

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 3

HEALTH AND WELLNESS

Pick one activity below to do for a maximum of 20 minutes:

- **Fitness Stations.** Create fitness stations around your space (living room, backyard, garage, driveway). Lay out the equipment you'll need at each station. Rotate through the stations and spend **1 minute** at each. (Station Ideas: skipping, hopping, rolling, arm circle, jumping jacks, ball toss).
- **Search and Find.** Head outside. Find, draw, and describe the following: 3 items that are brown, 1 item that is rough, 1 item that is soft, 1 item that is cold.
- **Quiet time.** Do an independent activity that you love.
- Visit GoNoodle and dance along to – [Twist and Shout](#)

LITERACY

Pick one activity below to do for a maximum of 20 minutes:

- Write a **weekly journal**. Students can pick a journal starter below or make up their own! Use the dictionary you made to help you.
 - If I was a turtle I would ...
- Visit [RAZ Kids](#). **Read one book. Record yourself** reading this (click the book button – not the headphone button, then click the **red record button at the top of the book**). These recordings will get sent to me through my teacher account. Remember to use a **loud voice** so that Ms. Ssemanda can hear you!
- **Write a letter:**
 - To someone in your family
 - Your neighbor
 - Your friend
 - Ms. Ssemanda
- Choose a word that has a common spelling pattern (e.g. **-est, -ike, -eat, -ight, -ow**). Write as many **rhyming words** as you can with the same spelling pattern. Choose one more and do the same thing.

NUMERACY

Pick one activity below to do for a maximum of 20 minutes:

- **Prodigy** Log onto prodigy and play for 15 - 20 mins
- **"How Many in a Minute"** How many times can you clap in one minute? Estimate first, then try! Create other "How Many in a Minute" challenges.
- **Money Time:** First review the amounts and names for 5¢, 10¢, 25¢, \$1 and \$2 (Nickel, Dime, Quarter, Loonie, Toonie) by writing the value of the coin in cents and then the name of the coin. Count coins by 5's, 10's, 25's, 1's and 2's. With coins try adding different combinations of money!
- **Sorting Time!** Choose a set of toys or objects in your home. Can you sort them using 2 attributes? (Sort by size and shape, or by colour and shape etc.)

FLEXIBLE LEARNING

Pick one activity below – these activities have a flexible time-frame:

- ***MUST DO*** Read “What to do when we Zoom” with your grownup. Why are these expectations important to follow? How will you show respectful listening in these meetings?
- Check out the [potato update](#) on our website! Find out **how tall our sprouts have grown!**
- **Music** – [Ms. Chastko's weekly learning](#) - **Make your own instrument!**
- Visit [Ms. Askew's blog](#)