

Morning message:

Hello everyone. I hope you had fun cutting shapes yesterday. I was amazed at all the different shapes you were able to make.

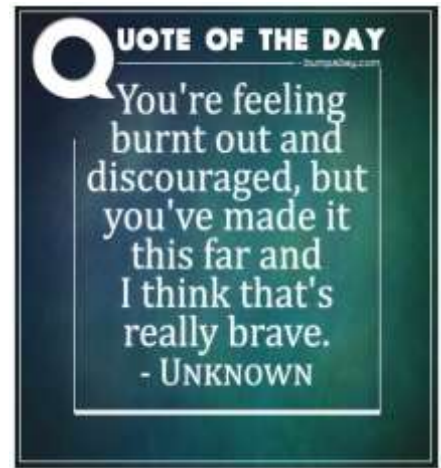
Today you will use triangles to make other shapes. Can you see the connection to yesterday?







Have fun.

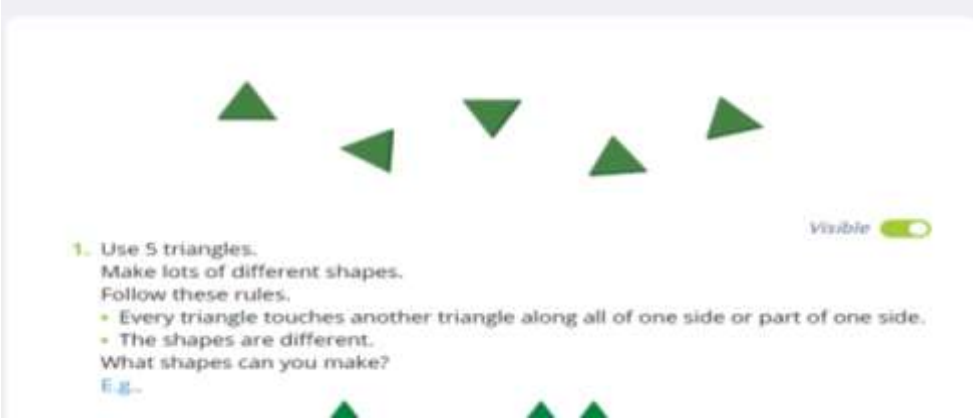
Thursday
May 28th



Today's Inspiration:



<p>20-40 minutes</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 minutes</p>	<p><i>Recess</i></p>
<p>15 minutes</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.</p>
<p>11:00</p> 	<p>Zoom Library with Ms. Lynka</p>

<p>20 minutes</p>	<p>Math Use the triangle Pattern Block Manipulatives to follow the instructions below:</p> 																														
<p>20-30 minutes</p>	<p>*Diorama Continue working on your Animal Research Diorama.</p>																														
<p>60 minutes</p>	<p><i>Lunch</i></p>																														
<p>30 minutes</p>	<p>Gym (or your 100 Challenge activity if it involves exercise) <u>INSIDE CHOICES:</u> Zumba: I like to move it; Minions Song; Better When I'm Dancing; Toca; Gangnam Style; Old Town Road Work Outs: Family Fun Cardio; Kids Circuit Workout; Born To Move; Circuit Drill Workout</p> <div style="text-align: center;"> <p>FLIP A COIN WORKOUT</p> <table border="0"> <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 • Soccer • Frisbee • Hula Hoops • Create your own game! 		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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30

minutes

Core Competency



After you finish building your animal research diorama please tell someone in your family a story about how and why you made it (what each part represents).



I can represent my learning, and tell how it connects to my experiences and efforts.

60

minutes

Games & Choices

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

It's [Maker Play!](#)

Other Activities:

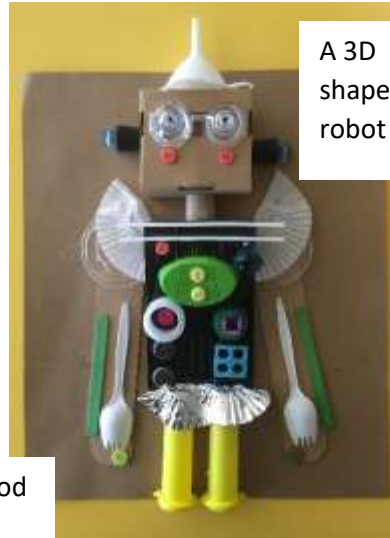
- Write a poem about your creation
- Use your creation in a story
 - if you made a setting, add characters, problem, and solution
 - if you made a character, add setting, problem, and solution
 - you can record your story and send it to me (or write it [down](#))
- If you made a game—write up the rules on how to play



A toy
or
game



A neighbourhood



A 3D
shape
robot

Dismissal