

Southeast Delco School District

March 27th 2020 Virtual Professional Development Day (Via Email)
Continuity of Education: Supplemental Opportunities for Enrichment & Review

Map out a daily plan of supplemental assignments/activities for students for the week of March 30th – April 3rd.

OT/PT/SEL

Team members: Kathy McCloskey, Jenn Truax, Jacki Schloegel, Suzanne Stratton

OT				
March 30 Resources Needed: paper, pencil, crayons, scissors.	March 31 st Resources Needed: paper, pencil, crayons, scissors.	April 1 st Resources Needed: paper, pencil, crayons, scissors.	April 2 nd Resources Needed: paper, pencil, crayons, scissors.	April 3 rd Resources Needed: paper, pencil, crayons, scissors.
Write your name using appropriate letter size and spacing 5 times on a piece of paper.	Draw shapes (triangle, square, circle, hexagon, rectangle) on paper and have your child cut them out. Review the shape names....	Practice tying shoes, zipping coats and buttoning school shirts, and pants. Practice using a belt.	Separate kinds of cereal by size, shape, and color then eat as a snack	Rainbow Write your name 5 times, using different colors of crayons, or markers.

OT Website Links:

Hoop Kidz Doodle: <https://youtu.be/7SWvIUd2at8>

Scissor Skills: <https://www.myteachingstation.com/worksheets/kindergarten/scissor-skill>

PT

March 30 Resources Needed:	March 31 st Resources Needed:	April 1 st Resources Needed:	April 2 nd Resources Needed:	April 3 rd Resources Needed:
Write the letters of your child's name using sidewalk chalk or write on a piece of paper. Have children hop to each letter of their name in the correct order.	Have a catch with a small ball count by tens each time someone catches.	Write sight words, numbers, or letters on small pieces of paper. Call out something on the paper and then have your child run to go and get them and bring them back to you.	Count to 100. Using these exercises each time your tens group changes. jump, run in place, windmills, swim, touch toes	Robot Dance: Spin in a circle, Walk in the shape of a square, Take one giant step, Walk in a circle, Walk in the shape of a triangle.

PT WEBSITE LINKS

Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>

Calm Kids Stretching: https://www.youtube.com/channel/UCsSS5kMpKCaJ_HhTM9-HKHg

SEL

March 30	March 31 st	April 1 st	April 2 nd	April 3 rd
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Resources Needed	Resources Needed	Resources Needed	Resources Needed	Resources Needed
<p>Ask I wonder question:</p> <p>I wonder would you rather have a pet dog or a pet monkey?</p> <p>Visualize to relieve stress:</p> <p>Have kids imagine what stress looks like</p>	<p>Ask I wonder question:</p> <p>I wonder If you had \$10 what would you buy at the store?</p> <p>Noise Isolation: Have kids focus on one noise that they hear around them. Describe it to themselves and recall the last time they heard it</p>	<p>Ask I wonder question:</p> <p>I wonder: What is your favorite thing to eat?</p> <p>Name the Emotion you</p> <p>Have: Have kids call out the emotion they are feeling, this lets them know how the and others at home are feeling and how to interact with them based on that feeling</p>	<p>Ask I wonder question:</p> <p>I wonder: What is your favorite color? Tell me three things that are that color.</p> <p>Write down Rip Up Throw away your bad thoughts:</p> <p>Have students draw a picture of how they feel when they are upset, then throw it away.</p>	<p>Ask I wonder question:</p> <p>I wonder: What is your favorite song? Can you sing it to me?</p> <p>Have kids say something positive to a family member and then have them reciprocate.</p>

SEL Websites

Mind Brain Parenting: <https://mindbrainparenting.org/>

!2 Games for SEL: <https://www.playworks.org/resource/twelve-games-to-teach-students-social-emotional-learning/>