

# WEEKLY LEARNING ACTIVITIES: GRADES K-1 LITERACY



## Monday

### READING

Read a book of your choice or listen to Padma Lakshmi read [Mirette on the High Wire](#).

#SAVEWITHSTORIES

### JOURNALING

A special birthday for me would be...

## Tuesday

### READING

Read a book of your choice or listen to James Marsden read [Where the Wild Things Are](#).

#SAVEWITHSTORIES

### JOURNALING

What is your favorite time of the day? Why?

## Wednesday

### READING

Read a book of your choice or listen to Skylar Astin read [Let's All Creep Through Crocodile Creek](#).

#SAVEWITHSTORIES

### JOURNALING

Imagine you could become invisible whenever you want. What are some things you would do?

## Thursday

### READING

Read a book of your choice or listen to Alli Webb read [A Boy Like You](#).

#SAVEWITHSTORIES

### JOURNALING

If you could be in charge at your house for a day, what would you do?

## Friday

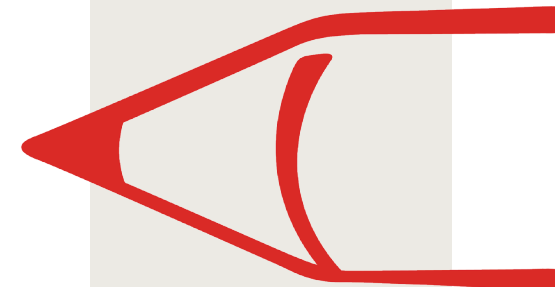
### READING

Read a book of your choice or listen to Marla Sokoloff read [Rosie Revere, Engineer](#).

#SAVEWITHSTORIES

### JOURNALING

What are some ways you can show kindness?



# WEEKLY LEARNING ACTIVITIES: GRADES K-1 MATH AND MORE



## Monday

### MATH

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

**Roomy rooms.** Walk through your home and pay attention to the sizes of each room. Compare the rooms by ordering them from smallest to largest.

## Tuesday

### SCIENCE

**Solids and liquids.**  
Materials: box of crayons (ones you don't mind to be melted), hairdryer, piece of paper.

Directions: Hold the end of a crayon and turn your hairdryer on. Aim it at the opposite end of the crayon. Let the crayon drip onto your piece of paper. Repeat with several colors. What happens to the crayon on the paper once it cools? When is the crayon solid? When is it liquid?

## Wednesday

### MATH

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

**What's behind my back?** Play Behind the Back by laying out 10 small items. These can be beans, cereal pieces, buttons, etc. One player grabs a handful of the items and hides it behind their back. The other player must figure out the number of items hiding by looking at the items still showing.

## Thursday

### ART

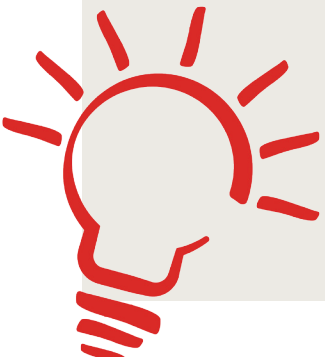
**Lake formations.**  
Materials: wax paper (1 piece) baking sheet, marker, blue food coloring, spray bottle with water.

Directions: Crumple up the piece of wax paper into a ball, and then flatten it back out. Lay it on the baking sheet. Use the marker to circle the places on it where you think water would collect. Add a few drops of blue food coloring to the spray bottle. Mist evenly over the wax paper as if it is raining. What happens? Where did the water collect?

## Friday

### SCIENCE

**Thank you!** Write words of thanks and encouragement to different groups of frontline workers. This could include doctors, nurses, police officers, postal carriers, grocery store clerks and more. You could write them letters, cards, create posters or use sidewalk chalk to say thank you and help brighten their day.



# WEEKLY LEARNING ACTIVITIES: GRADES K-1 MOVEMENT AND FAMILY



## Monday

**Take a walk.** Each time you see a sign of spring do 10 jumps for joy!

## Tuesday

**Moving chores.** Find an extra chore that will help you become a better mover, like sorting clothes to work on throwing skills or sweeping the floor to work on strength.

