

4/1/20

Dear Students, Families, and Friends,

The activities on the next several pages were created for you to sharpen your skills, challenge yourself, and explore learning. These are not meant to replace classroom learning and parents are not being asked to replace teachers. If at any time, you are confused about an activity, need some extra support, or maybe just need to talk with someone, our teachers and staff are here for you.

- All teachers keep regular office hours from 9am until noon each school day.
- All teachers and staff can be contacted by email (firstname.lastname@fsd145.org).
- Some teachers also use Remind, Schoology, or Google Classroom to send and receive messages.

For the most current information about our emergency closure and remote learning plans, please visit our website (<https://www.fsd145.org/emergency>) for regular updates. You will always find information sorted by date, so it should be easy to follow the most recent updates.

Take care and stay safe. We'll see you soon,

From all of us here at Freeport School District



Remote Learning Day Student Activities:

[April 1st](#)

[April 2nd](#)

[April 3rd](#)

[April 6th](#)

[April 7th](#)

[April 8th](#)

Remote Learning Activities for Students

Kindergarten -- April 1st

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)																						
Activity 1 and Instructions	<p>Parent...Please place a few handfuls of small items (pasta, pennies, plastic animals etc) in a bag or a pile.</p> <p>Invite your child to empty the bag and count the items one by one. Then ask your child to put the items in groups of ten and count by tens.</p> <p>Add-on and take away...Parents-add items a few at a time and invite your child to count all items again. Do the same task while taking away a few items. Talk about more and less.</p> <p>*Have students place objects out for YOU to count-THEY can be the teacher :)</p>	<p>Practice the following sight words. You can make flash cards with your child. These are the last two columns from the Kindergarten list:</p> <table> <tr><td>are</td><td>out</td></tr> <tr><td>as</td><td>yes</td></tr> <tr><td>his</td><td>she</td></tr> <tr><td>they</td><td>from</td></tr> <tr><td>by</td><td>this</td></tr> <tr><td>boy</td><td>have</td></tr> <tr><td>not</td><td>be</td></tr> <tr><td>girl</td><td>had</td></tr> <tr><td>all</td><td>look</td></tr> <tr><td>put</td><td>did</td></tr> <tr><td>or</td><td>come</td></tr> </table> <p>Sticking with our "rainbow" theme...have our child "rainbow" write the words above!</p>	are	out	as	yes	his	she	they	from	by	this	boy	have	not	be	girl	had	all	look	put	did	or	come	<p><u>Science</u> <u>-Rainbows!</u> FAST FACT- A rainbow needs both sun and rain at the same time to appear. Discuss the colors in the rainbow and how they spell out ROY G. BIV (red, orange, yellow, green, blue, indigo, violet)</p> <p>*If possible-check out Jack Hartmann's song "ROY G. BIV"-youtube</p>	<p>Go around the house and count 5 items that begin with "S" and 5 items that begin with "M" (parent can help student write down the items to make a list)</p> <p>Count how many stuffed animals or dolls or action figures you have. Write a sentence and draw a picture of your favorite one.</p>
are	out																									
as	yes																									
his	she																									
they	from																									
by	this																									
boy	have																									
not	be																									
girl	had																									
all	look																									
put	did																									
or	come																									
Activity 2 and Instructions	<p>The above items may be used as counters to solve the following equations...(counters may not be needed)</p> <p>Addition...</p> <p>1+2= 2+2= 2+0= 3+1= 3+2= Take away...(subtract)</p> <p>2-1= 3-0= 4-2= 5-3= 3-2= Invite your child to count to 100 by ones and tens. *If your child is fluent in facts to 5, create some equations up to 10!</p>	<p>Storytime! Choose a book with your child to read together (you can do one book per day or just focus on one book for the week)</p> <p>Before reading the book, look at the front and back cover. Talk about the author and illustrator.</p> <p>Story Element questions: Who were the characters? What was the setting of the story? What happened first? Then what happened? What happened next? What happened at the end?</p> <p>Have your child draw the main character of the story and write one sentence about the character. They can draw the setting of the story also.</p>	<p>Fun experiment to do at home...<u>Magic Rainbow Milk Science Experiment</u> (enter the underlined words in your search bar-the steps will pop up!)</p>	<p>Use two dice. Roll them and count the sum of dots on both. Write an equation to represent the dice. EX) If your child rolls a three and a five...your child would write 3+5=8</p>																						

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities. Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 1st (SEL)

The columns below offer choices for student activities.

