

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



CELEBRATING 100 YEARS OF U.S. POSTAL AIRMAIL SERVICE

Monday

READING

What was the Pony Express? Click [this link](#) to learn all about it.*

WRITING

Pretend you will interview someone who works on the Pony Express. What questions would you ask? How might he or she answer? Record your thoughts.

Tuesday

READING

Read about [Hugh Finlay](#) and his duty in delivering mail during early colonial America.*

WRITING

Using [this link](#), create a letter similar to the ones written during the American Revolution.*

Wednesday

READING

Why didn't Benjamin Franklin have to [pay for mail](#)? Read and find out!*

WRITING

Write a letter to a friend using colonial handwriting. See [some examples](#) and learn how!*

Thursday

READING

Read and learn about what a [letter seal](#) is and why it was used.*

WRITING

Pretend you are living during colonial times. Write a letter sharing about your daily life. Using the link above, create your own family seal on the letter.

Friday

READING

Have you ever heard about [postmen of the skies](#)? Read and learn about these American heroes.*

WRITING

Locate one of the famous [postmen of the skies](#). Create a short biography, with details about their life and the role they played in mail service.*

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ACTIVITY: MATH AND STEM



Monday

MATH

Board game math. Play your favorite board game with a math twist! Play the game as usual, but before each turn, players must answer an addition, subtraction, multiplication or division fact before they can take their turn. If they get it wrong, help them solve the problem.

Tuesday

STEM

Design a maze. You can use any materials you have easily available at home. You can also draw a maze and have someone solve it.



Wednesday

MATH

Graphing answers. Create a question to ask 10 friends or family members and survey them. Create a bar graph to represent your data. Which answer had the most votes? Which answer had the least votes? How many more voted for one answer than another answer?

Thursday

STEM

Slime fun.
Materials: shampoo, cornstarch, food coloring (optional), water

Directions: Combine $\frac{1}{2}$ cup of shampoo with $\frac{1}{4}$ cup of cornstarch. Mix well. Add 3 drops of food coloring. Slowly add 1 tablespoon of water and mix. Slowly add 5 more tablespoons of water and mix well. Knead for 5 minutes.

Friday

MATH

Bean counting. Using an old egg carton, write the numbers 1-12 inside the cups. Place 2 beans or small items inside, close the lid and give it a shake. Open it back up to see which 2 numbers the beans landed on. Multiply those numbers together. Or subtract the numbers. Make it harder by adding more beans!

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ACTIVITY: BOREDOM BUSTERS AND MORE



Monday

Karaoke. It's time to get your singing on! It doesn't matter whether or not you can sing well, just get out there and have some fun! Pick a song you like and learn the lyrics. You can also turn on the radio and sing along to a song you like. Or you can go to [KidzBop](#), pick a song and read the lyrics as you sing along!



Tuesday

Taking responsibility. Try out our friend Mallika Chopra's mindfulness activity. Make a list in three categories of what you can do to take care of yourself, others or your environment: Make the list in 3 categories:
-Easy: Things you can do by yourself
-May need help: Things you can do with some help
-One day: Things you can't do today, but you aim to achieve in the future.

Taking charge helps you realize how you matter, what you want to accomplish, and what you can do to support yourself and others.

Wednesday

Sign language. Have you ever learned any American Sign Language (ASL)? There are more than 1 million people who use ASL every day to communicate with others. Look up the signs to learn how to greet someone and say your name. [Click here](#) to start learning and watch helpful videos!

Thursday

Helping others. Seek out a way to help someone today. Maybe it's calling a friend. Maybe it's helping your family cook a meal. Perhaps it's tutoring someone in a subject they are learning or want to learn. Perhaps it's caring for a younger sibling. Whatever it is, know that when you offer help, you add thoughtfulness and care to your family, community and world!

Friday

Being alone. Lately, do you have feelings of being alone? It's okay to sometimes have alone time! Listen and practice [this breathing exercise](#) from our friend Mallika Chopra and learn what you can do when you're by yourself. The exercise takes just two minutes, so try it every day!

WEEKLY LEARNING ACTIVITIES: GRADES 2-6



PARENT AND CAREGIVER CORNER

Are your kids starting to act out due to being at home for several weeks? Do you find that they, and even you, are becoming more and more cranky due to the limits placed on your surroundings and social circles? We definitely understand, and we feel you – it’s been a challenging journey for everyone! There is no guilt in feeling that way sometimes, and if you are able to accomplish one work task or one school task with your children, then it’s a win!

The crankiness can bring us down a road of negative thinking, which is okay if it happens, but we want to be able to bring ourselves back to a more positive place. One way that you can do this, and this is something for your kids as well, is to practice what we call “cognitive reframing.” When you find yourself heading to Cranky Town, or your kids are already living there, tell to yourself and your children: “Hit the brakes!” Once paused, ask yourself any of the following questions, “What is going well right now?” “What blessings do I have?” “What am I grateful for?” “Am I safe and healthy?” Answer silently, aloud or in writing. If you can’t think of any answers, then ask yourself, “What am I able to change?” “In what ways can I feel better?” Again, think, say or write down your answers. As you notice your answers, you are reframing or shifting your thinking from negative to positive. You can have your children think about these questions, as well, and encourage them to come up with their own answers, or find some solutions together.

Through your answers, you and your children will find that the good in our lives usually outweighs the bad. We may not be in control of many things, but we all can control our feelings, our way of thinking, and how we treat others. Even if we are having cranky, no-good days, we can always do something good and kind for others. In return, it may help us feel better. **We’re in this together!**

FAMILY

Let’s build. Take big and small marshmallow and toothpicks – and get creative! What can you build? Can you make shapes? Letters? Towers? Afterwards, take those marshmallows and, along with some chocolate and graham crackers, make s’mores over a fire, in the oven or in the microwave!