



ELA Virtual Learning

6-8 Essential Literacy

May 11, 2020



6-8 Essential Literacy
Lesson: Monday, May 11, 2020

Objective/Learning Target:
Main Idea Monday

I can identify the main idea and supporting details in text.



WARM UP

Start a new section on your page with today's date, 5/11/2020.

Review the differences between the **topic** and **main idea** and **supporting details** in a piece of text.

*The **topic** is the general subject of a paragraph or essay. Topics are simple and are described with just a word or a phrase.*

*The **main idea** is a complete sentence; it includes the **topic** and what the author wants to say about it.*

***Supporting details** give examples or details supporting the main idea.*



WARM UP

From your individual reading book, list the topic and main idea on your paper:

EXAMPLE:

Book: Watch Me Disappear by Janelle Brown

Topic: family relationships

Main idea: When Billy Flanagan disappears while hiking one day, she is presumed dead and her husband Jonathan and daughter Olive must try to figure out what their lives and relationship will be like without her.

Your book:

Book:

Topic:

Main idea:



LEARN

To find the **MAIN IDEA**, read the entire text carefully.

Figure out what the **topic** is and what the author is trying to say about it.

Look to make sure there are **details** supporting the **main idea**.

Read carefully to make sure you have correctly identified the **main idea**.
Then find **supporting details** that relate back to the main idea of the text.

LEARN



Main Idea and Details

What is a main idea?
A main idea is what the text is mostly about.

What are details?
Details are sentences that tell more about, describe or explain the main idea.

How can I find the main idea?

1. Ask yourself, "What is this mostly about?"
2. Look at the title of the text.
3. Look at the pictures.
4. Look for words repeated over and over.
5. Sometimes the main idea is either the first or last sentence in the text.
6. Don't get distracted by interesting information that doesn't support the main idea.

Main Idea

Bats are unusual animals.

Detail 1
Bats are flying mammals.

Detail 2
Bats use echo location to find food.

Detail 3
Bats hang upside down when they sleep.

PRACTICE

On the next slides you will read an article from [newsela](https://www.newsela.com/). As you read, be thinking about the following:

Topic

Main idea

Supporting details

When you finish you will be filling them into a chart.

