

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 Monday-Thursday.
- All teachers and staff can be contacted by email ([firstname.lastname@fsd145.org](mailto: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:

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

Kindergarten			4/9/20 - 4/22/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Spring	Story Elements Key features/ retelling/ change the ending/ predicting/favorite part	Addition/Subtraction	SEL: Respect Yourself and Others
Earth Day	Letter/sound work Beginning/ending/vowels/ CVC/CVCE or harder words Phonological skills	Classification Sort, organize, graph, compare  Patterns (AB, AAB, ABB, AABB, ABC)	Helping your Community
Animals	Writing Letters/sight words/ sentences	Counting To 100 by ones/tens Counting on Counting one to one	Life cycle of Oviparous animals
	Sight words Reading/writing	Measurement Size/length/weight/compare/ order	

# Remote Learning Activities for Students

Kindergarten -- April 9th

Parents: Choose two activities from each page each day.

	<b>Math</b> COG Math 2 COG Math 3 COG Math 6	<b>Reading and Writing</b> LLD 1-10	<b>Science/ Social Studies</b>	<b>Extra Challenge [any subject]</b>
<b>Activity 1 and Instructions</b>	<p><b>SHAPE HUNT FUN!</b> Explore your house... Find 4 things that are squares. Find 5 circles. Count the rectangles. How many triangles can you find?</p> <p>Draw a picture of 3 favorite shapes that you found.</p> <p>What other shapes do you see?</p> <p>Draw a spaceship using shapes!</p>	<p><b>STORY TIME!</b> Choose a favorite book to read with your family. This can be a book you have at home or a story online.</p> <p>As mentioned last week, you can use this same book all week to work on story elements. Today focus on the main character!</p> <p>After the story, have your child identify the main character. Talk about the main character and their characteristics. Did they like this character? Did this character have a "problem" in the story? How did they solve the problem?</p> <p>Have your child draw a picture of that character and write a sentence about that character.</p>	<p>Spring Labeling: Have your child draw an outside picture of a flower growing from the ground. Make the flower big enough to fill up the whole piece of paper. Parent write the following words on a piece of paper: Petals, stem, leaf, grass, soil (dirt). Go over each word with your child. Place the correct word next to each part of the picture. Mix up the words and practice labeling this picture.</p> <p>Children act out the living things that they hear and see as they watch: Living Things   Science Song for Kids   Elementary Life Science</p>	<p>Find something yellow that starts with B.</p> <p>Find something you can wear that starts with letter H.</p> <p>Count the shoes in your house.</p> <p>Sing the Alphabet Song as you wash your hands.</p>
<b>Activity 2 and Instructions</b>	<p>Use any fun objects to complete the equations... *Encourage your child to write out the full equation with the answer. ADDITION 1+1= 2+3= 3+1= 3+0= 4+1= SUBTRACTION ("take away") 3-2= 4-0= 5-3= 2-2= 4-3=</p>	<p><b>GO FISH SIGHT WORDS!</b> Write all sight words on individual cards or pieces of paper. Choose about 10 cards and turn them upside down in front of you and your child. These are the FISH. Take turns "casting out" with your "fishing pole" to catch a word. Choose a card (fish), read it, spell it, use it in a sentence. *Play with your entire family for fun! *Repeat game using different groups of cards for more practice. Have fun!</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 14

Parents: Choose two activities from each page each day.

