

# WEEKLY LEARNING ACTIVITIES: GRADES 2-6

## ACTIVITY: READING AND WRITING



### Monday

#### READING

Read about the best inventions of 2019 at [this link](#).

#### WRITING

Design an invention you want to create and why it might be needed by others. Consider drawing a diagram with labels.

### Tuesday

#### READING

Read all about a [domino designer](#)!

#### WRITING

Describe how you might create your own domino design. Consider drawing the shape of your design.

### Wednesday

#### READING

Read all about Max, the boy [who created a robot](#) to do all of his chores for him!

#### WRITING

Invent your own robot. What would it be able to do? Include a drawing.

### Thursday

#### READING

Read about [Amira's love of music](#) and how it connects her to her family.

#### WRITING

Select three adjectives to describe Amira. Why did you choose these words? Be sure to take time to write your thoughts and reflections.

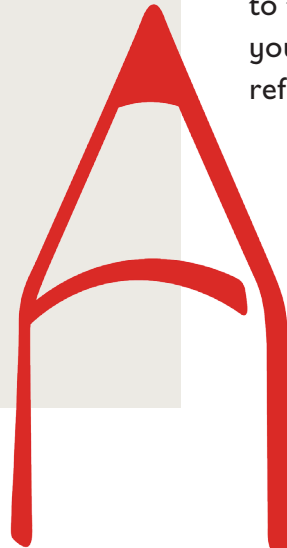
### Friday

#### READING

How do towns get their names? Read [this article](#) to find out!

#### WRITING

Make a list of the items that make your hometown special. If you could rename your town, what would you name it instead? Why?



# WEEKLY LEARNING ACTIVITIES: GRADES 2-6

## ACTIVITY: MATH AND STEM



### Monday

#### MATH

##### Round numbers.

Write your phone number. Round your phone number to the nearest:

- Hundred
- Thousand
- Ten thousand
- Hundred thousand
- Million

### Tuesday

#### STEM

**Night sky art.** This is an activity for when the sun sets. Go outside with a trusted adult and look up at the night sky. Draw what you see on a piece of paper. It might be the moon or stars!

Challenge: Make what you see out of Play-Doh or cookie dough. Later, with an adult, you can bake and then eat your treat!

### Wednesday

#### MATH

**Twisted Tic-Tac-Toe.** Play the game with a math twist! Draw the board out as usual, but this time, put in multiplication or division facts. Each player must solve the fact before they can claim the space.

### Thursday

#### STEM

**Egg-stra salty.** For this activity you will need 2 half-full glasses of water, 2 fresh eggs and 10 heaping teaspoons of salt. Stir 10 teaspoons of salt into one of the glasses. Stir until the salt has dissolved. Leave the other glass with fresh water only. Now place an egg into each glass. Do both eggs float? Do they behave the same way? Describe what you see.

### Friday

#### MATH

**Math rhymes.** Write a rhyme, song or rap about how to multiply or divide numbers – for example, 4 times 8, 32 birds on a gate!

# WEEKLY LEARNING ACTIVITIES: GRADES 2-6

## ACTIVITY: BOREDOM BUSTERS AND MORE



### Monday

#### Country cooking.

Pick a country that you want to visit. Next, look up a food item or dish that is traditionally eaten in that country. Then, find a simple recipe for it. For example, if you choose the country France, then a traditional dish is crepes with cheese and ham. Ask your family members to help you find the ingredients and make the dish at home!

### Tuesday

#### Listen and breathe.

Lay down, if possible, outside on a blanket. As you lay there, focus on the different sounds you hear. Maybe you won't hear anything, and that's okay. Inhale breaths in for 3 seconds, and then exhale. Count to three in your head. See if you can do all of this for 5 minutes straight without stopping or starting something else. Afterward, notice your mind and heart. How do they feel? How is your heart beating? Do you feel more relaxed?

### Wednesday

#### American Sign

**Language.** [Look up signs](#) and learn how to ask, "How are you?" and to reply with the signs, "Good," "Bad" and "Thank you."

### Thursday

**Greetings!** Continue researching the country that you selected on Monday. Look up three greeting words in the language spoken in that country and learn how to say them. If the country you chose speaks English, then look up what other words they use in English to say "hello" and "goodbye" and to greet one another!

### Friday

**Happy time.** Sit comfortably in a room with no distractions and little or no noise. Close your eyes and breathe in and out slowly. Next, think about a time when you felt really happy. If you cannot think of one, then imagine a time when you will be happy. Think about what you SEE, what you HEAR, what you SMELL, and even what you TASTE in this happy time. Think about who is there. Open your eyes and notice your other feelings. You can write them down or draw them. When you feel upset, you can look at your words or drawing to help you feel better and remember your happy time.



## PARENT AND CAREGIVER CORNER

We have gone through several emotions that affect our well-being and stress, and we've covered some coping mechanisms. Yet, there is one emotion that we haven't quite yet touched on: grief. Our lives have changed, and we have each been touched by one or more of the following: the loss of a schedule, a job, social connections, sense of security and loved ones. We have lost, at some level, the ability to go to all the places and participate in the activities we used to do in our everyday lives. These past several weeks have left all of us struggling with losses, big or small, explicit or less obvious. What we once held as something firm and secure is not reliable at this time. All of this loss produces grief within us. Whether we may know it or not, we are walking along the path of anger, sadness, powerlessness and denial – all symptoms of grief.

What do we do about grief? Well, it's certainly normal to go through it, and for many of us, it's not our first rodeo with grief. However, we, and along with our children, must walk along the path. We need to take time to grieve. We need to recognize what we have lost, and be aware of it in ourselves and in others. What we have lost is not trivial, and there is no shame in grieving. Recognition of grief allows us to heal and create new methods to move forward. We can honor our grief: Communicate our loss to someone, exchange stories, create and express. For example, art therapy is an excellent choice for us as adults and for our children to do in order to process and come to terms with a loss. Mindfulness, sitting quietly and meditating, and seeking opportunities to be grateful and joyous are also ways to cope with grief. In an NPR article, interfaith chaplain and trauma counselor Terri Daniel explains that, "Grief is not a problem to be solved. It's a presence in the psyche awaiting, witnessing."

Grief has a process, and it doesn't have to last forever. It is best to tend to it and keep chugging along, seeking the good in ourselves. **Remember, we're in this together!**

## FAMILY

Communication, compassion and connection. Take time to communicate with one other about what you miss or what you may have lost. Remind each other that it's okay to have certain feelings when you are grieving. Think of ways to honor the person lost or to create a new tradition or event to make up for the loss of something. Then, do something fun all together! If the weather is nice, pack some lunches, grab a blanket and have a picnic lunch outside. Or spread the blanket out on the living room floor as a treat!