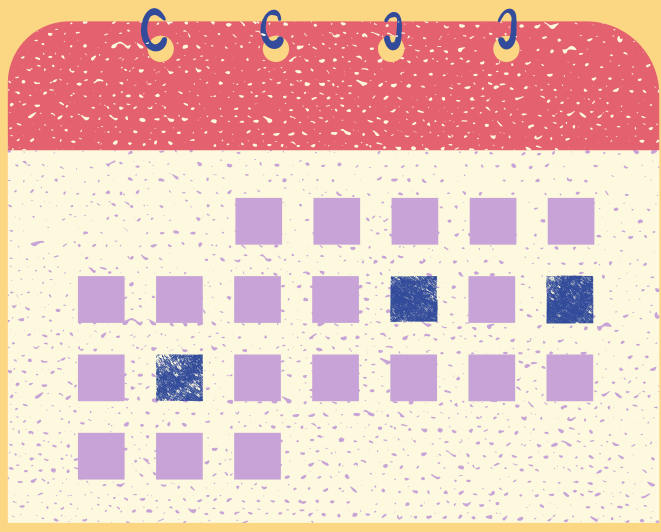


# STOP THE SPREAD, LEARN DISTANTLY INSTEAD!



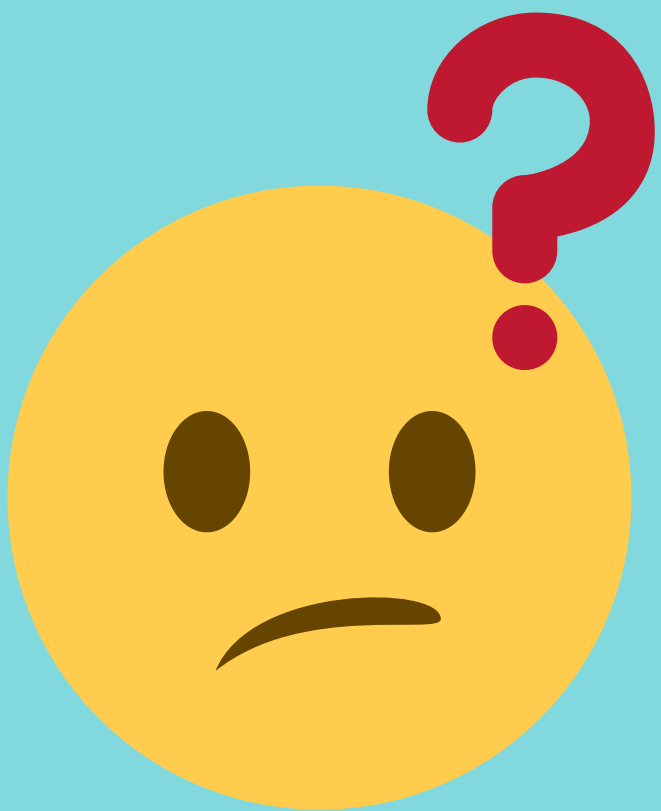
## HAVE A DAILY CHECKLIST AND WEEKLY STUDY SCHEDULE

Make a list of all assignments you need to do for your classes each day. Set a reminder ten minutes before the start of class.



## STAY FOCUSED!

Limit social media apps on Screen Time during school hours to stay focused. Save TV and video games until after and take your study breaks wisely!



## ASK FOR HOMEWORK HELP

Email teachers if you have any questions on assignments. If your teacher lets you, collaborate with a friend. See Pg. 2 for some online resources.



## STAY HEALTHY TO STUDY WELL

It's important to stay active and maintain a healthy diet during this time. Do a fun inside workout or take a walk with a parent or adult. Maintain social distancing and keep 6 feet apart!

