

Weekly Options for Distance Learning

Instructions:

1. Monday: students set goals for the week
2. Tuesday – Friday: students record their progress toward meeting their goals

	<i>Student Goal</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Reading	<u>Set your goals:</u> find opportunities to read wherever you are (fiction and/or nonfiction)					
Journaling	<u>Set your goals:</u> you may choose your own prompts, or see below for suggested journaling topics					
Physical Activity	<u>Set your goals:</u> stay physically active as appropriate for your situation along with current health department guidelines					
STEM	<u>Set your goals:</u> pay attention to how you use math, observations, and technology in your daily life. Think about STEM involving two of these topics/disciplines in one activity					

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General resources:

Please visit the Student Resources page on the Ferndale School District Website: www.ferndalesd.org

Whatcom County Library System: www.wcls.org

- To login for digital resources, your username is *fe+your student ID/lunch number* and your default pin is 1234.

Ex. fe0801234 or use previously changed pin

Suggested journal topics

1. What type of reading materials did you have access to this week?
 - a. What strategies did you use to read?
 - b. How did you make sure you understood what you read?
2. What type of math did you use this week?
 - a. What strategies did you use to solve this problem?
 - b. How did you apply this math?
3. Identify and express your feelings
 - a. How are you feeling today (or this week)?
 - b. Create a moment or activity that shows how you feel: draw, sing, write, dance, sculpt, cook, e.g.
4. How did you maintain healthy social connections this week?
5. What was a fun way you got in some physical activity this week?
6. What was your biggest success of this week, how about your biggest challenge?
7. Describe something you learned this week.
8. Describe an act of kindness or generosity that you've seen, heard about, or experienced during this closure.
9. HS: How do current world events connect to concepts previously learned in your classes?