

RIVERSIDE PREP SCHOOL

Oro Grande School District website

For this week's distance learning suggestions, we encourage students to take an opportunity to focus on their social emotional learning during the hardship of dealing with their new normal. Below you will find daily activities your student can work on at their own pace.



Day	Activity	Message/Resources <i>Click on the name for link to activity</i>
Monday (Mindfulness)	Five Senses	<ul style="list-style-type: none"> • 5 Senses (PDF File) The goal of this exercise is to practice awareness in the present moment whenever formal mindfulness practice such as meditation or a body scan might not be practical. • Mindfulness (Internet access required) YouTube Mindful School channel brings to our youth the practice of mindfulness
Tuesday (Thinking)	Reflection On Growth Mindset	<ul style="list-style-type: none"> • Growth Mindset Presentation (Internet access required) Be sure to look at the reflective questions! • Daisy's Story (PDF File) Daisy's story is a story read in connection to growth mindset. The second page has a coloring item to reflect on the article read
Wednesday (Wheel of Art)	Doodling	<ul style="list-style-type: none"> • Daily Doodle (Internet access required) Website for how-to's on home art activities and projects; no log-in required!
Thursday (Thoughtful)	Stress Management	<ul style="list-style-type: none"> • Personal plan (PDF File) Kaiser Permanente presents to us an action-specific plan outlining steps a person will take to meet their goal.
Friday (Feeling it)	Motivation Discussion	<ul style="list-style-type: none"> • Story of the Butterfly (Google doc) Be sure to discuss reflective questions at the end of the reading!
Any Day	Additional Resources	<ul style="list-style-type: none"> • Internetessentials.com Free temporary Internet service for qualifying families • Governor's Guidance on Distance Learning Suggested resources for at home and online distance learning • San Bernardino County Superintendent of Schools Content Specific suggested resources • Tour A Museum Explore history and suggested home activities • At Home Engineering Activities Browse 100s of science activities at home! • Khan Academy website (login credential required) The website provides FREE videos, practice problems, quizzes and tests on all math subjects.