## Wednesday

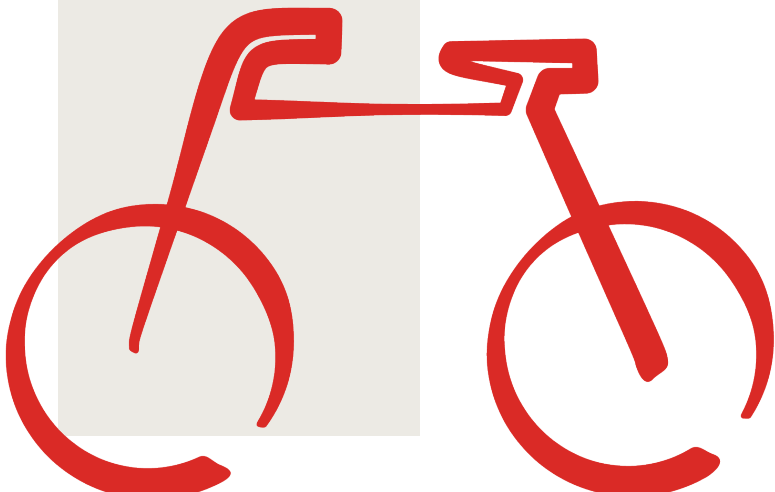
**All aboard!** Find a big towel or blanket and spread it out on the floor. Stand on it, move on it, and fold it up a little. Can you still stand and move on it? Fold it again – move again. How small can you make the towel?

## Thursday

**Travel for trash.** Get outside and pick up trash. Use different forms of movement to travel to each new piece of garbage.

## Friday

**How high? How far?** Draw some lines outside on the sidewalk using chalk. Practice jumping over them. Work on bending your knees and using your arms to get high and far. Also, remember to land softly.



# WEEKLY LEARNING ACTIVITIES: GRADES K-1



## PARENT AND CAREGIVER CORNER

We can all feel physically, emotionally and mentally taxed at times. Taking care of our mind is just as important as taking care of our body. There is no shame or guilt in experiencing signs of mental fatigue or mental illness and seeking help. Just as we would put a bandage on a physical wound to help it heal, we can put “band aids” on our mind so that we may be better, too. Our goal is to take care of ourselves and be able to take care of our children – from when we’re expecting to when we have teenagers.

We at Save the Children recognize the need for healthy support systems for the whole well-being of children and their caregivers. May is Mental Health Awareness month, so we will be providing tips and resources on how we can take care of our mental health. We hope you may be encouraged to access the services and supports that you need at this time in your life. **We remind you that we are in this together!**

## NAMI PROVIDES COVID-19 MENTAL HEALTH SUPPORT

[NAMI \(National Alliance on Mental Illness\)](#), the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness, provides community resources year-round. To provide help for those impacted by COVID-19, NAMI has compiled a helpful COVID-19 Resource and Information Guide found [here](#).

## FAMILY

**Let the sunshine in.** Going outside for sunshine helps everyone’s state of mind. There are both physical and mental benefits to being outside and under the sun for a period of time. Here is an activity you may do on your own or with your children. It will support your mindfulness and healthy interactions with your children. Check off from the list below when you find these things! Feel free to add to the list of items to be found in your neighborhood and to make it more of a challenge!

- |                                       |                                       |  |   |
|---------------------------------------|---------------------------------------|--|---|
| <input type="checkbox"/> MAILBOX      | <input type="checkbox"/> FENCE        | <input type="checkbox"/> PAW PRINT     | <input type="checkbox"/> A FLAG         |
| <input type="checkbox"/> YELLOW HOUSE | <input type="checkbox"/> TALLEST TREE | <input type="checkbox"/> SKATEBOARD    | <input type="checkbox"/> SPRINKLER      |
| <input type="checkbox"/> ROSES        | <input type="checkbox"/> A RED DOOR   | <input type="checkbox"/> SINGING BIRDS | <input type="checkbox"/> BICYCLE        |
| <input type="checkbox"/> DOG          | <input type="checkbox"/> CLOUDS       | <input type="checkbox"/> A FAMILY      | <input type="checkbox"/> A PACKAGE      |
| <input type="checkbox"/> STROLLER     | <input type="checkbox"/> MOTORCYCLE   | <input type="checkbox"/> BLUE CAR      | <input type="checkbox"/> DELIVERY TRUCK |