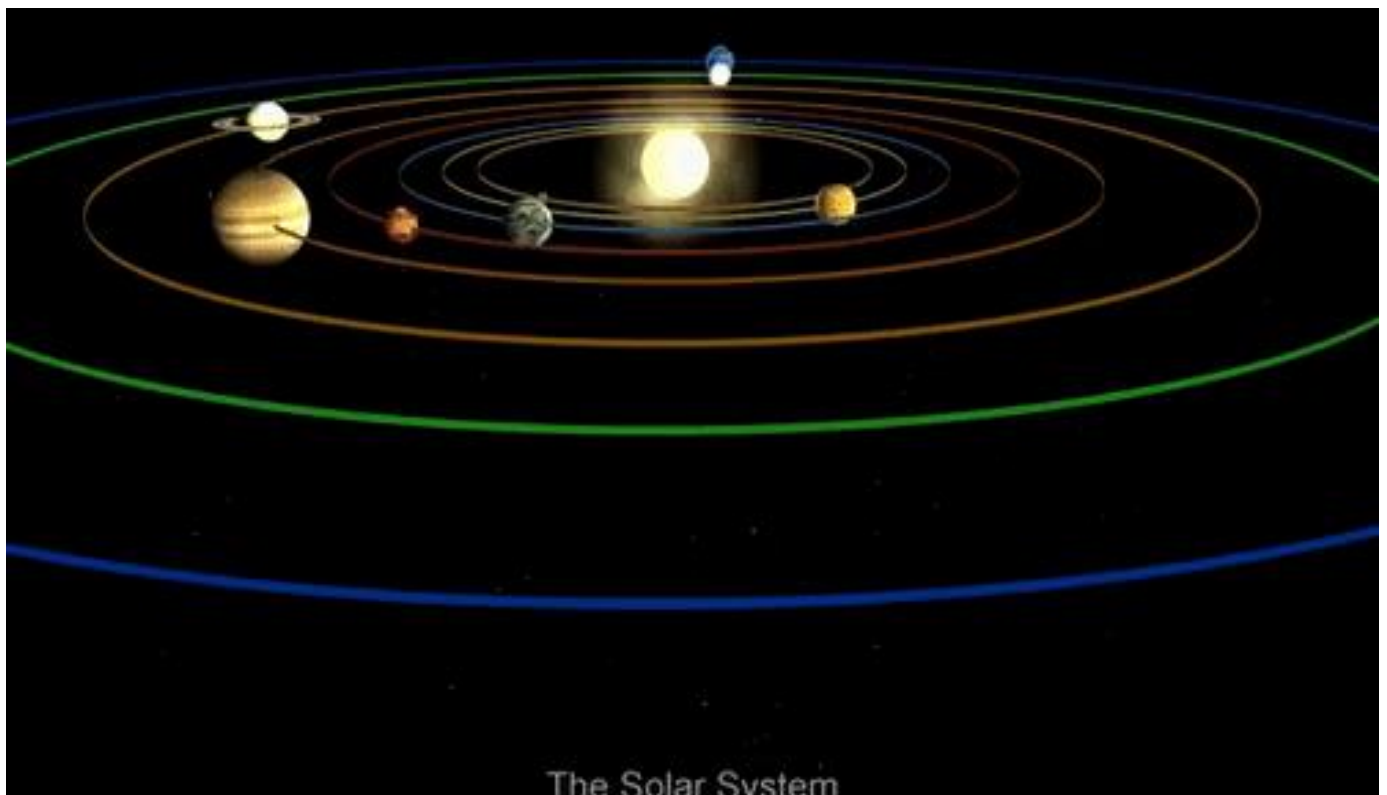




# Weekly Lessons: The Solar System

Week of March 29, 2020





## Daily Schedule

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

[Parenting  
Tip of the  
week](#)

[Community  
Resources](#)