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PRACTICE

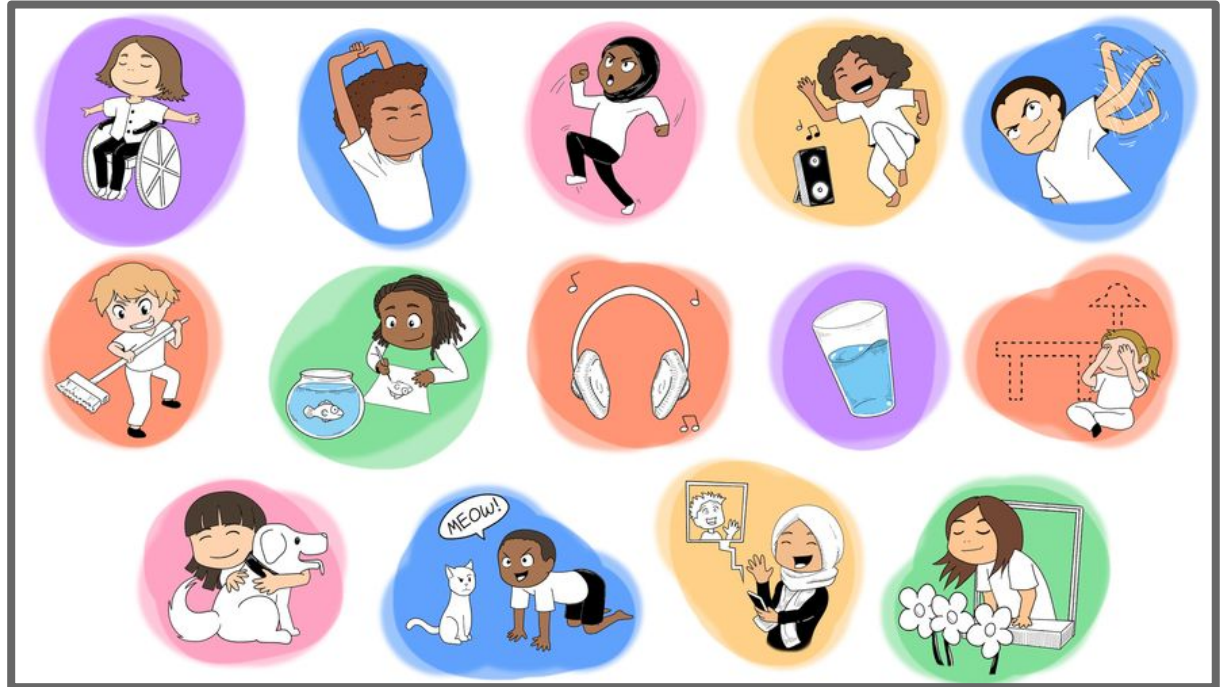
Our favorite five-minute break ideas

Has distance learning got you feeling like you need a vacation? Here are some ideas for five-minute breaks so you can recharge your batteries and move on with your day. Illustrations: Elena Hartley/Newsela staff

By Tanu Wakefield, Newsela staff

Published:03/31/2020

Word Count:1678





PRACTICE

During the coronavirus outbreak, most of us are spending much more time at home than we are used to. You may be starting to feel a bit bored or restless – kind of like you have pent-up energy you need to release.

Distance learning is a totally new experience for many of us. You may be getting a lot of independent assignments from school. In fact, some of you may feel like you have more to do in a single day than you ever did before.



PRACTICE

It's important to remember that even when you were at school all day, you were not studying and working that entire time! There was time built in for driving, walking and biking to school, switching between different classes, moving about your classroom and having a snack or lunch with friends. There's a lot of movement and many breaks built into a single school day. So one of the best things you can do to optimize a day of learning at home is plan to take short, fun breaks. Scheduling yourself an occasional five-minute break will keep your energy levels up, helping you move through the day more smoothly.



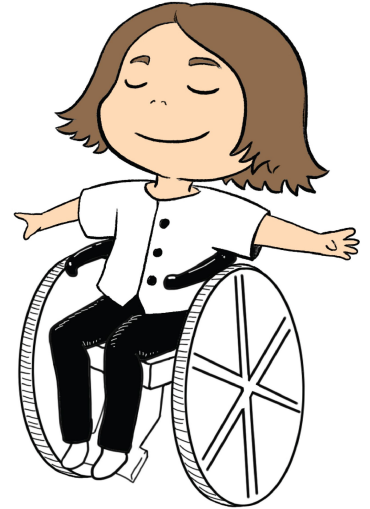
PRACTICE

We asked Newsela staff members to offer suggestions for their favorite five-minute break ideas. Give these a try the next time you are in need of a breather and not sure what to do.

PRACTICE

Breathe

Set a five-minute timer and take deep breaths. Take a deep breath in as you silently count: 1, 2, 3. Then exhale your breath, again silently counting: 1, 2, 3. You can sit or stand while you take a breathing break. Try raising your arms up as you breathe in and lowering them as you breathe out. Close your eyes while you're doing your deep-breathing exercises. Sometimes your eyes need a break, too.



PRACTICE

Stretch



If you have been studying, your body has probably been pretty still for a while. Stand up and take a stretch break. Reach your arms over your head. Clasp your hands together and stretch your upper body from left to right, and then right to left. Now reach down to touch your toes. Practice your balance by stretching one leg behind you, then the other. Repeat this series until you feel ready to get back to work.

PRACTICE

Move In Place

You can also get some movement in without straying too far from your workspace.

Stand up and shake out your legs and arms. Do 10 jumping jacks. Now do 10 squats.

Now 10 karate kicks. Now run in place. In five minutes, you can really break a sweat!



PRACTICE

Dance

Put on a favorite song and dance around the room. If you have other family members around, ask them to join you in your dance party. You can even play Freeze Dance with them. Play some music, dance and ask a family member to pause the music whenever they fancy. When the music stops, you have to freeze in place. When the music starts up again, dance away!





