

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 1](#)

[April 2](#)

[April 3](#)

[April 6](#)

[April 7](#)

[April 8](#)

Remote Learning Activities for Students

PK 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>Make a pattern using two different kinds of coins. Take a picture of your child's work and email it to your teacher at firstname.lastname@fsd145.org</p> <p>If patterning is a difficulty for your child then work on sorting. You can sort the different coins. To make this more difficult add more kinds of coins to the mix.</p>	<p>Alphabet find On paper write a letter of the alphabet (upper- , lower- ,or both) and tape them in random places around your home. Have your child locate all of the letters and bring them back to you. Put the letters in alphabet order (A, B, C, D, ...and so on to ensure you have all of the letters. After all letters are found, sing the alphabet song together while pointing to each letter.</p>	<p>Go for a walk and talk about the different signs of Spring. Use all of your senses. What do you hear? Smell? See? What can you touch? How does it feel?</p> <p>If you cannot go for a walk then do this activity in your yard.</p>	<p>Make an obstacle course around your house. Make areas to jump, climb, tip toe etc. Put music on to make this even more fun. Take a picture or video of your child doing the course and send it to your teacher!</p>
Activity 2 and Instructions	<p>Go for a walk and see how many hearts are in windows. Count them and see how many houses or businesses have them up already.</p>	<p>Show some love: Using paper, cardboard,, crayon (or other ways to decorate) and scissors - cut out the shape of a heart. Decorate the heart as you please and tape it to a street facing window. This is an on-going activity to help spread some socially distant love for those you live around. For more information visit: https://www.theprogress.com/news/promontory-community-starts-heart-hunt-to-brighten-spirits-during-covid-19-outbreak/</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages behind day 6 activity pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

PreK -- 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.	Links: Watch: The Way I Feel https://www.youtube.com/watch?v=ITPUxVQ6UIk
Materials:	Paper and pencil	**Have your child name different emotions they see/hear in the video. Ask them how they would handle that emotion.
Activities and Instructions:	Keep a journal today. Jot down anything that makes you feel an emotion. Start labeling them using words like "pleasant," "happy," "irritated," or "angry." PreK may draw pictures Encourage your child to journal about feelings outside of the SEL activity The student creates a journal entry identifying and/or reflecting emotion. Read a journal entry with you child, check and see if your child has correctly identified emotions.	

Parent Signature: _____

Remote Learning Activities for Students

PK April 1st (Electives)

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:	Tie-dye flowers		
Materials:	Markers, coffee filters, water Chenille stem		
Activity and Instructions:	<p>Using the markers, color the coffee filter with a variety of colors.</p> <p>Once you are done, use a spray bottle to spray the filter with water. You can just use your hands to sprinkle water on the filter as well.</p> <p>Watch as the colors mix together making new colors.</p> <p>Let it dry. When it is dry, gather the filter in the middle, and wrap the stem around to make it a flower.</p>		

Parent Signature: _____

Remote Learning Activities for Students

PK 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>Zoom, Zoom, Zoom Finger Play</p> <p>Zoom, Zoom, Zoom We're going to the moon.</p> <p>Zoom, Zoom, Zoom We're going to the moon.</p> <p>If you want to take a trip, Climb aboard my rocket ship.</p> <p>Zoom, Zoom, Zoom We're going to the moon.</p> <p>5, 4, 3, 2, 1,</p> <p>Blast off!</p> <p>https://www.youtube.com/watch?v=tMJ9pZ9W7jc</p>	<p>Letter Toss: Write individual letters on pieces of paper. Letters in your child's first name are a great starting point. Place the paper letters on the floor and grab a small ball or ball up a pair of socks. Have your child throw the ball on a letter and say the name of the letter they land on. For added challenge introduce the letter sound.</p>	<p>Rainbow Hunt: Look around your house for objects that are the colors of the rainbow. (Red, Orange, Yellow, Green, Blue, Indigo). Gather up your objects and place them in rainbow order.</p> <p>Take a picture of your child's object rainbow and email it to your teacher at firstname.lastname@fsd145.org</p>	<p>Feelings pictures- Help your child draw pictures of faces with different feelings on them...happy, sad, scared. Use these pictures to help them talk about how they feel about staying home all the time and not seeing their school friends. You can also use them after reading a story or watching a movie to help them talk about how the characters might have felt.</p>
Activity 2 and Instructions	<p>Start a growth chart. Mark your child's height somewhere in the house (on a wall or door frame if you are able or hang paper up where they reach). Do this with all the members of your family and talk about who is bigger, taller, shorter, smaller, or even the same. (If you don't have a yard stick or tape measure, try using a string or something just for comparison)</p>	<p>Write a letter to a family member. Have your child dictate a letter to a special person that they might be missing right now and write what they say. You can mail the letter, read it over the phone, or send it via email or video chat. Enclose a picture from your child as well.</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages behind day 6 activity pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

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.	
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>	
		

Parent Signature: _____

Remote Learning Activities for Students

PK April 2nd (Electives)

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:		Karaoke time!	
Materials:		Anything that will play music	
Activity and Instructions:		Put on your favorite music and sing like a rock star! Take turns singing and being silly with the songs you choose. Have an audience, dance around, clap to cheer on the singer. Make it a fun challenge!	