	<b>Math</b> COG Math 2 COG Math 3 COG Math 5	<b>Reading and Writing</b> LLD 1-10	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b>
<b>Activity 1 and Instructions</b>	Count on from a number other than zero to 60. Complete this activity 3 times. Each time starting at a different number.	<b>Reading- Choose a book or story of your choice. Have someone read it to you OR listen to a story online.</b> What is your favorite part of the story? Why? Draw a picture and write a sentence about it.	<b>Science:</b> Place a variety of objects into a bag and invite your child to place their hands inside and feel and describe the different textures. Can they guess what is inside? Have them describe and group materials by texture and properties.	Count on from a number other than zero to 100. Complete this activity 5 times, each time starting with a different number.
<b>Activity 2 and Instructions</b>	Put 10 pennies and 10 nickels in a cup. Shake a dice to see how many coins to take out. If dice are not available, use a deck of cards without the face cards. Sort the coins and count how much money you have. This may also be used with dimes and pennies. To make it even more difficult, it may be used with pennies, nickels and dimes.	<b>Reading- Choose a book or story of your choice. Have someone read it to you OR listen to a story online.</b> What character would you like to be in the story? Why? Draw a picture of your character and write a sentence about why you would like to be that character.	<b>Soc. Studies:</b> Pick up sticks or trash in your yard, neighborhood, or street	<div style="text-align: center;">  <p><b>SPRING SCAVENGER HUNT</b></p> <ul style="list-style-type: none"> <li>♥ Find a yellow flower.</li> <li>♥ Find 3 different shaped leaves.</li> <li>♥ Find something that is red.</li> <li>♥ Find a spider web.</li> <li>♥ Find something that flies.</li> <li>♥ Name 2 things you see in the sky.</li> <li>♥ Find something that is long.</li> <li>♥ Find something that grows that is green.</li> <li>♥ Find 2 birds.</li> <li>♥ Find some water.</li> <li>♥ Find something purple.</li> <li>♥ Find something that crawls.</li> </ul>  </div> <p>What letter of the alphabet has the most water? The C.</p>

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**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

Kindergarten -- April 15th

Parents: Choose two activities from each page each day.

	<b>Math</b> COG Math 3 COG Math 4	<b>Reading and Writing</b> LLD 6-10	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b>
<b>Activity 1 and Instructions</b>	<p><b>Mathket Ball</b> Get 5 baskets(or small trash cans or bowls) or whatever you have around the house and some small pieces of scratch paper. Label the cans 1-5. Start by writing with equations that add up to 5 (ex. 2=3, 4=1, 0=5, ect...) on the pieces of paper and crumble them up. It's ok to have multiples of equations to help build fluency. When ready, have your child look at them one at a time and figure out the answer quickly. Once they know the answer, they crumble up the paper and shoot it in the correct basket/bucket. They continue until all of their equations are done. Time yourself and see if you are able to beat your previous time. If your child already knows the facts up to 5, increase them to 6-10.</p>	<p>Make a rainbow book using (ROYGBIV) the colors of the rainbow. Take paper and at the top write a sentence about something for each color of the rainbow. Add a picture to match. Ex. Page 1: A ball is red. Page 2: A shirt is orange. Page 3: The sun is yellow. Page 4: The frog is green. Keep going until you have a page for each color of the rainbow!</p> <p>Extra: Listen to "A Bad Case of Stripes" by David Shannon at <a href="https://www.youtube.com/watch?v=AlqIbLdAYOw">https://www.youtube.com/watch?v=AlqIbLdAYOw</a> (English) <a href="https://youtu.be/bwQ5BxGiQ2o">https://youtu.be/bwQ5BxGiQ2o</a> (Spanish)</p> <p>Talk about the character, setting, problem and solution.</p>	<p><b>Will it Melt?</b> Take a muffin tin and put an object in each muffin compartment. (such as an ice cube, a skittle, a piece of gum, a marshmallow, a small piece of cheese, an m&amp;m, hershey kiss, etc.). The student will make predictions on what item will melt faster or slower when outside in the direct sunlight. Then put the muffin tin outside in the sun. Check on it every 30 minutes to see what items are melting. Write/Draw your predictions and then your observations.</p> <p>(Explanation: when objects get hot enough, their molecules start moving around and won't stay in one spot. This causes them to melt, and each object has a different melting point.)</p>	<p>*Write your numbers 1 to 100</p> <p>*Sort the mail into piles, talk about how you sorted them. (size, who it's to, type of mail, etc)</p> <p>*Make your own moon sand. Combine 4 cups of flour and ½ cup of baby oil into a bowl...mix and play!</p>
<b>Activity 2 and Instructions</b>	<p><b>Estimate &amp; Measure with Cereal</b> Pick 7 different items from the kitchen to measure with cereal pieces. Fold a piece of paper into thirds, then unfold it so you have 3 columns. On the left write the name of the item you will be measuring. In the middle column estimate &amp; write how many cereal pieces long l the object will be. Measure it. Write how many pieces long it actually was in the right column. Was your guess close? Did you get better as you went on?</p>	<p>Brainstorm a list of 10 words that describe Spring. (mudpuddles, green, rainbow, sunny, warm, bugs, flowers, etc)</p> <ul style="list-style-type: none"> <li>• Clap the syllables in each of your words</li> <li>• Tap out or stretch out each word and write them how you hear them. (this might look like mudpudls for mudpuddles)</li> <li>• Say a word that rhymes with each of your words, these may be nonsense words.</li> <li>• Take the beginning sound away and replace it with another sound (mud, take away 'm' and put in 'd' = dud).</li> </ul>		

