

Ibintu vyafasha umuryango kwigira mu rugo

ABAVYEYI & ABAREZI: Umuji wacu na Steti turimo gutegura uburyoki tworinda umutekano wa kominoti, kandi twateguye ibisabwa kugirango abanyeshuli n'imiryango yabo babyifashishe mu kwiga no kwimenyereza ubumenyi bakoresheje ikoranabuhanga kimwe nuko abarimu basanzwe babyigisha mu mashuri. Nkuko bisanzwe rero, kurikirana amakuru ya SPS, dukurikire ku mbuga nkoranyambaga, mu binyamakuru no kuvoma iyamamaza rya SPS aho riri hose.



IMYUGA YO KWIGA ICONGEREZA

Ibibazo bigenga Kwigira mu Rugo:

- N'ibihe bitabo mugezeho musoma mu ishuli/ cyangwa ibyo usoma ku giti cyawe? Nibiki bigushimiisha ukunda gusoma?
- Ufite za devwari cyangwa imikoro utararangiza, ibizamini byo kwandika /imishinga ugomba kuzuza?
- Nizihe mbuga nkoranyambaga nakwifashisha igihe nigira mu rugo?

Ivyogufasha kwigira mu rugo buli muni:

- **Gusoma:** Soma iminota 30 buli muni kandi uganire nabo mu muryango wawe ibyo wasomye. Babyeyi, muyobore ibyo biganirako mukurikije ibi: Ninde mukinnyi mukuru muli icyo nkuru? Ninde wakubera incuti muli abo bakinnyi? Kubera iki? Ni ikihe kibazo nyamukuru muli icyo nkuru? Hari icyo bikwibutsa waba warahuye nacyo? Kubera iki?
- **Kwandika:** Rangiza inyandiko cyangwa imikoro/ imishinga uutashoboye kurangiriza mu ishuli; Andika ibyo wakoze buli muni muli jurunali yawe; Aho wabona inyigisho zo mu rugo zishimishije: [video](#); [NYT article](#); [TED-Ed Blog](#).



IBIHARURO

Fasha umunyeshuli wawe gukomeza kwiga akoresheje izi mfashanyigisho:

- Umunyeshuli wawe ashobora gukomeza gukoresha imbuga nkoranyambaga yifashishije Clever maze akajya muli:
 - Moby Max, Code.org, Khan Academy, Desmos, etc.
 - Urubuga rw'ahantu ushobora kubona imfashanyigisho zibyo umwana wawe yiga mu ishuli
- Niba ushaka kureba ibyo yiga kanda [here](#)
- Umunyeshuli ashobora kureba uburyoki yakwiyigisha akanze [here](#)



KWIGA UBUMENYI BW'IMIBANO

Nk'umunyeshuli wiga amateka, urimo kubaho mu bihe bidasanze bizandikwa maze umunsi umwe bikazasomwa mu bitabo by'amateka.

Ibaze ibi bibazo mu gihe urimo gutekereza no kwibonera ibirimo kuba:

- Ni buryoki ubuzima burimo guhinduka muli Amelika no mu isi yose?
- Ni izihe ngaruka za vubonavuba ubona watewe n'icyorezo cya COVID-19?
- Kuri wowe niki utekereza kizaba ingaruka z'icyorezo cya COVID-19?
- Ni ibihe byorezo byabaye, n'ingaruka zabyo zarangiye vuba cyangwa zamaze igihe?

- Tekerezako wahawe akazi na kompanyi ishinzwe kwandika amakuru igusaba kwandika inkuru mu kinyamakuru ku cyorezo cya COVID-19. Ni ibiki uzandika? Ni izihe gihamya uzerekana? Ese uko ubona ibintu biratandukanye nuko wakagombye kubibona uri mu kindi gihugu kitari Leta Zunze ubumwe z’Amerika?