	SEL Activity Day 1	Activity Expansion (videos/digital links)
Activity Title:	Identifying Emotions	Below you will find websites/video links to support the activity. Use if you have internet access/data.
Objective:	Students will begin a journal that helps to identify and reflect emotions.	Watch: <u>The Way I Feel</u> by: Janan Cain
Materials:	Paper and pencil	https://www.youtube.com/watch?v=ITPUxVQ6UIk
Activities and Instructions:	<p>Keep a journal today. Jot down anything that makes you feel an emotion. Start labeling them using words like "pleasant," "happy," "irritated," or "angry."</p> <p>Your child may draw pictures instead of jotting down words.</p> <p>Encourage your child to journal about feelings outside of the SEL activity.</p> <p>The student creates a journal entry identifying and/or reflecting emotion. Read a journal entry with your child, check and see if your child has correctly identified emotions.</p>	<p>**Have your child name different emotions they see/hear in the video. Ask them how they would handle that emotion.</p>

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 1st

The columns below offer choices for student activities.




	Art	Music	PE
Activity Title:	Found Object Sculpture	April 1-8 Musical Choices	Movement Challenge
Materials:	Objects found around the house, pencil and paper	Favorite songs, paper, pencil, crayon or marker	None
Activity and Instructions:	<ol style="list-style-type: none"> 1. Using materials found around your house to create a sculpture. <ol style="list-style-type: none"> a. Remember a sculpture is something that takes up space 2. Draw a picture of what you created using a pencil and paper. 	<p><u>Option 1:</u> Listen to a song you like and pat the steady beat somewhere on your body (i.e. knees, head, shoulders)</p> <p><u>Option 2:</u> Sing a song from music class and clap along to the rhythm (the way the words go)</p> <p><u>Option 3:</u> Listen to a piece of music and draw what the music reminds you of IF you have access to the internet try "Spring" by Vivaldi https://www.youtube.com/watch?v=mFWQgxXM_b8</p> <p>*If you have electronic access, you'll enjoy experimenting on this link: https://musiclab.chromeexperiments.com/</p>	<p>Can you stay moving for 25 minutes?</p> <p>Things you can do...walk, run, jog, jumping jacks, pushups, situps, pick up room, tag games, play any other games we've learned in class.</p> <p>Things you can't do...sit still, lay down, sleep.</p> <p>Are you up for the challenge? This activity can be done outside if the weather is nice.</p>

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 2nd

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>*Count to 100 by 1's and then by 10's. Write numbers 1-20, 3 times starting at the top of the page by 1's, then write numbers by 10's, 10-100.</p>	<p>Reading- Choose a book or story of your choice. Have someone read it to you OR listen to a story online.</p> <p>*Retell- what happened at the beginning, middle and end of the story? Draw a picture of what happened at the beginning, middle and end of the story.</p> <p>Writing- *Write a sentence to match each picture (beginning, middle and end).</p>	<p>*Go on a nature walk and draw a picture of each bird you see. Count how many different birds you found and graph the number of each.</p> <p>Take care of your community:</p>	<p>*Count backwards 20-1. Count by 5's, 5-100</p> <p>*Write about why you liked or didn't like the story you listened to.</p>
Activity 2 and Instructions	<p>*Create story problems using farm animals. Write an equation and draw a picture to represent each problem. For example: Farmer Jackson has two ducks in the barn. Three more ducks enter the barn. How many ducks are in the barn? $2+3=5$</p> <p> +  =</p> <p></p>	<p>Reading- Choose a book or story of your choice. Have someone read it to you OR listen to a story online.</p> <p>*Connection-what does this story remind you of in your own life? Draw a picture of it.</p> <p>Writing- *Write a sentence about your picture.</p>	<p>*Write a thank-you note for the mailman, garbage worker, or neighbor and post it in your window.</p>	

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Home Activities for Students

Kindergarten -- April 2nd (SEL)

The columns below offer choices for student activities.