[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

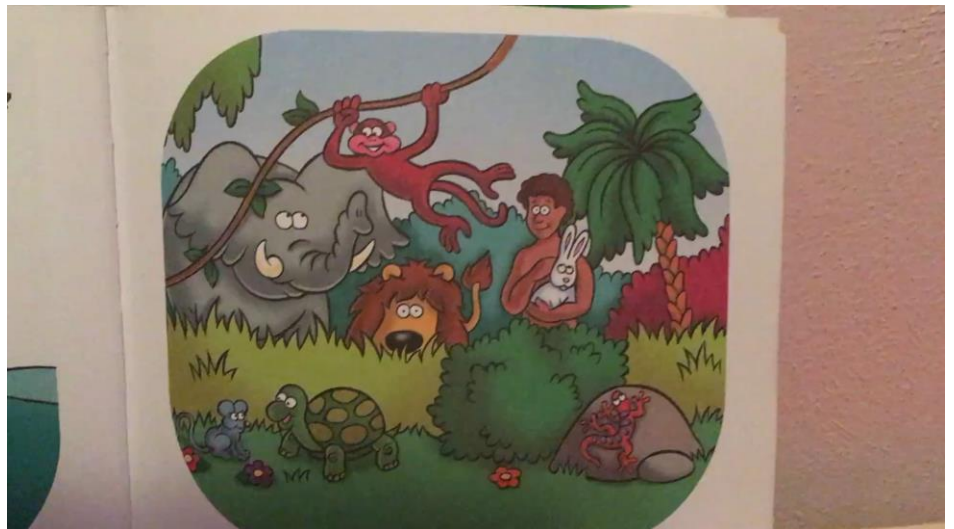
## Topic: Adam and Eve

View the full lesson [HERE](#).

### Memory Verse

"God made all sorts of wild animals, livestock, and small animals, each able to produce offspring of the same kind." Genesis 1:25a

### Praise and Worship Songs



[Click](#) to play the video

### Printable Activity

Adam and Eve  
Coloring Page  
[pg. 1](#)

[Take-Home Page](#)

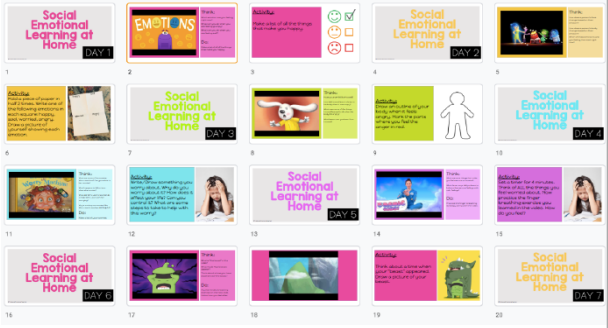


## Social/Emotional Learning

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: Telling Time



ABCYA is a free site that has numerous educational games. Visit the website and have your child practice telling time.



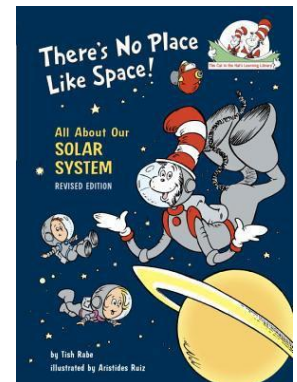
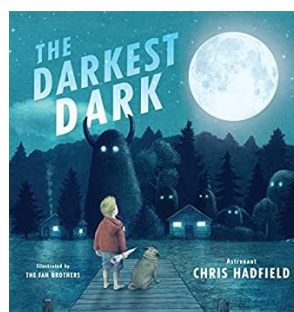
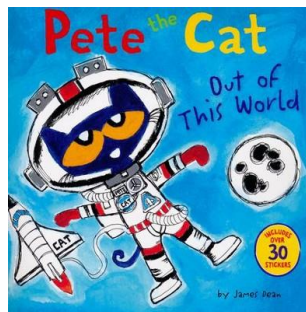
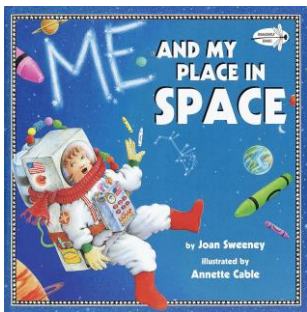
# Educational Activities

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

## Unit: Space

Reading:

Click the image to go to the resource.



Discuss the following concepts with your child:

- Main Character(s)
- Setting
- Main Problem
- Solution



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



## Educational Activities

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

### Unit: Space

#### 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.

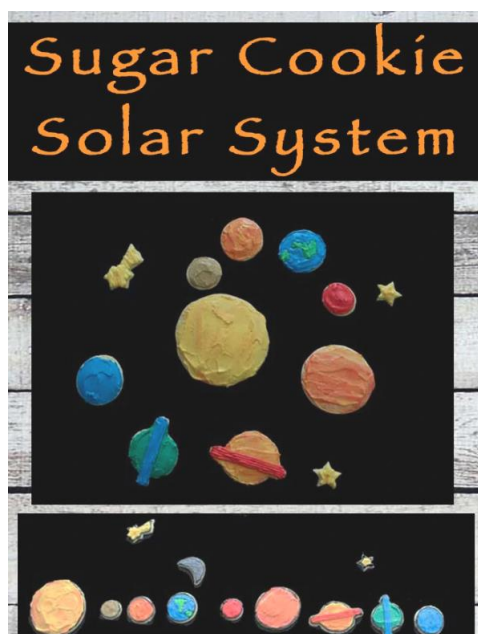


# Educational Activities

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

## Unit: Space

### Science



### Virtual Fieldtrips

[Explore Mars Now](#)