Parent Signature: _____

Remote Learning Activities for Students

PK 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	Matching socks - Have your child help you match socks after they are cleaned and put them away for you.	Identify environmental print (names of items - Cheerios, Walmart bag, Lucky Charms, etc) around your food pantry. See what brands your child can identify and expand by teaching them more. This is a pre-reading skill that is vital for your child's development in reading.	Family List! Let your child draw each member of your family. Ask them to tell you the names in their drawing and help them label it. You can ask them to describe each family member and write down what they said beside their drawing. Take a picture of their creation.	Find a couple old socks and create sock puppets with what you have Remote Learning or pretend with them. Create social stories and problems to practice solving them in real life situations. (examples of social problems: peer has a toy you want, peer took something from you) - use the words - Fair ways to play as a clue for your child if they are stumped. Take a picture of your creations.
Activity 2 and Instructions	Help set the table for a meal. Count the number of plates, spoon, fork and cups for your family. Put them on the table neatly.	Rhyming words: Play Thumbs Up, Thumbs Down Practice rhyming by saying two words to your child. If they rhyme have your child put their thumbs up, if they don't rhyme have them put their thumbs down. For example: cat/bat (thumbs up), pan/big (thumbs down). Challenge: Give word pairs that make them use careful listening skills. For example: jump,/lump (thumbs up), mom/made (thumbs down)		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages behind day 6 activity pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

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.	
Materials:	Paper and pencil	
Activities and Instructions: 	<ol style="list-style-type: none">Using Skills for Learning helps you be a better learner. -Eyes are watching -Ears are listening -Voices Quiet -Body Calm/StillWhen you've focused your attention, you're ready to listen and learn.Together, choose a room in your house where you will hear a lot of different sounds, from both inside and outside.Adult and child, prepare to focus your attention and listen to the sounds in the environment for one minute. Begin!When the minute is up, fold a paper in half and take turns writing down all the sounds you heard and rememberedCompare your lists. Are many of the sounds the same or different?Discuss what helped you focus your attention, listen, and remember what you heard	

Parent Signature: _____

Remote Learning Activities for Students

PK April 3rd (Electives)

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:			Animal walk
Materials:			
Activity and Instructions:			Have your child do various animal walks outside or inside. See activities below for some ideas.

Parent Signature: _____

CHICAGO **OT** THERAPY

Animal Walks

Frog Jump



Key Points

- Squat down like a frog
- Jump as high as you can
- Repeat this across the room

Bear Walk



Key Points

- Extend legs straight
- Head down

Crab Walk



Key Points

- Bottom up for level stomach as the child is able
- Feet under knees

Caterpillar Crawl



Key Points

- Start in downward dog
- Walk hands out to plank
- Walk feet up to downward dog

Kangaroo Jump



Key Points

- Feet together
- Hands to chest
- Small jumps with both feet
- Jumps with hands stationary

Remote Learning Activities for Students

PK 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	Put five Or ten equal objects (buttons, spoons ...) count them, remove them one by one and ask how many are left. Remove a random number of items and ask how many are left. Play with this adding and subtracting objects.	Read a book with your child. When finished reading the book have your child draw a picture of their favorite part of the story and have your child tell you what they drew when they are finished.	Take small boxes (three shoe boxes, for example) and inside them put familiar objects to your children (such their favorite bear, a toy). Open the box just enough so your child can put his hand on without seeing the contents of the box. Let him touch the object and ask him what is it?	Your child will jump at the chance to be a pretend frog! Make lily pads out of paper and spread them on the floor. Using a regular deck of cards, draw a card. Have your child read the number and then hop on that number of "lily pads." Take a turn yourself! Who will be the first to hop all the way across the "pond?"
Activity 2 and Instructions	Go on a hunt around your house for items that are large, medium, and small. When you have found 10-20 objects of various sizes sort them by size, small, medium and large.	Help your child find the initial of his name, or the letters of his name, in the printed letters of different things (books, food boxes, household appliance brands).		

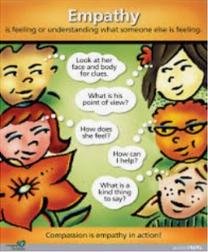
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages behind day 6 activity pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

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.	
Materials:	Paper and Pencil	
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 Remote Learning. Ask your child how he/she could show empathy Remote Learning. 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>Watch for your child to show acts of compassion.</p>	

Parent Signature: _____

Remote Learning Activities for Students

PK April 6th (Electives)

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:	Make a musical instrument		
Materials:	 <p>An empty container or bottle Rice, beans, beads, anything that will make noise when shaken Wrapping paper, or anything to decorate your instrument. (stamps, markers)</p>		
Activity and Instructions:	Decorate your bottle or container anyway you want to. Use stamps or markers to decorate it, glue scraps of paper on it. Have fun! Fill your instrument with rice or beans.		

