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| **Monday May 4, 2020** |
| Activity 41 SEL Calendar 1/2Happy May everybody! To start off the new month I will be asking you to complete a social emotional learning activity daily, based off the calendar linked below. Please complete day 1 and 4 today. Capture a photo or write a short summary of what you did for the day and post it to Freshgrade.Activity 42 Time Capsule 1This week we will be focused on making a time capsule to help us gather some keepsakes and mementos that will remind us of this experience. If you have a box or a bag to keep everything in that would be handy. The booklet below will provide us with a guideline of what to do. If you don’t have a printer at home, please feel free to copy the page layout in your own journal and write in there. Today we will be working on the title page for our time capsule and pages 1-2 about living in the moment and about yourself. You may also choose to decorate the box or bag that you will be putting your time capsule writing and keepsakes in. When you are finished writing gather 1 -2 things that either inside your house or from outside that you want to put in your box to represent what you wrote about. Make sure your family is okay with you leaving it in the box (no living things or valuable items). Please take a photo of your completed pages and keepsakes and post to Freshgrade. Activity 43 Measurement 6 Please complete the following activities and post a photo on Freshgrade. Thigh high* Sit down and bend your knee
* Measure the length of your thigh bone, or femur (it stretches from your hip socket to your knee)
* Compare that measure to your height
* What do you notice?
* What relationships exist?

\*your height is about 4 times the length of your femurMoney, Money, Money* Estimate how tall a stack of 100 loonies would be (loonies are almost 2mm thick)
* How did you figure it out?
* If you measure your height stacked in loonies, how much would you be worth?
* How did you figure it out?
* Estimate how heavy 100 loonies would be (loonies weight about 6 grams)
* Could you carry that?
* How did you figure it out?
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| **Tuesday May 5, 2020** |
| Activity 44 SEL Calendar 3Please complete a daily activity from the calendar. Capture a photo or write a short summary of what you did for the day and post it to Freshgrade.Activity 45 Time Capsule 2 Today we will be working on the page 3 - 4 about feelings and your community. When you are finished writing gather 1 -2 things that either inside your house or from outside that you want to put in your box to represent what you wrote about. Make sure your family is okay with you leaving it in the box (no living things or valuable items). Please take a photo of your completed pages and keepsakes and post to Freshgrade.Activity 46 Measurement 7Please complete the following activities and post a photo on Freshgrade. Size Does Matter* Would you rather…?
* Long jump 3 meters or long jump 295 cm?
* How long IS that?
* Would you rather…?
* Catch a fish that’s 250mm long or one that’s 30cm long?
* How long IS that?
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| **Wednesday May 6, 2020** |
| Activity 47 SEL Calendar 4Please complete a daily activity from the calendar. Capture a photo or write a short summary of what you did for the day and post it to Freshgrade.Activity 48 Time Capsule 3Today we will be working on the page 5 – 7 about things to do at home, handprints and special occasions. When you are finished writing gather 1 -2 things that either inside your house or from outside that you want to put in your box to represent what you wrote about. Make sure your family is okay with you leaving it in the box (no living things or valuable items). Please take a photo of your completed pages and keepsakes and post to Freshgrade.Activity 49 Measurement 8 Please complete the following activities and post a photo on Freshgrade. Size Does Matter* Would you rather…?
* Coil a rope that’s 5 meters long or one that’s 600 centimeters long?
* How long IS that?
* Would you rather…?
* Walk 1 kilometer to school or walk 1000m to school?
* How long IS that?
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| **Thursday May 7, 2020** |
| Activity 50 SEL Calendar 5Please complete a daily activity from the calendar. Capture a photo or write a short summary of what you did for the day and post it to Freshgrade.Activity 51 Time Capsule 4Today we will be working on the page 8 about letter to self. When you are finished writing gather 1 -2 things that either inside your house or from outside that you want to put in your box to represent what you wrote about. Make sure your family is okay with you leaving it in the box (no living things or valuable items). Please take a photo of your completed pages and keepsakes and post to Freshgrade. You might want to use a piece of string to measure how tall you are and leave it in the box. Activity 52 Measurement 9 Please complete the following activities and post a photo on Freshgrade. Size Does Matter* Would you rather…?
* Climb a tree that’s 8 meters tall or one that’s 750 centimeters tall?
* How tall IS that?
* Would you rather…?
* Dig a hole 400 centimeter deep or one that’s 3 meters deep?
* How deep is that?

Activity 53 Think Outside the Box* Use the image below to create something that it reminds you of or create something from your imagination
* Post a photo of your creation on Freshgrade

A close up of text on a white background  Description automatically generated |
| **Friday May 8, 2020** |
| Activity 54 SEL Calendar 6Please complete a daily activity from the calendar. Capture a photo or write a short summary of what you did for the day and post it to Freshgrade.Activity 55 Time Capsule 5Today we will be working on the page 9 - 10 about your parents. Please interview them and have them write a letter to you. When you are finished writing gather 1 -2 things that either inside your house or from outside that you want to put in your box to represent what you wrote about. Make sure your family is okay with you leaving it in the box (no living things or valuable items). Please take a photo of your completed pages and keepsakes and post to Freshgrade.Activity 56 Measurement 10 Please complete the following activities and post a photo on Freshgrade. Size Does Matter Keeping time* Set a timer for 60 seconds
* How many stars can you draw in 60 seconds?
* Count them
* How many could you draw in 5 minutes?
* How did you figure it out?
* Set a timer for 60 seconds
* How many times can you write your name in 60 seconds?
* Count them
* How many times could you write your name in five minutes?
* How did you figure it out?

Sunday May 10, 2020 is Mother’s Day! Here are some optional activities to celebrate any important female figures in your life ☺ If you would like to share what you did, please post it to Freshgrade! Write a card sharing the things you are grateful for about your Mom. Select one of the activities pictured below to present your gratitude. If you have other figures in your life that you would also like to create a card for, go for it! Spread as much love and care as you can! The following are some options:   Think about something special your Mom would like for Mother’s day. Brainstorm with your family members and share with them what you are going to do to surprise her. Some options could be:* Making a meal for you Mom with your family members
* Letting Mom choose what movie to watch
* Give Mom some quiet time
* Get a favourite treat or snack
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