

# WEEKLY LEARNING ACTIVITIES: GRADES 2-6

## ACTIVITY: READING AND WRITING



### Monday

#### READING

##### Chapter, chapter, read all about it!

Select a chapter book to read for the week, either from home or from these awesome digital collections by clicking [here](#) and [here](#).

#### WRITING

##### Calling all artists!

Using a comic strip approach, draw key events that happened in your selected chapter book.

### Tuesday

#### READING

##### Keep on keepin' on!

Continue reading that chapter book!

Share what happens each day with a family member.

#### WRITING

##### Calling all artists, continued!

After reading, add more drawings to your comic strip. Draw a new strip when you start a new book.

### Wednesday

#### READING

##### Keep on keepin' on!

Continue reading that chapter book!

Share what happens each day with a family member. If you've finished, great job! Start reading another chapter book.

#### WRITING

##### Calling all artists, continued!

After reading, add more drawings to your comic strip. Draw a new strip when you start a new book.

### Thursday

#### READING

##### Keep on keepin' on!

Continue reading that chapter book!

Share what happens each day with a family member. If you've finished, great job! Start reading another chapter book.

#### WRITING

##### Calling all artists, continued!

After reading, add more drawings to your comic strip. Draw a new strip when you start a new book.

### Friday

#### READING

##### Keep on keepin' on!

Finish reading that chapter book!

Share what happens each day with a family member.

#### WRITING

##### Calling all artists, continued!

After reading, add more drawings to your comic strip. Share your final masterpiece with a family member!



# WEEKLY LEARNING ACTIVITIES: GRADES 2-6

## ACTIVITY: MATH AND STEM



### Monday

#### MATH

**Guess my sort!** In this game, you will need to gather a group of objects from around your home. Then create a secret sorting rule and sort items based on the rule. Ask someone in your home to guess your sorting rule! Can you create a new rule and sort them again?

### Tuesday

#### SCIENCE

**Shadow puppets.** You will need a flashlight for this activity. Go into a very dark room with as little light as possible. Turn the flashlight on and aim it at the wall. Hold up your hand and make “bunny ears” between the light and the wall. Why does it make a shadow? Do other objects in the room make shadows besides your hand? Do any objects not make a shadow? If so, why not?

### Wednesday

#### MATH

**Fast facts!** Play Fast Facts with a partner and a deck of cards. You will need to remove all face cards. Deal out half the cards to each player and place them face-down in a stack. Both players turn over their top card at the same time. The first player to call out the product of the two cards wins the round.

### Thursday

#### SCIENCE

**Soda rocket.** You will need to be outside for this activity. This activity requires Mentos candy and a 2-liter bottle of cola or diet cola. Once outside, open the bottle. Then drop a Mentos candy into the bottle and step back very fast. What happens? Why do you think this happens? About how high did the drink go?

### Friday

#### MATH

**BAM!** Play BAM by creating 20 multiplication and division fact cards. Decorate 2 more cards with the word BAM on them. Shuffle the cards and take turns drawing one. The player must read the fact and answer. If they get it correct, they get to keep the card. If they get it wrong, they return it to the bottom of the pile. If they draw a BAM card, the player must return all of their cards to the pile.

# WEEKLY LEARNING ACTIVITIES: GRADES 2-6

## ACTIVITY: BOREDOM BUSTERS AND MORE



### Monday

#### **Breathing beads.**

Breathing can calm you down. Practice it by making breathing beads. Take a piece of string or ribbon and thread 5 beads or buttons. Tie off each end or tie it together to form a loop. Sit and close your eyes. Inhale slowly, and run your fingers on each bead for 1 second. Exhale, and repeat. As you breathe, practice being mindful of a feeling or a person you care for.

### Tuesday

**Travel the world!** If you could go on a voyage anywhere in the world, what one place would you want to visit? Find out 5 facts about that place, such as about the food, the people, the language and the sites. Next, print, draw or cut photos/words about it. Glue them onto a sheet of paper to make a collage. If you want, present it to your family or friends. Tell them why you want to go there!

### Wednesday

**Sign language.** Have you been practicing your sign language? It's time to add on to what you've learned! Keep on practicing the alphabet, how to say your name, age, where you live, and activities you like. This week, learn 5 signs of food that you like to eat!

You can use the following [website/app](#) to download visuals & videos!

### Thursday

#### **What makes you?**

We are all different and unique. What makes you different? What makes you special? What are you good at, and what are your talents? What do you like? What makes you, "you"?

Sit quietly somewhere and write at least 10 things that make up the wonderful, unique you! Keep that list somewhere safe so you can look at it sometimes if you need a reminder of how special you are.

### Friday

**THINK.** Think about your words to others. Before you speak, practice the words from the acronym THINK. This week, let's focus on the letters "H" and "I" in THINK:

- "Is it **H**elpful what I will say?"
- "Is it **I**nspiring what I will say?"

We want to speak to help others or provide helpful information. We speak to inspire, or lift up, others and ourselves. Remember, your words are powerful – they make an impact on others!

## WEEKLY LEARNING ACTIVITIES: GRADES 2-6



### PARENT AND CAREGIVER CORNER: SELF-CARE IS VITAL

**Self-care is vital.** We will continuously experience ups and downs in our own emotions and feelings, regardless of the age of our children and whether those emotions or feelings were caused by them! All of those fluctuations are normal, and we can tackle some ways to improve our wellbeing. One vital way is to practice self-care, as it helps you to regain a sense of control and calm and to lower stress. Self-care is not a luxury (although some forms of self-care can be, and that's okay occasionally!). Rather, self-care are techniques you do every day to care for your body, mind and spirit. Whether it's for 5 minutes or for 5 hours, it is to be done for you only! Pick one means of self-care, such as alone time, walking, a hot bath, prayer, dancing with friends... the list is long and is decided by you, keeping in mind what is healthy, constructive, and harmless. After you have chosen one, set yourself a goal to partake in it daily this week.

Since May is National Mental Health Awareness Month, we are spotlighting [Mental Health America](#), an organization with resources on [how to stay mentally healthy](#), [online screening tools](#), and also [how to find help](#) for those in need of mental health care. Seek out whatever resources and help you may need – no shame, no stigma.

**Remember, we're all in this together!**

### FAMILY

**Relaxation fun time!** Choose an activity that will allow everyone to relax, play and laugh! It could be playing with your pets, sitting outside in the sunshine, playing or listening to music, dancing, eating fun snacks together, going to a waterfront, playing a sport together... the list goes on! Enjoy each other's company, and again, remember to laugh!