

4/9/20

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 9th](#)

[April 14th](#)

[April 15th](#)

[April 16th](#)

[April 17th](#)

[April 20th](#)

[April 21st](#)

[April 22nd](#)

[Social Emotional Learning \(SEL\)](#)

[Activities](#)

[Electives](#)

Pre-K			4/9/20 - 4/22/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Earth Day	Finding letters	Sorting	Re-using household items
	Environmental print	Counting	Self- help skills
	Practice writing skills	Comparing	

- Sort your recycling into piles - plastic, paper and glass
- Look at your recycle bin - What letters do you see?
- Counting the number of items you are recycling
- Compare the items (paper, glass, plastic). What has more, less, equal, big, little, short, tall, heavy, light, shapes
- Reuse a cardboard box to make something. Ex: color on it, make a fort, etc.
- Find different environmental print in your recycling container (cottage cheese, walmart, etc) discussing where the items came from
- Self-help - turning off lights when leaving the room, turning off water after brushing your teeth, etc.

Remote Learning Activities for Students

Pre-K -- April 9th

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 how many trash cans you have in your house.</p> <p>6.A.ECa 6.A.ECf</p>	<p>Take some junk mail and cut out the letters in your name.</p> <p>19.A.ECc. 4.B.ECd</p>	<p><u>Discussion:</u></p> <p>Where does the trash go?</p> <p>Virtual Field trip: https://illinois.pbslearningmedia.org/resource/9f51c5d8-12c7-410b-b3d8-38fec5634bab/recycling-center-field-trip/</p>	<p>Collect different recyclable items to use for the week.</p> <p>11.A.ECc 11.A.ECd</p>
Activity 2 and Instructions	<p>Look at the trash cans in your house. Are they tall, short, colored, circular, rectangular, etc. Describe them.</p> <p>7.A.ECc</p>	<p>Cut out letters using junk mail and match them</p> <p>Tip - you can do matching just lower-case, just upper-case or match upper- to lower-case.</p> <p>4.B.ECc</p>	<p>1.E.ECb</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

Pre-K --April 14

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>Tallying the junk - make columns and tally how many of each you have. Paper - III Plastic - II Glass - IIII Discuss which one has more, less, are any equal</p> <p>7.A.ECc 6.A.ECa</p>	<p>I went shopping: Have your child cut out the names of the junk you have. Pretend to go grocery shopping using environmental print - things that your child would want to 'buy'.</p> <p>19.A.ECc 15.D.ECa</p>	<p><u>Discussion:</u> How can we reuse junk?</p> <p>1.A.ECb 1.B.ECc 1.B.ECd</p>	<p>Using your imagination make a unique toy out of the recycling. Ex: garage out of a shoe box, ramp out of a paper towel tube, etc.</p> <p>11.A.ECb</p>
Activity 2 and Instructions	<p>Count the amount of recycling you have collected thus far. While counting aloud have your child bounces for each number. Ex: 1 - bounce; 2 - bounce again, etc.</p> <p>6.A.ECa</p>	<p>Play I- spy a letter using your collected materials.</p> <p>Ex: I spy the letter 'A' - have your child point or circle the letter they have found on the different items that you have collected thus far.</p> <p>4.B.ECb</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

Pre-K -- April 15th

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>"I'm thinking of a shape..." Describe a shape out of the items you have collected this week and have your child locate the item you have described.</p> <p>Ex: Item - water bottle - I'm thinking of a shape that has a circle at the top, is tall, cylinder, etc.</p> <p>9.A.ECa 9.A.ECc</p>	<p>Make a list together on different ways you can use less trash.</p> <p>5.B.ECb</p>	<p><u>Discussion:</u> How can we create less trash?</p> <p>1.A.ECb</p>	<p>Go on a walk around your neighborhood</p> <p>-Talk about the different trash you see.</p> <p>-Discuss if the trash could be recycled?</p> <p>-Where should it have been disposed of?</p> <p>12.E.ECb</p>
Activity 2 and Instructions	<p>Take a recyclable container and have a parent put a random number of items inside. Take turns guessing how many are inside of the container. Count the objects.</p> <p>6.C.ECa</p>	<p>Clap out the sounds in the different environmental print you find in your recycling or trash.</p> <p>Ex: sandwich- sand/wich pancake- pan/cake cupcake- cup/cake toothbrush- tooth/brush Wal-mart- Wal/mart</p> <p>4.C.ECc</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