[Star Atlas-Examine the stars](#)

[World Wide Telescope-Examine the Universe](#)

### Music

[The Planets Song](#)

[Nursery Rhyme Sing Along](#)

### Art

[Solar System Coloring Pages](#)

[Paint the Solar System \(Planets\)](#)

[Glitter Planets and Solar System Drawing | How to Draw Solar System with Colored Glitter](#)

### Videos

[The Solar System Planets](#)

[Learning About the Planets in Our Solar System](#)

[Learn all about our Solar System and Planets for Kids -](#)

[The Magic School Bus: Lost in Space](#)

Visit the [NASA DIGITAL LIBRARY](#) and take a look at different images that have been captured by NASA photographers.





## Additional, hands-on resources on Amazon



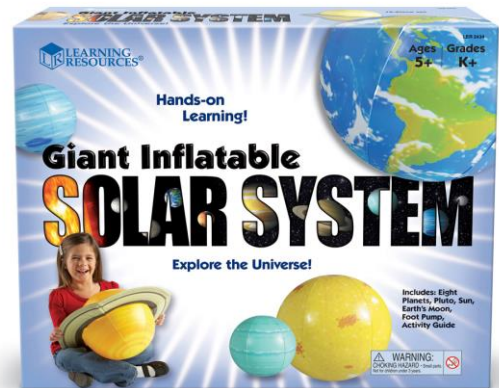
[Space Kids Solar System 146-piece 3D Puzzle](#)



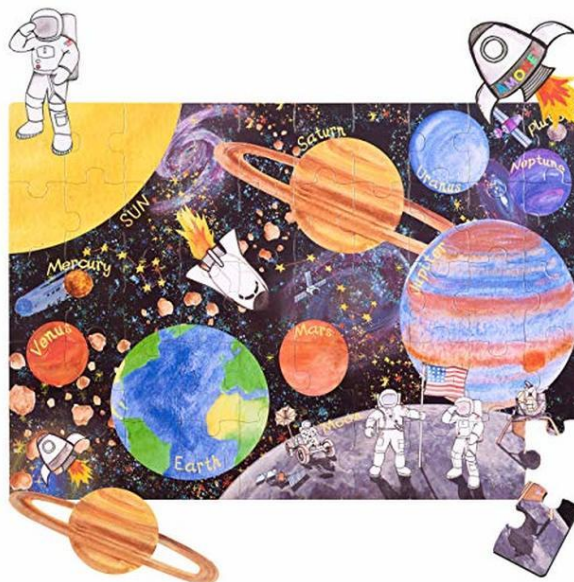
[Augmented and Virtual Reality Set](#)



[Discovery Kids Planetarium Projector](#)



[Giant Inflatable Solar System](#)



[Solar System Big Floor Puzzle](#)



# 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**

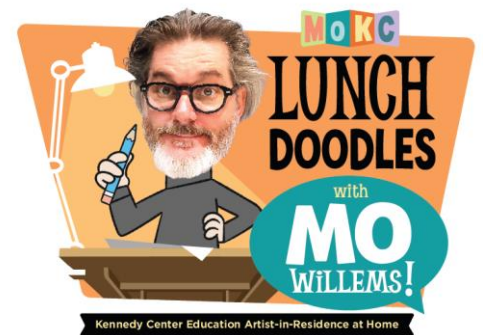
Hundreds of Titles to choose from, all at no charge.



Sit down with your child/children and read together.



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.



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.



# 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: Mental Health

“NA-O-MI!” I bellowed from the kitchen, “What is WRONG with you? We don’t behave like that in this house!” I had just heard yelling and foot-stomping coming from the living room where, just a few minutes ago, Naomi had been playing independently with no problem at all. What could possibly have happened that sent her from zero to ten that quickly? I marched into the living room to see what the commotion was all about.

“I can’t get my doll into this stupid chair!” Naomi exclaimed, just before bursting into tears.

This is not the first time Naomi has had irrational responses to situations since we have been engaged in social distancing. There have been multiple episodes of yelling, stomping, throwing, and crying. Behaviors that were long ago corrected have resurfaced.

I knew Naomi missed her friends, as she had voiced that earlier in the week, but Ben and I had worked to keep structure and make her time at home fun and relaxing, shielding her from the ugliness of what is going on outside of the confines of our home. However, despite our best efforts, Naomi was still showing signs of anxiety, and she didn’t necessarily know how to handle these big feelings.