	SEL Activity Day 2	Activity Expansion (videos/digital links)
Activity Title:	Being Grateful for Big and Little Things	Below you will find websites/video links to support the activity. Use if you have internet access/data.
Objective:	Students will be able to understand why and how they can be thankful for big things and little things in their lives.	Watch the story: <u>The Giving Tree</u> by Shel Silverstein https://www.youtube.com/watch?v=XFQZfeHq9wo
Materials:	Crayons, paper and pencil	
Activities and Instructions:	<p>1. Ask: What is something big you're grateful for? Why?</p> <p>Give examples and write responses on a sheet of paper. Keep them as a reminder. Examples of big things can be: Your family, Your friends, Your home</p> <p>2. Ask: What is something little you're grateful for? Why?</p> <p>Give examples and write responses on a sheet of paper. Keep them as a reminder. Examples of little things can be: Cuddles from your dog or cat, When your parents or teachers surprise you with something that makes you happy</p> <p>3. Draw/color a picture of a big and little thing you're grateful for</p> <p>To check for understanding, have your child tell you one small and big thing they are grateful for. Do they match?</p>	**Have your child tell you what big and little things the boy and the tree were grateful for.




Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 2nd

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:	Nature Designs or Sculptures	April 1-8 Musical Choices	Movement Challenge
Materials:	Natural objects--twigs, leaves, rocks, etc.	Favorite songs, paper, pencil, crayon or marker	none
Activity and Instructions:	<p>Go on a nature walk or hunt in your area. Gather natural materials--twigs, leaves, flower petals, rocks, whatever you find that is okay to take.</p> <p>Option 1: Create an interesting design through creating patterns of different colors, shapes, textures, etc. If you are able, look up the art of Andy Goldsworthy to see how the artist uses natural materials in his art.</p> <p>Option 2: Create a sculpture (art that is not flat) with the materials that you found on your nature hunt.</p> <p>If you are able, take a photo and email it to your art teacher!</p> 	<p><u>Option 1:</u> Listen to a song you like and pat the steady beat somewhere on your body (i.e. knees, head, shoulders)</p> <p><u>Option 2:</u> Sing a song from music class and clap along to the rhythm (the way the words go)</p> <p><u>Option 3:</u> Listen to a piece of music and draw what the music reminds you of</p> <p>IF you have access to the internet try "Spring" by Vivaldi https://www.youtube.com/watch?v=mFWQgxXM_b8</p> <p>*If you have electronic access, you'll enjoy experimenting on this link: https://musiclab.chromeexperiments.com/</p>	<ul style="list-style-type: none"> ● Can you stay moving for 25 minutes? ● Things you can do...walk, run, jog, jumping jacks, pushups, situps, pick up room, tag games, play any other games we've learned in class. ● Things you can't do...sit still, lay down, sleep. ● Are you up for the challenge? This activity can be done outside if the weather is nice.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 3rd

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Guess my Number Get a deck of cards, remove the king, queen, jack, & aces. One person picks a card out of the deck but does not show it to the other players. Other players take turns asking questions such as "is your card bigger than 4?" "Is your card smaller than 7?" Person with the card answers yes or no... if the player asks a direct question such as "is your number 4" and the answer is no that player is out of the game for that round. Player who guesses the correct number gets to keep the guessed card and is the next player to draw a card and answer questions. First person to collect 5 cards wins.</p>	<p>Pick a fiction book (make believe story) Read it your child. Have your child take a piece of paper and fold it in half and then in half the other way. Then unfold it...you should have 4 squares on it. Have your child label the boxes with numbers 1-4. In box number one have your child draw a picture of the characters, in box 2 draw a picture of the setting (where the story took place) in box 3 draw a picture of the problem in the story and in box 4 draw how the story ended. Add a sentence to each box and retell the story.</p> <p>Go to this website for lots of learning activities and ideas http://www.scholastic.com/learnathome</p>	<p>Take a walk, talk with the person you walk with and discuss the signs you see of spring. (mud puddles, green grass, flowers sprouting, buds on trees, robins, insects, baby bunnies and birds, etc) Come back and draw what you saw, label your picture.</p>	<p>If you have access to the internet research animals that hatch from eggs. If you don't have access to the internet, talk with a family member about it.. What is it called when an animal hatches from an egg? (oviparous) Make a poster that represents the animals that hatch from eggs with the word Oviparous at the top. Sound out and write each animal's name. How are these eggs different from the eggs we buy at the store? Hard boil and color eggs and hide them for an egg hunt!</p>
Activity 2 and Instructions	<p>Get paper and pencil/crayons... draw the following... Three flowers are growing in the garden. It rains, then the sun comes out, then a rainbow comes out. After this, 2 more flowers grow. After drawing this, write the equation that represents the picture. (Child writes $3+2=5$) Then you come into the garden and pick a flower for your friend. (Child should cross off one flower and write the equation $5-1=4$) Have your child draw a picture to represent a story you tell about finding Easter Eggs. Have your child write the equations as well.</p>	<p>Pick a Non-Fiction book (true story about a certain topic) go to www.scholastic.com if you don't have a book that will work. Read it to your child. Have your child fold a paper in half and then in half the other way. When you unfold it you should have 4 squares. Have your child label the boxes 1-4. In box one draw a picture of the topic of the book, in boxes 2-4 draw a picture and write a fact you learned.</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

