

WEEK 1

Elementary School Daily Lessons



Resources Overview

Our mission is to provide simple yet engaging daily lessons that will help young learners stay engaged within core disciplines—ELA, Social Studies and Science—as well as an extracurricular activity. Every week we will select a new theme per subject.

Please note that resources, which may include Newsela articles, videos from various content providers, or external activities will be hyperlinked in the activities.

Finally, [here](#) is a weekly checklist students can use to track their daily progress.

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This Week's Focus

Social Studies

Explore the World!

ELA

Read your way around the world

Science

Insect life cycles

Explore

Mindfulness

DAY 1

ELA [20-25 minutes]

Choose from one of the following African folktales:

- [Why the Sky Is Far Away: A Nigerian Folktale](#)
- [The Feast: an African story](#)

After reading one of the folktales, share the following with a parent, caregiver, friend or sibling:

- How was this text different from the Social Studies text on Africa?
- What makes this a folktale?
- What was one fun detail for the story?

Social Studies [15-20 minutes]

Explore Africa by reading about one of the earliest civilizations, [the Nok!](#) Find one fun fact from the text and share it with a caregiver, friend or sibling!

Locate and label Africa [on the map](#) and draw a visual representation of your fun fact.

Science [15-20 minutes]

Look at [this picture](#) and read the description of the life cycle of a ladybug. Then, complete the following sentences:

- I notice _____.
- I wonder _____.

Explore: Mindful Thought[5 minutes]

Practice this mindful thought exercise with a caregiver, friend, or yourself!

- First, find a quiet place and get into a comfortable seated position.
- Place your hands on your knees, palms facing upward
- Notice and relax your body. Take note of your feelings at this moment.
- Breathe deeply, feel your lungs expand as you take in air. Hold your breath for two seconds then release your breath slowly.
- Repeat this breathing step 5 times.
- After completing the breathing exercise, how are you feeling?

DAY 2

ELA [20-25 minutes]

Read the article [A short, sweet history of chocolate](#).

After reading this text, share the following with a parent, caregiver, friend or sibling:

- How was this text different from the Social Studies text on Mesoamerica?
- What genre story is this? How do you know?
- What was one fun detail for the text?
-

Challenge Alert! Use the information you just read to create a fictional story about the Aztecs or Mayans.

Social Studies [15-20 minutes]

Explore the Americas by reading about one of the last Civilizations in Mesoamerica, [the Aztec!](#) Find one fun fact from the text and share it with a caregiver, friend or sibling!

Locate and label the Americas [on the map](#) and draw a visual representation of your fun fact.

Science [15-20 minutes]

Read the article [Life Cycles: Metamorphosis](#). Then, tell an adult about something surprising that you read.

Explore: Mindful Movements[5 minutes]

Practice mindful movements with a caregiver, friend, or yourself!

- Find a quiet place where you can focus.
- Stand with your feet shoulder width apart. Take a deep breath and reach for the sky. Hold this position for two breaths.
- Then, slowly, reach for your toes. Relax your head and take two breaths. Feel the natural flow of breath - in, out.
- Repeat this three times. Be sure to move slowly.
- *Modification:* If you are unable to stand, you can practice this while sitting with your legs in front of you.

DAY 3

ELA [20-25 minutes]

Choose from one of the following Chinese folktales:

- [The Tree of Magical Leaves a Chinese Story](#)
- [Eyes of the Dragon: An Imaginary Tale](#)

After reading one of the folktales, share the following with a parent, caregiver, friend or sibling:

- How was this text different from the Social Studies text on Africa?
- What makes this a folktale?
- What was one fun detail for the story?

Social Studies [15-20 minutes]

Explore Asia by reading about the first recorded [dynasty in China](#)! Find one fun fact from the text and share it with a caregiver, friend or sibling!

Locate and label Asia [on the map](#) and draw a visual representation of your fun fact.

Science [15-20 minutes]

Compare two of these insect life cycles and use this [Venn diagram](#) to record similarities and differences:

- [butterfly](#)
- [dragonfly](#)
- [ladybug](#)

Explore: Meditation [20 minutes]

Practice mindful movements with a caregiver, friend, or yourself to help relax your body and mind!

- Find a quiet place where you can focus.
- Get into a comfortable sitting position, close your eyes and relax. Take a few deep breaths to release the tension in your body.
- Notice your thoughts and gently let them go, returning yourself to the moment.
- Keep breathing deeply, focusing on the sensations you are feeling in your body.
- Return to your day, feeling relaxed and refreshed.

DAY 4

ELA [20-25 minutes]

Choose from one of the following European folktales:

- [The Glass Knight: an English Story](#)
- [Persephone: An Ancient Greek Story](#)

After reading one of the folktales, share the following with a parent, caregiver, friend or sibling:

- How was this text different from the Social Studies text on Europe?
- What makes this a folktale?
- What was one fun detail for the story?

Social Studies [15-20 minutes]

Explore Europe by reading about one of the most influential civilizations, [the Greek!](#) Find one fun fact from the text and share it with a caregiver, friend or sibling!

Locate and label Europe [on the map](#) and draw a visual representation of your fun fact.

Science [15-20 minutes]

Make a list of the questions you still have about how insects grow and change over time. Try to come up with as many as you can! After your list is complete:

- Choose one question that you think could be tested with an experiment.
- Write out the steps of an experiment that could answer this question.

Explore: Body Awareness[5 minutes]

Your mind and body work together to keep you healthy! Breathing exercises can be helpful for monitoring emotions. Practice body awareness with a caregiver, friend, or yourself!

- Find a space where you can move comfortably.
- Put your hand over your heart, notice your heart beat.
- Jump up and down 15 times!
- Sit down and take a few deep breaths.
- Notice your heart beat again.
- Breath deeply, notice how your heart beat starts to slow down.
- *Modification:* If you are unable to jump, do deep stretches while seated in a chair.

DAY 5

ELA [20-25 minutes]

Read "[Moana](#)" goes from Polynesian folklore to big-screen Disney princess

After reading this article share the following with a parent, caregiver, friend or sibling:

- How was this text different from the Social Studies text on Africa?
- What was one fun detail for the story?

Challenge Alert! See if you can identify the story and plot elements from the movie "Moana" using this [diagram](#).

Social Studies [15-20 minutes]

Explore Oceania by reading about the first inhabitants of the islands, [the Polynesians](#)! Find one fun fact from the text and share it with a caregiver, friend or sibling!

Locate and label Oceania [on the map](#) and draw a visual representation of your fun fact.

Science [15-20 minutes]

Read the article

[These tiny, plastic-munching caterpillars can clean up our world – but there's a catch](#)

to explore how insect larvae could be used to help battle pollution! Then, complete these sentences:

- I used to think _____.
- Now I think _____.

Explore: Mindful Creativity [5 minutes]

Drawing and writing are powerful methods for making sense of your feelings. Practice mindful creativity with a caregiver, friend, or yourself!

- Find a pen or pencil and a piece of paper.
- Sit comfortably and relax your body. Let your pen or pencil glide on the paper and give yourself a moment to explore. Notice your feelings.
- Write down or draw three things that bring you joy.
- Write down or draw one thing that may be causing you stress and identify someone who you can talk to about this.