

# WEEKLY LEARNING ACTIVITIES: GRADES K-1 LITERACY



## Monday

### READING

Read a book of your choice or listen to Jon Hamm read [The Good Egg](#).

#SAVEWITHSTORIES

### WRITING

Imagine your school is thinking about making everyone wear a uniform to school. Do you think this is a good idea or a bad idea? Explain. If you normally wear a uniform to school, what changes would you like to make? Explain.

## Tuesday

### READING

Read a book of your choice or listen to Emma Roberts read [Interrupting Chicken and the Elephant of Surprise](#).

#SAVEWITHSTORIES

### WRITING

If you were president, what one thing would you change about the United States of America? Why?

## Wednesday

### READING

Read a book of your choice or listen to Candace Cameron Bure read [Grow Candace, Grow](#).

#SAVEWITHSTORIES

### WRITING

Should schools give homework? Why or why not?

## Thursday

### READING

Read a book of your choice or listen to Cindy McCain read [My Dad, John McCain](#).

#SAVEWITHSTORIES

### WRITING

Describe your perfect day.

## Friday

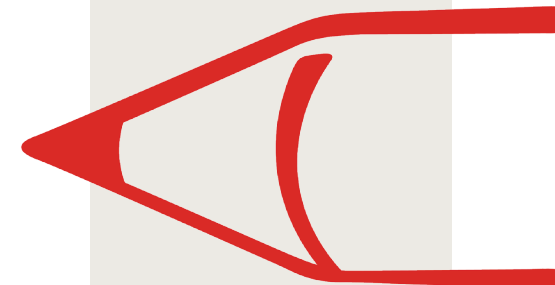
### READING

Read a book of your choice or listen to Jamie Lee Curtis read [Is There Really a Human Race?](#)

#SAVEWITHSTORIES

### WRITING

Describe one thing you are good at doing.



# WEEKLY LEARNING ACTIVITIES: GRADES K-1 MATH AND MORE



## Monday

### MATH

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

### Double down.

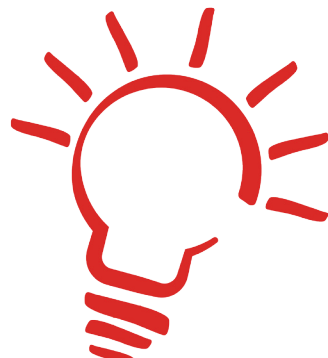
Materials: 4 dice, timer, paper and pencils.  
Directions: Set a timer for 5 minutes. Each player gets two dice and when the timer begins, they begin rolling. When they get a double they yell “double down!” and record the fact (can be addition or multiplication). When the timer is up, they add up all their sums and the player with the highest amount wins.

## Tuesday

### SCIENCE

### Floating raft.

Directions: Walk around your yard or house. Look for items such as sticks, string, tape or aluminum foil. Use the items you find in your treasure hunt to create a raft. You can even use a piece of paper to make a sail! Test your design in a tub or sink full of water. Does it float? If not, what can you do to make it float?



## Wednesday

### MATH

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

### Mealtime math.

While setting the table for a meal, ask your child to count how many plates you will need. How many utensils will you need? How many cups? How many items do you have in total?

## Thursday

### ART

### Raised salt painting.

Materials: Cardboard or watercolor paper, glue, food coloring, salt, water, pencil and a small paint brush or spoon. Directions: With a pencil, draw shapes on the paper. Outline your shapes with glue. Sprinkle salt on the glue and then gently pour off the excess salt. Let the glue and salt dry. Mix small cups of water with food coloring to make your watercolor paints. With a small paint brush or spoon, dip it in the paints and trace the glue and salt lines. Let the painting dry overnight and look at it in the morning to see how the salt absorbed all the water and colors!

## Friday

### SCIENCE

### Marshmallow tower.

Materials: 100 mini marshmallows, toothpicks and a tape measure. Directions: Using the materials, build the tallest tower you can. Practice your math skills by counting out the marshmallows and measuring your tower when complete. How tall is your tower? Can you make it taller?

# WEEKLY LEARNING ACTIVITIES: GRADES K-1 MOVEMENT AND FAMILY



## Monday

**Heartbeats.** Turn on some music and try to run in place for one song. Feel your heart when the song is over. Now lay down for one song. Feel your heart again. What do you notice?