# ONLINE RESOURCES FOR REMOTE LEARNING

## LINKS FOR HOMEWORK HELP AND IMPROVING ACADEMIC SKILLS

Science: <https://thecrashcourse.com/>  
Math: [khanacademy.org](https://www.khanacademy.org/)  
<http://calculationnation.nctm.org/>  
Reading: <http://en.childrenslibrary.org/>  
Various Subjects:  
<https://www.pbslearningmedia.org/student/#.Xo7LS8hKg2w>

## ACADEMIC RESOURCES FOR PARENTS

For Parents to Help Kids with Reading:  
<https://www.readingrockets.org/reading-topics/parent-engagement>  
Parent Guide to Using Google Classroom  
<http://huerfano.k12.co.us/wp-content/uploads/2020/03/2020-Parents-Guide-to-Google-Classroom.pdf>

## DIFFERENT WAYS TO STAY ACTIVE AND HEALTHY

Keeping a healthy diet:  
<https://www.choosemyplate.gov/>  
Inside Workout Exercise Videos for Kids:  
<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

- GET 8 HOURS OF SLEEP PER NIGHT
- HAVE A HEALTHY DIET
- EXERCISE DURING BREAKS
- GET OUT FOR SOME FRESH AIR (BUT MAINTAIN SOCIAL DISTANCING)

## OTHER TIPS AND RESOURCES FOR PARENTS

- CHECK IN ON KID'S MENTAL HEALTH
- STAY POSITIVE AND STAY HEALTHY
- IF WORKING ESSENTIAL JOBS MAKE SURE TO WEAR A MASK

## LINKS TO OUTSIDE RESOURCES

Free Lunch Meals: in SD District:  
<https://www.nbcsandiego.com/news/local/san-diego-school-districts-offering-free-meals-for-children-during-closures/2285861/>  
Free Wifi Application:  
<https://www.internetessentials.com/>

# WORKS CITED

"Advice for Public." *World Health Organization*, World Health Organization, 2020, [www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public).

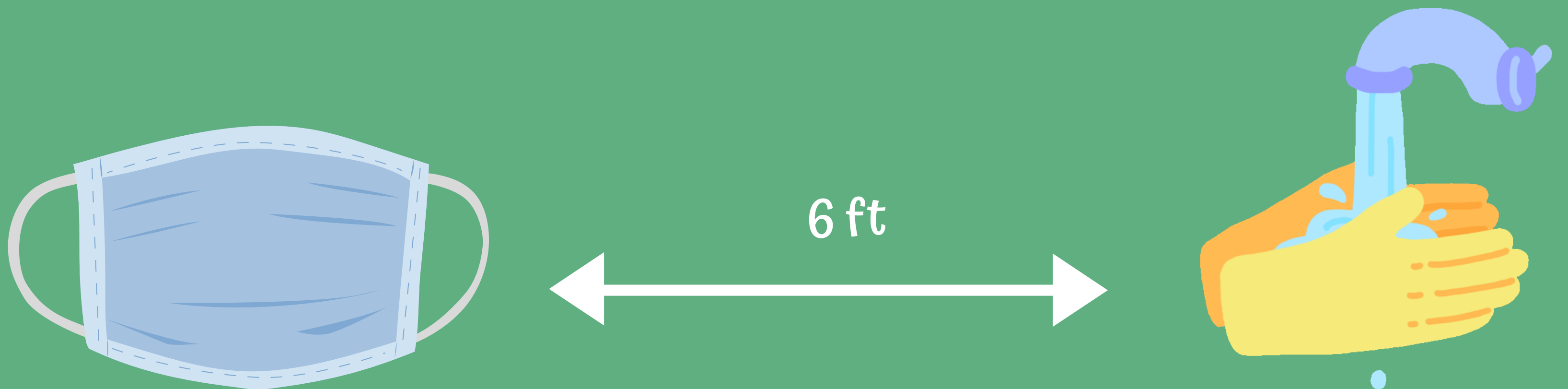
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<https://www.nbcsandiego.com/news/local/san-diego-school-districts-offering-free-meals-for-children-during-closures/2285861/>

"Tips for Remote Learning." *Allegheny College*. Allegheny College 2020. <https://sites.allegheny.edu/learningcommons/tips-for-students-for-remote-learning/>

"What is Social Distancing". CDC.