PRACTICE

Count And Shake

Shake your right wrist and your right arm 10 times, counting down from 10 to 1. Now shake your left wrist and left arm 10 times, counting down 10 to 1. Shake your right ankle and your right leg 10 times, counting down 10 to 1. Shake your left ankle and your left leg 10 times, counting down 10 to 1. Go through that same process – right, left, right, left again – but this time start from 9 and count down. Repeat, now starting from 8 and counting down. Again from 7. And again from 6 ... all the way down to 1-1-1-1 and done!

PRACTICE

Tidy Up



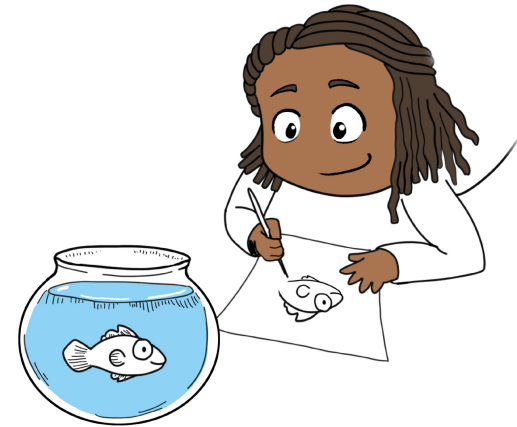
When we're all learning and working at home, things can get pretty messy pretty quickly. Walk around and help clean up a bit. Here are some ideas for tidying: make your bed, pick up and put away your toys or devices, collect any dirty clothes that are on the floor and bring them to a hamper, wash dishes waiting in the sink, water a plant or two. This will help keep your space neat and orderly, and your caregiver will appreciate it, too!

PRACTICE

Sketch

Sharpen a pencil, grab a piece of fresh paper and stretch your sketching muscles. Set a timer for five minutes and just draw.

Your sketch doesn't have to be perfect. You can try to draw an object in your room or from memory. Or you can make a sketch that represents something funny or silly that happened to you recently.



PRACTICE

Listen To A Song

Listening to music is a great way to unwind after completing a challenging task, or to get pumped up for the next thing on your to-do list. Maybe you have records or CDs at home, or a playlist on your computer or smartphone. Tune in and listen to a favorite song or try a new one. Close your eyes and try not to let anything distract you from listening. You may notice parts of the song that you hadn't before!



PRACTICE

Take A Water Break

Are you staying hydrated while you're learning at home? Use your next break to take a long drink of water! This will keep you healthy and energized for the work ahead.



PRACTICE

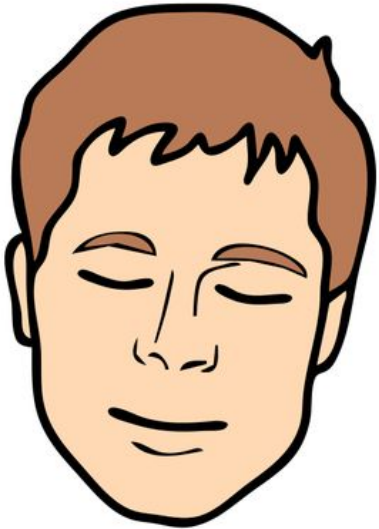
Cuddle Your Pet

Maybe you have a dog, cat or another animal at home that appreciates some affection from you.

Take a break and pet them gently. Cats love a little scratching behind the ears and most dogs enjoy a belly rub. Make eye contact with your pet, too. It releases good feelings in both of you.



PRACTICE



Visualize Your Surroundings

Close your eyes and try to visualize all of the objects visible in the room or space around you. List the items one by one in your head. When you think you've visualized everything, open your eyes and look around. What were you able to remember? What did you miss?

PRACTICE

Cat Pose, Cow Pose

In ancient India, people invented yoga poses to help stretch out the body and find balance and calm. If you just have five minutes, try flowing back and forth into cat and cow poses. Get on all fours and arch your back up. That's the cat pose. Then sink your back down so that it makes a bowl shape. That's a cow pose. For extra fun, make sounds as you do these poses! "Meow" when you arch your back up. "Moo" when you sink your back down.