So what to do?

**8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE**

- 1. Anger**  
The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.  

- 2. Difficulty Sleeping**  
In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.  

- 3. Defiance**  
Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.  

- 4. Chandeliering**  
Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.  

- 5. Lack of Focus**  
Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.  

- 6. Avoidance**  
Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.  

- 7. Negativity**  
People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.  

- 8. Overplanning**  
Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.  


gozen.com

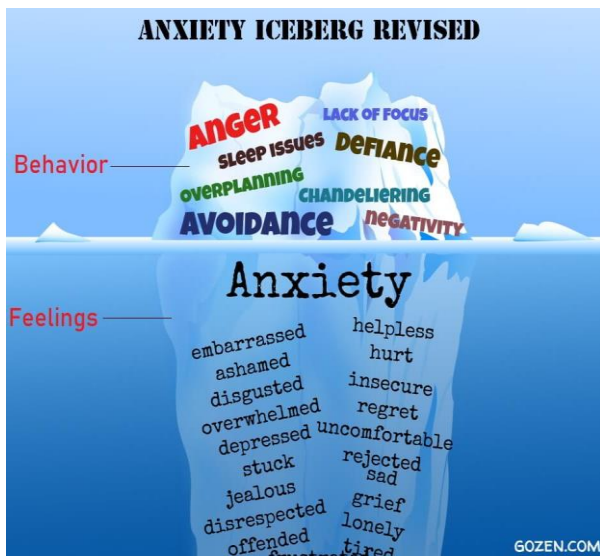
Source: <https://gozen.com/8-ways-a-childs-anxiety-shows-up-as-something-else/>





## Parent Tip of the Week: Mental Health

[James 1:5 states](#), “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you,” so I begin to pray and ask the Lord for wisdom, because I, for one, have limited wisdom in knowing how to help my child live through a pandemic. I suspect that I am not alone in this—seeing my child struggling with her mood and behavior and not knowing the best way to parent during this time. My husband and I found that we needed to be intentional in addressing Naomi’s mental health. May I share some practical steps that can be taken to help our children through this difficult time that has worked well in our home?



Source: <https://gozen.com/8-ways-a-childs-anxiety-shows-up-as-something-else/>

### Feelings

Engage in [social-emotional learning activities](#) to help your children learn to self-regulate.

### Physical Activity

Provide opportunities for your children to be physically active. (View the article [here](#).)

Our weekly lessons provide links to different art projects and ideas for physical activity.

### Connect with Friends

Give your children opportunities to connect with their friends. (View the article and resources [here](#).)

### The Arts

Encourage your child to experiment with the arts. (View the article [here](#).)

We have seen a positive shift in Naomi’s attitude and behavior since we started deliberately addressing her mental well-being. She still has sudden outbursts of anger, more tears than normal, and a less ideal attitude at times, but these episodes are getting fewer and further between.

Stay prayerful, friends. Together, we will get through this challenging time.

~ Jacque

# Community Resources

## Tutoring Assistance

Click the image/logo to go to the source.



Click [here](#) to view a composite list of a wide range of resources.



Click [here](#) to view a list of stores that offer shopping hours for seniors and those in the high-risk category.



# Community Resources

## Meals for the children

Here is a list of locations where children can get food while schools are closed due to COVID-19.

Click the image/logo to go to the source.



2 free kids' meals for every adult meal purchased online or through the app at participating locations



Free lunch handed out to students from 11:30-1:30 p.m. daily



**Gary Community School Corporation**  
*Doing What is Best for Students - Today - Tomorrow - Everyday*

## Portage YMCA is FEEDING FAMILIES



Kids and adults receive two **FREE** meals each plus fun activities to share at home.

Now feeding FAMILIES! Starting March 30th, we will give each member of your family 2 ready-to-eat meals (dinner and the next day's lunch) every weekday between 5:00 – 6:00pm from the Y's parking lot. ALL family members must be present.

To make mealtime fun, we're including a daily Fun Food Fact, Silly Conversation Starters, and an Activity Challenge for families to enjoy together.

Email [FeedTheKids@YMCAofPortage.org](mailto:FeedTheKids@YMCAofPortage.org) to reserve your family meals (# of kids and adults) or to request delivery.



Love this unit? Be sure to grab our previous unit on the moon.



**Week of 3/22/2020**

*Unit: The Moon*

[View Lesson](#)

## Connect with us!

[www.trcgary.com/justshorties](http://www.trcgary.com/justshorties)



The Revolution Church



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