Pre-K -- April 16th

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>Measurement: Find different recycling and sort them from shortest to tallest.</p> <p>7.A.ECa 7.A.ECb</p>	<p>Glue/put together different scraps of junk to create the letters in your child's name.</p> <p>Tip: Don't forget the first letter is always an uppercase letter. :)</p> <p>4.B.ECd 4.B.ECb</p>	<p><u>Discussion:</u></p> <p>What do workers do with the trash?</p> <p>1.A.ECb 1.A.ECc 1.B.ECa 15.A.ECa 15.A.ECb</p>	<p>Take the plastic bottles and stand them up. Using a soft ball, bowl the bottles over. When the bottles fall count how many are still standing.</p> <p>6.A.ECa 19.A.ECc 19.A.ECa</p>
Activity 2 and Instructions	<p>Counting: Find different recycling and count how many you have found.</p> <p>6.A.ECa 6.A.ECf</p>	<p>Find different items that start with the same letter.</p> <p>Ex: Cottage Cheese, Cheerios, etc start with the letter 'C'</p> <p>4.A.ECe 4.C.ECd</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

Pre-K -- April 17th

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 how many days until trash day. Discuss what trash day is and what day yours falls on. Use a calendar as a visual if needed. Point to the day as you name it.</p> <p>6.A.ECa</p>	<p>Make a list of what you think would happen if we didn't have our garbage picked up by the garbage truck?</p> <p>Here comes the garbage barge online story: https://www.storylineonline.net/books/garbage-berge/</p> <p>1.B.ECb</p>	<p><u>Discussion:</u></p> <p>How do trash and garbage affect our community?</p> <p>11.A.ECa</p>	<p>Pack a waste free lunch - make a lunch that you will throw the least amount of.</p> <p>6.C.ECa</p>
Activity 2 and Instructions	<p>Using toilet paper tubes/paper towel tubes/rolled up newspaper to create buildings and compare which one is tall/short.</p> <p>7.A.ECc</p>	<p>Read any book you have available. Discuss the characters that are in the story.</p> <p>2.A.ECa</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

Pre-K -- April 20th

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>Patterning - using bottle caps, milk caps, etc make a pattern</p> <p>Ex: milk cap, pop cap/tab, milk cap, pop cap/tab, etc.</p> <p>8.A.ECb</p>	<p>Look at your collection of items. Do any of those items rhyme? If no items rhyme try to rhyme with other words</p> <p>Ex: Cat - sat, hat, bat, etc</p> <p>4.C.ECb</p>	<p><u>Discussion:</u></p> <p>What do people throw away?</p> <p>1.A.ECb 1.A.ECc 12.E.ECb</p>	<p>Help take out the trash - roll the bin to the street with a parent or take your garbage to the dumpster.</p> <p>If you are able - watch the garbage truck take the trash away.</p> <p>31.A.ECc 12.E.ECb</p>
Activity 2 and Instructions	<p>Which container holds more water - using bottles, measuring cups, etc. Discuss what items hold more/less. How many cups did you need to use to fill the bottle.</p> <p>7.C.ECa 11.A.ECc</p>	<p>Put items that are recyclable into a box. As you pull the item out have your child name the item.</p> <p>12.C.ECa I</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

Pre-K -- April 21st

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	Sorting - Sort your waste items into two piles - trash and recycling. How many did you have in each pile? 6.D.ECa 6.D.ECb	Create a list of what you and your child know about recycling. 1.B.ECc 1.B.ECd 1.C.ECa	<u>Discussion:</u> What do we know about recycling? 1.B.ECc	Self-help - turning off lights when leaving the room, turning off water after brushing your teeth, etc 30.C.ECc 22.A.ECa
Activity 2 and Instructions	Using paper write the numbers 1 through 5. Have your child put that amount of items on the corresponding number. Ex: the number 4 will have 4 items on it. 6.B.ECb	Draw a picture of some of the things you recycled this week. 19.A.ECe		

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

Pre-K -- April 22nd

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>Take a walk outside and count the number of garbage/ recycling cans you find in your neighborhood.</p> <p>6.A.ECf</p>	<p>Make a list of the items you recall recycling this week.</p> <p>1.A.ECb 1.B.ECd 1.C.ECa</p>	<p><u>Discussion:</u></p> <p>What have you learned?</p> <p>1.A.ECb</p>	<p>See how tall of a tower you can make using the recycling you have collected. If it falls, try again.</p> <p>7.A.ECb</p>
Activity 2 and Instructions	<p>Select one of your recycled items and use it to measure.</p> <p>Ex: using a water bottle - how many bottles long it is?; using waffle box - how many waffles tall are you</p> <p>7.A.ECb 7.A.ECc</p>	<p>Practice writing the letters you see on the different items you have collected.</p> <p>Ex: have your child write down the letters you find on the recycled cereal box, water bottle, etc.</p> <p>5.A.ECc 5.A.ECa</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

Pre-K -- (SEL) Theme: Respect Yourself and Others

The columns below offer choices for student activities for any day.