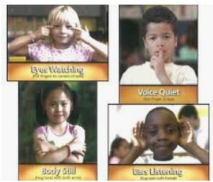
Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 3rd (SEL)

The columns below offer choices for student activities.

	SEL Activity Day 3	Activity Expansion (videos/digital links)
Activity Title:	Skills for Learning	Below you will find websites/video links to support the activity. Use if you have internet access/data.
Objective:	Students will be able to use their Listening Skill to practice focusing their attention.	Watch the story:
Materials:	Paper and pencil	<u>The Listening Walk</u> by: Paul Showers
Activities and Instructions:	<p>1. Using Skills for Learning helps you be a better learner.</p> <p>-Eyes are watching -Ears are listening -Voices Quiet -Body Calm/Still</p> <p>2. When you've focused your attention, you're ready to listen and learn.</p> <p>3. Together, choose a room in your house where you will hear a lot of different sounds, from both inside and outside.</p> <p>4. Adult and child, prepare to focus your attention and listen to the sounds in the environment for one minute. Begin!</p> <p>5. When the minute is up, fold a paper in half and take turns writing down all the sounds you heard and remembered</p> <p>6. Compare your lists. Are many of the sounds the same or different?</p> <p>7. Discuss what helped you focus your attention, listen, and remember what you heard</p> <p>To check for understanding, have your child retell/recall the 4 skills for learning.</p>	<p>https://www.youtube.com/watch?v=BLs4r8IHUSg</p> <p>**Go on an actual listening walk with your child. Once home, have your child write or draw what they heard on the walk.</p>



Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 3rd

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:	Found Object Sculpture	April 1-8 Musical Choices	Trick Shot
Materials:	Objects found around the house, pencil and paper	Favorite songs, paper, pencil, crayon or marker	1 cup and 1 ball that fits in the cup
Activity and Instructions:	<ol style="list-style-type: none"> 1. Using materials found around your house to create a sculpture. <ol style="list-style-type: none"> a. Remember a sculpture is something that takes up space b. You can use kitchen gadgets, pipe cleaners, blocks, Legos, stones, shells, etc. 2. Draw a picture of what you created using a pencil and paper. 3. If you are able and would like to color in your picture. 4. Challenge: Label what the items are that you used. 	<p><u>Option 1:</u> Listen to a song you like and pat the steady beat somewhere on your body (i.e. knees, head, shoulders)</p> <p><u>Option 2:</u> Sing a song from music class and clap along to the rhythm (the way the words go)</p> <p><u>Option 3:</u> Listen to a piece of music and draw what the music reminds you of IF you have access to the internet try "Spring" by Vivaldi https://www.youtube.com/watch?v=mFWQgxXM_b8</p> <p>*If you have electronic access, you'll enjoy experimenting on this link: https://musiclab.chromeexperiments.com/</p>	<p>Try to create and make a challenging trick shot by bouncing the ball off of walls, steps, or other objects. Points will be awarded for the number of times the ball bounces and the distance from the cup.</p> <p>Points</p> <p>Distance: 1 point for each heel to toe step away from the cup</p> <p>Bounces: 2 points for every bounce the ball takes before landing in the cup</p> <p>Points only count if the ball lands in the cup.</p> <p>See how many points you can get into one shot or challenge a family member!</p>

