chalk, etc.	Other Ideas: https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain

12:00-1:00 pm (60 mins)	Lunch Time! Listen to the <i>Forever Ago</i> podcast for History content, or <i>Story Pirates</i> for silly stories written by kids	Forever Ago https://www.brainson.org/pages/foreverago (scroll down for Episodes) Story Pirates storypirates.com/podcast (scroll down and click "Listen Now")
1:00-1:30 pm (30 mins)	The Mysteries of Alfred Hedgehog	Choose <u>two</u> videos from this playlist, to watch: https://www.youtube.com/watch?v=eWICa-wDnxA&list=PLGbtKoe3NU4RhvAtaWWVFds8Lq_b2_viD
1:30-1:45 pm (15 mins)	<u>Brain Break!</u> Technology Time	Epic! Books ReadingEggspress MathSeeds Prodigy
1:45-8:00 pm	Family Time Spend some quality time with your family playing games, going outside, and/or doing something you enjoy	
8:00-9:00 pm	BedTime Bath/Shower, Brush Teeth, and turn out the lights. Enjoy a good night's sleep!	

Morning Reflection: Wednesday, June 3rd

1. I did / did not achieve my goal yesterday. Why / Why not?



2. What is my goal for today?

3. My plan to achieve this goal is....

- ☐ Ask for help
- ☐ Write it down
- ☐ Create a mantra (i.e. "I can do all things..." or "See it and believe it to achieve it")
- ☐ Do that thing FIRST, before anything else (for example, if your goal is to spend time outside, get outside RIGHT AWAY, for at least 15 minutes)

Thursday, June 4th

Time	Activity	Resources
8:00-9:00 am (60 mins)	Breakfast Fuel up, and get ready for a fantabulous day!	
9:00-9:30 am (30 mins)	Morning Reflection	Morning Reflection: Thursday, June 4th
9:30-10:00 am (30 mins)	<u>Brain Break!</u> Go outside, have a dance party, or do the P.E. Video	P.E. Video https://fitacademymn.org/covid19/PE/
10:00-10:30 am (30 mins)	Hedgehog Blog	Read your favorite story/book to your hedgehog, and send me a picture for proof.
10:30-10:40 am (10 mins)	<u>Brain Break!</u> Take a snack break, or do some coloring, before getting back to work	
10:40-11:00 am (20 mins)	Sonic the Hedgehog	Choose <u>ONE</u> of the videos from this playlist, to watch: https://www.youtube.com/watch?v=8litAAIEIX4&list=PLySo2SiSHPSOOGZM3_2Qun52hCaRNYW9y
11:00-11:15 am (15 mins)	<u>Brain Break!</u> Take a walk, and make observations as you go. Remember to use your 5 senses!	
11:15am - 12:00pm (45 mins)	Creative Time Draw, Color, Paint, Chalk, etc.	Other Ideas: https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain

12:00-1:00 pm (60 mins)	Lunch Time! Listen to the <i>Forever Ago</i> podcast for History content, or <i>Story Pirates</i> for silly stories written by kids	Forever Ago https://www.brainson.org/pages/foreverago (scroll down for Episodes) Story Pirates storypirates.com/podcast (scroll down and click "Listen Now")
	Independent Reading Find a comfy spot to curl up with a good book!	
1:00-2:00 pm 	<u>OR</u> Technology Time!	Epic! Books ReadingEggspress MathSeeds Prodigy
	<u>OR</u> Small Group Meeting	https://meet.google.com 1. Click Join a Meeting 2. Type in YOUR group's join code 1:00...grade3 1:15...room111 1:30...solbrack 3. Don't have a Small Group, yet? Sign Up here! https://www.signupgenius.com/go/70a084faea82aa1ff2-distance
2:30-8:00 pm	Family Time Spend some quality time with your family playing games, going outside, and/or doing something you enjoy	
8:00-9:00 pm	BedTime Bath/Shower, Brush Teeth, and turn out the lights. Enjoy a good night's sleep!	

Morning Reflection: Thursday, June 4th

1. I did / did not achieve my goal yesterday. Why / Why not?

2. What is my goal for today?

3. My plan to achieve this goal is....

- ☐ Ask for help
- ☐ Write it down
- ☐ Create a mantra (i.e. "I can do all things..." or "See it and believe it to achieve it")
- ☐ Do that thing FIRST, before anything else (for example, if your goal is to spend time outside, get outside RIGHT AWAY, for at least 15 minutes)

Friday, June 5th

Time	Activity	Resources
8:00-9:00 am (60 mins)	Sleep In, Today!	
9:00-9:30 am (30 mins)	Breakfast Fuel up, and get ready for a fantabulous day!	
9:30-10:00 am (30 mins)	Morning Reflection	Morning Reflection: Friday, June 5th
10:00-10:15 am (15 mins)	X is for eXercise	Go outside--walk, bike ride, etc.
10:15-10:45 am (30 mins)	Independent Reading Find a comfy spot to curl up with a good book!	
10:45-11:00 am (15 mins)	<u>Brain Break!</u> Get Creative	Ideas: https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain
11:00-12:00 pm (60 mins)	Lunch Time! Listen to the <i>Forever Ago</i> podcast for History content, or <i>Story Pirates</i> for silly stories written by kids	Forever Ago https://www.brainson.org/pages/foreverago (scroll down for Episodes) Story Pirates storypirates.com/podcast (scroll down and click "Listen Now")

12:00-12:30 pm (30 mins)	Y is for Year-End Memory	What's your favorite memory from this school year? Write it down, and be ready to share after our awards ceremony!
12:30-1:30 pm (30 mins)	Classroom Character Awards Ceremony!	https://meet.google.com 1. Click Join a Meeting 2. Meeting Nickname is: solbrack3 **We will start promptly at 12:30pm.
1:30 pm	Z is for ZOOM OFF to Summer!	You are officially a 4TH GRADER!

Morning Reflection: Friday, June 5th

1. I did / did not achieve my goal yesterday. Why / Why not?

2. One thing that I'm excited for, this summer, is....

3. One goal I have for Summer Break is....