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**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

Kindergarten -- April 16th

Parents: Choose two activities from each page each day.

	<b>Math</b> COG Math 3 COG Math 4	<b>Reading and Writing</b> LLD 10 LLD 3	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b>
<b>Activity 1 and Instructions</b>	<p><b>Let's Measure!</b> Gather up a crayon,pencil and adult shoe.</p> <p>Pick an object around the house such as a picture frame, toy car, doll, plate, etc.</p> <p>Place crayon next to the object that you picked. What object is longer? Shorter? Are they the same size?</p> <p>Repeat using the pencil and adult shoe.</p>	<p><b>Draw Me a Picture!</b> Have your child draw a picture of anything they would like. Make sure they add a lot of details.</p> <p>When done they can label their picture. IE- a picture of them playing at the park. They could label: sun, grass, tree, slide, flower, swing, etc.</p>	<p><b>Ice Cube Challenge</b> You will need 3 small bowls and 3 ice cubes, salt and hot water for this activity</p> <p>Before you start the experiment, predict what you think will happen to each ice cube. What will happen to the ice cube you do nothing to? What about the one with salt and the one with hot water?</p> <p>Place 1 ice cube in each bowl. First bowl-do nothing 2nd bowl-sprinkle salt on top of the ice cube 3rd bowl-Pour hot water over the ice cube</p> <p>Observe what happens to ice cubes? Were your predictions right?</p> <p><b>Be a Good Neighbor</b> Pick one (or more) neighbor and do something nice for them. IE: Wave and say hi when you see them Draw them a picture Sing them a song Make them cookies</p>	<p><b>Draw Shadows</b> You will need to do this on a sunny day! Have your child find 5 objects/toys and 5 pieces of paper. They will set an object next to the paper facing the sun so a shadow will show on the paper. Trace the shadow and then color the picture.</p> <p><b>What Am I Drawing?</b> Parents-think of a simple object (rabbit, flower, car, etc.) and start to draw parts of it one at a time. See how quickly they can guess what you are drawing.</p>
<b>Activity 2 and Instructions</b>	<p><b>Bowl Game</b> You will need a bowl and 10 small objects.</p> <p>Parents put some objects under the bowl-let them see how many. Cover up the objects with the bowl and add or take away 1. They will tell you how many are under the bowl now. Challenge- add or take away 2 or 3.</p>	<p><b>Tell Me a Story!</b> Take a piece of paper and fold into four sections</p> <p>Draw a picture in each square to tell how to do something (Ex. brush your teeth, get dressed, make Kool-Aid, carve a pumpkin, etc.). Make sure to draw pictures in order of what you do first, second, next, and last.</p> <p>Once all pictures are finished, share what you have drawn to do using words, first, next, then, last, etc.</p>		

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## Remote Learning Activities for Students

Kindergarten -- April 17th

Parents: Choose two activities from each page each day.

