

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 5

HEALTH AND WELLNESS

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

- **Dance!** Listen to your some of your favourite songs and dance like no one's watching!
- **Testing Your Taste Buds:** Close your eyes and hold your nose. Your partner will choose a few mystery items from the fridge/pantry. Once your partner gives you a little taste, describe the taste and see if you can properly identify the food item.
- **Exploring Your Recycling Bin:** What do you have in your recycling bin(s)? Design and create a futuristic machine using what you choose
- [Click here](#) to visit **GoNoodle** and make Ooblek (it's a solid & a liquid!)

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 your dictionary to help you.
 - If all the streets were rivers, I would...
(tell me how you would get around!)
- **Map a story book.** Read, have someone read to you, or tell a story about an adventure. **Draw a simple map** showing where one of the characters went in the story, or in part of the story. Be sure to **include objects from the story** that will help you describe the character's movement. Think about the **beginning, middle, and end**.
- 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!
- **Call, Facetime, or video chat** with a family member or friend. When you are done, tell someone in your house about three things you talked about.

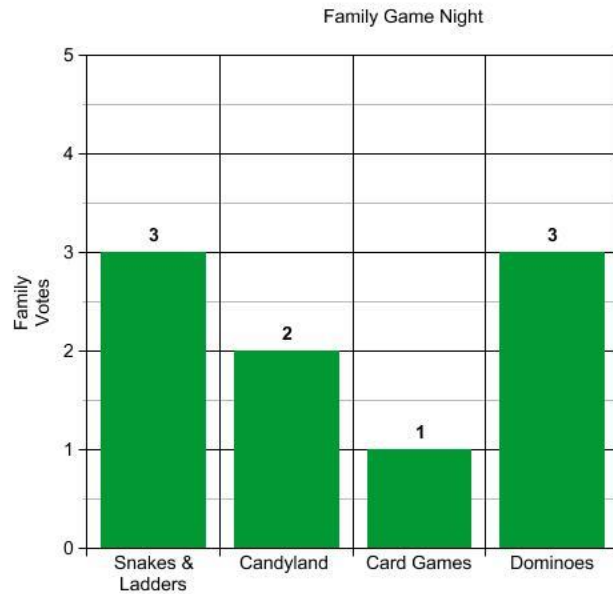
NUMERACY

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

- **Prodigy:** Log onto prodigy and play for 15 – 20 mins
- **Show three ways to spend one dollar:**
Lunch Menu: Banana - 15¢
Apple - 20¢
Drink - 25¢
Cookie - 5¢
Pizza - 35¢
Taco - 50¢
- **How Much?** Place a variety of coins (nickels, dimes, quarters) in a mixed-up pile. Ask your child to sort them into groups by coins. Have your child skip count to tell you the total amount

for each coin (e.g., 50 cents in dimes). **Challenge** – can you find the total amount of all the coins?

- This is a graph created by one family to plan Family Game Night. **Why do you think they created this graph? How can it help the family decide what game to play?** Make your own Family Game Night chart and ask your family to vote.



FLEXIBLE LEARNING

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

- Check out the [potato update](#) on our website! Our sprouts are still growing!
- **Music** – on [Ms. Chastko's learning blog](#)
- Visit [Ms. Askew's blog](#) for her weekly lesson