

Morning message:

Hello everyone. I really enjoyed listening to Charlie play her Ukelele yesterday—playing an instrument is a great skill to have.

Today we will learn about the school's "100 Challenge" and do geometry with counters!

Thursday

May 21st










Today's Inspiration:

There is not enough time
to do all the nothing
we want to do.

Bill Watterson



<p>20-40 <i>minutes</i></p>    	<p>Daily3 (Don't forget a timer will help your child move from one activity to the next)</p> <p>Choose 1 Raz Kids—check out your assigned book...or choose one Storyline or Bookflix + Response sheet</p> <p>*Choose 1 Choose a game don't forget you might need the word wall</p> <p>Get out your lined paper, and work on writing poems for 20 minutes. The <u>word wall, sentence starters and topic ideas</u> are available on the Resources page.</p>
<p>15 <i>minutes</i></p>	<p><i>Recess</i></p>
<p>15 <i>minutes</i></p> 	<p>Yoga 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. Check out the new Superhero and Arctic Animal Yoga Poses!</p>

<p>11:00</p> 	<p>Math</p> <p>Today we will learn about The Confederation Park 100 Challenge!</p> <p>Don't forget to bring 20-30 counters of the same size for today's <u>activity</u>.</p>																														
<p>20 minutes</p>	 <p>Library</p> <p>Listen to Mrs. Lynka read-Good Morning Superman, read one yourself, or find one on the Storyline list.</p>																														
<p>60 minutes</p>	<p><i>Lunch</i></p>																														
<p>30 minutes</p>	<p>Gym</p> <p><u>INSIDE CHOICES:</u></p> <p>Zumba: I like to move it; Minions Song; Better When I'm Dancing; Toca Toca; Gangnam Style; Old Town Road</p> <p>Work Outs:</p> <p>Family Fun Cardio; Kids Circuit Workout; Born To Move; Circuit Drill Workout</p> <div data-bbox="646 1199 1242 1753" data-label="Complex-Block"> <p style="text-align: center;">FLIP A COIN WORKOUT</p> <table border="0" style="width: 100%; text-align: center;"> <thead> <tr> <th></th> <th>Heads:</th> <th>Tails:</th> </tr> </thead> <tbody> <tr> <td>1st time</td> <td>15 jump squats</td> <td>25 calf raises</td> </tr> <tr> <td>2nd time</td> <td>60 jog in place</td> <td>25 jumping jacks</td> </tr> <tr> <td>3rd time</td> <td>20 kneeling pushups</td> <td>10 pushups</td> </tr> <tr> <td>4th time</td> <td>20 jumping jacks</td> <td>50 jog in place</td> </tr> <tr> <td>5th time</td> <td>40 high knees</td> <td>40 jumping jacks</td> </tr> <tr> <td>6th time</td> <td>35 crunches</td> <td>20 sit-ups</td> </tr> <tr> <td>7th time</td> <td>10 pushups</td> <td>20 kneeling pushup</td> </tr> <tr> <td>8th time</td> <td>60 jog in place</td> <td>25 jumping jacks</td> </tr> <tr> <td>9th time</td> <td>60 crunches</td> <td>20 sit-ups</td> </tr> </tbody> </table> </div> <p><u>OUTSIDE CHOICES:</u></p> <ul style="list-style-type: none"> • Bike riding • Skipping 		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	60 crunches	20 sit-ups
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- Soccer
- Frisbee
- Hula Hoops
- Create your own game!

20
minutes

*Special Project

Work on your animal research book. Check and make sure you have included the following pages:

- Appearance (label a drawing)
- Habitat
- Predators
- Prey/Diet
- Special Facts (2 pages)

If you have empty pages you might consider adding:

- Diagrams (close up of paws, claws, mouth, or face)
- Glossary of important words related to your animal
- The tracks your animal makes (it's footprints)
- A map that shows where your animal lives



The red area on this map shows where polar bears live.



60
minutes

Games & Choices

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

It's [Water Play!](#)

This type of play will develop the following skills:

- Volume
- Properties of water
- Engineering
- Problem solving

Option: Make it a sensory table and change out the materials to beans, rice,



	pasta, dirt, sand, etc.
	<i>Dismissal</i>