



# HANFORD ELEMENTARY SCHOOL DISTRICT

## Learn from Home Recommended Daily Schedule Grades 6-8

The schedule and resources listed below are encouraged but not required.

Before 8:00 a.m.	<b>Wake-up &amp; get your day started</b> <b>*Wash hands with soap and water.</b> Eat Breakfast & and Clean up Make Bed Hygiene Routine & Get dressed for the day
8:00-8:20	<b>Take a morning walk or do stretches inside your house</b> <b>*Wash hands with soap and water.</b>
8:20-9:00	<b>Read a Book:</b> If you don't have a "hard copy" book, here is an online option for 6 <sup>th</sup> -8 <sup>th</sup> Graders <a href="https://destiny.hesd.k12.ca.us/">https://destiny.hesd.k12.ca.us/</a>  <a href="#">watch this screencast to see how to access destiny ebooks, or use the written directions below.</a> <ul style="list-style-type: none"><li>• Click on the link <a href="https://destiny.hesd.k12.ca.us/">https://destiny.hesd.k12.ca.us/</a> to access Destiny ebooks.</li><li>• Choose your school.</li><li>• <b>Log into Destiny (top right)</b></li><li>• <b>Username:</b> lunch number (do not add @hanfordesd.org)</li><li>• <b>Password:</b> Same as password you use to login to your HESD laptop</li><li>• <b>Once logged in, scroll down to ebooks</b></li><li>• Click "see all"</li><li>• Look in the left hand margin, and use filters to help narrow your search by availability, reading level, interest, series, and more.</li><li>• Choose a book and click on it.</li><li>• Check out an ebook.</li><li>• Enjoy your book!</li></ul> <b>*Wash hands with soap and water</b>
9:00-9:30	<b>With parent permission and supervision, play outside:</b> Stay Active. No Electronics! <b>*Wash hands with soap and water</b>
9:30-10:30	<b>Learn Zillion Writing:</b> Make sure you have paper and pencil handy so you can get to work on your opinion writing. <b>6-8 Writing</b> <a href="https://learnzillion.com/lesson_plans/4092-introduce-a-claim-not-an-opinion">https://learnzillion.com/lesson_plans/4092-introduce-a-claim-not-an-opinion</a> <a href="https://learnzillion.com/lesson_plans/8680-clarify-how-evidence-supports-the-reason">https://learnzillion.com/lesson_plans/8680-clarify-how-evidence-supports-the-reason</a> <a href="https://learnzillion.com/lesson_plans/8667-order-reasons-and-counterargument-to-best-prove-claim">https://learnzillion.com/lesson_plans/8667-order-reasons-and-counterargument-to-best-prove-claim</a> <a href="https://learnzillion.com/lesson_plans/4040-revise-an-introduction-to-clearly-introduce-a-claim">https://learnzillion.com/lesson_plans/4040-revise-an-introduction-to-clearly-introduce-a-claim</a> <a href="https://learnzillion.com/lesson_plans/5519-draft-a-concluding-paragraph-for-an-argumentative-essay">https://learnzillion.com/lesson_plans/5519-draft-a-concluding-paragraph-for-an-argumentative-essay</a>  By the end of the week, you should be able to share your opinion writing piece with your family! <b>*Wash hands with soap and water</b>

10:30-11:00	<p><b>Chores</b></p> <ul style="list-style-type: none"> <li>• Go room by room and put things away. Take out trash. Your parents will love this!</li> <li>• If your parents say it is okay, sweep or vacuum a room in your house.</li> <li>• If your parents say it is okay, help your parents wipe counter tops, light switches, and door knobs throughout your house.</li> </ul> <p><b>*Wash your hands with soap and water.</b></p>
11:00-12:00	<p><b>Lunch: Eat lunch/clean up</b>  Play outside: Work to be active! No electronics!  <b>*Wash your hands with soap and water.</b></p>
12:15-1:15	<p><b>Khan Academy Math Work</b>  Click on a link below for your grade level. Complete.</p> <p><b>Sixth Grade:</b>  <a href="#">Complete all lessons and practice in the Distributive Property with Variables Unit</a>  <a href="#">Complete all lessons and practice in the One-Step Addition and Subtraction Equations Unit</a>  <a href="#">Watch this video and write a summary explaining what a cell is and what our bodies are made of</a></p> <p><b>Seventh Grade:</b>  <a href="#">Complete all lessons and practice in the Two-Step Equations with Decimals and Fractions Unit</a>  <a href="#">Complete all lessons and practice in the Two-Step Equations Word Problems Unit</a>  <a href="#">Watch this video and write a paragraph explaining how small an atom is</a>  Science: <a href="#">Play the PheT Build an Atom Game. Record the name of the atom you build along with the number of protons and neutrons.</a></p> <p><b>Eighth Grade:</b>  <a href="#">Complete all lessons and practice in the Solutions to Linear Equations Unit</a>  <a href="#">Complete all lessons and practice in the Square and Cube Roots Unit</a>  Science: <a href="#">Experiment with the PheT Waves: Into Unit. Experiment with Water, Light, and Sound. Push the Green button to turn it on, and change amplitude and frequency. Take notes to record your observations.</a></p> <p><b>*Wash your hands with soap and water.</b></p>
1:15-2:00	<p><b>Creative Time</b>  <b>Here are a Few Ideas</b>  Drawing  <a href="https://www.youtube.com/user/ArtforKidsHub">https://www.youtube.com/user/ArtforKidsHub</a>  Origami  <a href="https://www.youtube.com/watch?v=Jg-kIE_dhA4">https://www.youtube.com/watch?v=Jg-kIE_dhA4</a>  Clean up after yourself and put everything away.  <b>*Wash your hands with soap and water.</b></p>
2:00-2:30	<p><b>Read a Book or View and Write about Science</b>  If you don't have a "hard copy" book handy, here is an online option for 6<sup>th</sup>-8<sup>th</sup> Graders  <a href="https://destiny.hesd.k12.ca.us/">https://destiny.hesd.k12.ca.us/</a>  (see directions for logging in and accessing ebooks above, 8:30-9:00)</p> <p><b>Science:</b>  <b>Sixth Grade:</b>  <a href="#">Watch this video and write a summary explaining what a cell is and what our bodies are made of</a></p> <p><b>Seventh Grade:</b>  <a href="#">Watch this video and write a paragraph explaining how small an atom is</a>  <a href="#">Play the PheT Build an Atom Game. Record the name of the atom you build along with the number of protons and neutrons.</a></p> <p><b>Eighth Grade:</b></p>

	<p><a href="#">Experiment with the PheT Waves: Into Unit. Experiment with Water, Light, and Sound. Push the Green button to turn it on, and change amplitude and frequency. Take notes to record your observations.</a></p> <p><b>*Wash your hands with soap and water.</b></p>
2:30-3:00	<p><b>Write a letter or Write about something you learned in science</b></p> <p>Think about someone in need of encouragement. Write a letter to that person or group. Ask your parents to help you send the letter. Here are some ideas of people groups:</p> <ul style="list-style-type: none"><li>• Soldiers on deployment</li><li>• People who live in assisted living facilities</li><li>• Health Care Workers</li></ul>