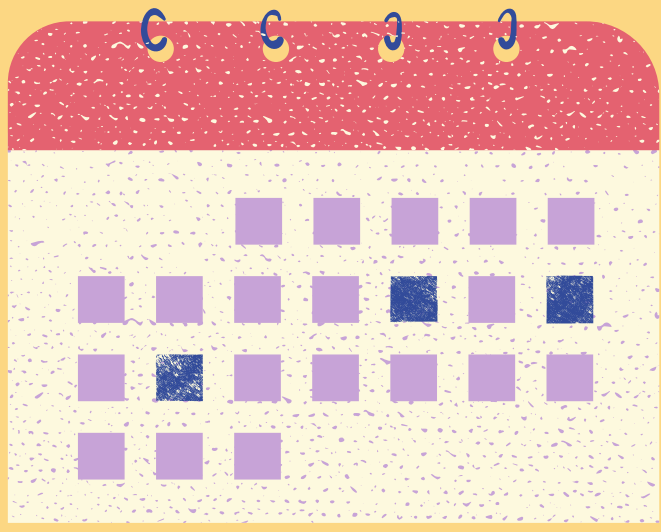
LOther Links from EDS 139 Remote Practicum Handout UCSD



**TOGETHER WE CAN  
LEARN FROM A DISTANCE  
AND STAY SAFE**



# ¡DETENGA EL CONTAGIO APRENDE A DISTANCIA!



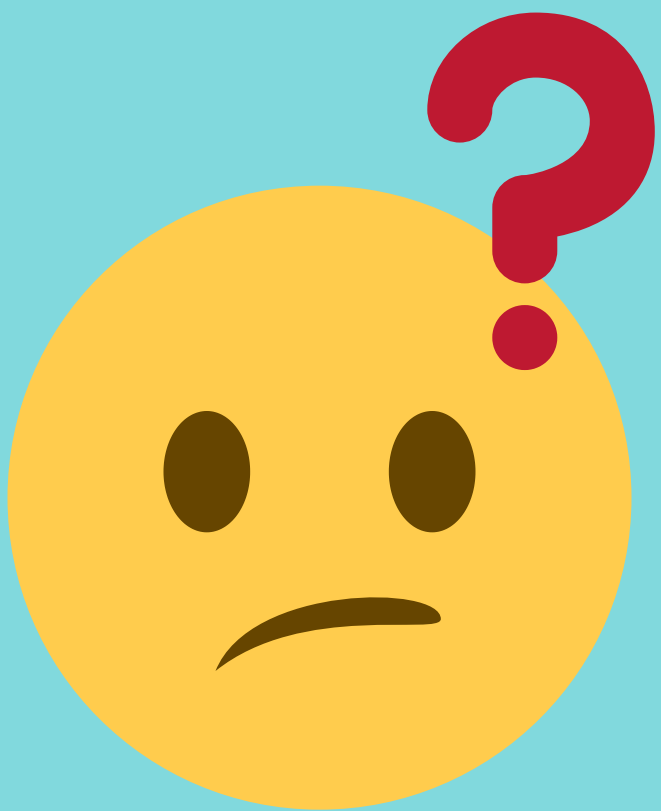
## TENER UNA LISTA DE COSAS PARA HACER DIARIA Y UN HORARIO DE ESTUDIO SEMANAL

Haga una lista de todas las tareas que necesita hacer para sus clases cada día. Establezca un recordatorio diez minutos antes del comienzo de la clase.

Limite Las  
Distracciones



**AYUDA PARA COMO ENFOCARTE!**  
Limite el uso de aplicaciones de redes sociales durante el tiempo escolar para poder enfocarte. Espera hasta que termines tus tareas para jugar video juegos o ver la television y toma un descanso cuando lo necesites!



## PIDA AYUDA CON LA TAREA

Envíe un correo electrónico a los maestros si tiene alguna pregunta sobre las tareas. Si tu maestro te lo permite, colabora con un amigo. Ver pág. 2 para algunos recursos en línea.



6ft



## MANTEGANSE SANO/A PARA PODER ESTUDIAR

Es importante estar saludable durante este tiempo. Diviértete haciendo ejercicio en tu casa o sal a caminar con un adulto. Recuerde mantener seis pies de distancia

# RECURSOS EN LÍNEA PARA EL APRENDIZAJE DISTANCIADO

## ENLACES PARA AYUDA CON LA TAREA Y PARA MEJORAR LAS HABILIDADES ACADÉMICAS

Ciencia: <https://thecrashcourse.com/>

Matemáticas: [khanacademy.org](https://khanacademy.org)

