



## Unit: The Human Body



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## Daily Schedule

8:00 a.m.	Get up, make bed, get dressed, eat, breakfast
8:30-9:00	<u>Morning exercise</u>
9:00-9:30	<u>Family Devotions</u>
9:30-10:00	Morning Chores
10:00-10:30	<u>Character Trait and/or Skill of the week</u>
10:30-12:15	<u>Educational Activities</u>
12:15-12:55	Clean up and eat lunch
1:00-1:30	<u>Post-Lunch Activity</u>
1:30-2:30	Screen Free Quiet Time-Sleep, read, draw, color, etc.
2:30-4:30	<u>Educational Activities</u>
4:30-5:30	Play time
5:30-6:30	Wash up for dinner; family dinner
6:30-7:00	Clean up; Evening Chores
7:00-7:30	<u>Daily Connection</u>
7:30-----	Family Time- Movie of the week: Apollo 11; A Beautiful Planet Game of the Week: Uno

Parenting  
Tip of the  
week

Additional  
Learning  
Resources

# Morning Exercise

Teacher Tip: Allow your child/children to decide which of the morning exercises they would like to do each day. When young people are given choices, they feel as if they are in CONTROL. This is effective in keeping them engaged.



Jon Wicks, the nation's P.E. teacher, will be posting daily workouts for kids on his [YouTube channel](#).



[7-min HIIT workout](#) for kids to improve emotional regulation

An active child is a happy child! It is **CRITICAL** that our children engage in daily physical activity. The health benefits are countless.



Go outside. Ride a bike. Run around. PLAY!



[Beachbody Kids' Workouts](#) on Vimeo





## Family Devotions

Topic: Introducing The Children's Bible App



Get the App





# Family Devotions

## Topic: Palm Sunday



The Beginner's Bible: The Easter Story-Read Aloud

[Palm Sunday Lessons](#)

[Coloring Pages](#)

[Donkey Craft](#)

[Fun Activities](#)





## Family Devotions

Topic: Palm Sunday



Video: The Story of Easter-The Beginner's Bible



# Social/Emotional Learning

Our children are struggling with their emotions, as their worlds have been turned upside down. This week, let's take some time to focus on social-emotional learning so that they can self-regulate their emotions.

Here is a FREE resource that you can access and use with your children to help them learn to handle their big emotions.

**2 Weeks of FREE Social Emotional Learning at Home on Google Slides**



<http://bit.ly/SELatHomeK2>

**K-5**

**The Social Emotional Teacher**

## Skill of the Week: Review-Tying Shoes



Click to play the video.



Learn to tie shoes

[Link to a second video](#) on shoe tying



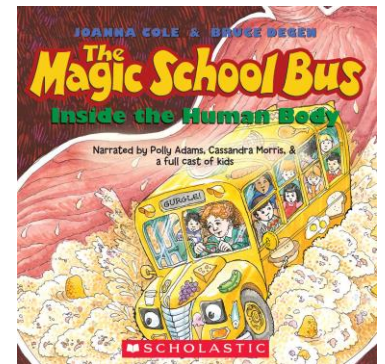
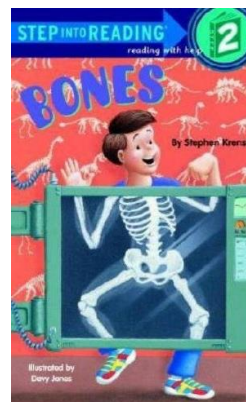
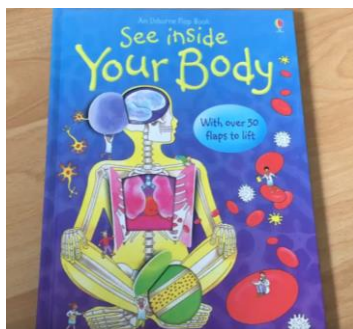
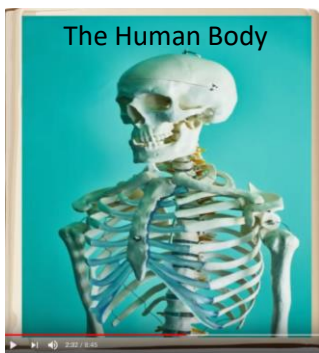
# Educational Activities

This is a unit that children can work through if they do not have any e-learning day assignments from their teachers.