## Tuesday

**Doorway poses.** Visit every doorway in your home and when you get there try to do a different balance position. Like a bear walk, try to balance on only one hand and two feet. Next try to balance on one knee and two hands. How long can you hold each one?

## Wednesday

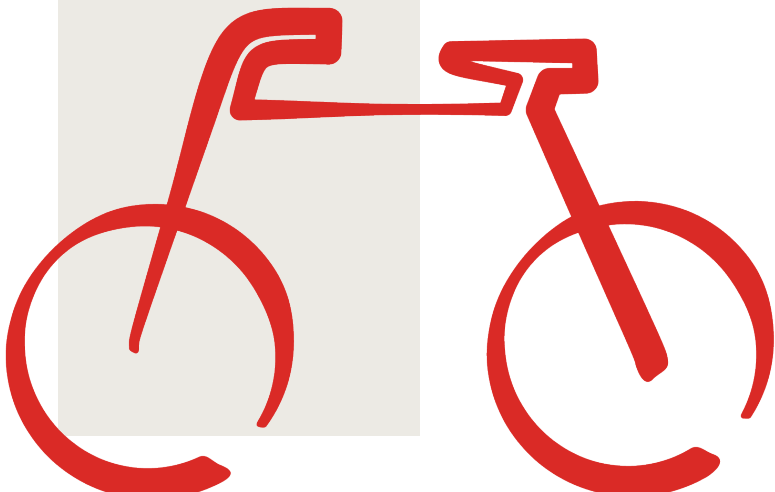
**I spy!** Get outside today and play “I Spy.” Each time one of you says, “I spy,” you have to all skip, run or gallop to the object the “seeker” spies. Take turns!

## Thursday

**Animal action fun.** One person says the name of an animal, and the other person has to move around the house like that animal would. What noises does that animal make? Is it a big animal or small? Use your skills to act it out!

## Friday

**Comfortable, cozy, quiet.** Find a comfortable, cozy space to sit quietly. You can sit cross-legged, lie down, lie on a pillow with your stuffed animals... whatever makes it cozy and comfortable for you! As you sit or lie there, stay quiet and think about all the people, places and things that you love. If you're able, write them down. Now think about how you can show your love to one of the people on your list, and make a plan to take action on it!





## PARENT AND CAREGIVER CORNER

Lately, we may have all been thinking about coronavirus. Questions like these may have run through your mind: Am I going to get sick? Where should I wear a mask? How quickly do the germs spread? Yes, we live in a world where we have to be mindful about health, where we need to be more vigilant than ever before about our actions. But did you know that we can be “contagious” with our emotions? Humans tend to take on the emotions, facial expressions, tone and behaviors of other humans when interacting with them. For example, have you ever noticed how when you stay calm, others tend to calm down little by little? Or if you are anxious, then others around you start to exhibit signs of anxiety, too? And then what seems to happen next is that as we express our emotions to others, we begin to “feed” off of one another, which can either cause a spread of positive emotions related to the coronavirus, or unfortunately more negative ones.

Now that you know emotions are contagious, be aware. You can take control of emotions and reframe yourself. Be authentic and know that if you express positive emotions and attitude, you are helping to spread them to others. This is a concept that you can demonstrate and teach to your children. Even if you are pregnant, taking this approach can alleviate any stress you feel, which helps you and your baby. Angela Duckworth, creator of the Character Lab, notes that a friend of hers, Professor Sigal Barsades, suggests practicing emotional contagion: “Try noticing how you are influenced by others’ moods and how their reactions influence yours. You can then reorient conversations away from catastrophizing and toward calm, showing the young people in your life that caring and hope are as easy to spread as negativity.” Many thanks to all you parents and caregivers out there spreading positive emotions and attitudes! We’re in this together, and sending positivity your way!

## FAMILY

### **Make ice cream in a bag!**

Ingredients: 1 gallon- and 1 quart-size zipper bag, 1 cup milk, 1 tablespoon sugar, ½ teaspoon vanilla, 1/3 cup salt, plus ice.

Directions: Pour the milk, sugar and vanilla into the smaller, quart-size zipper bag and close the seal. Fill the larger, gallon-size bag 3/4 full of ice, then add the salt. Place the smaller bag inside the larger bag and close the seal. Make sure you close them both tightly! Now shake the bag hard for 5 minutes. Open the large bag and dispose. Rinse the small bag off with cold water before opening to keep the salt water from getting into your ice cream. Scoop into individual bowls, share, eat and enjoy your hard work!