COVID-19 INTEGUZA

ISHULI RIBANZIRIZA SEKONDALI

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SIYANSI

Komeza wige igihe usoma cyangwa wimenyereza siyansi ubikora kabili mu cyumweru. Siyansi tubana nayo aho turi hose. Shishikarira kwiga ibyo ubona mu bidukikije. Reba ikintu cya siyansi kidasanzwe kiguteye amatsiko maze ugikoreho ubushakashatsi ureba ibyacyanditsweho, videwo, cyangwa amashusho acyigana.

- Garagaza icyo wemera: tekereza cyangwa wandike ibyo utekereza bishobora kuba, iyo hateye impungenge
- Ereka gihamya: igihe usoma cyangwa urangije gusoma ikinyamakuru, kureba videwo, cyangwa gukora umulimo cyangwa kwigana ibintu
- Sangiza ibitekerezo byawe kandi uhuze gihamya n’icyo ushaka kwemeza
- Ereka ibintu bifite aho bihuriye, ereka ingaruka zabyo, garagaza aho bihuriye n’ubuzima bwawe



KUNONORA IMITSI & UBUZIMA

Hari uburyo bwinshi bwo guhimba no kwimenyereza imikino ngororamubili no gusigasira ubuzima mu rugo— gerageza izi nkoranyambaga maze utangire urebe uko bigenda:

- [Wellness Ideas for Families](#)
- [Health at Home](#)
- [Fitness Calendars for Elementary](#)
- [Tools for an Active Home](#): uru rubuga ni urw’ amasomo yakozwe n’abahagarariye amashuri rwitwa OPENPhysEd kandi rusaba gukora urufunguzo rwawe rw’ibanga maze ukinjiramo byihuse ukabona : ibitekerezo birimo ibikorwa, ibikoresho byo kugorora ingingo, aho kubona za videwo, ibikorwa bihuza abanyeshuli bo mu myaka yose.
 - Abanyeshuli bose bafise uburenganzira bwo kureba Video and Fitness Module no kuli WELNET. Log binjiye muli Clever cyangwa [hano](#).



IMVYINO N’INDIRIMBO

Imenyereze igikoresho cya muzika cyawe cyangwa amajwi ukoresheje uko ubyiga mu ishuli. Hari imikino ushobora kwigiraho kandi ushobora kubona muli [JW Pepper](#) cyangwa ukoresheje YouTube. **Izindi mfashanyigisho :**

<https://nafme.org/>, <https://www.waeaboard.net/>



UMWUGA

Shushanya/siga irangi/shishikarira imikino yo gufindura amayobera rimwe cyangwa kabili mu cyumweru. Komeza wige amagambo watangiye kwiga mu gihembwe cya 2 mu isomo ry'imyuga. **Imfashanyigisho** : <http://artsedwashington.org/>, <https://www.waeaboard.net/>



KWIFASHISHA UBUMENYI BWA NONE

Inyigisho dusanga ku mirongo nkoranyambaga biboneka ku buntu wifashishije urufunguzo rwawe rw'umunyeshuli ukoresha winjira muli Clever:

- ThinkCentral (Journeys Online): umunyeshuli ashobora gusoma no kumva imigani, n'inyandiko zivuga ibintu bitabayeho
- Moby Max: umunyeshuli ashoboora kwiga ubumenyi bwa ELA akeneye mu kwiyigisha we ubwe
- Typing.com: abanyeshuli bashobora kwiga kwandikisha orudinatori bu buryo bwiza kandi bushimishije
- Starfall na PBS Kids: izo mbuga zombie ziriho imikino myiza, za videwo, n'indi mikino ya rusange ihuza ibikorwa bya benshi
 - iCivics: Abanyeshuli bashobora kwifashisha imikino mu kwimenyereza ikinyabupfura no kongera ubumenyi mu myigire yabo
- Pearson Realize: Abanyeshuli bashobora kwifashisha ibitabo biri ku mbuga nkoranyambaga maze bagasubiromo amasomo bize