	<b>Math</b> Cog Math 2 Cog Math 3 Cog Math 5 Cog Math 6	<b>Reading and Writing</b> LLD 1 LLD 2 LLD 7-10	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b>
<b>Activity 1 and Instructions</b>	<p><b>What's the Number Before and After</b></p> <p>Count the spoons in your silverware drawer. Write down that number. Now write down the number before and after the number you wrote.</p> <p>Count the forks. Write that number down. Now write the number before and after the number you wrote.</p> <p>Your turn.....go find something to count. Write that number down and then write the number before and after the number you wrote.</p>	<p><b>Middle Sound</b></p> <p>What sound do you hear in the middle of these words?</p> <p>pig bug mad hop jet</p> <p>Pick out 3 words from above and write it in a sentence. Draw a picture to match what you wrote.</p>	<p>-1 plate or round cake pan -milk -food coloring 2-3 colors -Dish soap</p> <p>Pour just enough milk to cover the bottom of a small plate or pan. Drop 2 or 3 tiny drops of each color of food coloring into the milk. Do this carefully without disturbing the milk. Now put 2-3 drops of dish soap in the center of the milk. Watch the colors mix and swirl.</p>	<p>Write your numbers from 1-100. Go back and circle all the numbers that end in a 5 or 0. Now count by 5's to 100.</p> <p>OPTIONAL: Sing along with MisterB <a href="https://www.youtube.com/watch?v=hpV1UFafCHw&amp;list=RDhpV1UFafCHw&amp;start_radio=1">https://www.youtube.com/watch?v=hpV1UFafCHw&amp;list=RDhpV1UFafCHw&amp;start_radio=1</a></p>
<b>Activity 2 and Instructions</b>	<p><b>3D shape-Cylinder</b></p> <p>Count the cylinders in your house. If your family has canned goods those are cylinders. Ask them to get you some down if you can't reach them.</p> <p>Write the number down that you counted.</p> <p>Whatever your number was, count on after that until you get to 100!</p>	<p><b>Painting Sight Words</b></p> <p>Get a paint brush or a handful of Q-tips and a cup of water. Go outside to a driveway or sidewalk. Have your child "paint" the sight words with water. (You could do this with sidewalk chalk too) Use any sight words you like.</p>		

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**Parent Signature:** \_\_\_\_\_



## Remote Learning Activities for Students

Kindergarten -- April 20th

Parents: Choose two activities from each page each day.

	<b>Math</b> COG MATH 1 COG MATH 2 COG MATH 3 COG MATH 6	<b>Reading and Writing</b> LLD 5 LLD 6 LLD 10	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b> LLD 9 LLD 10
<b>Activity 1 and Instructions</b>	<p>Ask your student to find a total of 10 objects around the house that are various shapes. Have them first sort the objects by shape and identify the shape of each object correctly. Once the objects are sorted, ask your student to sort them by a different trait (soft/hard, different colors, size, etc.). Ask them to explain their reasoning/thinking for the groups. See how many different ways you can sort the objects!</p>	<p><b>Reading:</b> Choose your favorite book or story and read it with your family. This could be a story online or a book you already have.</p> <p>After reading, have your child retell the story. They may look back in the book, if needed.</p> <p>Have your child draw their favorite part and write a sentence about it.</p>	<p>Find a plant outside. Have your student draw a picture of what it looks like today and label the picture. Come back at a later time and have them draw what it looks like at that time, labeling the picture again. Discuss the changes that have occurred.</p>	<p><b>Alphabet "Write the Room"</b></p> <p>Have your child write the alphabet vertically down a piece of paper. Use the back if you need more space.</p> <p>Then have your child look around inside &amp;/or outside to find words that start with each letter of the alphabet. Have your child write the word next to the correct letter.</p>
<b>Activity 2 and Instructions</b>	<p>Go for a walk with your child. Ask them to count the number of trees (or flowers, birds, cars, etc.) you see on your walk. When you return, ask them for different ways to make that number. (10 trees, 5+5, 8+2, 12-2)</p>	<p><b>Reading:</b> Choose your favorite book or story and read it with your family. This could be a story online or a book you already have.</p> <p>Have your child identify their favorite character from the story. Why? Did that character solve a problem?</p> <p>Lastly, have your child draw a picture of their favorite character and write a sentence describing that character.</p>		