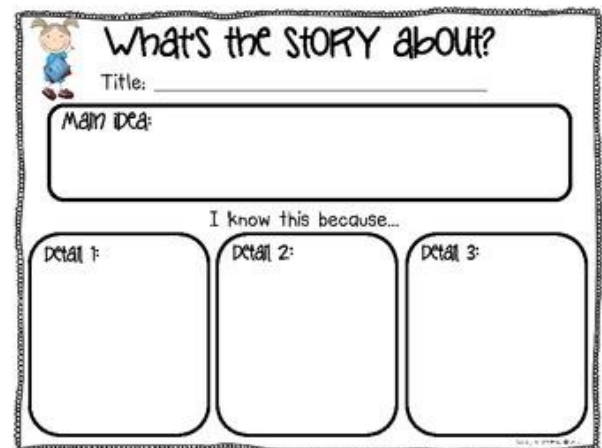
## Unit: The Human Body

Reading:

Click the image to go to the resource.



Here is a link to an excellent graphic organizer to help your child retell the story using the five-finger method (for fiction stories).



Here is a link to an excellent graphic organizer to help your child review main idea and supporting details (for nonfiction books).



# Educational Activities

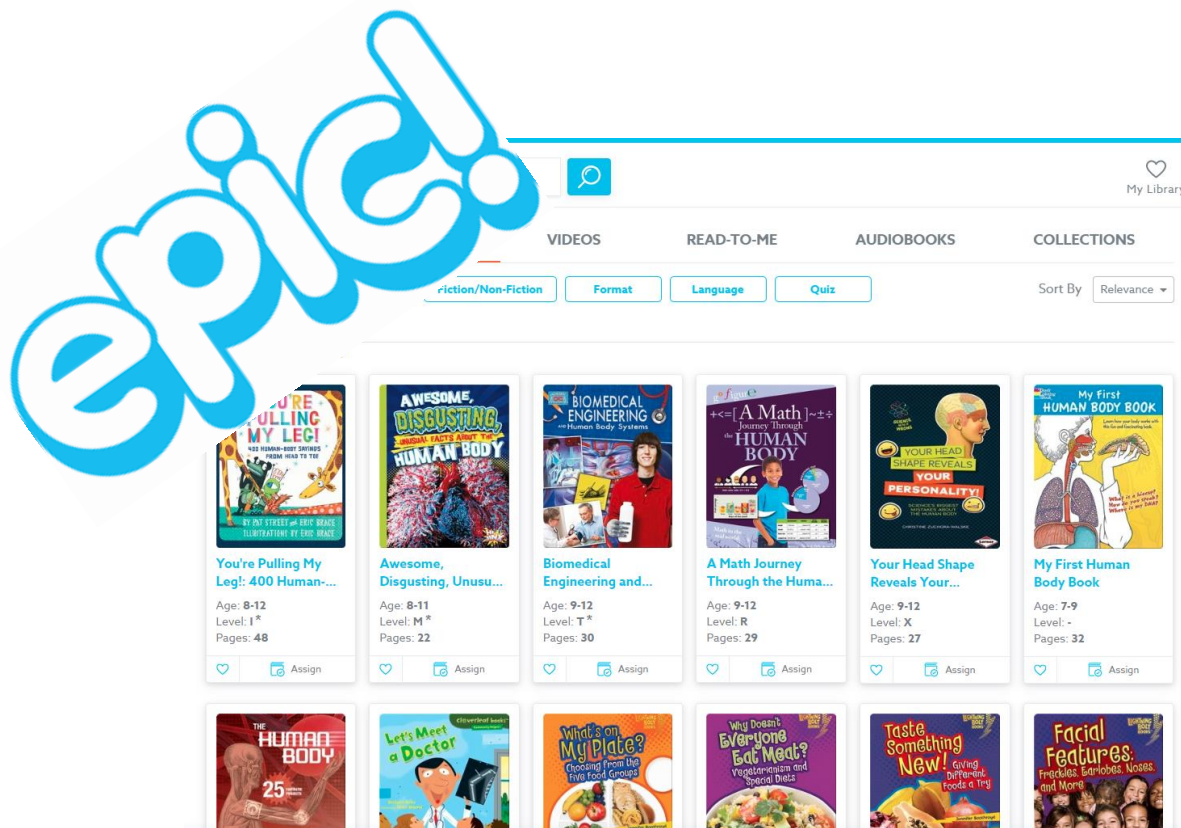
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## Unit: The Human Body