Parent Signature: _____

Remote Learning Activities for Students

PK 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>“How Many” - using cereal, crackers, toys, etc., put the pieces into groups and see if they know how many there are. Count out the objects to match numerals 1-5 or higher.</p>	<p>Practice the letters of your child’s name. -Ex: find letters in their name on a box, magazine, junk mail, around the house. -have them practice writing their name - write their name on a piece of paper, cut it apart and have them put back together in order. - tap the letters of their name as you (or child) says what they are.</p>	<p>Worm/bug hunt: Go outside and search for worms or bugs. Look in the grass, dirt, and by the trees, etc.</p> <p>Talk about: -color -size -shape - legs -how many</p>	<p>Move like animals. Have your child choose an animal and try walking like them. Make the sounds of the animals if you would like.</p>
Activity 2 and Instructions	<p>More or less: Using different items around the house, have your child which is “more” or “less”.</p> <p>Ex: Folding socks...who has more, you or them?</p> <p>Eating a snack: who has more left?</p> <p>A pile of toys: who has more or less? Count them out to check</p>	<p>Letter musical chairs. Write letters on sticky notes or on ordinary paper and place them on a chair. Play the music and when it stops, say the letter they sit on.</p>	<p>Extra: Draw a picture of your favorite bugs or worms you found outside.</p>	

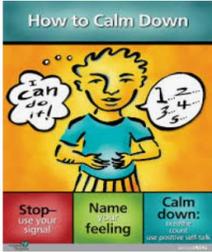
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages behind day 6 activity pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

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.	
Materials:	None needed	
Activities and Instructions: 	<ol style="list-style-type: none"> Review the steps that you can use to help you calm down when you feel strong feelings. <ol style="list-style-type: none"> Stop—use your signal Name your feeling Calm down: <ul style="list-style-type: none"> Breathe Count Use positive self-talk Read “How to Belly Breathe” <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. Practice together. Pick a feeling from the list below: Annoyed, Frustrated, Worried, Discouraged, Scared Think of a time you felt that feeling in a strong way. Say a stop signal and name the feeling. (For example: “Chill! I feel worried.”) Do some belly breathing to calm down then try another feeling. <p>Look for your child to use the calm down technique when experiencing strong feelings</p>	

Every Day: Read for Pre-K minutes. Write Pre-K.

Parent Signature: _____

Remote Learning Activities for Students

Pre-K Grade -- April 7th (Electives)

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:		Use your musical instrument	
Materials:		The musical instrument you made.	
Activity and Instructions:		<p>Shake It Varying the speed and also how you shake it.</p> <p>Roll It Roll the containers between your hands or on the floor for a different sound.</p> <p>Drum Fun Using their hands or an object like a wooden spoon or drumstick practice hitting it.</p> <p>Match my Sound Fast or slow have your little one copy you with the sounds you do or copy them.</p> <p>Stack it Using the containers have fun arranging them in various ways.</p> <p>Dance Time Hold the shakers and dance with music</p>	

Parent Signature: _____

Remote Learning Activities for Students

PK April 8th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	Do Water Play in a sink with measuring cups and bowls. Count how many cups it takes to fill a bowl.	Read a book. Find all parts of the book (spine, cover, back, pages)	What Does Soap Do? Materials: -Shallow bowl or pie tin -Water -Pepper -Dish soap Fill the bowl or pie tin with about 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 bubble of dish soap onto a clean counter. Touch the tip of your finger to the bubble of dish soap. You'll want just a tiny amount of soap on the end of your finger. What do you think will happen when you touch your soapy finger to the water?	Sing and Dance to 5 Little Monkeys. Jump when monkeys jump.
Activity 2 and Instructions	Sort coins by kind and color. Which pile has the most/least? How much is each coin worth?	Make a shopping list with your child. Have your child practice writing the words or draw pictures of the items.	After: Describe what happened? Talk about why it is important to wash our hands with soap.	

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages behind day 6 activity pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

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.	
Materials:	Paper and pencil (glue optional)	
Activities and Instructions:	<p>1. Sketch out a leafless tree. Cut out leaves.</p>  <p>2. Give examples of scenarios that may be unsafe and that should be reported to a trusted adult. These can be:</p> <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 <p>3. Then, discuss with your child who they might be able to talk to.</p> <p>4. Have children list the names of adults they can go to for help on the leaves</p> <p>5. Glue the names to the branches of their trees.</p> <p>Your child can identify several safe adults they can go to in time of need.</p>	

Every Day: Read for Pre-K minutes. Write Pre-K.

Parent Signature: _____

Remote Learning Activities for Students

Pre-K Grade -- April 8th (Electives)

The columns below offer choices for student activities.

	Art	Music	PE
Activity Title:			What time is it Mr. Fox?
Materials:			Outside space for moving
Activity and Instructions:			<p>Child or adult is a fox. They stand in the middle of the yard or outdoor space.</p> <p>The other person (people) then say, What time is it Mr. Fox?</p> <p>Fox responds with a number like 2:00.</p> <p>Then the people will take 2 steps. Then ask again, what time is it Mr. Fox?</p> <p>Fox responds a time, people take the steps.</p> <p>At some point the fox says, dinner time and runs after the other people and tags someone to be next.</p>

Parent Signature: _____