

# SAINT ANGELA SCHOOL

## ALTERNATIVE LEARNING PLAN ASSIGNMENTS

Week of April 14-17, 2020

Teacher Mrs. Franklin Grade 3rd-5th

*The Alternative Learning Plan Assignments listed below will facilitate continuous uninterrupted learning with assignments based on the academic standards promulgated by the State of Illinois and the Archdiocese of Chicago. Scholars are expected to complete the assignments as described, and submit them when they return to school. That date has yet to be determined. Each Sunday around 5:00 PM, beginning on March 15 until school resumes, your scholar's Alternative Learning Plan Assignments will be posted on our school website. Parents, thank you in advance for your kind and generous assistance in extending learning into the home during this very difficult and trying time. Be safe and God bless!*

### Lesson Overview (The Brain)

This lesson helps young people understand what they need to do to protect and help grow their brains. They will learn about activities and habits that help their brains develop and function at their best.

The brain is a very important organ. Without it, nothing else in a body can function. Scientists are learning more all the time about how brains grow and develop, and how we can best care for them.

1. Nutrition: Brains need lots of fuel. What you eat can have short-term impacts on things like concentration and focus, as well as longer-term effects on how your brain grows and develop. A balanced diet that includes lots of whole foods rich in vitamins and minerals, healthy fats, and proteins, is your best bet. It's also important for kids to eat throughout the day...especially breakfast.
2. Sleep: Specific sleep needs vary, but children and teenagers need more than adults do. Some general guidelines are:
  - ages 3 to 10: 10 to 12 hours each day
  - ages 11 to 12: about 10 hours each day
  - teenagers (ages 13 to 17): about nine hours each day.

3. Stimulating thinking activities: People of all ages need to use their brains in lots of different ways to keep them sharp and effective. This means mixing it up with different activities that involve logic and problem solving, concentration and memory, reading, making plans, being silly and creative, and working hard on something.
4. Physical activities: Exercise and movement are critical. Playing sports, free play, running, hiking, jumping, skipping...all of this and more promote health brain development.
5. Mindfulness/relaxation/rest: Even little kids can get worried and stressed out. Too much of that isn't good for how we feel in the moment or how our brains change over time. Everyone needs to find ways to quiet and calm their minds.
6. Protection: Our skulls, which surround our brains, are fairly hard and tough and do a good job of keeping our brains safe. But our brains are actually pretty soft and they can be sensitive and sometimes when we're doing more rough activities, like biking, skiing, or skateboarding, it's good to have even more protection than usual. And if our brains get injured, we need to rest and following a doctor's instructions for healing.

Questions:

1. The \_\_\_\_\_ is a very important organ.
2. \_\_\_\_\_ are learning more all the time about how brains grow and develop.
3. Brains need lots of \_\_\_\_\_
4. A balanced diet that includes lots of whole foods rich in \_\_\_\_\_ and \_\_\_\_\_, healthy fats, and \_\_\_\_\_.
5. When it comes to sleep children between the age of 3 to 10 need \_\_\_\_\_ each day
6. Different activities that involve logic and problem solving are consider \_\_\_\_\_ thinking activities
7. List two physical activities that promote healthy brain development \_\_\_\_\_,  
\_\_\_\_\_
8. True or False Can little kids get worried or stressed out.
9. What is the structure called that surrounds and protects our brains \_\_\_\_\_.
10. If we were to injure our brain we should follow the instructions for healing from our  
a. Principal b. Doctor c. Dentist

