

## 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 8

### HEALTH AND WELLNESS

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

- **Draw a picture** of yourself today. Write about 5 things that make you special.
- **Put some objects up to light** (window or light bulb). What objects can you see the light through?  
**(Transparent/translucent)** What objects block the light?  
**(Opaque)**
- **Be an environmental art student!** Create a work of art using natural materials found in the world around you. What do you like best about your work of art? How could it be improved?
- Visit **GoNoodle** and follow the video [Make a Fortune Teller](#) to predict the future (kinda!).

### 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 could fly to space or swim to the bottom of the ocean I would ... (tell me why!)
- Visit **Epic Books** and read two books OR read two books at home to a family member
- **Read or listen to a story**. Find one thing from the story that reminds you of something in your life. Tell someone about it. How did it help you to understand the story?
- **Write as many words** as you can using the letters from your **first and last name** (middle name(s) as well if you want).

### NUMERACY

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

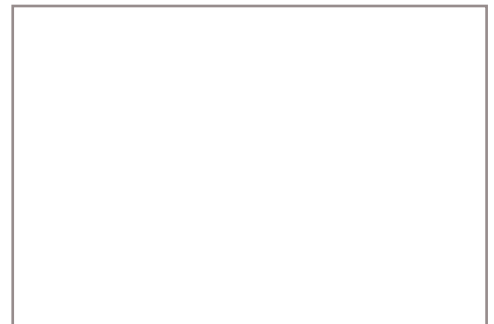
- **Prodigy**: Log onto prodigy and play for 15 – 20 mins
- **Read** the poem Popcorn! by Helen Moore. **How many times do you hear the “op” sound?** Use tally marks to organize and keep track of your data.

Pop! Pop! Popcorn!  
Popping in the pot.

Pop, pop, popcorn;  
Eat it while it's hot!  
Pop! Pop! Popcorn!  
Butter on the top.  
When I eat popcorn,  
I can't stop!

By Helen Moore.

My Tally Chart



- **Count Down to Summer!** The first day of summer is Saturday, June 20, 2020. How many weeks away is that? How many days away is that?
- **Exploring Measurement Tools in the Kitchen.** With a **grown-up's help**, investigate different tools for measuring in the kitchen.

Can you find something that measures mass (how heavy)?  
Can you find something that measures capacity (how much)?  
Can you find something that measures temperature? Can you find something that measures time? Why are these tools important for cooking and baking in the kitchen? What units does each tool measure? (ex: minutes, grams, millilitres, degrees)

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