CORONAVIRUS AND KIDS: RESOURCES FROM SAVE THE CHILDREN

WEEKLY LEARNING ACTIVITIES: K-1

LITERACY

Monday

READING
Read a book of your choice or, listen to the story:
Rosie Revere Engineer

WRITING
Write about what the setting of the story was and draw a picture to go with it.

LITERACY
D is for do... Do something nice for someone in your family today!

Tuesday

READING
Read a book of your choice or, listen to the story:
The Gingerbread Man

WRITING
Write a new ending to the story!

Wednesday

READING
Read a book of your choice or, listen to the story:
Shelia Rae the Brave

WRITING
What lesson do you think the author was trying to teach us?

LITERACY
E is for energy... Make a list of things you can eat or do that will give you energy.

Thursday

READING
Read a book of your choice or, listen to the story:
And Then It's Spring

WRITING
Which character would you most like to meet in real life and why?

Friday

READING
Read a book of your choice or, listen to the story:
Where the Wild Things Are

WRITING
How did this story make you feel?

LITERACY
C is for caring... Who do you care about? What do you care about? Write down 3 names of people, animals or things that you care about and write or say why!

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savethechildren.org/coronavirus-resources
## WEEKLY LEARNING ACTIVITIES: K-1

### MATH AND SCIENCE

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<tr>
<td><strong>MATH</strong></td>
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<tr>
<td>Math Games</td>
<td>Oil and Water</td>
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<td>Bread or Potato Mold</td>
<td>Math Games</td>
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<td></td>
<td>Materials: Vegetable oil (or similar), water, empty water bottle, food coloring</td>
<td>Play 2-3 Math Games (select the grade your child is in)</td>
<td>Materials: 2 pieces of bread or cut 2 slices of a potato, 2 Ziploc bags</td>
<td>Play 2-3 Math Games (select the grade your child is in)</td>
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<td>Or, how many letters are in your first name? How many letters are vowels? How many letters are consonants?</td>
<td>Or, practice counting forward and backward starting and stopping at different numbers (i.e., Start counting forward at 2 and stop when you get to 24).</td>
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<td>Directions: Fill an empty water bottle ½ way up with water. Add a few drops of food coloring. Fill the rest of the bottle with vegetable oil. Screw the lid on tight! Shake the bottle up and watch what happens! After 5 minutes, what do you notice about the oil and water?</td>
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MOVEMENT

Monday
Practice your hopping. Remember to take off and land on the same foot. Hop near and far, high and low.

Tuesday
Find four pillows that are different sizes. Can you balance on each one without falling off?

Wednesday
Put a paper plate on your head and walk across the room without it falling off. Can you bend down and get back up without it falling off?

Thursday
Time to get the jitters and emotions out of your system! Listen to Narwhals & Waterfalls’ “The Breathing Song.”

Friday
Jump 13 times! Hop 13 times! March 13 steps! Reach up high 13 times! Clap your hands 13 times!

PARENT AND CAREGIVER CORNER

There is going to be a lot more time with you and your child or children in close quarters. Your patience will be tested, and you may find yourself being more reactive than you are used to. Remember that feeling this way under these circumstances is totally normal, and it doesn’t make you a bad caregiver!

It may be that you just need a small break: Take a few slow, deep breaths. Say to yourself, “I am doing the best that I can. Peace begins with me.” Open your eyes and take a pulse on your inner calm.

Your calm will influence the calm of your children. Let us assure you, “We’re in this together!”
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<td><strong>Noodling Around</strong></td>
<td><strong>Face the Cookie</strong></td>
<td><strong>Nose Dive Minute</strong></td>
<td><strong>Defying Gravity</strong></td>
<td><strong>Penny Towers</strong></td>
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<td><strong>Minute to Win It Challenge</strong></td>
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<td><strong>Materials:</strong> Penne pasta</td>
<td><strong>Materials:</strong> Oreo cookies</td>
<td><strong>Materials, per player:</strong></td>
<td><strong>Materials:</strong> 3 inflated balloons</td>
<td><strong>Materials:</strong> pile of pennies</td>
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<td>&amp; spaghetti pasta (uncooked)</td>
<td>&amp; chair for each player</td>
<td><strong>Small plate with Vaseline on it, bowl of cotton balls, 1 empty bowl</strong></td>
<td><strong>per player; designated space to play the game</strong></td>
<td><strong>for each player</strong></td>
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<td><strong>Directions:</strong> Gather the family at a table. Pass out 6 pieces of penne pasta and 1 piece of spaghetti pasta to each player. Without using their hands, players have 1 minute to get all 6 pieces on penne onto the spaghetti using only their mouth. Players can put the spaghetti in their mouth once the timer begins.</td>
<td><strong>Directions:</strong> Placing a cookie in the middle of their forehead, players have 1 minute to get the cookie into their mouth using only their facial muscles.</td>
<td><strong>Directions:</strong> Have players face the two bowls with their hands behind their back. Players have 1 minute to dip their nose in the Vaseline and transfer 1 cotton ball at a time from their nose to the empty bowl. They may re-dip into the Vaseline as they go. Only 1 cotton ball can be transferred at a time. The player with the most cotton balls transferred wins.</td>
<td><strong>Directions:</strong> Have players gather in the designated space to play. Players then have to keep all 3 balloons in the air without going outside the playing space for 1 minute. If their balloon touches the ground or goes outside the space, they are out.</td>
<td><strong>Directions:</strong> Players have 1 minute to stack as many pennies as they can using only 1 hand.</td>
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