Reading:

Click the image to go to the resource.

## Independent Reading on Epic! Search: Human Body



Two ways to get stories:

- Parents, sign up for a free 30-day trial.
- Ask your child's teacher to sign up for free and provide your child with an access code.



## Educational Activities

This is a unit that children can do if they do not have any e-learning day assignments from their teachers.

### Unit: The Human Body

#### Math:

A wonderful math app has been made available to us for FREE! I highly recommend signing up for Happy Numbers. Have your child take the assessment. The program will place your child wherever they need to be, based on how they perform on the assessment. This all-inclusive math program WILL help your child master the math standards for his or her grade. I recommend having your child complete 20 minutes of math/day.



# Educational Activities

This is a unit that children can do if they do not have any e-learning day assignments from their teachers.

## Unit: The Human Body

### Science



### Music

[Learn about the Body | Parts of the Human Body, Science & Anatomy for Preschool Kids](#)

[Human Body for Kids/Anatomy Song for kids](#)

### Art

[How to Draw the Human Body \(for kids\)](#)

[How to Draw the Human Skeleton for Kids](#)

[Learning About Bones Activities](#)

### Videos

[A Journey Inside Your Body](#)

[How Do Your Body Parts Work? | Non Stop Episodes | The Dr. Binocs Show](#)

[Human Body - Science for Kids](#)

