

# WEEKLY LEARNING ACTIVITIES: GRADES K-1 LITERACY



## Monday

### READING

Read a book of your choice or listen to Drew Barrymore read [Goldie & The Three Bears](#).

#SAVEWITHSTORIES

### JOURNALING

Write about a day you went on an adventure.

## Tuesday

### READING

Read a book of your choice or listen to Mr. V read a book he wrote called [A Bowtie for Me](#).

#SAVEWITHSTORIES

### JOURNALING

What is your greatest talent?

## Wednesday

### READING

Read a book of your choice or listen to Curtis Granderson read [All Aboard the Midnight Train](#).

#SAVEWITHSTORIES

### JOURNALING

Pretend you took a nap and woke up as a superhero. Write about your new life.

## Thursday

### READING

Read a book of your choice or listen to Miss Diana read [Little Chickies](#) in both English and Spanish.

#SAVEWITHSTORIES

### JOURNALING

Would you rather be a kid or an adult? Why?

## Friday

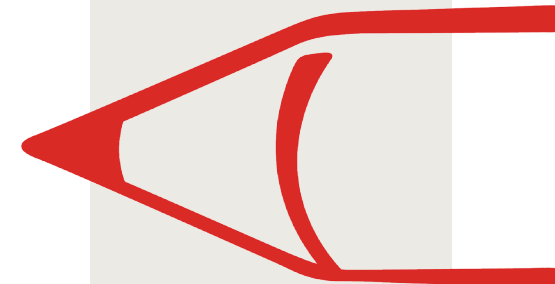
### READING

Read a book of your choice or listen to Robin Roberts read [Cosmo's Great Adventures](#).

#SAVEWITHSTORIES

### JOURNALING

Write about how to get ready in the morning and include all the steps.



# 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.

### Make 10 go fish!

You need 2 players and a deck of cards. Remove all the face cards and 10s. How many sets of 10 can you make? On your turn ask for a card that will equal 10 when paired with a card in your hand. For example, if you have a 2, you would ask for an 8.

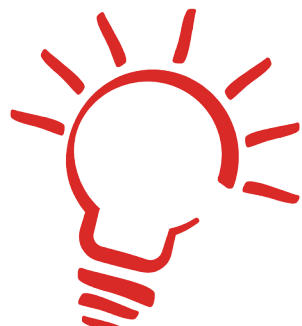
## Tuesday

### SCIENCE

### Basket making.

Materials: paper plates, scissors and paper.

Directions: Use only one paper plate and one piece of paper to create a basket. This requires planning and careful cutting. Try minimizing seams so there are not places for your items to “leak” out. Test with marbles, small toys, or blocks. Does it break or can your creation hold the items?



## Wednesday

### MATH

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

### A head for math.

Play the game Math Headbands. You will need 3 players and a deck of cards with face cards removed. Two players draw a card without looking and place it face-up on their forehead. Player 3 will tell the sum of the two cards. The first player to guess their card number correctly wins the round.

## Thursday

### MINDFULNESS

**Mindfulness.** Play some of the breathing, mindfulness and de-stressing games on the free app [Breathe, Think, Do with Sesame](#). Can you do some deep breaths and calm down with Mando?

**Yummy breaths!** Cup your hands in front of you. Pretend that you are holding a cup of soup or hot chocolate. Next, breathe in through your nose and “smell” the soup or hot chocolate. Then, breathe out through your mouth to cool it down. Repeat 7 times. How do you feel? Does your heart feel more calm?

## Friday

### SCIENCE

### Build a cooler.

Materials: 2 bowls or containers, ice, cups, cotton balls and napkins.

Directions: In each container, place a cup with ice in it. Leave one container as is. With the other container, place items around the cup of ice that may help it stay cold longer, *i.e. Cotton balls or napkins, etc.* Which one will keep the ice from melting the longest? Why?

# WEEKLY LEARNING ACTIVITIES: GRADES K-1 MOVEMENT



## Monday

### Shape stretching.

Stretch your body in all different shapes and directions. Try to hold each stretch until you count to 10.

