CAL *Solutions*
PreK-12 ELL Education

CAL Webinar

Family and Community Wellness: Supporting Health and Learning During Summer 2020

Webinar

May 29, 2020

CAL Professional Development Team
solutions@cal.org
@CAL_Linguistics
#languageapplied

CAL CENTER FOR APPLIED LINGUISTICS

Participation in Today's Webinar

☐ Make sure your also set up for computer audio, so can best hear us.
☐ Please keep your mics on **MUTE.**
☐ Enter your questions/chat participation in the Questions box.
☐ We will respond to as many as possible to make them visible to all.

Chat/questions

CAL *Solutions* PreK-12 ELL Education

Archived Webinars

http://cal.org/resource-center/freeresources

WATCH NOW:

Click the topics below to watch the video. Handouts and PowerPoints are included in the descriptions.

* Cómo fomentar el desarrollo de la lengua y la lecto-escritura en español (Coming Soon!)
* Assessing Development and Providing Feedback: Language Assessment in a Virtual Environment
* World Language Assessment: Adapting to a Virtual Environment
* Engaging Culturally and Linguistically Diverse Students and Families: Social-emotional Wellness in the Home
  * Breathing Exercises for Kids (PDF) 562.14 kB
  * Life Books Activity (PDF) 143.53 kB
  * Daily Reflection - A. Prichard (PDF) 864.95 kB
  * Social Emotional Wellness at Home (PDF) 1.31 MB
* Kitchen Chemistry and Backyard Biology: Language and Science in the Home
  * Handout: Language and Science Activities for the Home 1.28 MB
  * Webinar PPT: Language and Science in the Home 1.39 MB
* 9 Ways to Put "Social" in #SocialDistancing: Language Learning Activities at Home
  * Handout: 9 Ways to Put Social in Social Distancing 2.08 MB
  * Webinar PPT: 9 Ways to Put Social in Social Distancing 1.39 MB
* 12+ Reading & Writing Activities to Promote Literacy in Your Home
  * Handout: Promoting Literacy in the Home 1.25 MB
  * Webinar PPT Promoting Literacy at Home 1.68 MB
* Beyond Numbers: Language and Math in the Home
  * Handout: Beyond Numbers 4.62 MB

CAL *Solutio* PreK-12 ELL Educ...

Introductions

Which of these summer images resonates most with how you are feeling now?

CAL *Solutions* PreK-12 ELL Education

4

Introductions

I am ready for summer and anxious it isn't here yet in the ways we're used to, but the rainbow shows that the light is coming and I'll follow that rainbow!

Annie Duguay

The one that resonates with me is the pooch in the hammock. That's what I'd like to be doing right now, just relaxing and chillin' after a busy week

Marybelle Marrero-Colón

Oops I dropped my ice-cream☹- It's my first summer living in D.C. and I can't visit any museums, but the consolation is that I can see the exhibits virtually.

Maria Cieslak

I'm going to be optimistic and pick the dandelions—I'm wishing for better days to come!

Dr. Kate Moran

CAL *Solutions* PreK-12 ELL Education

Introductions

Which of these summer images resonates most with how you are feeling now?

Chat

CAL *Solutions* PreK-12 ELL Education

6

Agenda

- ☐ Introductions
- ☐ Goals and Objectives
- ☐ Keeping in Shape for the Summer
- ☐ Language Olympics
- ☐ Wrap-Up

CALSolutions
PreK-12 ELL Education

Goals and Objectives

- ☐ Content objectives
  - ■ We will present and brainstorm resources and activities that promote physical and mental wellness in a language-rich ongoing, learning environment.

- ☐ Language objectives
  - ■ We will talk and chat about how to promote physical and mental wellness through and language–rich summer activities for the home and beyond.

CALSolutions
PreK-12 ELL Education

KEEPING IN SHAPE FOR THE SUMMER

CALSolutions
PreK-12 ELL Education

Language Olympics

Welcome to the Language Olympics!