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 6th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Make a graph Sit outside or look out the window for 20 minutes.</p> <p>Keep track of how many people, animals, and cars you see. Go inside and make a graph of what you saw.</p> <p>Discuss what you counted- what has more/less or are any of the groups equal?</p>	<p>Find your sight words Parents-have your child write 10-15 sight words on separate sheets of paper.</p> <p>Hide them around the house, outside or both places.</p> <p>Send your child out to see how many they can find! Be sure to have them read them to you!</p> <p style="text-align: center;"> this that have look like what come was put she see who if of by it </p>	<p>Penny wash Soap/ water vs. ketchup.</p> <p>Predict which will clean the pennies better.</p> <p>Wash half of the pennies with soap /water and the other half with ketchup .</p> <p>Which one did a better job? Did you make the right prediction?</p> <p>American symbols Have your child draw the American symbols (flag, eagle, White House, Statue Of Liberty, etc.)</p> <p>Have them label their drawings by sounding out the words.</p>	<p>Take a walk around the neighborhood Look to see how many hearts you find in windows. Count how many you find.</p> <p>ABC list Parents-write the ABC's down the side of a piece of paper.</p> <p>Have your child go around the house and find words that start with the letters of the alphabet.</p> <p>Try to make it all the way to Z!</p>
Activity 2 and Instructions	<p>Let's estimate Parents- help your child trace their hand, shoe, or foot.</p> <p>They will estimate how many items such as pennies, pasta or cereal will fill the space.</p> <p>Have them write their guess down.</p> <p>They fill the space, count the objects and see how close their guess was to how many objects there actually are.</p>	<p>Sight word writing Parents gather up various writing instruments (pens of different colors, crayons, chalk, paint, pencil, markers, etc.).</p> <p>Have your child practice writing sight words using these writing instruments.</p> <p>Use any sight words listed on this 6 day activity guide.</p>		

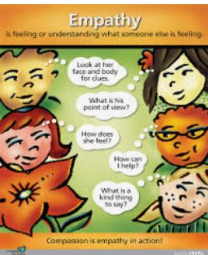

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 6th (SEL)

The columns below offer choices for student activities.

	SEL Activity Day 4	Activity Expansion (videos/digital links)
Activity Title:	Empathy	Below you will find websites/video links to support the activity. Use if you have internet access/data.
Objective:	Students will be able to demonstrate empathy by showing compassion for others.	Watch the story/video: <u>Last Stop on Market Street</u> by: Matt De La Pena
Materials:	Paper and Pencil	https://www.youtube.com/watch?v=H0Tr66OrEWA
Activities and Instructions: 	<ol style="list-style-type: none"> Review that compassion is showing concern or care for others. Ask, What are ways you have shown compassion to others at school? Acknowledge and praise your child demonstrating compassion for others. Give an example of how you have shown compassion at home. Ask your child how he/she could show empathy at home. Options: <ol style="list-style-type: none"> This could be just a discussion As your child shows compassion he/she could trace their hand and write how they showed compassion inside the hand As your child uses kind words he/she could draw a speech bubble and write the kind words inside the speech bubble. Display their acts of compassion. 	<p>**Recreate this image on a sheet of paper (any kind). Have your child fill out.</p> 
Check for Understanding:	To check for understanding, watch for your child to show acts of compassion.	<p>Play the empathy game via youtube: Empathy Game</p>

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 6th

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:	Trace favorites	April 1-8 Musical Choices	Trick Shot
Materials:	Pencil, found objects, paper	Favorite songs, paper, pencil, crayon or marker	1 cup and 1 ball that fits in the cup
Activity and Instructions:	<ol style="list-style-type: none"> 1. Find 5 items you would like to trace. 2. Place one item on the paper. 3. Using your pencil, trace (go around the outer portion of the item.) 4. Repeat steps 2 and 3 until all items are drawn. 5. Add details showing eyes, nose, mouth, logos, belts, etc. 	<p><u>Option 1:</u> Listen to a song you like and pat the steady beat somewhere on your body (i.e. knees, head, shoulders)</p> <p><u>Option 2:</u> Sing a song from music class and clap along to the rhythm (the way the words go)</p> <p><u>Option 3:</u> Listen to a piece of music and draw what the music reminds you of IF you have access to the internet try "Spring" by Vivaldi https://www.youtube.com/watch?v=mFWQgxXM_b8</p> <p>*If you have electronic access, you'll enjoy experimenting on this link: https://musiclab.chromeexperiments.com/</p>	<p>Try to create and make a challenging trick shot by bouncing the ball off of walls, steps, or other objects. Points will be awarded for the number of times the ball bounces and the distance from the cup.</p> <p>Points</p> <p>Distance: 1 point for each heel to toe step away from the cup</p> <p>Bounces: 2 points for every bounce the ball takes before landing in the cup</p> <p>Points only count if the ball lands in the cup.</p> <p>See how many points you can get into one shot or challenge a family member!</p>

