



## Welcome Back CES!

### Grades 4-6 Instructional Activities for Day 1 of Remote Instruction (Either Thursday 9/10 or Friday 9/11)

**IMPORTANT:** Your first remote day is an attendance and learning day. Please follow the time frames to the best of your ability.

8:45-9:00	Google form: Required for attendance 5th Grade(all homerooms): <a href="#">Google Form Attendance</a>
9:00-9:30 Watch the back to school training videos for routines and health	Hand washing: <ul style="list-style-type: none"><li>• <a href="#">Hamilton Health Sciences handwashing experiment video.</a></li><li>• <a href="#">Hand Washing Video</a></li></ul> Social Distancing: <ul style="list-style-type: none"><li>• <a href="#">Social Distancing Explained</a></li></ul> Respiratory Hygiene: <ul style="list-style-type: none"><li>• <a href="#">Mr. Derby and Mrs. Rosher's Mask Video</a></li></ul>
9:00-9:45 Back to School Writing	Take a piece of paper and divide it in 4 sections/boxes. In each box write your answers to the following questions. Bring this in on your first in-person day! <ul style="list-style-type: none"><li>• 3 Things you did over the summer</li><li>• 3 Of your favorite things</li><li>• 3 Things you are excited about for this school year</li><li>• 2 Things that worry you about coming back to school</li></ul>
9:45-10:15	<b>Snack and movement break!</b>
10:15-11:00 ELA	Write a paragraph about what you did over the summer. It could be about a trip you went on, something you did with your family at home, or any fun games/activities you played!
11:00-11:15 Movement and mindfulness break	Everyone has different feelings about returning to school. Some people find mindfulness strategies helpful. Watch these videos and try a few strategies from our counselors:

	<a href="#">5 Finger Breathing</a> <a href="#">Square Breathing</a> <a href="#">Triangle Breathing</a> <a href="#">5 Senses Breathing</a> <a href="#">Movement Break</a>
11:15-12:00 Science/SS	Try to get outside for a nature walk. You could go by yourself or with a family member. Use your 5 senses to identify objects that you <u>hear</u> , <u>see</u> , <u>smell</u> , and <u>touch</u> . Please do not <u>taste</u> anything unless you have permission from an adult! You can write down your answers on a sheet of paper.
12:00-1:00	Lunch/Recess
1:00-1:30 CHAT!	Google Meet with Mrs. Rosher and Mr. Derby Type in Google code to join: CES2020
1:30-2:15 Math	Go to IXL.com and look at lessons for grade 5. Try a lesson from grade 4. See what you remember.
2:15-2:45 Art	Art activity <a href="#">Watch this video and make your own Masked Hero!</a>