



HANFORD ELEMENTARY SCHOOL DISTRICT

www.hanfordesd.org

Learn from Home Recommended Daily Schedule Grade 7

May 26, 2020 – June 5, 2020

[See PBS at home activities, videos and learning available](#) on Valley PBS & PBS HD

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	Reading Packet (Click here to access the work packet) Additional Reading Materials: https://classroommagazines.scholastic.com/support/learnathome/grades-6-12/daily-reading-quest.html Scholastic Days 1-20 REVIEW Directions username: Learning20 password: Clifford https://classroommagazines.scholastic.com/support/learnathome/grades-6-12.html *Wash hands with soap and water

10:30-11:00	Chores <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. *Wash your hands with soap and water.
11:00-12:00	Lunch: Eat lunch/clean up Play outside: Work to be active! No electronics! *Wash your hands with soap and water.
12:15-1:15	Khan Academy Math Work Click on a link below for your grade level. Complete. <u>Seventh Grade Instructional Videos:</u> Video 1: Adding and Subtracting Integers (Refresher) Video 2: Multiplying Positive and Negative Numbers (Refresher) Video 3: Dividing Positive and Negative Numbers (Refresher) Video 4: What is Absolute Value? (Refresher) Video 5: Angles Introduction Video 6: Complementary and Supplementary Angles Video 7: Vertical Angles Video 8: Activity Complementary and Supplementary Angles Video 9: Equation Practice Complementary Angles Video 10: Equation Practice Supplementary Angles Seventh Grade Practice Work (Click here to access the work packet) *Wash your hands with soap and water.
1:15-2:00	Creative Time Here are a Few Ideas Lunch Doodles with Mo Willems https://www.youtube.com/watch?v=RmzjCPQv3y8 Jr. High Drawing Skills How to make a flipbook Paper Flowers Clean up after yourself and put everything away. *Wash your hands with soap and water.
2:00-2:30	Read a Book or View and Write about Social Studies If you don't have a "hard copy" book handy, here is an online option for 6 th -8 th Graders https://destiny.hesd.k12.ca.us/ (see directions for logging in and accessing ebooks above, 8:30-9:00) Science https://kids.nationalgeographic.com/ https://ssec.si.edu/game-center https://sciencejournalforkids.org/ *Wash your hands with soap and water.
2:30-3:00	View these LearnZillion Videos to learn about adjective and adverb phrases. <ul style="list-style-type: none"> https://learnzillion.com/lesson_plans/8534-identify-and-understand-how-to-use-adjectival-phrases https://learnzillion.com/lesson_plans/8536-identify-and-understand-how-to-use-adverbial-phrases