

## 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 7

### HEALTH AND WELLNESS

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

- Talk to your adult about how you're **staying healthy**. When do you need to wash your hands? What is physical distancing? How far away is 2 meters?
- **Pretend you are on a "reading vacation" at the beach.** Set up a towel to lay on, put on a bathing suit, or other beach attire, grab some water, maybe a snack, and lay on the "beach" reading your book, magazine, anything you have in your home to read. Do you need your sunglasses?
- **Building Challenge:** Using items found outside or around your house, build a tall structure. How tall and stable can you make your structure?
- Visit **GoNoodle** and follow the video "[How to make butter](#)" 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.
  - If I had to choose between a million ice cream cones or a million chocolate bars 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!
- **Career Time!** Think about a job you would like to do in the future. What are some things you would have to do? Write down what your day would be like and draw yourself in your future job!
- **Choose 5 to 10 words** that your child is trying to learn how to spell/read. Write the words out on cards (at least two sets of each word). Play Go Fish or Concentration with the words

### 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
- **Make your own bar graph!** Choose a topic (like favourite ice cream flavours or favourite toys) and ask family members and call friends to get their vote. Place at least 4 options on your graph. What got the most votes?
- **Measuring Hat Size:** Who in your home wears the biggest hat? Do you think you know? Find a long piece of string or yarn. Use it to measure the distance around each person's head where a hat would sit. Mark the string with a different colour for each person. You can use the measurements to make paper hats or headbands.

- **Missing Titles!** Look at the graphs below. The title is missing from each graph so we can't be sure what they are about. What do you think each graph might be about? Can you think of another idea? Write a title for each graph based on one of your ideas.

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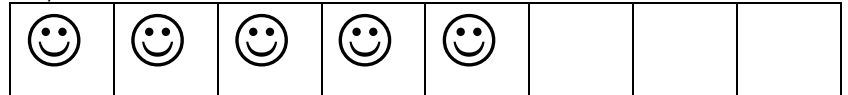
Watch tv



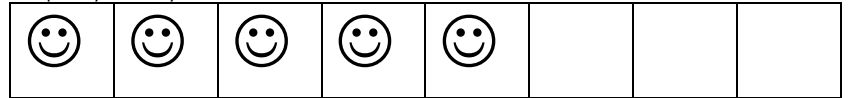
Read a book



Play with friends



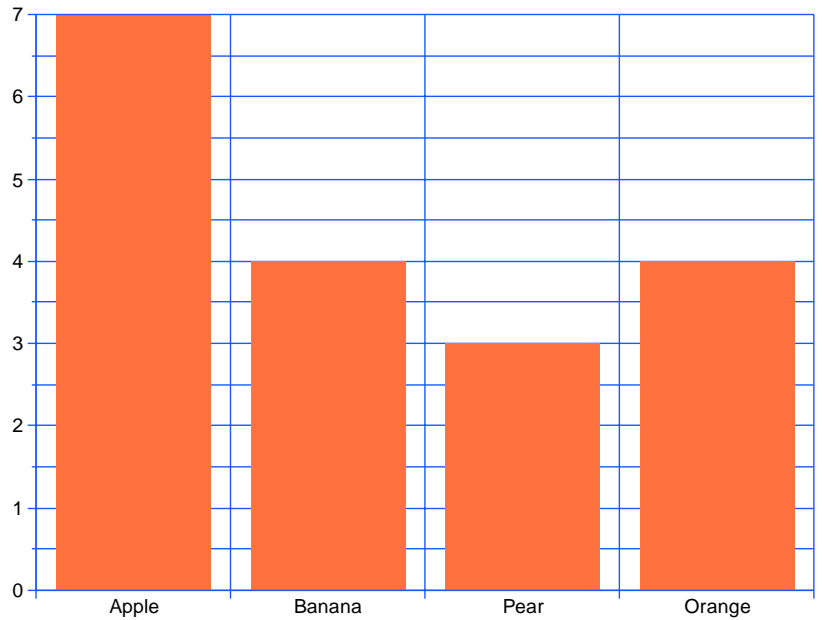
Help my family




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## 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 tall!

- **Music** – [Listening Activity](#) on Ms. Chastko's learning blog
- Visit [Ms. Askew's blog](#) for her weekly lesson
- Visit Ms. Carson's [virtual library](#) and pick a book to read!