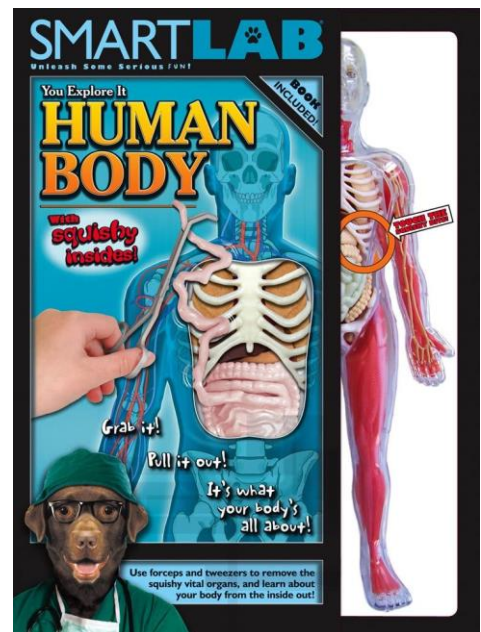
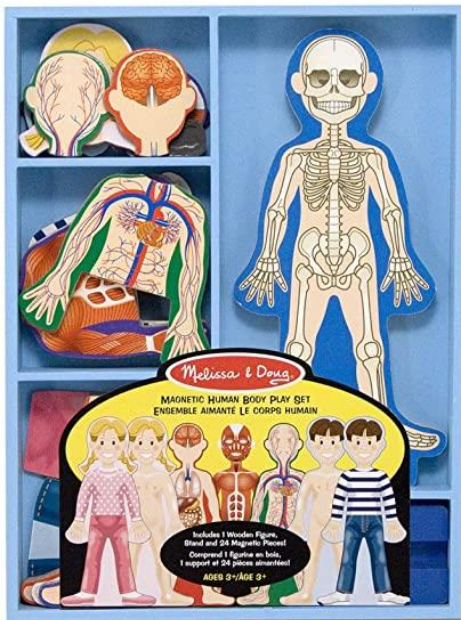
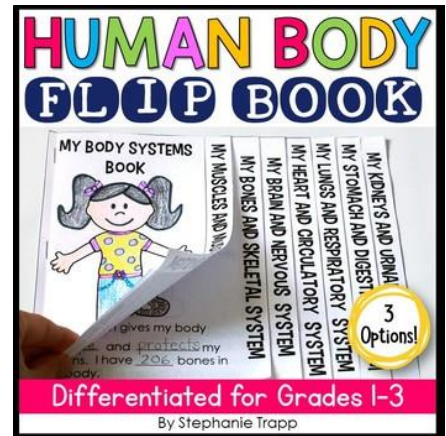
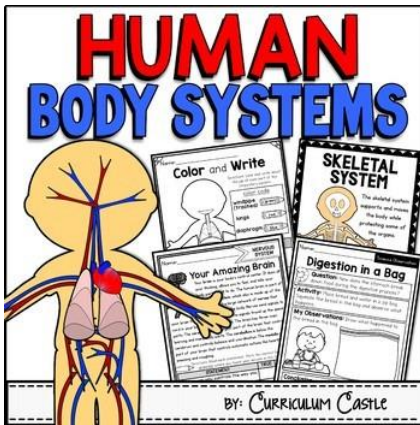
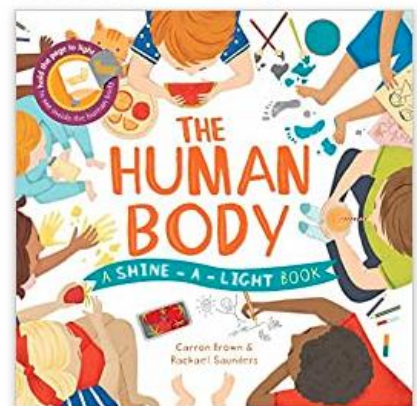
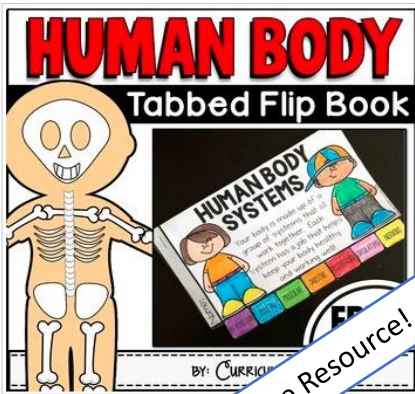
[Bones | The Dr. Binocs Show](#)

[The Magic School Bus - Explores the Human Body Part 1](#)

For Older Students: [Nat'l Geographic-Inside the Living Body](#)



## Additional Resources



## Post-Lunch Activity

Teacher Tip: One of the most important things your child/children should do during this time is read or listen to good reading. Here are a few ideas to help your child continue to read.



**audible** 

Hundreds of Titles to choose from, all at no charge.



Video chat with a loved one. Have your child read him or her a story. He or she can then read a story to your child/children.

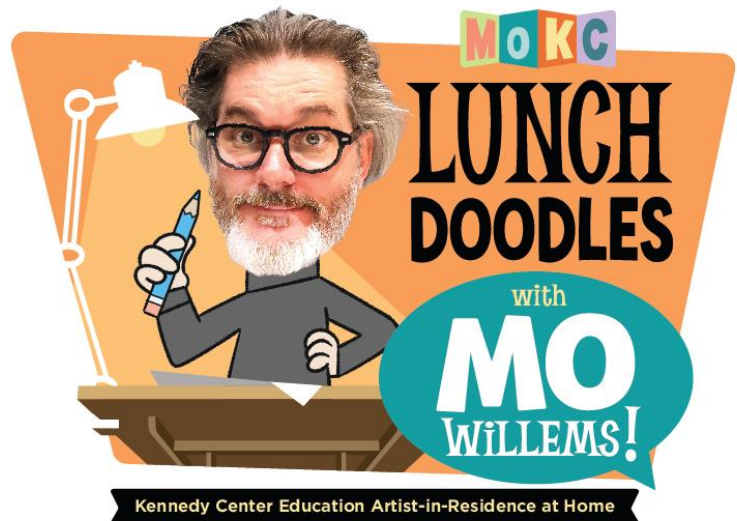


Sit down with your child/children and read together.