Social Emotional Learning Choice Board						
<p>Write your future self a letter.</p> <p>What advice would you give your future self? What words of encouragement?</p> <p>What passions are you going to pursue and how will you achieve those goals?</p>	<p>How do you show respect to the people in your family?</p> <p>Make a list of ways you can show someone respect.</p> <p>Then select a new way every day moving forward to showing respect to the people you are with or communicating with online.</p>	<p>Find a location in your house that is your "happy place".</p> <p>Take out the things that are distractions within this space.</p> <p>Add things that promote focus and calm. Belly Breathing is a great way to focus!</p>				
<p>1. Review the Problem Solving STEPS S: Say the problem without blame. T: Think of solutions. E: Explore consequences. P: Pick the best solution.</p> <p>2. Think about common problems in your household. Agree on one to solve together.</p> <p>3. Each family member writes down the problem from their perspective on a piece of paper.</p> <p>4. Check the statement for blaming words. Always • Never • You made me... • Because of you... • It's your fault...</p> <p>5. Write one problem statement without blame.</p> <p>6. Use the Problem-Solving Steps to find a solution together.</p> <p>7. Make a plan to put your solution into action. Problem solved!</p>	<p>Create a family action plan for solving problems while playing the family's favorite sport.</p> <p>Make a T Chart and label one side "If" and the other side "Then".</p> <p>Decide together some possible reactions to problems that everyone can reference in the heat of the moment during the game.</p> <p>Display your T-Chart somewhere everyone can reference it.</p> <div style="text-align: center;"> <p>T Chart</p> <table border="1" style="margin: auto;"> <tr> <td style="padding: 5px;">If... Joey doesn't make the touchdown and gets upset.</td> <td style="padding: 5px;">Then... He can walk away and take five focused breaths.</td> </tr> <tr> <td style="height: 100px;"></td> <td style="height: 100px;"></td> </tr> </table> </div>	If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.			<p>Practice planning ahead. Pretend you are going to go on a vacation. You pick the spot.</p> <p>Now, make a list of everything you'd need for that vacation.</p> <p>After mapping out what you need, how do you feel?</p>
If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.					
<p>Go outside and take a walk with an adult. While you are outside, think about ways to show respect to your neighbors and property.</p> <p>Make a list or draw a picture of what you thought of on your respect walk!</p>	<p>Go outside (or inside) and play a game with your family. Talk about sportsmanship and what it: Looks Like, Sounds Like, Smells like</p> <p>Game Ideas: Life Tic Tac Toe Hang-Man 4 square Jump rope Tag Relay Races Uno Monopoly Basketball (around the world) Simon Says</p>	<p>Find a spot, inside or outside, that helps you feel calm. Try some of these poses while focusing on your breathing. Breathe in for 4 seconds, hold for 4 seconds, and then breathe out for 4 seconds.</p> 				

Parent Signature: _____

Remote Learning Activities for Students

Pre-K -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	PE/Health
<p>Using cardboard you have collected, create something.</p> <p>Ex: color it, build with it, make a collage</p> <p>25.A.ECd 26.B.ECa</p>	<p>Make a musical instrument out of your recyclables.</p> <p>25.A.ECc</p>	<p>Scatter your recyclables around your yard. Challenge your child to pick all of the items up as quickly as they can.</p> <p>19.B.ECa 19.B.ECb 19.B.ECc</p>
<p>Using scissors cut up the junk mail and glue it to paper making a junk collage.</p> <p>25.A.ECd. 26.B.ECa</p>	<p>Create a song about your recycling and trash.</p> <p>25.A.ECc</p>	<p>Make an obstacle course out of your recyclables in your yard. Weave in and out of paper products, jump over plastic, etc.</p> <p>19.B.ECa 19.B.ECb 19.B.ECc</p>
<p>Make a costume out of the recycling items</p> <p>Ex: use a paper bag or box to make a vest.</p> <p>Use the link below if needed: https://www.youtube.com/watch?v=YuopYOXhiOk</p> <p>25.A.ECd 26.B.ECa</p>	<p>Perform a concert for your family using your musical instrument you created.</p> <p>25.A.ECc</p>	<p>Crumple recycled paper and toss into a box.</p> <p>Challenge - move the box farther away to make this more difficult if needed.</p> <p>19.A.ECc 19.A.ECd</p>

Parent Signature: _____