



Welcome Back CES!
Grade 4 Instructional Activities for Day 1 of Remote
Instruction (Either Thursday 9/10 or Friday 9/11)

IMPORTANT: Your first remote day is an attendance and learning day. Please follow the time frames to the best of your ability.

8:45-9:00	Google form: Required for attendance Mrs. Roe's Homeroom: https://forms.gle/JxTwRwDnNRc6gzu98 Mrs. Charsky's Homeroom: https://forms.gle/YJVKX1u2kedSuQaA6 Mr. Charlebois' Homeroom: https://forms.gle/ThGNVoURXpG35bpS6
9:00-9:30 Watch the back to school training videos for routines and health	Hand washing: <ul style="list-style-type: none">• Hamilton Health Sciences handwashing experiment video.• Hand Washing Video Social Distancing: <ul style="list-style-type: none">• Social Distancing Explained Respiratory Hygiene: <ul style="list-style-type: none">• Mr. Derby and Mrs. Rosher's Mask Video
9:00-9:45 Back to School Writing	Take a piece of paper and divide it in 4 sections/boxes. In each box write your answers to the following questions. Bring this in on your first in-person day! <ul style="list-style-type: none">• 3 Things you did over the summer• 3 Of your favorite things• 3 Things you are excited about for this school year• 2 Things that worry you about coming back to school
9:45-10:15	Snack and movement break!
10:15-11:00 ELA	<ul style="list-style-type: none">• Read for 20 to 30 minutes.• Find a reading nook in your home. Figure out how to make it a cozy place but also a productive place.

<p>11:00-11:15 Movement and mindfulness break</p>	<p>Everyone has different feelings about returning to school. Some people find mindfulness strategies helpful. Watch these videos and try a few strategies from our counselors:</p> <p>5 Finger Breathing Square Breathing Triangle Breathing 5 Senses Breathing Movement Break</p>
<p>11:15-12:00 Science/SS</p>	<p>Welcome to 4th Grade! Place your name at the top of a sheet of paper. Number your paper from 1-7 down the margin or left edge Neatly fill in the following information:</p> <ol style="list-style-type: none"> 1. Your Name (first and last) 2. Your street address 3. The village or town in which you live 4. Your state 5. Your country 6. Your continent 7. Your planet <p>Bring your work into school with you Friday, September 11! Welcome back everyone!</p>
<p>12:00-1:00 Lunch/Recess</p>	
<p>1:00-1:30 CHAT!</p>	<p>Google Meet with Mrs. Rosher and Mr. Derby Type in Google code to join: CES2020</p>
<p>1:30-2:15 Math</p>	<p>Take a piece of paper and divide it into 8 sections or boxes (eighths). Write your name on the back. In each box, write an equation for each of the following. You may use addition, subtraction, multiplication or division (your choice). For example if you have 5 brothers you could write $13-8=5$ OR $4+1=5$ OR $8+8-11=5$ OR $5 \times 1=5$.....</p> <ul style="list-style-type: none"> *Letters in your last name *Your birth month *Number of pets *Number of brothers

	<ul style="list-style-type: none">*Your shoe size*Number of sisters*Favorite number*Number of states you have lived in
2:15-2:45 Art	Art activity Watch this video and make your own Masked Hero!