## Tuesday

**Flying plates.** Use paper plates and see how far you can make them fly.

## Wednesday

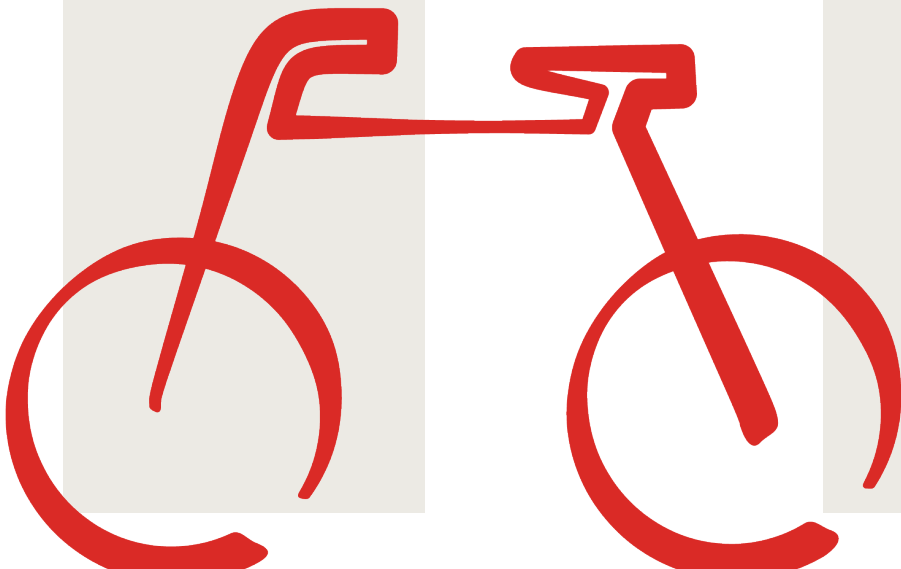
**Animal yoga.** Make up a yoga pose for your favorite animals. Do each pose as you relax and breathe.

## Thursday

**Just for kicks.** Play Kick Golf. Pick a target, take turns kicking until you hit the target and then pick a new goal.

## Friday

**Rainbow walk.** Go on a color walk. Find every color of the rainbow. Do five big jumps for every color you find.



## WEEKLY LEARNING ACTIVITIES: GRADES K-1



### PARENT AND CAREGIVER CORNER

**This week's message is brought to you by the letter A, as in A for Anxiety.** Whether we are expecting our first child or already taking care of four kids at home, we know that we have anxiety from time to time... maybe even often or all the time. Anxiety stems from the "unknown," or when we are faced with uncertainty or feel we are not in control. The coronavirus (COVID-19) pandemic has highlighted how much is out of our control, and unknown even to experts. So what do we do? What we can do is accept that there are things we can change and things that we cannot. We can welcome uncertainty in our lives. When we do so, we can hold the reins of our anxiety. It's alright to have anxiety – it's a normal emotion like all our others.

We can encourage our children to normalize anxiety and to understand that sometimes we don't have the level of certainty or confidence that we expect. When we take more ownership of our anxiety, we can lessen the stress on our body, which is vital for expecting parents and even parents with older children. We don't have to wait to help ourselves. Kaitlin Soule from the Anxiety and Depression Association of America writes, "If we wait for things to be 'better,' or the perfect circumstance to work on our mental, emotional, physical or spiritual health, we just might miss the boat." What is certain is that you can help yourself now, and you can seek support from others. **Remember, we are in this together!**

May is National Mental Health Awareness Month! This week we are highlighting the [Anxiety and Depression Association of America](#) (ADAA). ADAA has resources for finding help, such as tele-mental help or [help from a therapist over the phone](#), screenings and information on self-care and stress relievers due to COVID-19.

### FAMILY

**Supportive comic relief.** Need some support, but also comic relief? Consider listening to the podcast [Parent Trapped](#). It showcases real-world stories on juggling work, homeschooling children, and fun family activities.

**Breathe, think, do.** Play some of the breathing, mindfulness and de-stressing games with your little ones on the free app [Breathe, Think, Do with Sesame](#). Also, listen to [funny messages from Grover of Sesame Street](#) to help to adapt to life during COVID-19!