# **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 <u>click here</u> 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 <u>click here</u>

#### **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 9

# **HEALTH AND WELLNESS**

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

- Have a freeze dance party with your family! Remember, you have to freeze as soon as the music stops!
- Sit down with someone to help you or **complete a puzzle on** your own
- **Pepper and soap experiment:** Fill a bowl with an inch of water. Sprinkle pepper evenly across the surface. The pepper flakes should float, not sink, upon the surface of the water. Squeeze a tiny drop of soap onto your finger. Now touch the top of the water. What happens to the pepper?
- Visit GoNoodle and find out <u>How to Say Hello in 15 Languages</u>!

### 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 I was a zookeeper I would ...
- Visit <u>RAZ Kids</u> and **read two books** OR read two books at home to a family member
- Write a note or message to a family member. Hide it or leave it for them to find in an unexpected place. Example: with their toothbrush, in their shoe, under their pillow.
- Read or listen to a story. What might have happened before the story began or after the story ended? Use full sentences to tell someone in your home.

### NUMERACY

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

- **Prodigy**: Log onto prodigy and play for 15 20 mins
- Wild Math! Gather and tally the amount of five different objects you discover in the natural environment.

#### What objects can I find laying around outside? Where might I look for these objects?

Using sidewalk chalk, **make a grid** similar to the one below. **Place the items you have gathered in the center of each row**. After you have gathered all of your items, **label and tally the items**. Write the total of ALL of the items you have collected at the bottom of your grid.



 A Virtual Trip to the Zoo - Let's compare animals! Imagine the animals you might see on a trip to the zoo (or to a farm or forest).

You may also choose to investigate books about animals or visit: https://kids.nationalgeographic.com/animals/ Choose 3 animals and compare them using these words: Tall....taller...tallest? Heavy...heavier...heaviest? Fast...faster...fastest? How did you decide? Are there other ways to compare animals?

 Draw the coins you would use to buy each of the following: (There can be more than one combination!) Teddy Bear – 85¢ Toy Car – 40¢ Juice Box – 20¢

Pool Floatie - \$1.50

### **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 Music Activity on Ms. Chastko's learning blog
- Visit <u>Ms. Askew's blog</u> for her weekly lesson
- Library Visit Ms. Carson's <u>virtual library</u> and pick a book to read!