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**Parent Signature:** \_\_\_\_\_

## Remote Learning Activities for Students

Kindergarten -- April 21st

Parents: Choose two activities from each page each day.

	<b>Math</b> COG MATH 1 COG MATH 2 COG MATH 3 COG MATH 6	<b>Reading and Writing</b> LLD 5 LLD 6 LLD 9 LLD 10	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b>
<b>Activity 1 and Instructions</b>	<p><b>MATH 3D SHAPE FUN!</b></p> <p>Let's find...</p> <p>Things that are CONES. (ice cream cones, funnel, etc)</p> <p>Things that are SPHERES. (balls, globe, etc.)</p> <p>Things that are CUBES. (box, ice cube, etc)</p> <p>Things that are CYLINDERS. (cans of soup, cups, etc)</p> <p>What shape did you find the MOST of? LEAST of?</p> <p>Youtube song..3D Shapes I Know By Harry Kindergarten</p>	<p><b>STORY TIME!</b></p> <p>Choose a favorite book to read with your family. This can be a book you have at home or a story online.</p> <p>You can use this same book all week to work on story elements. Focus on the characters and setting of the story.</p> <p>After the story, have your child identify the characters and setting. Once you have read the story, ask your child to "re-read" the story to you. Asking questions "what happened first" "Then what happened" "What happened next"</p> <p>Have your child draw a picture of their favorite part of the story.</p>	<p>Review the National Symbols with your child. Talk to your child about the American flag/ Statue of Liberty / bald eagle. Have them draw a picture and label it. They can practice the Pledge of Allegiance. Review what state your child lives in and that America is our country.</p>	<p>Count how many tennis shoes are in your house.</p> <p>Find something that starts with the "ch" sound?</p> <p>How many doors are in your house?</p> <p>Look outside...how many Springtime animals and plants do you see? Draw a picture of what you see.</p> <p>Find something you need when it rains.</p>
<b>Activity 2 and Instructions</b>	<p>Count to 100 by ones and tens.</p> <p>Youtube movement song... Let's Get Fit/Count to 100 By Jack Hartmann</p> <p>Use your favorite household objects to add and subtract (take away).</p> <p>*If your child is mastering these with ease, feel free to add more objects to practice equations to 10.</p> <p>Addition...</p> <p>2+3= 1+2= 5+0= 4+1= 0+4= Subtract (take away)...</p> <p>4-0= 3-2= 5-4= 2-2= 4-1=</p>	<p><b>Sight word practice</b></p> <p>Here are a few options to choose from:</p> <p>Sight Word Hunt: To make sight word hunt, you'll need some sticky notes/paper, pencil/pen, and tape. Simply write the sight words on paper/sticky notes. Hang words up around your house. Your kids find the words, read the words, and write them.</p> <p>Journal Writing: Have your child do one "journal" entry each day about "Spring". For example "The grass is turning green" then have them draw an illustration to match what they wrote about.</p>		

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**Parent Signature:** \_\_\_\_\_



# Remote Learning Activities for Students

Kindergarten -- April 22nd

Parents: Choose two activities from each page each day.

