



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.	Wake-up & get your day started *Wash hands with soap and water. Eat Breakfast & and Clean up Make Bed Hygiene Routine & Get dressed for the day
8:00-8:20	Take a morning walk (with parent permission) or do stretches inside your house *Wash hands with soap and water.
8:20-9:00	Read a Book: If you don't have a "hard copy" book, here is an online option for 6 th -8 th Graders https://destiny.hesd.k12.ca.us/ watch this screencast to see how to access destiny ebooks, or use the written directions below. <ul style="list-style-type: none">• Click on the link https://destiny.hesd.k12.ca.us/ to access Destiny ebooks.• Choose your school.• Log into Destiny (top right)• Username: lunch number (do not add @hanfordesd.org)• Password: Same as password you use to login to your HESD laptop• Once logged in, scroll down to ebooks• Click "see all"• Look in the left hand margin, and use filters to help narrow your search by availability, reading level, interest, series, and more.• Choose a book and click on it.• Check out an ebook.• Enjoy your book! *Wash hands with soap and water
9:00-9:30	Play outside (with parent permission) Stay Active. No Electronics! *Wash hands with soap and water
9:30-10:30	6 th -8 th Scholastic Days 6-10 Directions username: Learning20 password: Clifford https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html Write a summary of a text or a section of a text, or write about something you learn in the history below. H/SS for CA additional resources for 6-8 https://www.bighistoryproject.com/chapters/5# https://www.bighistoryproject.com/chapters/5#crisscrossing-and-connected *Wash hands with soap and water

10:30-11:00	<p>Chores</p> <ul style="list-style-type: none"> • Go room by room and put things away. Take out trash. Your parents will love this! • If your parents say it is okay, sweep or vacuum a room in your house. • If your parents say it is okay, help your parents wipe counter tops, light switches, and door knobs throughout your house. <p>*Wash your hands with soap and water.</p>
11:00-12:00	<p>Lunch: Eat lunch/clean up Play outside: Work to be active! No electronics!</p> <p>*Wash your hands with soap and water.</p>
12:15-1:15	<p>Khan Academy Math Work Click on a link below for your grade level. Complete.</p> <p>Sixth Grade: Complete all lessons and practice in the Substitution and Evaluating Expressions Unit Complete all lessons and practice in the Evaluating Expressions Word Problems Unit</p> <p>Seventh Grade: Complete all lessons and practice in the One-Step Inequalities Complete all lessons and practice in the Two-Step Inequalities Unit</p> <p>Eighth Grade: Complete all lessons and practice in the Irrational Numbers Unit Complete all lessons and practice in the Approximating Irrational Numbers</p> <p>*Wash your hands with soap and water.</p>
1:15-2:00	<p>Creative Time Here are a Few Ideas Jr. High Drawing Skills How to make a flipbook Clean up after yourself and put everything away.</p> <p>*Wash your hands with soap and water.</p>
2:00-2:30	<p>Read a Book or View and Write about Science If you don't have a "hard copy" book handy, here is an online option for 6th-8th Graders https://destiny.hesd.k12.ca.us/ (see directions for logging in and accessing ebooks above, 8:30-9:00)</p> <p>Science:</p> <p>Sixth Grade: Watch this video and write a summary explaining what a cell is and what our bodies are made of</p> <p>Seventh Grade: Watch this video and write a paragraph explaining how small an atom is Play the PheT Build an Atom Game. Record the name of the atom you build along with the number of protons and neutrons.</p> <p>Eighth Grade: 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.</p> <p>*Wash your hands with soap and water.</p>
2:30-3:00	<p>Write a letter or Write about something you learned in science 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"> • Soldiers on deployment • People who live in assisted living facilities

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| | <ul style="list-style-type: none">• Health Care Workers |
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