

# WEEKLY LEARNING ACTIVITIES: K-1 LITERACY



## Monday

### READING

Make a fort and read your favorite book by flashlight! Or listen to Sarah Silverman read [The Tale of Two Beasts](#)

### WRITING

If toys could talk, what would they say?

### LITERACY

**T** is for tell... Tell every person in your house 3 things that you like about them.

## Tuesday

### READING

Read a book of your choice, or listen to Kevin Costner read [Catching the Moon](#)

### WRITING

The best birthday for me would be...

### LITERACY

**W** is for write... How many words can you write in 1 minute?

## Wednesday

### READING

Read a book of your choice to your favorite stuffed animal! Or listen to Al Gore read [Brave Irene](#)

### WRITING

I am happy when...

### LITERACY

**P** is for pick up... Look for 5 things you can pick up and put away in your house.

## Thursday

### READING

Read a book of your choice, or listen to Mark Duplass read [When a Dragon Moves In](#)

### WRITING

Today I am looking forward to...

### LITERACY

**L** is for list... Make a list of 5 things you are looking forward to doing in the Spring.

## Friday

### READING

Read a book of your choice, or listen to Allison Janney read [Carla's Sandwich](#)

### WRITING

What is one thing you do really well?

### LITERACY

**M** is for make... How many NEW words can you make out of the words: Welcome Spring



# WEEKLY LEARNING ACTIVITIES: K-1 MATH AND SCIENCE



## Monday

### MATH

Play Guess My Number by thinking of a number between 1-100 and having your child ask yes or no questions to figure out the answer.

Encourage your child to use math vocabulary terms such as: greater than, less than, odd, even, before, after, etc.

## Tuesday

### SCIENCE

#### Walking Water

Materials: 3 cups, water, food coloring, paper towels

Directions: Place the 3 cups in a row. Fill the 1st and 3rd cup  $\frac{3}{4}$  of the way up with water. Pick 2 food colors and add 5 drops of one color to the 1st cup and 5 drops of the other color to the 3rd cup. Drape a strip of a paper towel from cup 1 into cup 2, and then repeat by draping a strip of a paper towel from cup 3 into cup 2. Observe what happens!

## Wednesday

### MATH

Take cereal pieces, pennies, or other small objects from around the house. Have your child count out 100 items into groups of 10.

## Thursday

### SCIENCE

#### Tornado in a Jar

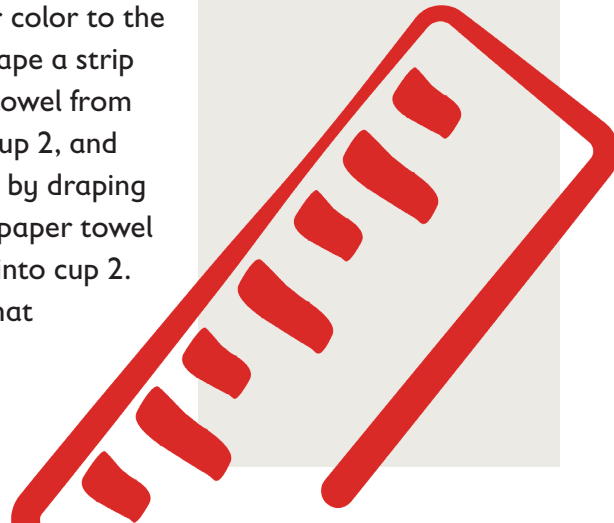
Materials: Plastic bottle or jar with lid, dish soap

Directions: Take a clear plastic bottle or jar and fill with water and dish soap. Have your child shake to create a tornado.

## Friday

### MATH

Invite your child to build or draw shapes. Ask your child to tell you about the attributes of each shape – for example, color, size, number of sides and corners, etc.



# WEEKLY LEARNING ACTIVITIES: K-1 MOVEMENT



## Monday

Sit on a t-shirt, roll up another t-shirt and hold on to one end as someone else holds on to the other end and pulls you around the room. Then, it is your turn to pull them!

## Tuesday

Mindfulness: Can you breathe with Serena the frog? From Hasbro's Be Fearless Be Kind initiative: [Click on the video](#), follow the instructions, and see if you feel more peaceful! Remember, deep breaths!