Here's our challenge!

CALSolutions
PreK-12 ELL Education

Scavenger Hunt: Google Forms

- ☐ Around the Block Scavenger Hunt without sections
- ☐ https://forms.gle/csGJm4Wa WHSRgLYJA

- ☐ Around the Block Scavenger Hunt with sections
- https://forms.gle/XvFxb8HC 5Jujt5VM7

CALSolutions
PreK-12 ELL Education

The President's Challenge

- ☐ The President's Challenge is the long-standing program of the President's Council on Physical Fitness and Sports (PCPFS) dedicated to improving the physical activity and fitness of All-Americans. What started as a simple physical fitness test for youth in the 1960s has evolved into a program that includes:
  - ■ Physical Fitness Test
  - ■ Health Fitness Test
  - ■ Presidential Active Lifestyle Award
  - ■ Presidential Champions

President's Council on Physical Fitness and Sports (2010). *We are all Americans - stronger together: The president's challenge.* Washington D.C. U.S. Department of Health & Human Services; 3-10.

CALSolutions
PreK-12 ELL Education

Program

☐ **Physical Fitness Test**

A five item fitness test designed to measure the overall fitness of youth ages 6-17. Helping our youth get *Stronger Together.*

☐ **Health Fitness Test**

A five item test that recognizes youth for achieving a "healthy level of fitness." Body Mass Index (BMI) is used along with other fitness testing items.

☐ **Presidential Active Lifestyle Award (PALA)**

An activity-based program where participants of all ages keep track of their physical activities for a period of six weeks. Great for those just getting started.

President's Council on Physical Fitness and Sports (2010). *We are all Americans - stronger together: The president's challenge.* Washington D.C. U.S. Department of Health & Human Services; 3-10.

Activities

☐ **Curl-ups or Partial Curl-ups**

☐ **Shuttle Run**

☐ **Endurance Run/Walk**
- Ages 6-7 = ¼ of a mile
- Ages 8-9 = ½ of a mile
- Ages 10+ = 1 mile
- Suggestions: Teachers & parents adjust to student's abilities

---

Activities

☐ **Pull-ups, Flex-Arm Hand, or Right Angle Push-ups**

☐ **V-Sit & Reach**

President's Council on Physical Fitness and Sports (2010). *We are all Americans - stronger together: The president's challenge.* Washington D.C. U.S. Department of Health & Human Services; 3-10.

Alternate Activities

☐ Some activities may be substitutes or added. These include:
- Jump rope
- Pushups
- Sit-ups

Get the forms & sign-up

file:///C:/Users/Owner/Downloads/physical-fitness-guide%20(1).pdf

President's Council on Physical Fitness and Sports (2010). *We are all Americans - stronger together: The president's challenge.* Washington D.C. U.S. Department of Health & Human Services; 3-10.

Healthy Eating

☐ The Food Pyramid is designed to make healthy eating easier.

☐ Healthy eating is about getting the correct amount of nutrients – protein, fat, carbohydrates, vitamins and minerals you need to maintain good health.

☐ Healthy eating involves:
- plenty of vegetables, salad and fruit
- a serving of cereals and breads, potatoes, pasta and rice at every meal - go for wholegrain varieties wherever possible
- some milk, yoghurt and cheese
- some meat, poultry, fish, eggs, beans and nuts
- a very small amount of fats, spreads and oils
- and a very small amount or no foods and drinks high in fat, sugar and salt

BUT- Is healthy eating the same all over the world?