## Post-Lunch Activity

Teacher Tip: Another good thing to incorporate into the day is art. Research has shown the wonderful effects of art on young people. Now is the perfect time to incorporate some art into your day.



[Check out this Facebook Group for guided painting activities!](#)



# Daily Connection

We are meant to be together. Communicate with one another. Work with one another. However, our current state of affairs prevents us from physically being with others.



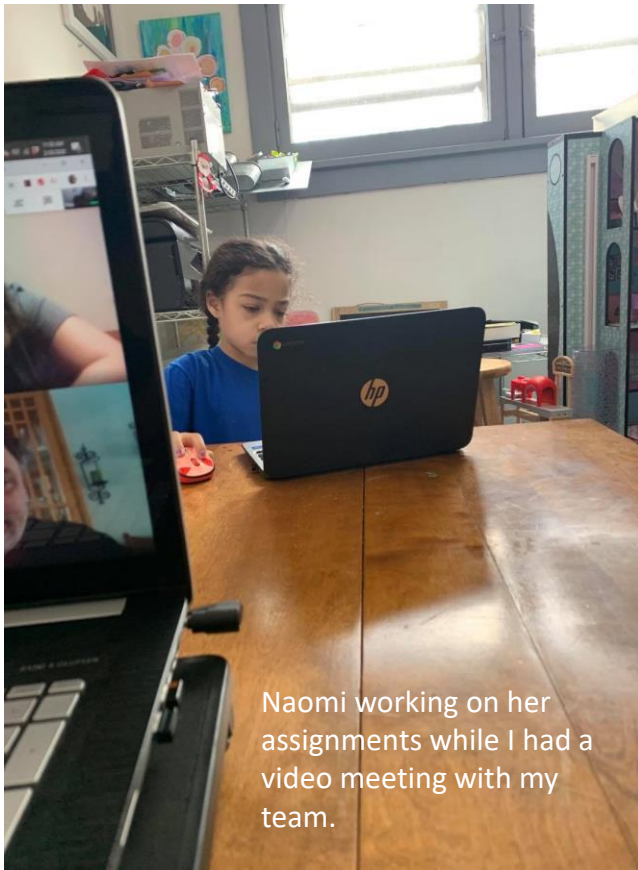
One of the best things we can do is reach out to others. Technology enables us to have video or telephone calls with others.

Make a list of people you can reach out to. Spend some time each evening connecting with those people. It will brighten both your day and their day.

Name of person	How we will connect



## Parent Tip of the Week: Rest



I had an anxiety attack last week.

A heartpoundingheadhurtingchestaching anxiety attack.

Here's what happened.

Things had gone very well with my Naomi the previous week. It had been our official Spring Break from school, so we had gotten to set a routine and spend a lot of time together. We enjoyed our leisurely pace of life. There were lots of snuggles, hours of play time outside, and super fun activities.

My husband and I had engaged in 'tag team' parenting. She and I had done our thing in the morning/early afternoon, and then Ben took over in the late afternoon and evening, which enabled me to do what I needed and wanted to do without interruption. It had worked beautifully!

During this time, I had done my best to prepare Naomi for the following week. The week that I had to start back to being on my computer and phone in the morning, as school would be back in session, and I was required to be available to my students at certain times. We discussed that there would be days where Daddy wouldn't be able to get up early to help with her work because of his blood-sugar issues, (he is type 1 diabetic, and despite his best efforts, the stress of our current situation has reeked havoc on his blood sugars), so she would have to work independently sometimes.



## Parent Tip of the Week: Rest

I knew the day that I started back to work in the morning would bring some special challenges, but I wasn't fully prepared for just how challenging it would be.

