



Olivero Garza Sr. Elementary

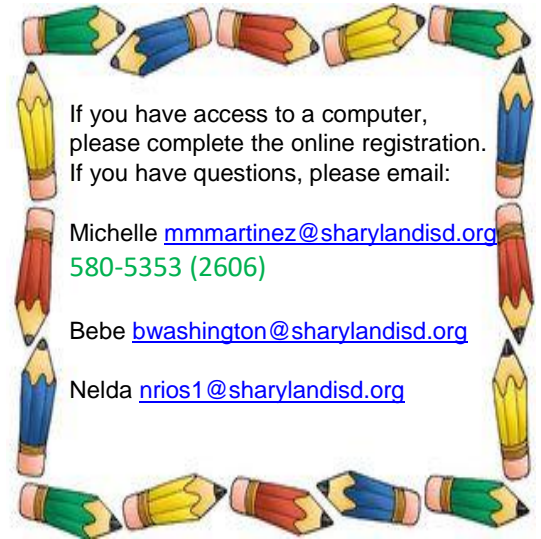
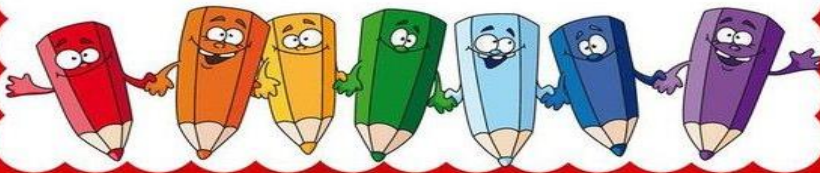
Week of May 4-8, 2020

A Message from Mrs. Gamboa and Mr. Huerta

Anxiety might be a reminder to:

- Turn off your screen
- Focus on what is within your control
- Treat yourself with kindness
- Exercise
- Take a few (or many) slow, deep and focused breaths
- Get more sleep
- Simply notice that you are feeling anxiety, without judgment

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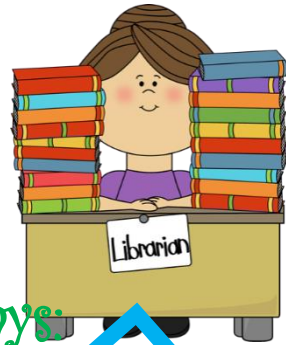


If you have access to a computer, please complete the online registration. If you have questions, please email:

Michelle mmmartinez@sharylandisd.org
580-5353 (2606)

Bebe bWASHINGTON@sharylandisd.org

Nelda nrios1@sharylandisd.org



Ms. Wheat says:

15 min. exercises

<https://www.youtube.com/watch?v=rCg-MkVkxyU>

15 min. Throwing & catching activities

<https://www.youtube.com/watch?v=u8RgMgriML8>

From Coach Gonzalez

be Active!



From Nurse Patty:

Stay healthy by limiting social interactions. At this time, it is strongly encouraged to use social media and video apps to support each other, laugh together and take care of each other. We must all do our part to stop the spread of germs.



Keep Reading!!

Book of the Week:

Dinner at the Panda Palace by Stephanie Calmenson (AR Level

2.4): <https://kidlit.tv/2019/01/read-out-loud-dinner-at-the-panda-palace/>

Hatch! by Roxie Munro (AR Level 5.6): <https://kidlit.tv/2017/04/read-out-loud-roxie-munro-reads-hatch/>

Ana and Andrew: Un dia en el museo (AR Level

2.9): <https://abdodigital.com/browse/title/?pid=27981>

Mariposas (AR Level:

2.2): <https://abdodigital.com/browse/title/?pid=11383>



Escuela Primaria Olivero Garza Sr

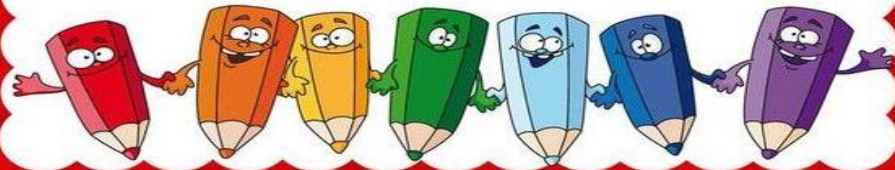
Semana del 4-8 de mayo, 2020

Un mensaje de Mrs. Gamboa y Mr. Huerta

La ansiedad podría ser un recordatorio para:

- Apagar tu pantalla
- Concéntrate en lo que sí está bajo tu control
- Trátate con amabilidad
- Has ejercicio
- Toma algunas (o muchas) respiraciones lentas, profundas y enfocadas
- Duerme mas
- Simplemente observa que sientes ansiedad, sin ningún juicio

<https://drive.google.com/file/d/1C0AXdZDekE7XEuRil7-qle6G1cWCMgGb/view?usp=sharing>



Si tiene acceso a una computadora, favor de completar la registracion en linea. Para cualquier pregunta comuniquese con:

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Nelda nrios1@sharylandisd.org

15 min. ejercicios

<https://www.youtube.com/watch?v=rCg-MkVkyU>

15 min. actividades de tirar y atrapar

<https://www.youtube.com/watch?v=u8RgMgRlMl8>

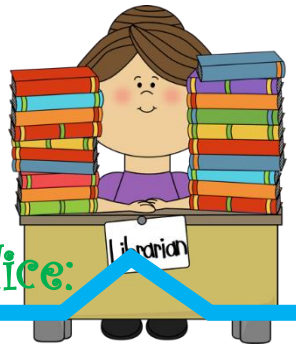
De Coach Gonzalez

Mantente Activo



De la enfermera Patty:

Mantente saludable limitando la convivencia social. En esta ocasión te pedimos que uses todas las redes sociales, todas las aplicaciones de video para ayudarnos mutuamente, compartir vivencias y reírnos juntos. Todos debemos hacer nuestra parte para parar el contagio de gérmenes.



Ms. Wheat dice:

¡Continúa Leyendo!

Libro de la semana:

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