

Morning message:

Good morning. I hope you all had a great weekend. Today we will read a book together and talk about the main idea.

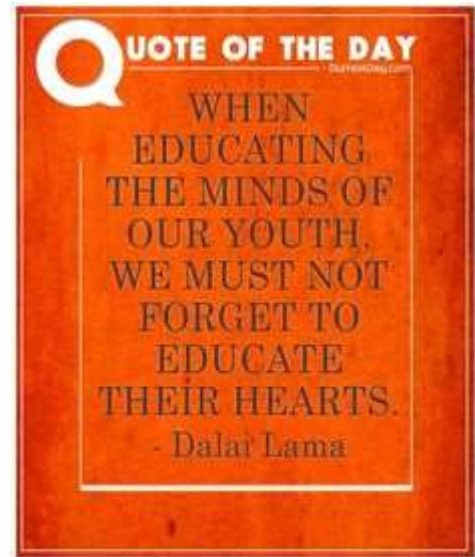
I wonder if you are working on your 100 challenge. I have painted 30 flowers now! Do you know how many I have left to do?

Monday

June 1



Today's Inspiration:



30
minutes

Gym (or your 100 Challenge activity if it involves exercise)

INSIDE CHOICES:

Zumba: [I like to move it](#); [Minions Song](#); [Better When I'm Dancing](#); [Toca Toca](#); [Gangnam Style](#); [Old Town Road](#)

Work Outs:

[Family Fun Cardio](#); [Kids Circuit Workout](#); [Born To Move](#); [Circuit Drill Workout](#)

FLIP A COIN WORKOUT

	Heads:	Tails:
1st time	15 jump squats	25 calf raises
2nd time	60 jog in place	25 jumping jacks
3rd time	20 kneeling pushups	10 pushups
4th time	20 jumping jacks	50 jog in place
5th time	40 high knees	40 jumping jacks
6th time	35 crunches	20 sit-ups
7th time	10 pushups	20 kneeling pushup
8th time	60 jog in place	25 jumping jacks
9th time	50 crunches	20 sit-ups

OUTSIDE CHOICES:

- Bike riding
- Skipping
- Soccer
- Frisbee
- Hula Hoops
- Create your own game!

20-30
minutes

***I Can Read**

Read/listen to a *Fiction* book on [Bookflix](#) or [Epic!](#) then draw and write about [3 Events From the Story](#)

10:30

Recess

15

minutes



D.E.A.R. (Read to Self)

Find some books, a quiet spot, and read to yourself for 15 minutes. Do you have some 'reading' glasses or finger eyeballs to read with



11:00

Zoom

Read aloud + main idea



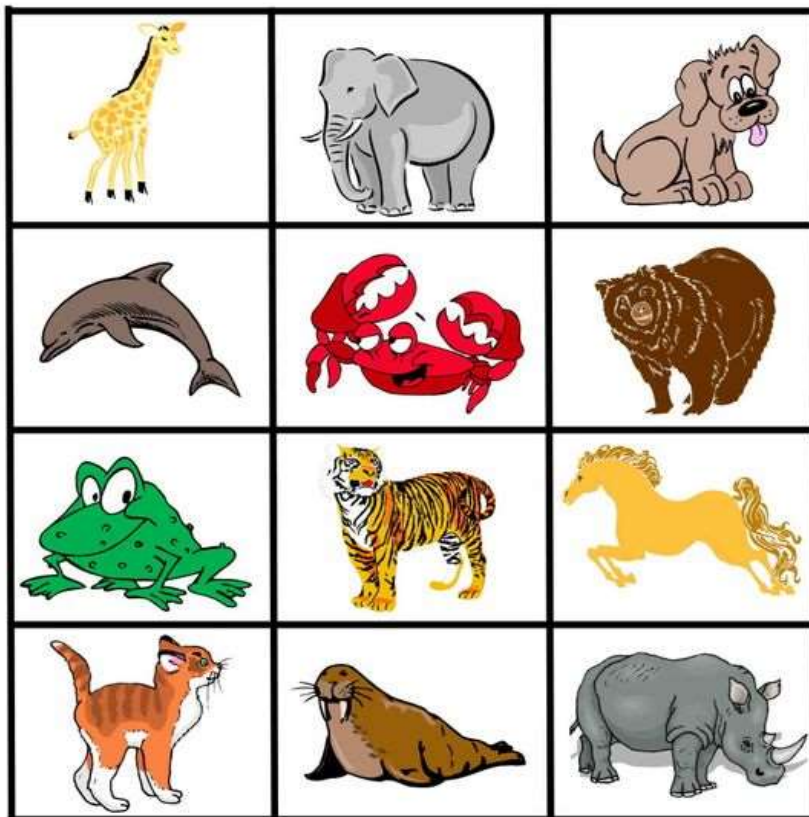
20

minutes

Drama

Can you act out the animals below **without** using any sound???

Animal Charades



www.layers-of-learning

20

minutes

*Math

NUMBERS SCAVENGER HUNT

- Find 1 stuffed animal.
- Find 2 books.
- Find 3 spoons.
- Find 4 pillows.
- Find 5 doors.
- Find 6 crackers.
- Find 7 shoes.
- Find 8 blocks.
- Find 9 pennies.
- Find 10 crayons.



12:00

Lunch

60

minutes



Art

If you don't have a roll of long paper—you can use paper taped together...or copy this poem into a card for someone you love...

*Apples are red
The sky is blue
I'm sending a hug
Because I miss you!*

Or come up with your own poem...of course!!!

[Mail A Hug](#)



MAIL A HUG

An easy way for kids to brighten the day of a friend or loved one that they don't see often!



60

minutes

Games & Choices

Check out this week's challenge for Games & Choices time:

It's [Construction Play!](#)



This type of play will help develop the following skills:

- Storytelling
- Balance and equivalence
- Engineering
- 3 dimensional shapes

Think outside the box—and use different materials to build with...



- Toothpicks and cut sponges
- Clothespins
- Rug or fabric scraps

Dismissal