<http://calculationnation.nctm.org/>

Lectura: <http://en.childrenslibrary.org/>

Diferente Tipos de Temas:

<https://www.pbslearningmedia.org/student/#.Xo7LS8hKg2w>

## RECURSOS ACADÉMICOS PARA PADRES

Para que los padres ayuden a los niños con la lectura:

<https://www.readingrockets.org/reading-topics/parent-engagement>

Guía para padres sobre el uso de Google Classroom:

<http://huerfano.k12.co.us/wp-content/uploads/2020/03/2020-Parents-Guide-to-Google-Classroom.pdf>

## DIFERENTES FORMAS DE MANTENERSE ACTIVO Y SALUDABLE

Manteniendo una dieta saludable:

<https://www.choosemyplate.gov/>

Inside Workout Exercise Videos for Kids:

<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>

- OBTENGA 8 HORAS DE SUEÑO POR NOCHE
- TEN UNA DIETA SALUDABLE
- HAGA EJERCICIO DURANTE SUS DESCANSOS
- SALGA AFURERA POR UN POCO DE AIRE FRESCO (PERO MANTENGA LA DISTANCIA SOCIAL)

## OTROS CONSEJOS Y RECURSOS PARA PADRES

- REVISE LA SALUD MENTAL DE SU HIJO/A
- MANTENTE POSITIVO Y SALUDABLE
- SI ERES UN TRABAJADOR/A ESENCIAL ASEGÚRESE DE USAR UNA MASCARILLA

## ENLACES A RECURSOS EXTERIORES

Almuerzo y Comida Gratis: en el Distrito de San Diego:

<https://www.nbcsandiego.com/news/local/san-diego-school-districts-offering-free-meals-for-children-during-closures/2285861/>

Aplicación para WIFI Gratis:

<https://www.internetessentials.com/>

# REFERENCIAS

"Advice for Public." *World Health Organization*, World Health Organization, 2020, [www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public).

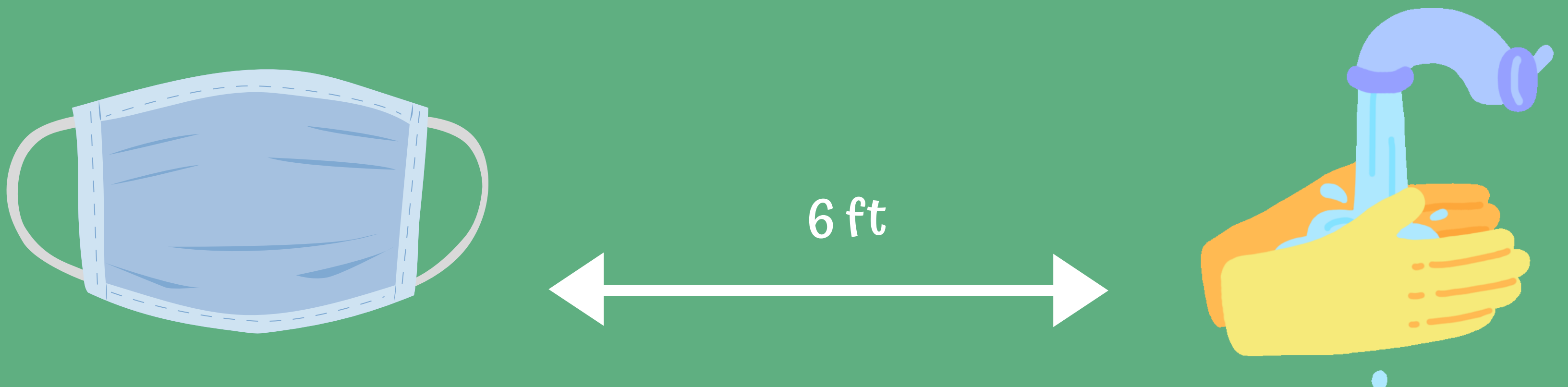
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<https://www.nbcsandiego.com/news/local/san-diego-school-districts-offering-free-meals-for-children-during-closures/2285861/>

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"What is Social Distancing". CDC.

LOther Links from EDS 139 Remote Practicum Handout UCSD



**JUNTOS PODEMOS APRENDER  
A DISTANCIA Y MANTENERNOS  
FUERA DE PELIGRO**