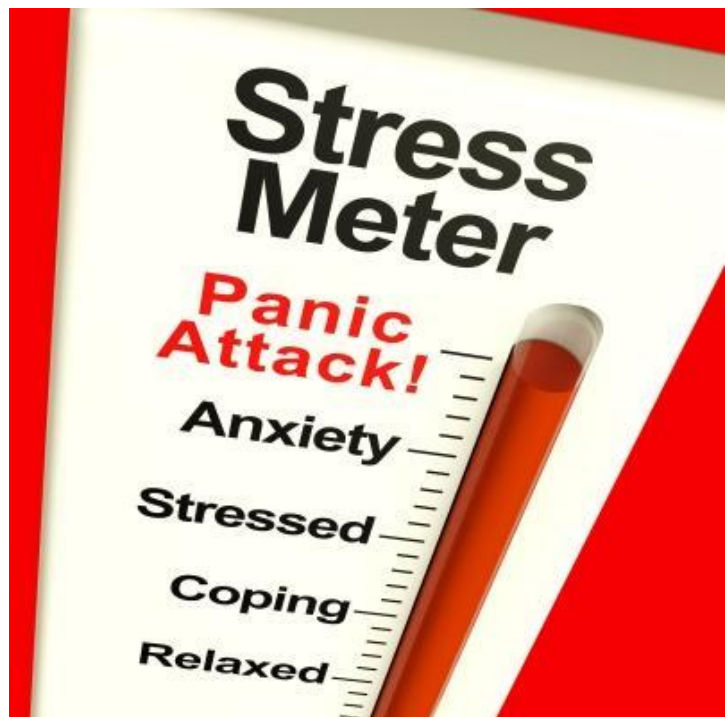
Monday rolled around, and it was game time. I set up my work area downstairs, thinking that I could work while Naomi independently completed her assignments. That was my first mistake. Suddenly, this girl who works by herself at her own table in her first-grade classroom acted like she couldn't do anything without sitting on Mama's lap and asking fifty million questions. The constant interruptions were getting to me a bit, but I was handling it. Then I was inundated with e-mails from work about the changing expectations for us teachers during this time and messages from students who needed help with their assignments. Additionally, I had a conference call with my team and multiple phone calls that I had to make to parents. I firmly told Naomi that she had to work without Mama for a bit. That did not go over very well. There was the whining and complaining. That was followed by anger.

It was too much for me to handle.

I ended up giving Naomi her i-Pad and telling her to watch some shows so that I could work. But it was too late. My anxiety level was so high that I could barely concentrate.

I knew I needed rest.

Once Ben was up and able to take over with Naomi, I went upstairs to my bedroom.



## Parent Tip of the Week: Rest

And I rested.

I laid on my back, closed my eyes, and stayed that way for 2-3 hours. I reminded myself that it was ok if I didn't accomplish anything else that day.

I just laid there. Silently.

I rested.

[Matthew 11:28-30](#) states, "Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. For My yoke is easy and My burden is light." And [in Isaiah 40: 29-31](#) it says, He gives strength to the weary, and to him who lacks might He increases power. Though youths grow weary and tired, and vigorous young men stumble badly, yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, they will walk and not become weary.

Friends, in this season that we are currently in, it is so important that we take time to rest.

Our brains are constantly working.

We are trying to help our children with their e-learning assignments.

We are trying to figure out how we will make ends meet financially.



## Parent Tip of the Week: Rest

We are thinking about the best ways to keep our families safe.

We are working through the mental health needs of our families.

We are missing our friends.

We are feeling concerned about our loved ones.

We are feeling frustrated with our children (and maybe our spouses too...).