	<b>Math</b> Cog Math 2 Cog Math 3 Cog Math 5	<b>Reading and Writing</b> LLD 1 LLD 2 LLD 6-10	<b>Science/ Social Studies</b>	<b>Extra Challenge (any subject)</b>
<b>Activity 1 and Instructions</b>	Shake 2 dice, add them together, and write the number. What 3 numbers come before? What 3 numbers come after? Work on this for 5 minute, then dance to your favorite song for 5 minutes. Then work on the activity again for 5 minutes. *Count your socks. Write down that number. Now write down 3 numbers before and 3 numbers after.	<b>Reading- Choose a book or story of your choice. Have someone read it to you OR listen to a story online.</b> *What lesson do you think the author wants you to learn from the story? Draw a picture about the lesson and write a sentence.	<b>Science:</b> Use a variety of objects to test that can get wet—toys, utensils, tools; and a water tray. Invite your child to predict which items they think will float and which will sink in the water. Then test each one, choosing them to volunteer to put the item gently in the water. Record the results.	Shake 3 dice, add them together, and write the number. What 3 numbers come before? What 3 numbers come after?
<b>Activity 2 and Instructions</b>	Count to 100 by 1's and then by 10's while jumping, hopping, or skipping. Write numbers 1-20, 3 times starting at the top of the page by 1's, then write numbers by 10's, 10-100.	<b>Reading- Choose a book or story of your choice. Have someone read it to you OR listen to a story online.</b> Is this story fiction or nonfiction? What clues from the story help you answer that question? Draw a picture and write a sentence about it.	<b>Soc. Studies:</b> Help mom or dad with a chore around the house without being asked.	<div style="text-align: center;">  <p><b>RAINBOW SCAVENGER HUNT</b></p> <ul style="list-style-type: none"> <li>🔍 Find something red.</li> <li>🔍 Find something yellow.</li> <li>🔍 Find something orange.</li> <li>🔍 Find something green.</li> <li>🔍 Find something blue.</li> <li>🔍 Find something purple.</li> <li>🔍 Name a Fruit that is red.</li> <li>🔍 Name an animal that is yellow.</li> <li>🔍 Name a vegetable that is orange.</li> <li>🔍 Name a plant that is green.</li> <li>🔍 Name a flower that is purple.</li> <li>🔍 Name something outside that is blue.</li> </ul>  </div> <p>What type of bow can never be tied? A rainbow.</p>


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**Parent Signature:** \_\_\_\_\_

# Remote Learning Activities for Students

Kindergarten Grade -- (SEL) Theme: **Respect Yourself and Others**

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



Social Emotional Learning Choice Board				
<p>Draw a picture of you as an adult</p> <p>What are your dreams? What would you like to be doing when you are older?</p> <p>What would you like to be?</p>	<p>How do you show respect to the people in your family?</p> <p>Draw pictures or make a list (with an adult) 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>Learn a new song about respect. -Sing the All About Respect Song <a href="https://www.youtube.com/watch?v=TmRjyQIWYQ">https://www.youtube.com/watch?v=TmRjyQIWYQ</a></p>	<p>Find a location in your house that is your "Happy Place".</p> <p>A Happy Place is a location where you feel the calmest and most relaxed. For some people, this can be in your bedroom, backyard, or playroom.</p> <p>Draw a picture of you in your happy place.</p>		
<p>Everyone can be taught to solve their problems, here's how:</p> <p><b>Problem Solving Steps</b></p> <ol style="list-style-type: none"> <li>1. <b>Identify how you feel?</b></li> <li>2. <b>What is the problem?</b></li> <li>3. <b>Come up with solutions.</b></li> <li>4. <b>What would happen with each solution.</b></li> <li>5. <b>Choose your solution and try it.</b></li> </ol> <p><b>Problem Solved!</b></p> <p>Let's Practice</p> <ul style="list-style-type: none"> <li>-With an adult, identify and talk about a common problem at home.</li> <li>-How does it make you feel?</li> <li>-What would make you feel better and why?</li> <li>-Be creative. Come up with as many solutions as you can.</li> <li>-Did you solve the problem?</li> </ul> <p>These steps can also be used while reading any books that involve finding solutions to problems.</p>	<p>Create a family action plan for solving problems while playing the family's favorite sport or game.</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>Pictures and/or emojis can be on the chart as well.</p> <p>Display your T-Chart somewhere everyone can reference it.</p> <div style="text-align: center;"> <p><b>T Chart</b></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> </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, draw everything you want to take in your suitcase.</p> <p>Talk about everything you're taking. Why are those items important to you and how do they make you feel?</p>
If... Joey doesn't make the touchdown and gets upset.	Then... He can walk away and take five focused breaths.			
<p><b>Take a Respect Walk</b></p> <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>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><b>Game Ideas:</b></p> <ul style="list-style-type: none"> <li>Life</li> <li>Tic Tac Toe</li> <li>Hang-Man</li> <li>4 square</li> <li>Jump rope</li> <li>Tag</li> <li>Relay Races</li> <li>Uno</li> <li>Monopoly</li> <li>Basketball (around the world)</li> <li>Simon Says</li> </ul>	<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

