

WEEKLY LEARNING ACTIVITIES: K-1 LITERACY



Monday

READING

Read a book of your choice or listen to Michelle Yeoh read [Lotus & Feather](#).

WRITING

Write about what the setting of the story was and draw a picture to go with it.

LITERACY

G is for groceries... Make a list of food your family needs to buy at the store.

Tuesday

READING

Read a book of your choice or listen to Rami Malek read [The Empty Pot](#).

WRITING

Write a new ending to the story!

LITERACY

D is for draw... Draw the most important things that happened in your favorite story.

Wednesday

READING

Read a book of your choice or listen to Oprah Winfrey read [The Hula Hoopin' Queen](#).

WRITING

What lesson do you think the author was trying to teach us?

LITERACY

M is for memorize... Find a short poem or quote you like and memorize it.

Thursday

READING

Read a book of your choice or listen to Reid Scott read [Sylvester and The Magic Pebble](#).

WRITING

Which character would you most like to meet in real life? Why?

LITERACY

Y is for yellow... Make up a story about something yellow and share it with someone in your house.

Friday

READING

Read a book of your choice or listen to Kiernan Shipka read [The House that Jane Built](#).

WRITING

How did this story make you feel?

LITERACY

T is for tiny... Make a tiny little book.



WEEKLY LEARNING ACTIVITIES: K-1 MATH AND MORE



Monday

MATH

Math games. Play 2-3 Math Games by [selecting some](#) from the grade your child is in.

Or, play basketball with any size ball in your house and use a garbage can as your net. Record how many baskets you make out of 10. How many baskets did you make? How many more do you need to reach 10?

Tuesday

MINDFULNESS

Butterflies! Do you ever feel nervous, scared or anxious? Try this exercise called Butterflies to feel better. It's by our friend Mallika Chopra.

Have a parent or adult help you click on the link below to listen and follow the exercise: [Butterflies.](#)

Wednesday

MATH

Math games. Play 2-3 Math Games by [selecting some](#) from the grade your child is in.

Thursday

ART

Tornado in a jar.
Materials: Plastic bottle or jar with lid, dish soap

Directions: Take a clear plastic bottle or jar and fill with water and dish soap. Have your child shake to create a tornado.

Friday

MATH

Math games. Play 2-3 Math Games by [selecting some](#) from the grade that your child is in.

Or, go on a number scavenger hunt! Walk in and around your home. Look for anything that has numbers. Write down the object and what number(s) are on that object.



WEEKLY LEARNING ACTIVITIES: K-1 MOVEMENT AND FAMILY



Monday

Silly sounds. Get silly today and make up a new sound or word. Next, make up a new action to go along with that word or sound. See if you can say your new word or sound at least 10 times throughout the day!

Tuesday

Pick up your room! Each time you pick something up, do five jumps before you put it away.

Wednesday

Statues game. Put your body into a balanced position and hold it while you count to 10. Then, try a more challenging position.

Thursday

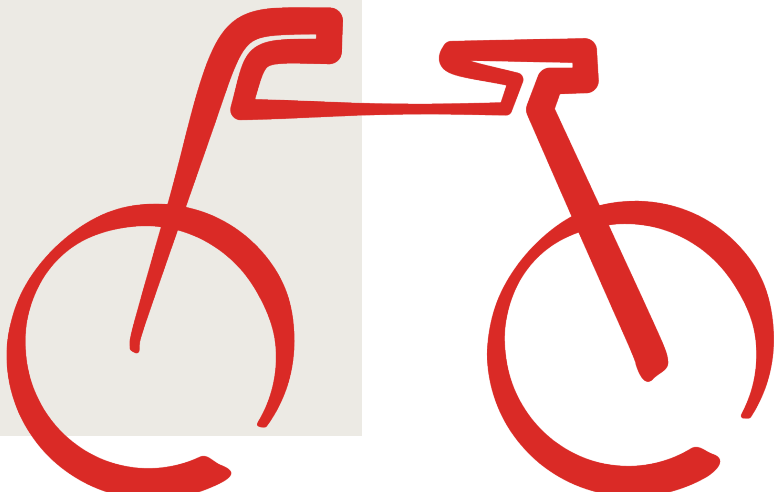
ABC shapes. Say the ABC's by putting your body into the shape of each letter.

Friday

Dancing for two. Turn on some music and get your parent, caregiver or sibling to dance with you. Tell them they have to dance for at least two whole songs.

FAMILY

Drawing together. Get creative and have fun learning how to draw cute animals by watching [this video](#). Or, draw a picture together! Each family member should start by drawing a scene of an activity that makes them happy. Leave room for other family members to add to it – pass your picture for more people to add at least 3 times! Hang up your masterpiece on a wall or the refrigerator. Admire what you've created together!



WEEKLY LEARNING ACTIVITIES: K-1



PARENT AND CAREGIVER CORNER

Now that you've been more at home with your children, some worry may have set in about whether or not your children are sufficiently learning. You may be asking yourself whether your children are getting the most out of their online learning or non-traditional instruction, or whether they'll be behind in school once they return. You may also have feelings of frustration at your children for not applying themselves to their remote learning, and you may just want them out of your hair, so you can complete some work yourself!

We understand you, and we feel for you. Your worries and frustrations are normal, as we are all doing our best to navigate such tense, uncertain times. And who ever knew that nearly all of us would be at home overseeing the education of our children?! But guess what? You were always first and foremost your child's teacher! You taught them, cared for them and prepared them to enter some form of schooling. You can still be there and support their learning.

If you find that there is just not enough time or bandwidth on your end to make sure your kids complete several hours a day of schoolwork, you're not alone. Even if you are able to make sure your children complete one or two learning activities a day, you have succeeded. And if they are playing, then great! Remember, **PLAY IS LEARNING**. Have your children get off their screens and play – encourage them to go outside or use their imagination or create something. As Tony Wagner explains in his book, *Creating Innovators: The Making of Young People Who Will Change the World*, for children “play leads to passion, and passion leads to purpose.” So, let your children play and find their passion and their purpose during this unique time of school closures. They will be fine, and you will be fine, too. **Remember, we're in this together!**