☐ United States

U.S. Department of Agriculture. (2013). Choose My Plate.
Washington, D.C.; Retrieved: https://www.choosemyplate.gov/

CALSolutions
PreK-12 ELL Education

International Food Pyramids & Guides

Source: Healthy Ireland.ie- https://www.safefood.eu/SafeFood/media/ SafeFoodLibrary/ Documents/
Healthy%20Eating/M9617-DEPARTMENT-OF-HEALTH_Food-Pyramid-Poster_Simple-Version-NEW.pdf

Environmental Change Institute (2016). The New Chinese Dietary food guidelines: Retrieved:
https://www.fcrn.org.uk/fcrn-blogs/new-chinese-dietary-guidelines-%E2%80%93-what-do-they-really-
say-meat-consumption-and

CALSolutions
PreK-12 ELL Education

International Food Pyramids & Guides

Source: French Food Pyramid: Retrieved: http://www.foodinaction.com/wp-content/uploads/ 2012/03/
pyramide-A4-Fr.pdf
Musaiger, A.O. (2012). The food dome; dietary guidelines for Arab countries. Nutr Hosp.;27(1):109-115.
Bahrain. Reritved:
Oldways, (2011). Cultural food traditions. African heritage diet pyramid. Boston MA.

International Food Pyramids & Guides

CALSolutions
PreK-12 ELL Education   Oldways, (2011). Cultural food traditions. Boston MA.

Family Cookbook

☐ One of the most fun and lasting projects for students and
parents is the development of a family cookbook.

☐ It allows for:
- Discussions and family member interviews
- Sharing of traditional foods and recipes
- Comparisons between American foods and traditional foods
from one's culture.
- Identification of vocabulary for food ingredients, measurements,
and step-by-step instructions
- Translations for the names of foods and procedures from one's
native language to American English
- Discussions regarding the physical development
of the cookbook regarding format, illustrations,
pictures

CALSolutions
PreK-12 ELL Education

Family Cook Book

☐ **Step 1 – Family member interview**
- Create a series of questions. Decide if the interview will be in
English or in the family's native language.
  - ☐ What is your favorite food to prepare/cook?
  - ☐ What are the ingredients?
  - ☐ What are the steps? How do you make it?
  - ☐ How did you learn to prepare/cook this dish?
  - ☐ Can we make it now/today/this week?

☐ **Step 2 – Choosing the recipes for the book**
- Choose which, and how many, recipes will be in the book
- Decide whether you will practice the recipes or just write it up.
- If you make it, take pictures or draw illustrations. If just writing it
up, look for pictures on the internet or create illustrations.

CALSolutions
PreK-12 ELL Education

Family Cook Book

☐ **Step 3 – Choose the recipe format**
- How will the layout of the book be?
  - ☐ Digital e-book format, hard copy, handwritten, illustrated, etc.
  - ☐ What will each section look like?
  - ☐ Will every recipe be illustrated/pictured or just the main ones?

☐ **Step 4 – Creating text**
- Write out ingredients, directions, and procedures.
- If the recipe will be in English, are accurate translations needed
- Will the book be bilingual?
- Will you include family stories, anecdotes, or special instructions?

CALSolutions
PreK-12 ELL Education

Family Cook Book

☐ **Step 5 – Don't Forget the Math**
- Figure out serving sizes
- Research nutritional information per serving sizes
- Identify accurate measurements

CALSolutions
PreK-12 ELL Education

Sample Interview

Sample Recipe Cards & Pages

Sample Recipe

Language Olympics

☐ Keep your students engaged with reading, writing, speaking and listening activities.

CALSolutions
PreK-12 ELL Education

OLYMPIC READING

Neighborhood Letter Search

☐ Use the letter boxes and fill in each square with a drawing or word representing something in your neighborhood, building, or on your block.

Book Quote Art

☐ Have your student read a book, short story, or a poem.
☐ Have them choose a meaningful quote, and then draw a picture that represents their thoughts about the quote.
☐ Then open up a discussion about the quote and the drawing.
☐ For older students have them write something about the quote and their interpretation. The can site evidence from the story to support their point of view.

To be, or not to be, that is the question

Book Quote Art - Parent Model

☐ This is an easy activity for parents to model. All the have to do is choose a quote from a book or movie, and draw a picture about it.
☐ Great way to open up the discussion.