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 7th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Counting On Grab your deck of cards, dice, and a partner. Take out the Jacks, Queens, and Kings. The Ace can be the number 1. Put the deck of cards in 1 pile. Player 1 draws one card and then rolls the dice. Say the card number outloud and then count on from that number to the dice dots. Player 2 draws a card and rolls the dice. Say the card number outloud and then count on from your number to the dots on the dice. Model this skill for your child.</p> <p>EX-my card is a 4 and I roll the dice and the dice shows 5 dots. I say 4, then count on pointing to the five dots (4.....5,6,7,8,9.) My total is 9 because my card was a 4 and I counted on each dot!</p>	<p>Word Family Have your child write down the sight word Can. Then make a list of words that rhyme with Can by changing the beginning sound.</p> <p>EX- Child writes Can....if I know Can then I know.....Man. Have your child write Man under Can. If I know Can, then I know Man, and I know.....Fan. KEEP GOING! Have your child make a list of rhyming words and talk about what each word has that's the same. They all have -an in the word. It's a word Family!</p> <p>Note: It's ok if the word is not a real word. If your child says Lan, it rhymes, so have them write the sound they hear at the beginning and continue the list.</p>	<p>City and State Ask your child what city we live in. See if they know what state too. Draw and write about your favorite place in Freeport, Illinois.</p> <p>Build a Ramp Find something small that rolls like a toy car or small ball. Use blocks, books, or cardboard from empty food boxes to build a ramp. Try the following challenges: * How can you make the object roll faster? * How can you stop the object? * Can you make a goal and get your object to go in it?</p>	<p>For activity 1 in Math, use 2 dice instead of 1 to get larger numbers.</p> <p>If you have access to the internet go to starfall.com, click on Kindergarten, and then look for the Rat holding a book and waving. Click on him and read the short vowel stories. See if your child can read the words BEFORE they click on the ear symbol, which reads the words to them.</p> <p>Draw a line down the middle of a piece of paper and write Ch on one side with all the Ch words and on the other side Sh with all the Sh words. Add to the list as the week goes on when you find new words that start OR end with these new sounds.</p>
Activity 2 and Instructions	<p>Get your deck of cards and a partner. Take out the Jacks, Queens, and Kings. Place the deck of cards in 1 pile. Player 1 draws 2 cards and sets them down so each of you can see the cards, like in WAR. Add your cards together to get the sum. Player 2 flips 2 cards over and sets them down so you can see them. Add their cards together to get the sum. Which sum is greater? Whoever has the greatest sum gets ALL 4 of the cards. Continue until the deck of cards is gone. <u>Practice the counting on skill when you flip over your 2 cards.</u></p> <p>Reverse the Rules the second round- This time the player with the lowest sum gets to collect ALL 4 cards. If the sums are equal, keep your own cards!</p>	<p>Digraphs When the C and H get together it makes a new sound, like in the word Chin. Write down chin or have your child write down chin and underline the <u>Ch</u> in the word chin. Talk about other words that start with Ch.</p> <p>When the S and H get together it makes a new sound, like in the word Ship. Write that word and underline the <u>Sh</u> in ship. Talk about other words that start with Sh.</p> <p>Grab a story, magazine, newspaper, cereal box, etc. and look for words that have these letters together that make the new sounds!</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

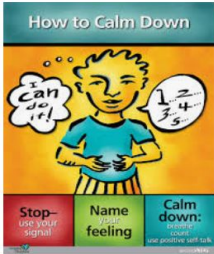
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Remote Learning Activities for Students

Kindergarten -- April 7th (SEL)

The columns below offer choices for student activities.

