

## Monday, June 1st

Time	Activity	Resources
8:00-9:00 am (60 mins)	<b>Breakfast</b> Fuel up, and get ready for a fantabulous day!	
9:00-9:30 am (30 mins)	<b>Morning Reflection</b>	<b>Morning Reflection: Monday, June 1st</b>
9:30-10:00 am (30 mins)	<u>Brain Break!</u> Get Moving and get your heart rate up!	<b>P.E. Video:</b> <a href="https://fitacademymn.org/covid19/PE/">https://fitacademymn.org/covid19/PE/</a>
10:00-10:30 am (30 mins)	<b>Hedgehog Blog</b>	<b>Send me a picture or video (via Hangout or ClassTag) of you and your hedgehog, in your FAVORITE spot at home!</b>
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)	<b>Independent Reading</b> 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)	<b>Creative Time</b> <b>Draw, Color, Paint, Chalk, etc.</b>	<b>Other Ideas:</b> <a href="https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain">https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain</a>

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

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

	<b>Brain Break!</b> Technology Time	Epic! Books ReadingEggspress MathSeeds Prodigy
 1:00-2:00 pm (60 mins) 	<b>Small Group</b> Google Meet	<a href="https://meet.google.com">https://meet.google.com</a> 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! <a href="https://www.signupgenius.com/go/70a084faea82aa1ff2-distance">https://www.signupgenius.com/go/70a084faea82aa1ff2-distance</a>
	<b>Independent Reading</b> Find a comfy spot to curl up with a good book!	
1:00-8:00 pm	<b>Family Time</b> Spend some quality time with your family playing games, going outside, and/or doing something you enjoy	
8:00-9:00 pm	<b>BedTime</b> 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,

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## Wednesday, June 3rd

Time	Activity	Resources
8:00-9:00 am (60 mins)	<b>Breakfast</b> Fuel up, and get ready for a fantabulous day!	
9:00-9:30 am (30 mins)	<b>Morning Reflection</b>	<b>Morning Reflection: Wednesday, June 3rd</b>
9:30-10:00 am (30 mins)	<u>Brain Break!</u> Get Moving and get your heart rate up!	<b>P.E. Video:</b> <a href="https://fitacademymn.org/covid19/PE/">https://fitacademymn.org/covid19/PE/</a>
10:00-10:30 am (30 mins)	<b>Hedgehog Blog</b>	<b>Add an accessory to your hedgehog (tie, bow, hat, shoes, etc.) Send me a picture for proof!</b>
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)	<b>Independent Reading</b> 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)	<b>Creative Time</b> <b>Draw, Color, Paint, Chalk, etc.</b>	<b>Other Ideas:</b> <a href="https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain">https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain</a>

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

## 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)	<b>Breakfast</b> Fuel up, and get ready for a fantabulous day!	
9:00-9:30 am (30 mins)	<b>Morning Reflection</b>	<b>Morning Reflection: Thursday, June 4th</b>
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 <a href="https://fitacademymn.org/covid19/PE/">https://fitacademymn.org/covid19/PE/</a>
10:00-10:30 am (30 mins)	<b>Hedgehog Blog</b>	<b>Read your favorite story/book to your hedgehog, and send me a picture for proof.</b>
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)	<b>Sonic the Hedgehog</b>	<b>Choose <u>ONE</u> of the videos from this playlist, to watch:</b> <a href="https://www.youtube.com/watch?v=8litAAIEIX4&amp;list=PLySo2SISHPSOOGZM3_2Qun52hCaRNYW9y">https://www.youtube.com/watch?v=8litAAIEIX4&amp;list=PLySo2SISHPSOOGZM3_2Qun52hCaRNYW9y</a>
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)	<b>Creative Time</b> Draw, Color, Paint, Chalk, etc.	Other Ideas: <a href="https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain">https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain</a>

<p>12:00-1:00 pm (60 mins)</p>	<p><b>Lunch Time!</b> Listen to the <i>Forever Ago</i> podcast for History content, or <i>Story Pirates</i> for silly stories written by kids</p>	<p>Forever Ago <a href="https://www.brainson.org/pages/foreverago">https://www.brainson.org/pages/foreverago</a> (scroll down for Episodes)</p> <p>Story Pirates <a href="http://storypirates.com/podcast">storypirates.com/podcast</a> (scroll down and click "Listen Now")</p>
<p>↑</p>	<p><b>Independent Reading</b> Find a comfy spot to curl up with a good book!</p>	
<p>1:00-2:00 pm</p> <p>↓</p>	<p><b><u>OR</u> Technology Time!</b></p>	<p>Epic! Books ReadingEggspress MathSeeds Prodigy</p>
<p>↓</p>	<p><b><u>OR</u> Small Group Meeting</b></p>	<p><a href="https://meet.google.com">https://meet.google.com</a></p> <ol style="list-style-type: none"> <li>1. Click Join a Meeting</li> <li>2. Type in YOUR group's join code 1:00...grade3 1:15...room111 1:30...solbrack</li> <li>3. Don't have a Small Group, yet? Sign Up here!</li> </ol> <p><a href="https://www.signupgenius.com/go/70a084faea82aa1ff2-distance">https://www.signupgenius.com/go/70a084faea82aa1ff2-distance</a></p>
<p>2:30-8:00 pm</p>	<p><b>Family Time</b> Spend some quality time with your family playing games, going outside, and/or doing something you enjoy</p>	
<p>8:00-9:00 pm</p>	<p><b>BedTime</b> Bath/Shower, Brush Teeth, and turn out the lights. Enjoy a good night's sleep!</p>	

## 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)	<b>Sleep In, Today!</b>	
9:00-9:30 am (30 mins)	<b>Breakfast</b> Fuel up, and get ready for a fantabulous day!	
9:30-10:00 am (30 mins)	<b>Morning Reflection</b>	<b>Morning Reflection: Friday, June 5th</b>
10:00-10:15 am (15 mins)	<b>X is for eXercise</b>	<b>Go outside--walk, bike ride, etc.</b>
10:15-10:45 am (30 mins)	<b>Independent Reading</b> 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: <a href="https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain">https://bit.ly/fit-sanfordhealth-best-movement-breaks-to-boost-your-brain</a>
11:00-12:00 pm (60 mins)	<b>Lunch Time!</b> Listen to the <i>Forever Ago</i> podcast for History content, or <i>Story Pirates</i> for silly stories written by kids	<p style="text-align: center;"><b>Forever Ago</b>  <a href="https://www.brainson.org/pages/foreverago">https://www.brainson.org/pages/foreverago</a>                      (scroll down for Episodes)</p> <p style="text-align: center;"><b>Story Pirates</b>  <a href="http://storypirates.com/podcast">storypirates.com/podcast</a>                      (scroll down and click "Listen Now")</p>

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

## **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....