

Morning message:

Good morning. Today we will have a story time with Mrs. Lynka in our Zoom meeting. I wonder what book she will read for us?

For math today you will create a picture with pattern blocks...find out how below!

Thursday
May 14th



Today's Inspiration:



"If good things lasted forever, would we appreciate how precious they are?"
-Aesop

8:55

Daily3 (Don't forget a timer will help your child move from one activity to the next)



Get out your lined paper or writing book, and work on **writing poems** for 20 minutes. The word wall, sentence starters and topic ideas are available on the [Resources](#) page.

Choose 1



[Raz](#) Kids—check out your assigned book...or choose one



[Storyline](#) or [Bookflix](#) + [Response](#) sheet



[Roll](#) and Retell—choose books online or from your own library







Choose 1

Choose a [game](#) don't forget you might need the [word wall](#)



Today's Spelling Challenge: Find 4-6 items that begin or end with the letter **Zz**—draw and label them on a piece of paper.

<p>10:00</p> 	<p>Story with Ms. Lynka Show & Tell: Angelina</p>
<p>10:30</p>	<p><i>Recess</i></p>
<p>10:45</p> 	<p><u>Yoga</u> Check out the yoga ideas above or be your own Yoga leader and relax yourself through the yoga poses you remember from class. Don't forget to relax in Do Nothing Doll at the end...Namaste.</p>
<p>11:00</p>	<p>*Math Today I would like you to create a picture using technology. We will use the pattern block manipulatives on Cool Math For Kids. I know in class you spend hours making designs and pictures with the pattern blocks—so here's your chance at home! Be creative! Once your picture is done, you can save it by right clicking on your mouse. I would love to see what you have done—I'm going to make a page for your portfolio with this math lesson. 😊</p>
<p>12:00</p>	<p><i>Lunch</i></p>
<p>1:00</p>	<p>Gym Inside or Outside... It is supposed to rain today—so you might want to have an inside gym. I found a new workout—it's kind of funny because the kids in it are digital... <u>INSIDE:</u> Check out the Resources page (look under Physical Health & Education) on our website for the dances we do inside our classroom when the gym is closed. They are all available on YouTube! Or you can try this new workout on YouTube—it's 24 minutes long! If you can brave the rain take it <u>OUTSIDE:</u> Grab your skipping rope, a soccer ball or your bicycle and head outside to enjoy some exercise—If we were at school, we would continue to</p>

	<p>practice our skipping for the Jump Rope for Heart event...so skip away. If you're looking for a skipping challenge check out the image below...</p> <div data-bbox="548 268 1339 562"> <p>Front Cross</p> <ol style="list-style-type: none"> 1. With the rope in front of your feet, cross your right arm over your left arm in front until your elbows touch and your hands extend beyond your waist. Rotate your wrists. 2. Start with the rope behind your feet. Swing the rope overhead, crossing your right arm over your left arm. Don't jump. Check your hand placement. 3. Repeat Step 2. Jump one time with your arms crossed so the rope goes under your feet and continues back overhead. 4. Repeat Step 3. When the rope comes back overhead, open your arms for a Basic Jump.  </div>
<p>1:30</p>	<p>*Theme Core Competency</p> <p>I am kind to others, can work or play co-operatively, and can build relationships with people of my choosing.</p> <p>Kindness Character Tree Video</p> <p>Draw a picture (or take a picture) of how you show kindness to others—if you send it to me, I can make a page for your portfolio.</p> 
<p>2:00</p>	<p>Games & Choices Challenge</p> <p>Growing Things</p> <p>What will you work on today...?</p> <ul style="list-style-type: none"> • Ways to measure? • Drawings of what you notice? Are you using labels? • Writing a story about your seeds/plants? • Another idea??? <p>Happy growing!</p> <p>See below for food that will grow itself...</p>
<p>3:02</p>	<p><i>Dismissal</i></p>

FOOD THAT *magically* REGROWS ITSELF

UPCYCLE YOUR FOOD SCRAPS FOR THE MOST HYPER LOCAL FOOD ON THE BLOCK

GREEN ONIONS, LEMONGRASS, LEEKS, FENNEL & SPRING ONIONS



1:

Place roots ends in water but don't fully submerge them. Change the water daily.



2:

In 3-5 days, growth begins. Harvest the greens when full, then repeat the process.

3:



Harvest lemongrass once it becomes a full stalk. Simply cut off what you need without uprooting the plant.

CELERY, CABBAGE, ROMAINE LETTUCE & Bok Choy

1:



Submerge the roots, leaving the tops above the water line.

2:



Spray with water a couple times a week, replacing the water every few days. Leaves will sprout in about a week.

3:



Plant the cutting with only the leaves above soil. Harvest when fully grown, about 1 month.

GINGER

1:



Soak the chunk of ginger overnight.

2:



Submerge in moist soil. Keep watering until shoots appear.

3:



Ready to harvest in a pot. Simply remove entire plant, use what you need and repeat.

ONION

1:



Plant root end and slightly cover it in soil. Keep soil moist.

2:



Carefully separate the new onions, leaving the roots attached, and plant them.

3:



Occasionally cut the leaves down to promote full growth. It can take up to 5 months for plants to mature enough for harvest.

GARLIC

1:



Submerge garlic close halfway in moist soil. The larger the cloves, the larger the resulting bulb.

2:



So the plant in a sunny window, keeping the soil moist.

3:



The bulbs will be ready for harvest in early summer when the bottom 1/3 of the leaves have yellowed.

MUSHROOM

1:



Use a mixture of vermiculite and soil.

2:



Plant the mushroom stem in the soil with only the surface of it exposed.

3:



If the cutting takes, new growth happens quickly. Harvest and repeat.

POTATOES & SWEET POTATOES

1:



Cut into 2 pieces, each having 1-2 "eyes" on it. Let pieces sit at room temp for a few days, until fully dry.

2:



Add more soil as the plant grows until it is about 6" tall.

3:



Grow sweet potatoes in a warm, dry place for 2 weeks before using. This is what makes them sweet.

PINEAPPLE

1:



Slice off the green leafy top and remove all fruit. Carefully remove the bottom leaves until you see root buds.

2:



Place in water for two weeks to form roots.

3:



Grow indoors in the first few months but it will be 2-3 years before harvest.

CREDITS:

http://www.regrow.com
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 Chris Runney / @runneychris

WHOLE FOODS