

WEEKLY LISTS

These weekly lists are provided for you to work with us to maintain continuous learning for your child. These lists include student centered choices to explore throughout the week. Some choices may be repeated weekly as repetition is an essential part of the learning process.

Please have your child pick one option from each category for the day. You can repeat options for several days.

Our main goal is to ensure your child's social emotional well-being. Please keep the following in mind while helping your child learn:

- Use encouraging words
- Breaks are recommended
- Less is more
- Create a routine

EXTENSIONS

Please [click here](#) to see the classroom blog for a list of websites or apps that are available if you would like extensions for learning.

Or you may wish to continue visiting the district website please [click here](#)

UPDATES

A weekly list will be posted to our classroom blog each Monday.

Any further updates regarding continuous learning will be found on the school website and classroom blog.

CONTACT

Please feel free to contact me via email. I will be responding to emails Monday to Friday between 9:00 and 3:00.

WEEK 1

HEALTH AND WELLNESS

Pick one activity below to do for a maximum of 30 minutes:

- An independent activity that you love
 - Reading
 - Drawing
 - Colouring
- Build a Fort: Use items around your home and yard and build a fort to play in!
- Making Mud Pies: Collect dirt and outdoor materials from outside. Using any baking dish or metal pie plate, create a mud pie by mixing water and dirt together. Use other objects found in nature to decorate your mud pie. You'll need: water, soil/dirt, sticks, an old mixing spoon, a towel/ rag, and natural items such as rocks, shells, leaves, grass, and flowers.
- [Click here](#) to visit GoNoodle – pick one video to follow

LITERACY

Pick one activity below to do for a maximum of 30 minutes:

- Write a weekly journal. If you have a small lined workbook or lined paper, please use this for your child's daily journal. Students can pick a journal starter below or make up their own!
 - If I was the sun I would ...
 - I wish trees could _____ because...
- Create a dictionary:
 - If you have an extra lined workbook or lined paper, help your child create their own at home dictionary of frequently used words. This will be filled out as they write their weekly journal and ask you for correct spelling of words. Please try and sound out the words with them so they can come to the answer themselves.
 - At the top of each page write "Aa" or "Bb", "Cc" etc. so that children will know where to look when seeking out the correct spelling of a word.

Extension activity:

- Using post-it notes, children can help spell the word of an object around the house and put the post it on it as a daily reminder
- For example, "cupboard"
- Visit [RAZ Kids](#) and read two books OR read two books at home to a family member
- Create a poster for your window with a message of hope or a thank you to essential workers.

NUMERACY

Pick one activity below to do for a maximum of 30 minutes:

- Prodigy
- Log onto prodigy and sign in using your username and password sent to your email
- Play for 15 mins

- Help set the table for dinner. Find out the total number of plates, glasses, forks, knives, and spoons. Try and add them together. Draw a picture of the table.
- Keep track of the weather starting today. A week from now answer the following:
 - How many sunny days? Rainy days? Cloudy days?
 - How many more sunny days than rainy days?
- Draw a picture of your family from shortest to tallest. Label each one. Measure each family member with your markers (or any other unit of measurement!) to measure their length. Write their lengths under their picture.

MUSIC

- Click on the link below to access Ms. Chastko's music activity for this week!
- <http://sd41blogs.ca/chastkos/mr-thola-mrs-thola-mrs-ross-ms-gastaldo-ms-ssemanda/>