	SEL Activity Day 5	Activity Expansion (videos/digital links)
Activity Title:	Emotional Management	Below you will find websites/video links to support the activity. Use if you have internet access/data.
Objective:	Students will be able to practice strategies that will help them to calm down when they feel strong emotions.	Watch the video/song/dance: The Calm it Down Dance:
Materials:	None needed	https://www.youtube.com/watch?v=P8TliPQNfsc
Activities and Instructions:	<p>1. Review the steps that you can use to help you calm down when you feel strong feelings.</p> <p>1. Stop—use your signal</p> <p>2. Name your feeling</p> <p>3. Calm down:</p> <ul style="list-style-type: none"> • Breathe • Count • Use positive self-talk <p>2. Read “How to Belly Breathe”</p> <p>How to Belly Breathe</p> <ul style="list-style-type: none"> • Focus your attention on your breathing. • Take a breath that makes your tummy move out when you breathe in, and in when you breathe out. • Breathe in slowly through your nose and out slowly through your mouth. It should be so quiet that you can hardly hear it. <p>3. Practice together.</p> <p>4. Pick a feeling from the list below: Annoyed, Frustrated, Worried, Discouraged, Scared</p> <p>5. Think of a time you felt that feeling in a strong way.</p> <p>6. Say a stop signal and name the feeling. (For example: “Chill! I feel worried.”)</p> <p>7. Do some belly breathing to calm down then try another feeling.</p> <p>To check for understanding, look for your child to use the calm down technique when experiencing strong feelings.</p>	<p>**Role-play with your child on different emotions and remind them what strategies to use (reinforce).</p>



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Remote Learning Activities for Students

Kindergarten -- April 7th

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:	Trace favorites	April 1-8 Musical Choices	Movement Challenge
Materials:	Pencil, found objects, paper	Favorite songs, paper, pencil, crayon or marker	none
Activity and Instructions:	<ol style="list-style-type: none"> Find 3 items you would like to trace. Place one item on the paper. Using your pencil, trace (go around the outer portion of the item.) Place the next item on the paper. Using your pencil trace the object. Place the last item on the paper. Trace the item using your pencil. Challenge: add details showing eyes, nose, mouth, logos, belts, etc. 	<p><u>Option 1:</u> Listen to a song you like and pat the steady beat somewhere on your body (i.e. knees, head, shoulders)</p> <p><u>Option 2:</u> Sing a song from music class and clap along to the rhythm (the way the words go)</p> <p><u>Option 3:</u> Listen to a piece of music and draw what the music reminds you of IF you have access to the internet try "Spring" by Vivaldi https://www.youtube.com/watch?v=mFWQgxXM_b8</p> <p>*If you have electronic access, you'll enjoy experimenting on this link: https://musiclab.chromeexperiments.com/</p>	<p>Can you stay moving for 25 minutes?</p> <p>Things you can do...walk, run, jog, jumping jacks, pushups, situps, pick up room, tag games, play any other games we've learned in class.</p> <p>Things you can't do...sit still, lay down, sleep.</p> <p>Are you up for the challenge? This activity can be done outside if the weather is nice.</p>

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Remote Learning Activities for Students