Kindergarten -- (Electives)

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

Art	Music	PE/Health
<p>On your nature walk with your parents, look for hearts. Pick your favorite heart display and draw the picture of what you saw. Challenge: Color with your favorite material</p>	<p>Listen to a piece of music. Use your body to show the high and low sounds. (i.e. wave your hands in the air when you hear high sounds and touch the ground when you hear low sounds)</p> <p>Challenge: Create your own high/low piece with either your own voice or any instruments you may have at home (MU:Pr4.1.K.b)</p>	<p><b>Tower Stacking Challenge</b> Build the tallest tower using stuff found around your home! Stack items found around your home to build a tall tower. No limit on how many items may be used. Be sure to stack heavier things on bottom and lighter things on top. Bonus: This can be done outside! Same rules apply stack items you can find outside your home or neighborhood to build the tallest tower possible.</p>
<p>Go on a walk around your house or neighborhood (get parent permission). Look to see if you can find bird nests. Think about how you could create a nest. Using materials you are able too, create your own bird nest.</p> <p><b>**Do as a family team or make it a competition</b></p> <p>One way that birds make their nests is through weaving (interlocking pieces together)</p>	<p>Create a rhythm pattern using  and . Find something in your house to use as rhythm sticks (i.e. 2 pencils, markers or a pair of chopsticks) and play your pattern.</p> <p>Challenge: add a rest (silent beat ) to your rhythm. (MU:Cr1.1.K.a)</p>	<p><b>Practice Fitness Testing Standards</b> Have you been staying active? Let's find out. Remember the four tests we do? If you don't, here they are...</p> <p><b>Sit and Reach</b> *Sit on bottom, knees straight *Can you reach past your toes?</p> <p><b>Pushup &amp; Hold</b> *Freeze at the top of your pushup *Can you hold it for 22 seconds?</p> <p><b>Sit Ups</b> *Hands on legs, sit up to touch knees *Can you do 23 in a row?</p> <p><b>Jogging</b> *Can you jog without stopping for 2:45? If your answer to all those is yes....then you are in great shape!</p> <p>Keep staying active!</p>
<p>Trace your hand. Add line designs in the foreground (hand) and background (behind your hand).</p> <p><b>**Challenge: add color</b></p>	<p>Sing a song from music class and pat the steady beat somewhere on your body. Try singing the song at different tempos (the speed of the song) and see what that does to the steady beat.</p> <p>Challenge: Change where you pat the steady beat on your body during the song OR have your right hand pat the beat on one body part and the left hand pat the beat on a different body part.  (MU:Pr4.1.K.b)</p>	<p>Activity: Assessing Fitness Levels The goal of this activity is for students to describe the immediate effects of physical activity on the body. Begin by asking students how their body is feeling. Ex: Good, relaxed, calm, etc. Have your child perform some vigorous physical activities: 15-20 jumping jacks, running in place for 30-45 seconds, or 10x Burpees Now ask your child to compare how they feel now to before beginning the exercises. How are their bodies feeling? What's different and why do you think your body feels this way now?</p>

Parent Signature: \_\_\_\_\_