

## 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 4

### HEALTH AND WELLNESS

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

- **Create a quiet space** for you to have your very own calm down corner. What do you need to help you to become calm?
- **Help your parent with a chore** (fold laundry, set the table, clean-up toys)
- **Go for a walk/drive/look out your window to look for:**
  - Hearts/signs on windows
  - Changes around you (flowers/birds/trees)
  - Animals on the ground
  - People
- Visit **GoNoodle** and follow the video [Make a Time Capsule](#) with the help of a parent!

### LITERACY

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**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 your dictionary to help you.
  - My favourite stuffed animal or toy is ... (tell me why)
- Visit **Epic Books** and read two books OR read two books at home to a family member
- Create a 4 to 6-frame **comic strip** or **written story** based on a topic of your own choice. Draw pictures and use speech and thought bubbles to show what the characters are saying and thinking. Make sure to include a **problem** and place your **character(s)** in a **setting!**
- Read or listen to a story and discuss what happened in the **beginning, the middle, and the end.**

### NUMERACY

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

- **Prodigy:** Log onto prodigy and play for 15 – 20 mins
- **Find 5 different sized cans** in your kitchen cupboard. Hold one in each hand at a time. Compare their weights. Can you order the cans from least amount of weight (lightest) to the most amount of weight (heaviest)?
- **Play store:** Create price tags for items such as books or small toys with prices of 5¢, 10¢, 25¢ or 50¢. Invite someone to shop at your 'store' by selecting two or three items at a time. How much will they have to pay you?
- **Time:** Go over time with your parents. What does the **long hand** mean? What does the **short hand** mean? **Draw a clock** with the help of your parent and move the hands to make on the hour and half hour times (7:00, 7:30, 8:00, 8:30, etc.)

## FLEXIBLE LEARNING

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

- Check out the [potato update](#) on our website! Our sprouts are still growing tall!
- **Music** – [Listening Activity](#) on Ms. Chastko's learning blog
- Visit [Ms. Askew's blog](#) for her weekly lesson
- **Library** – Click to hear Ms. Carson read a book: "[The Heart of a Whale](#)"