Book Quote Art

☐ Quote: "All the ladies like whiskers."
☐ When asked why she liked the quote, the answer was:
☐ "It was the only quote in the book related to a girl."
☐ She really liked that a girl had written Lincoln a letter.

Dussling, J. (2017). *Long, Tall Lincoln*. NY, NY: HarperCollins Publishers.

Zahra Hersi, 2nd grade

Book Quote Art

☐ Quote: "Oh!"
☐ When asked why he liked the quote, the answer was:
☐ "it was funny."
☐ He likes Gerald's expression in the picture.

Williams, M. (2014). Waiting is not easy. New York; Hyperion Books for Children

Zahra Hersi, Kinder

Start a Book Club

☐ Whether students are reading the same book or different books, they can come together to share what their reading.

☐ Sample questions to prompt discussion:
  - ▪ Which character would be your friend? Why?
  - ▪ What would the character do if s/he came to our house?
  - ▪ Which character would you like to give advice to? What advice?
  - ▪ Is there a setting in the book that connects to a place that you have been? What is the same or different?
  - ▪ What locations would you pick for filming if this was being made into a TV show/movie?
  - ▪ What would have happened if this book took place during a global pandemic?

CALSolutions
PreK-12 ELL Education
See sample sentence frames in the handouts.

OLYMPIC WRITING

CALSolutions
PreK-12 ELL Education

Writing Activities

☐ Write a letter to a neighbor
☐ Write a letter to an essential worker
☐ Draw a map of the neighborhood and label it
☐ Create a brochure about your neighborhood
☐ Create a sign to thank first responders and essential workers
☐ Write a letter to the editor, a school board member, or congressperson about the effects of the quarantine
☐ Create a comic strip with words and pictures

CALSolutions
PreK-12 ELL Education
See sample sentence frames in the handouts.

FINISH THIS COMIC!

jarrettlerner.com   JARRETT

CALSolutions
PreK-12 ELL Education
https://jarrettlerner.com/activities/

Sample

CALSolutions
PreK-12 ELL Education

Enclosed Place

☐ In your questions box (chat) define what it means to be "enclosed"
  - ▪ Basically it means that there is no way out and one does not need walls to be enclosed.

Examples:
  - – Realistic places (i.e. school, jail, airplane, etc.)
  - – Absurd places (i.e. ice cube, inside a book, etc.)
  - – Natural places (i.e. island, forest, cave, etc.)
  - – Social conditions (i.e. poverty, drug addiction, racism, etc.)
  - – States of Being – (i.e. love, hungry, insanity, mind etc.)

Rivera, C. (2003). *Enclosed Place*. Educational Play Productions. New York, NY.

CALSolutions
PreK-12 ELL Education

Enclosed Place

1. With a partner, **decide** which one of you is **Writer A** & which is **Writer B**. Decide on an **enclosed place** where the two of you are trapped.
2. **Writer A "loves"** the enclosed place. **Writer B "hates"** it.
3. The **"As" try to convince the "Bs" to stay** and why this place is great. The **"Bs" try to convince the "As" to leave** and why it's better to get out of the place.
4. Share 1 piece of paper and in ten lines (Writer A writes five and Writer B writes five) each of you will try to convince the other of your point of view.
☐ There is one hitch! *__Neither of you may speak__* throughout the exercise.

CALSolutions
PreK-12 ELL Education

Enclosed Place Sample

Enclosed place: Two dogs (Popa & Pepe) trapped in a box.
A. Pepe please calm down, everything is all good. We're safe in this box.
B. I hate this box – I want to get out now. I want to be free!
A. Aye Nene, no; I love it in here!
B. Are you nuts? It's hot, small and uncomfortable.
A. Yes, I know, but it's also cozy with just you and me, and it's safe from that man with the big net.
B. That man isn't so dangerous; he works for the city. I'll keep you safe. Come on Popa, I'll get you home.
A. I don't know, what if he chases us?