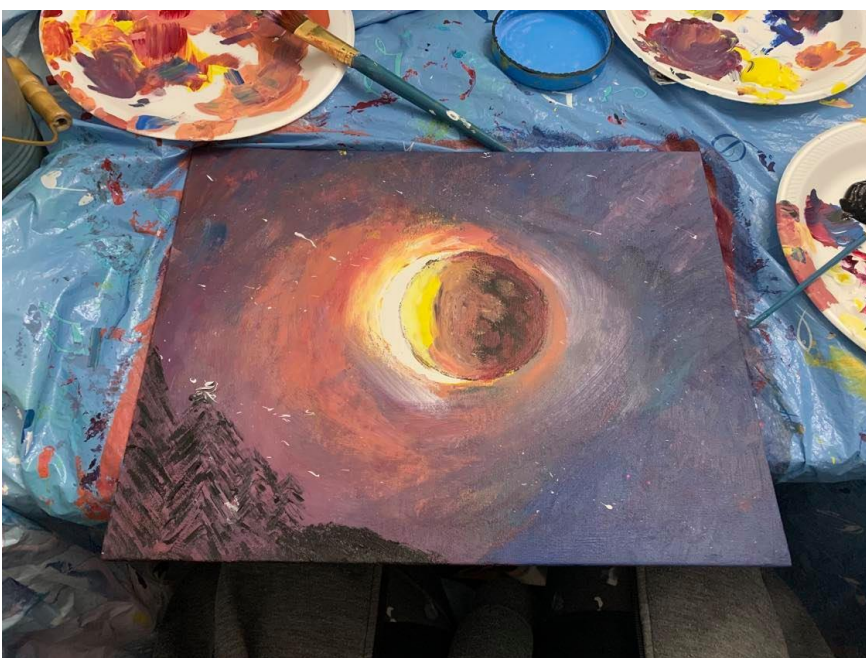
We.

Need.

Rest.

So what to do? Here are some practical ways in which we can rest.

- Take care of your body.
  - Get plenty of sleep. Eat well. Exercise regularly. (Check out YouTube and Pinterest for wonderful exercise ideas that you can do within and around your own home.
- Disconnect from social media and the news.
  - Constantly hearing about terrible things makes us feel terrible. Turn it off. Unplug for while. This will give you a chance to clear your mind.



Painting is one of my hobbies. This is one that I did during my period of rest last week. [View the tutorial here.](#)



## Parent Tip of the Week: Rest

- Get involved in a hobby.
  - What are some activities you always wanted to try? Now is the time to get started! There are an abundance of resources at your fingertips. Make time for your hobby each day.
- Don't overwhelm your schedule
  - Some of us are in a very difficult situation. We are trying to balance quality time with our children while helping them with their work and completing our jobs. Try focusing on just one thing at a time. Perhaps we can engage with our children for an hour and then work on our assignments for an hour. Trying to do too much at one time causes stress for all involved.
- Connect with others.
  - There are so many groups that you can join. One is our TRC Connect group. We meet on Tuesdays and Thursdays (via Zoom) at 7:00 p.m. There are also many groups that you can join via Facebook and other social media platforms that will help you stay connected to others.

Friends, you are not alone. Take time to rest. It will make a significant difference.

~ Jacque

### References:

[CDC: Mental Health and Coping During COVID-19](#)

[ADAA: COVID-19 Lockdown Guide: How to Manage Anxiety and Isolation During Quarantine](#)

[John Hopkins Medicine: Coronavirus: Practicing Wellness While You Stay at Home](#)

[Suicide Prevention Hotline: Emotional Wellbeing During the COVID-19 Outbreak](#)

[Healthline: How to Deal with Health Anxiety During the COVID-19 Outbreak](#)



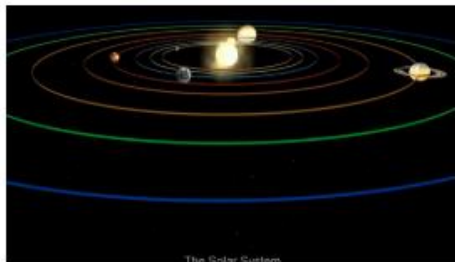
Love this unit? Be sure to grab our previous units for wonderful things to do with your children!



**Week of 3/22/2020**

*Unit: The Moon*

[View Lesson](#)



**Week of 3/29/2020**

*Unit: Solar  
System/Space*

[View Lesson in English](#)

[View Lesson in Spanish](#)



# Connect with us!

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The Revolution Church



Just Shorties

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See our [Calendar of Events](#) for ways in which we can connect.

View our [Community Resource](#) page to find some resources that may be beneficial during this time.