## Wednesday

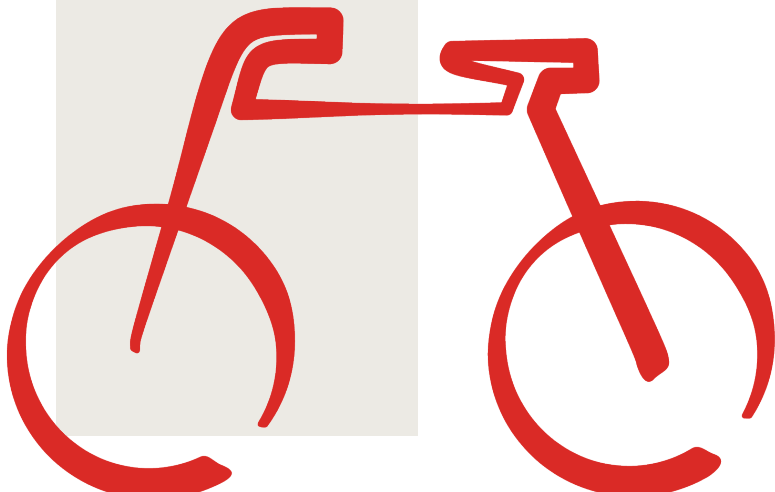
Ask someone to practice tossing and catching with you. Keep your eye on the ball as you move your body to the ball to catch it with your hands!

## Thursday

Help out in the kitchen – sweep the floor and wipe down the counters. Use great big movements to work all your muscles.

## Friday

Time to stretch and reach! Turn your body into different shapes and hold each shape, as you squeeze your muscles. Can you spell your name?



# WEEKLY LEARNING ACTIVITIES: K-1 FAMILY



## Monday

### Outdoor Scavenger Hunt

Materials: Paper, pencils

Directions: Make a checklist for your child on a piece of paper with the following items: Leaf, stick, something fuzzy, rock, something green, a weed, something wet, a pinecone, a flower, a feather, an ant, a bird and something man-made. Head outside and tally up how many items they can find!

## Tuesday

### Window Art

Materials: Washable paint, paintbrushes or Q-tips

Directions: Using washable paint, work as a family to create beautiful pictures on the windows of your house for everyone to enjoy!

## Wednesday

### Sumo Wrestling

Materials: Pillows, large shirts

Directions: Stuff 2 or 3 pillows under a large shirt over your regular clothes. In a secure, soft area, be active and have fun by bouncing off your wrestling partner to make each other fall. Once you fall, try your best to get back up. This is a fun activity that makes a little rough housing and burning off energy fun and safe!

## Thursday

### Indoor Obstacle Course

Materials: Masking tape, objects/furniture in your house

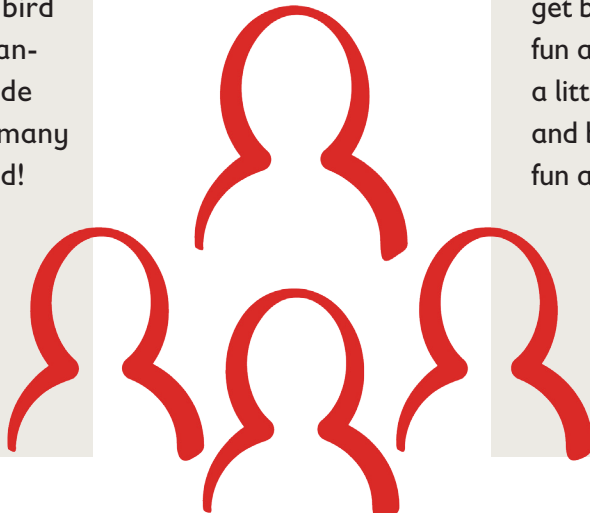
Directions: Create an indoor obstacle course for your child in your house. Have fun and get creative! Let them crawl over and under furniture, hop over cushions, and slide under ribbon or rope! Consider using masking tape to create the course boundaries and provide directions with arrows directing where to go! Then, time your child to see how fast they can complete it.

## Friday

### Shaving Cream Fun

Materials: Shaving cream, paper plates, table or countertop

Directions: Let your child have fun practicing learning their letters, numbers, math facts or sight words by racing to see how fast they can put their answer in the shaving cream. Added bonus: Your house will smell nice and clean afterward!





## PARENT AND CAREGIVER CORNER

When experiencing challenging times, we often feel frustrated and resentful. Your child may feel this way, too, and show signs of being upset and angry to not be able to see friends, hang out in other settings or even go to child care or preschool! We can negatively turn on our family members and others, leading us down a path of believing that we are suffering more than others, and that it's unfair.

One way to combat such feelings is to look to empathy and to teach our kids empathy, even in their very first years. Hasbro's special [BE FEARLESS BE KIND](#) website highlights [an article](#) on empathy from the Making Caring Common project at Harvard: "Empathy begins with the capacity to take another perspective, to walk in another's shoes... Empathy includes valuing other perspectives and people. It's about perspective-taking and compassion."

As parents and caregivers, we show empathy to our children, which leads to building secure, trusting relationships. Other ways to teach empathy to your children is to explicitly demonstrate it to others, model self-care and have them show acts of kindness and compassion to others.

We never know what another person may be going through at this unprecedented time – whether it's being laid off a job, the sudden loss of a loved one or struggling with anxiety and stress. May our own acts of empathy support them and may we teach our children to be people who are fearless and kind.