E. Perez – 10th Grade – ENL Student
©2013

CALSolutions
PreK-12 ELL Education

Enclosed Place (Text Style)

CALSolutions
PreK-12 ELL Education

Let's Read & Write at Home with "Funny Situations"

☐ The way this works is that you create a story starter. No more than 10 sentences. Make sure to include your kids' names in the story. Then you stop the story on a cliff hanger.
☐ The student/youngster then finished the story.

Let's try it…

☐ Read the following story starter, then take a minute a write the next two lines.

CALSolutions
PreK-12 ELL Education

The Haunted Rest Stop

Annie, Kate, and Maria were driving home from a large conference. They decided to try a short cut through the Blue Ridge Mountains, but it was so rainy and foggy they couldn't see where they were going.
- "Maria, are you sure you know the way home?"
- "Yes Kate, I know the way home. Annie gave me very clear instructions."
- "I know I did, but this doesn't look like the way I took last time. I think we missed the turnoff back there somewhere."
- "Fine, I'll stop at that rest stop up ahead and ask for directions."
However, when the ladies pulled in, they noticed that the rest stop was all broken down and deserted. They decided to check inside in case someone had left an old roadmap posted.
- Kate looked around, "Maria let's get out of here. This place is spooky."
- Maria and Annie turned around to answer Kate when suddenly they heard a loud…

Now you finish it…

Chat/questions

CALSolutions
PreK-12 ELL Education

Writing Prompts

☐ Journaling
☐ Family writing contests
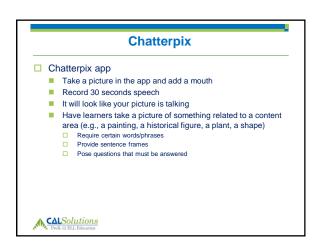☐ Letter writing
☐ Online or old-fashioned

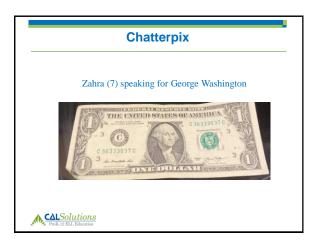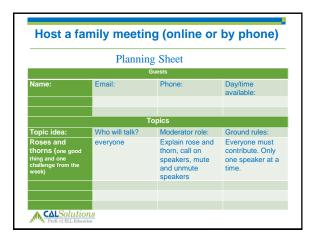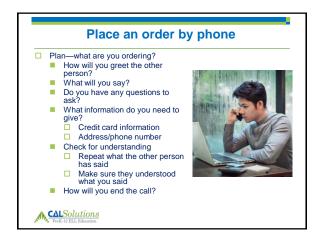See handouts for writing prompts in Spanish and English

CALSolutions
PreK-12 ELL Education

OLYMPIC SPEAKING

Charades Games

- ☐ Help your friend/family member guess by describing the featured word-without saying the word.
- ☐ Play with any size group of friends/family.
- ☐ Give your friends/family member clues to help them guess the word on their forehead.

Wheel Decide

- ☐ Dynamic digital wheels- wheeldecide.com
  - What Emotion? Improve and acting game
  - What to cook? Spin meat, starch, vegetable, fruit, nuts, herbs/spices
  - Twister Spinner
  - What to do under quarantine? 16 ideas
  - Who gets the short straw
  - Magic 8-ball
  - Coin flip

Chatterpix

- ☐ Chatterpix app
  - Take a picture in the app and add a mouth
  - Record 30 seconds speech
  - It will look like your picture is talking
  - Have learners take a picture of something related to a content area (e.g., a painting, a historical figure, a plant, a shape)
    - ☐ Require certain words/phrases
    - ☐ Provide sentence frames
    - ☐ Pose questions that must be answered

Chatterpix

Elyas (6): Describing a shape

Chatterpix

Zahra (7) speaking for George Washington

Host a family meeting (online or by phone)