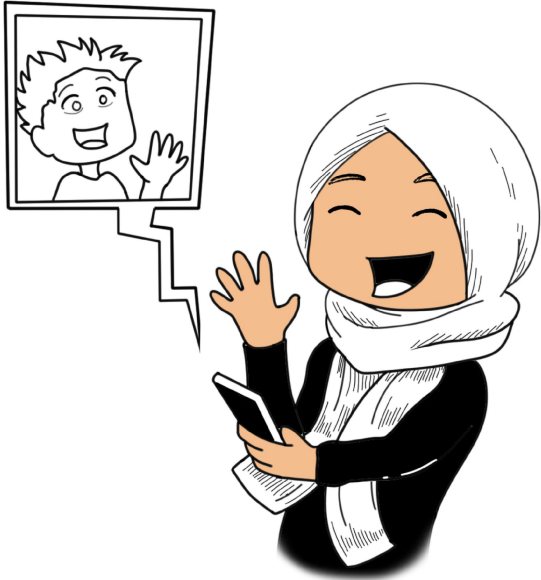
Cow Pose
Bhujangasana



PRACTICE

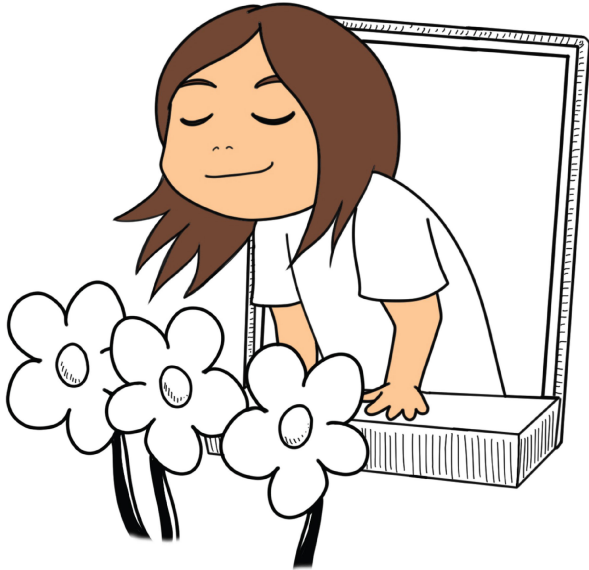
Reach Out To Someone

Think of a distant family member or friend who you'd like to see. Reach out to let them know! Take a break to text or email that person or – better yet – write them a physical note or postcard! Getting a paper note or card in the mail is bound to bring someone you love a lot of joy



PRACTICE

Get Fresh Air



These days, few of us are straying too far from home. But if briefly and safely stepping outside of your living space is possible, try to take advantage of it. Maybe you can stand on a porch or take a short walk around the block

If you have a yard, try doing somersaults or cartwheels in the grass, or laying back and watching the clouds above. Close your eyes and listen for birdsong in the air. If you can't go outside, open a window! Whatever activity you choose, the fresh air will help you reset and recharge for the rest of your day.

PRACTICE

More Ideas From Readers

A few of our readers sent in their favorite ways to take a quick break. Here are their suggestions. Thanks to everyone who has sent us an idea!

Do you have suggestions for other fun ways to take a five-minute break? Send them to us at editorial@newsela.com and we may add them to our list!

"How about making a craft?"
— Kayla

"I think you should add making a fun snack." — Kadence

"You should add playing a board game." — Alistair

"_I like to build legos during my breaks."
— Mackenzie

"You could read your favorite book!"— Magdalena

"I like to walk my dog around the neighborhood, or bike around the block." — Ayla

Something fun you can do is do a puzzle. If you start a puzzle one day, then you can do it for five to ten minutes, one or two times a day until it is finished." — Willa

PRACTICE

TOPIC:

Fill out the chart based on the article you just read.

Main idea: _____

Supporting detail:

Supporting detail:

Supporting detail:



PRACTICE (sample answers)

TOPIC: *breaks*

Fill out the chart based on the article you just read.



Main idea: *One of the best things you can do to optimize a day of learning at home is plan to take short, fun breaks. Scheduling yourself an occasional five-minute break will keep your energy levels up.*

Supporting detail:

Take a water break to stay hydrated and keep you from getting tired.

Supporting detail:

Stretch and move often so you don't get stiff and tired.

Supporting detail:

Move around; try jumping jacks or squats to keep your energy up.



Additional Resources

Looking for more articles to keep you reading? There are a lot of student-focused articles and resources at [newsela](https://newsela.com). You can find articles on many topics of interest geared specifically for students!

