

WEEKLY LEARNING ACTIVITIES: GRADES K-1 LITERACY



Monday

READING

Read a book of your choice or listen to Pierce Bronson read [Pig on a Hill](#).
#SAVEWITHSTORIES

JOURNALING

What is your favorite book? Why?

Tuesday

READING

Read a book of your choice or listen to Liv Tyler read [Oh The Place You'll Go!](#)
#SAVEWITHSTORIES

JOURNALING

What is your greatest talent?

Wednesday

READING

Read a book of your choice or listen to Laurie Berner Band read [Monster Boogie](#).
#SAVEWITHSTORIES

JOURNALING

Write three sentences to describe your bedroom.

Thursday

READING

Read a book of your choice or listen to Kate Winslet read [Bread and Jam for Frances](#).
#SAVEWITHSTORIES

JOURNALING

If I received three wishes, I would wish for...

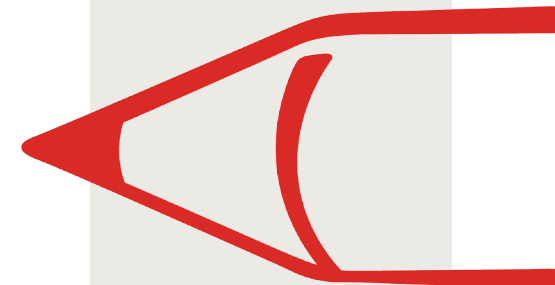
Friday

READING

Read a book of your choice or listen to Carly Rae Jepsen read [Thelma the Unicorn](#).
#SAVEWITHSTORIES

JOURNALING

When it is time for bed, my family...



WEEKLY LEARNING ACTIVITIES: GRADES K-1 MATH AND MORE



Monday

MATH

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

Guess my sort!

Gather objects from around your home. Create a secret sorting rule and sort items. Can someone figure out your secret rule?

Tuesday

SCIENCE

Shadow puppets.
Materials: flashlight.

Directions: Go into a 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

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

Fast facts! Play Fast Facts with a partner and a deck of cards. 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 sum of the two cards wins the round.

Thursday

ART

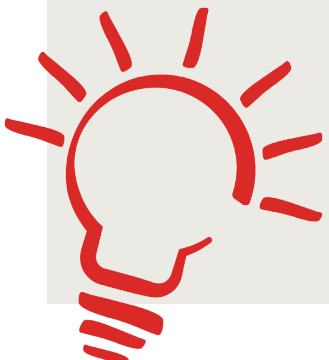
Breathing buddies.
Directions: Take 1 long sock, stuff it with cotton or other material and tie off the end. Tie off 5 equal sections of the sock with string or yarn. Draw a face on one end. Sit or lay down with your buddy on you, such as on your belly. Take 5 slow, deep breaths. How did your Breathing Buddy move? You can use your buddy each time you need to take deep breaths and think positive thoughts.

Friday

SCIENCE

Soda rocket.
Materials: Mentos candy, 2-liter bottle of cola or diet cola.

Directions: You will need to be outside for this activity. 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?



WEEKLY LEARNING ACTIVITIES: GRADES K-1 MOVEMENT



Monday

Skipping is fun!

Practice skipping up and down a sidewalk or street.

Tuesday

Bounce a ball.

Practice bouncing a ball. How high can you go?

Wednesday

Hop a lot! Practice hopping. Take off and land on the same foot. How many times can you hop in a row?

Thursday

Sweep for strength. Sweep the sidewalk, driveway or floor for your family. Work hard and use those muscles.

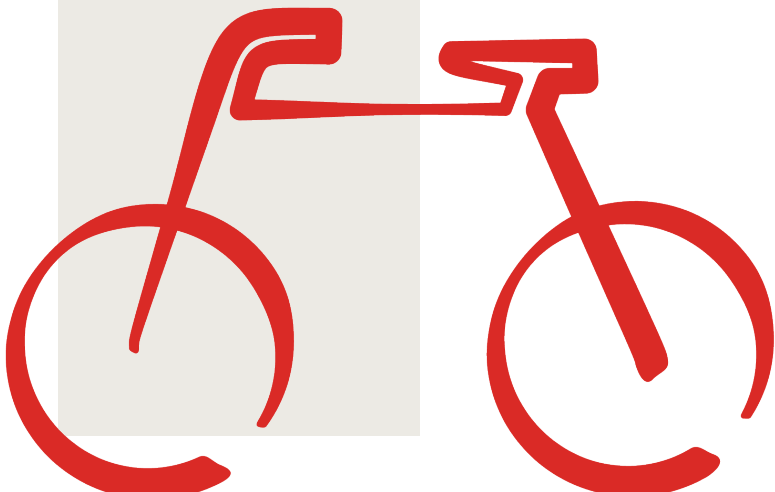
Friday

More movement, please!

Using rolled up socks, put them on your tummy as you crab walk them across the house.

Grab a long piece of rope or a traditional jump rope and practice your skills!

[Click here](#) for more ideas.



WEEKLY LEARNING ACTIVITIES: GRADES K-1



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!