- Send an invitation to family members
- Schedule the meeting
- Organize the meeting:
  - Prepare questions and topics for discussion
  - Think about fun and interesting topics to discuss
  - Set ground rules so everyone can speak
- Be the moderator
  - Welcome everyone to the meeting
  - Ask an opening question
  - Call on people to answer
  - Summarize what others have said
- Practice muting and unmuting as people need to speak

CALSolutions
PreK-12 ELL Education

Host a family meeting (online or by phone)

Planning Sheet

Guests			
Name:	Email:	Phone:	Day/time available:
Topics			
Topic idea:	Who will talk?	Moderator role:	Ground rules:
Roses and thorns (one good thing and one challenge from the week)	everyone	Explain rose and thorn, call on speakers, mute and unmute speakers	Everyone must contribute. Only one speaker at a time.

CALSolutions
PreK-12 ELL Education

Place an order by phone

- Plan—what are you ordering?
  - How will you greet the other person?
  - What will you say?
  - Do you have any questions to ask?
  - What information do you need to give?
    - Credit card information
    - Address/phone number
  - Check for understanding
    - Repeat what the other person has said
    - Make sure they understood what you said
  - How will you end the call?

CALSolutions
PreK-12 ELL Education

Place an order by phone

Planning Sheet

Company/phone number:	
Order:	
My address:	
Payment information:	
Call	Sentence frames/starters
Greeting:	Hello! I would like to place an order.
Order:	I would like _____
Questions:	Do you have any _____? Does _____come in a different (size/color/pattern)? When can I expect my order?
Check for understanding:	I heard you say _____. Is that correct? Could you repeat my order?
Closing:	Thank you for your help! Good bye!

CALSolutions
PreK-12 ELL Education

OLYMPIC LISTENING

CALSolutions
PreK-12 ELL Education

VOA Learning English

- Multimedia source of news and information for millions of English learners worldwide
- Audio programs and captioned videos
- Beginner, Intermediate, and Advanced levels
- English in a Minute
- A Day in Photos
- English @ the Movies
- News Words
- U.S. and World News

Learningenglish.voanews.com

How Fast Is "Two Shakes of a Lamb's Tail"?

CALSolutions
PreK-12 ELL Education

Audiobooks/Podcasts

- ☐ Unite for Literacy.com
- ☐ Storynory.com
- ☐ Tumble Science Podcast for Kids
- ☐ Epic!
- ☐ Africanstorybook.org

Your Turn

- ☐ Which activities would you like to adapt and use from home?
- ☐ What activities or resources have you been engaging in with your students or kids?

chat

Other Online Learning Opportunities

- ☐ CAL's self-paced asynchronous courses:
  - ■ Academic Literacy Development for English Learners
  - ■ Foundations of Literacy: The Nature of Reading
  - ■ Fundamentals of Sheltered Instruction: Featuring the SIOP Model
  - ■ *Register now!* **Building Background and Comprehensible Input: CAL SIOP Essentials**

    http://www.cal.org/what-we-do/online-courses

  - ■ All courses are ~ 5 hours of course time
  - ■ After completion, participants receive a *CAL Certificate of Completion* that can often be used to obtain continuing educational credits from your school or district.

CAL SIOP Training of Trainers: Now Online!

- ☐ Join us for a flipped classroom experience with asynchronous and synchronous learning, leveraging best practices in online learning and instruction.
  - ■ CAL SIOP TOT: Foundations
  - ■ CAL SIOP TOT: Advanced Coaching Strategies
  - ■ Spanish Literacy Institutes
    - ☐ En español
    - ☐ In English

Questions? Email solutions@cal.org

Thank You

- ☐ View this webinar and download the handouts on our CAL Resources page: http://www.cal.org/resource-center/freeresources
- ☐ Thank you for your ongoing participation and feedback in our Tickets Out.

solutions@cal.org
@CAL_Linguistics
#languageapplied