



Goleta Union School District

Distance Learning K-6 Menu Packets

for March 18th - April 3rd

Objective: To provide activities that students could complete independently over the next couple weeks, to maintain skills learned in school.

Important Information

- Students benefit from engaging with academic skills daily.
- Students do not need to complete all of the activities, and we recognize that not every activity is appropriate for every child. Do what feels right for your child and for your current situation.
- Teachers will be available via email or Parent Square during regular school hours. Please reach out with any questions.
- Should school closures extend beyond April 3rd, we will be moving toward more comprehensive remote learning opportunities.

2nd Grade Social-Emotional Menu

*orally tell someone or write these in a journal or draw them

Tell about a time that you felt happy.	Act out 3 different emotions and see if someone can guess them.	Challenge yourself to close your eyes, sit in silence, and listen to your own breathing for 1 whole minute.	What are 3 things you can do when you are feeling upset or frustrated?
Practice belly breathing.	List 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste.	Take 5 deep, slow breaths. Each time, pretend you are smelling a flower and then blowing out a candle.	Name all of the emotions you can think of.
Talk about 5 things you are grateful for.	Read a book and discuss moments of caring or emotions of the character.	What does it take to be a good listener?	Write or draw what it means to be a good friend.
Practice sitting still for 1 minute- Notice the sounds you hear.	Tell someone about a time you felt sad.	Talk, draw, or write about a time you showed or received empathy.	Share a yoga pose or your favorite stretch, or dance move with someone.

2nd Grade Language Menu

*orally tell someone or write these in a journal or draw them

Read to a family member.	Write a letter to someone special.	Read a book in a silly voice, accent, or other language.	Write a story of your choice.
Write an autobiography (a story all about you.)	Read inside a blanket fort.	Write a poem. It does not have to rhyme.	Read a book in a comfy spot.
Write a journal entry about your day and what you did.	Have a family member read to you.	Write about a time you did something fun.	Write a report about your favorite animal.
Read a book you think might be too hard with a family member.	Write a book or draw pictures to teach someone how to do something.	Read a book to your pet or stuffed animal.	Write and draw a comic strip.

2nd Grade Math Menu

<p>Practice your addition and subtraction math facts.</p> <p>(Challenge: see if you can solve them automatically and with increasing speed)</p>	<p>Make a pattern out of things in your house. (Challenge: find repeating, growing, and alternating patterns)</p>	<p>Create 3 math word problems using double digit numbers and solve them.</p>	<p>Create your own set of math fact flashcards for different operations. (+, -) (Challenge: work on your multiplication facts, using skip counting or repeated addition.)</p>
<p>Play a board game or familiar card game.</p>	<p>Help someone in your family make a recipe by measuring ingredients.</p>	<p>Draw a picture using at least four basic shapes. (square, triangles, rectangles, circles, etc.)</p>	<p>Measure 5 objects around your house to the nearest inch and whole centimeter.</p>
<p>Create a table or chart that includes the time of your daily activities. (Challenge: draw analog and digital clocks next to the times)</p>	<p>Count the coins in a family member's coin purse or piggy bank, with their permission.</p>	<p>Find items with different weights and put them in order from lightest to heaviest. Graph your results.</p>	<p>Make an addition quiz with at least 10 questions. Include an answer key.</p>
<p>Using playdough or paper, create "pizzas" and practice cutting them into halves and quarters.</p>	<p>Create a chart of even and odd numbers. Write the numbers in word form.</p>	<p>Write different fact families for your favorite number. Ex. $10 = 2 + 8$ $10 = 8 + 2$ $10 - 2 = 8$ $10 - 8 = 2$</p>	<p>Tally the number of shoes in your house. (Challenge: make a graph of your findings)</p>