Kindergarten -- April 8th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
<p>Activity 1 and Instructions</p>	<p>Ordering Numbers "Garbage"</p> <p>Grab a deck of cards and a partner. Leave all cards in the deck. Pass out 10 cards to each player, leaving the cards face down, in rows of 5. Place the remainder of the cards in between the players as a draw pile. Player 1 draws from the pile. Let's say it's a 5, the player would begin counting with the upper left card. Count over to the fifth card, remove the face down card and replace it with the 5 card. The card removed is placed next to the draw pile in a discard pile. Aces are placed as number 1 and all of the face cards are "garbage". When a player draws a face card, it is placed in the discard pile. Players would continue to take turns, until one of the players has all of their cards face up and in order.</p>	<p>Sentence Writing with Picture</p> <p>Have your child look out the window and have them draw something they see with as much detail as possible. When they are finished drawing, have your child, write a sentence or two about the picture they have drawn using sight words.</p> <p>no am is we can like me see you I and go he it at do a an so the on my in to up</p>	<p>Germ Bread</p> <p>You will need three pieces of bread. The first slice of bread will be placed in a ziplock bag using tongs or gloves. Use clean hands to place the second piece of bread in a separate bag. The last piece of bread can be touched with unwashed hands and passed around before being placed in the bag.</p> <p>Label each bag to know which was touched with clean hands/dirty hands.</p> <p>Have your child draw and label a picture of what they observe every day.</p>	<p>Alphabet Book</p> <p>Have your child create an alphabet book by drawing or cutting out a picture for each letter.</p> <p>Have your child label the pictures and write a sentence about their picture.</p>
<p>Activity 2 and Instructions</p>	<p>Patterns:</p> <p>Using items around the house create, copy, and extend patterns. Examples of items include: coins, blocks, toys, art supplies, etc.</p> <p>Create patterns using 2, 3, 4 objects or more.</p> <p>Example: Using blocks students can create the following patterns:</p> <p>blue/green/blue/green/blue/green red/white/blue/red/white/blue white/white/yellow/yellow/white/white</p> <p>You can also create a pattern for your child and have them copy and extend it.</p> <p>Example: You: clap/clap/snap/clap/clap/snap Student: clap/clap/snap/clap/clap/snap/clap/ clap/snap</p>	<p>Scavenger Hunt:</p> <p>Read a story to your child or have them read to you.</p> <p>Have your child go on a "scavenger hunt" to see how many sight words they can find within the story.</p> <p>Using environmental print around the home (cereal boxes, soup labels, magazines, etc.), see if they can find any more sight words.</p>		

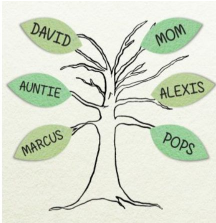
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 8th (SEL)

The columns below offer choices for student activities.

	SEL Activity Day 6	Activity Expansion (videos/digital links)
Activity Title:	Who is Safe to Ask for Help	Below you will find websites/video links to support the activity. Use if you have internet access/data.
Objective:	Students will be able to identify who's a safe person to go to in a time of need.	Watch the following story:
Materials:	Paper and pencil (glue optional)	Once Upon a Dragon: Stranger Safety for Kids (and Dragons) https://www.youtube.com/watch?v=DeQhXMYybpg
Activities and Instructions:	 <ol style="list-style-type: none"> 1. Sketch out a leafless tree. Cut out leaves. 2. Give examples of scenarios that may be unsafe and that should be reported to a trusted adult. These can be: <ul style="list-style-type: none"> – A stranger with a cute puppy calling you over – Someone touching your body in a way that makes you uncomfortable – A friend asking you to come over without permission 3. Then, discuss with your child who they might be able to talk to. 4. Have children list the names of adults they can go to for help on the leaves 5. Glue the names to the branches of their trees. <p>To check for understanding, have your child identify several safe adults they can go to in time of need.</p>	<p>**You and your child come up with a plan if a stranger were ever to approach you. What would you do? Say? Act?</p>

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 8th

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:	Shape drawing	April 1-8 Musical Choices	15 minute workout
Materials:	Paper and some type of drawing tools/ coloring materials	Favorite songs, paper, pencil, crayon or marker	YouTube video: Kids Workout 1 Beginner Use if you have internet access/data.
Activity and Instructions:	Have student choose his/her favorite shape. Draw this shape large anywhere on your paper. Discuss with your child different things you can turn that shape into now. Examples: triangle into a sailboat, a circle into the sun. From there finish your drawing. Such as your sailboat should be on water outside with some sea creatures swimming about. Give your drawing an interesting background.	<p><u>Option 1:</u> Listen to a song you like and pat the steady beat somewhere on your body (i.e. knees, head, shoulders)</p> <p><u>Option 2:</u> Sing a song from music class and clap along to the rhythm (the way the words go)</p> <p><u>Option 3:</u> Listen to a piece of music and draw what the music reminds you of IF you have access to the internet try "Spring" by Vivaldi https://www.youtube.com/watch?v=mFWQgXM_b8</p> <p>*If you have electronic access, you'll enjoy experimenting on this link: https://musiclab.chromeexperiments.com/</p>	Workout along with the video: https://youtu.be/L_A_HjHZxfl

Parent Signature: _____