

4/23/20

Dear Students, Families, and Friends,

The activities on the next several pages were created for you to sharpen your skills, challenge yourself, and explore learning. These are not meant to replace classroom learning and parents are not being asked to replace teachers. If at any time, you are confused about an activity, need some extra support, or maybe just need to talk with someone, our teachers and staff are here for you.

- All teachers keep regular office hours from 9am until noon each school day.
- All teachers and staff can be contacted by email (firstname.lastname@fsd145.org).
- Some teachers also use Remind, Schoology, or Google Classroom to send and receive messages.

For the most current information about our emergency closure and remote learning plans, please visit our website (<https://www.fsd145.org/emergency>) for regular updates. You will always find information sorted by date, so it should be easy to follow the most recent updates.

Take care and stay safe. We'll see you soon,

From all of us here at Freeport School District



Remote Learning Day Student Activities:

[April 23](#)

[April 27](#)

[May 4](#)

[Social Emotional Learning \(SEL\)](#)

[April 24](#)

[April 28](#)

[May 5](#)

[Electives](#)

[April 29](#)

[May 6](#)

[April 30](#)

[May 1](#)

Kindergarten			4/23/20 - 5/6/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Earth Day	Phonological Awareness	Addition/Subtraction	
Plant Parts	Phonics	Shapes	
Spring Animals	Writing	Counting: Counting To 100 by ones/tens Counting on Counting one to one	

Remote Learning Activities for Students

Kindergarten -- April 23rd

Parents: Choose two activities from each page each day.

	Math Cog 2 Cog 3	Reading and Writing LLD5 LLD6 LLD8 LLD9	Science/ Social Studies	Extra Challenge [any subject]
Activity 1 and Instructions	Solving Addition Word Problems Have an adult say an addition problem using numbers equaling 10 or under. For example, "What's 3 plus 4?" (abstract word problem) or "If you had 3 cookies and I had 4 cookies. How many cookies would that be all together?" (concrete word problem) You solve the problem by using objects (put 3 beans on the table and then add 4 more beans), drawings (draw 3 circles and 4 circles), fingers (put up 3 fingers and 4 fingers), or mental math (solve the problem in your head). Extension: Have an adult write out equations. You write in the answers. (3+4=7)	What's Different? Have an adult write down two simple words. The words should have two letters that are the same and one letter that is different. You read the two words and then tell which letters are different. Example: Read the words cat and can. Then say, "Cat has a t and can has an n." Try the same activity with these words: pit and pet, bat and sat, dog and log, hit and hut. Extension: Try the activity with these words: time and dime, game and gate, dive and dove, cute and cube.	Let's celebrate Earth day! Go for a walk with an adult and pick up any trash/recycling items you may see and sort it by trash/recyclables. With the recyclable items, sort them by paper, plastic or glass. To extend the activity, make a graph of how many of each you have and which has the most/least.	Magic Potion! Take a jar outside. Fill your jar with things from nature to mix up your very own potion. (leaves, sticks, acorns, grass, dirt, whatever you find!) Find something to stir your potion with. (like a stick) Ask an adult to add water to your potion along with some food coloring. How do your materials transform? Use your imagination... What does your magic potion do? Does it turn people into clowns? Does it turn people into superheros? Tell your family what it does, have them smell it and watch it "transform" them! Have them smell it again to turn back to themselves! Write about your potion and draw a picture
Activity 2 and Instructions	Rolling Addition Find a dice. Roll the dice and put that number of objects in one set. Roll again and put that many in another set. Join the sets together and tell how many are all together. You can also solve the math problems by rolling two dice and counting the dots on the dice. Extension: Write an equation. (4+5=9)	Asking and Answering Questions about Details Have an adult read you a storybook. As you are listening, stop and ask questions about details in the book. The adult should answer your questions or help you draw conclusions of your own. Also, have the adult stop and ask you questions about details in the book to make sure you understand key details of the story. Extension: Make sure to ask and answer all different types of questions (e.g., who, what, where, when, how, and why).		




Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 24th

Parents: Choose two activities from each page each day.

	Math Cog: Math 2 Cog: Math 3	Reading and Writing LLD 1 & 2 LLD 8 & 9	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	 <p><u>Making 10</u></p> <p>Write several numbers between 0-10 on small pieces of paper. Draw a circle on a separate piece of paper and lay numbers around it. Have your child find two numbers that when added together equal 10 and put inside circle. Have them say math problem... $2 + 8 = 10$. For extra practice you could have them write the equation.</p>	<p><u>Rhyme Production</u></p> <p>Parent will say two rhyming words in a row and your child will come up with the 3rd rhyming word (nonsense words are acceptable) see example: pat bat <u>at</u></p> <p>SAY : frog log ____ sip lip ____ make take ____ shop hop ____ rope cope ____ run fun ____ car far ____ cat mat ____</p> <p>You can continue making more if you would like</p>	 <p><u>Water Cycle</u></p> <p>Draw a cloud, sun and water line on baggie. Add water to the water line. Tape to the window and watch to see what happens to the water.</p>	<p><u>Can You Undo Water Pollution?</u></p> <p>Items needed: *Tub of water *Household trash (banana peel, paper towel, empty food wrappers, etc.) *Vegetable oil *Tongs (optional) *Strainer (optional) *Add trash to tub of water and mix around until water turns "yucky" *Using hands, tongs, strainer, or whatever you can find, try to remove "pollution"/trash from water *After 10-15 minutes, discuss with child how water looks</p>
Activity 2 and Instructions	 <p>Use a paper plate or piece of plain paper, small objects, (beans or buttons), pencil. Practice adding by saying an equation to your child and having them place the number of objects to each side. On the bottom half, they will place the total number of objects for the answer. Extra-write equation.</p>	<p><u>Tiny Treasures</u></p> <p>*Write a sight word on a piece of paper/index card</p> <p>*Build sight words using small objects such as: gems, cereal pieces, buttons, paper clips, uncooked pasta, etc.</p> <p>went this come his him her of or one not out what</p>	<p>3 B's</p> <p>Talk with your family and see how everyone is doing with our District expectations:</p> <p>Be Safe</p> <p>Be respectful</p> <p>Be responsible</p> <p>Make a plan if there is one that needs to be worked on.</p>	<p><u>Nature sight words</u></p> <p>Collect a variety of sticks, leaves and rocks. Using these items build and read sight words. Some words you may use:</p> <p>the have like was that who see am by she no can</p>

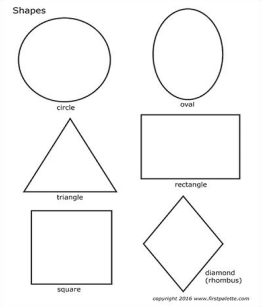
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Remote Learning Activities for Students

Kindergarten -- April 27th

Parents: Choose two activities from each page each day.

	Math COG-Math 2 COG-Math 3 COG-Math 6	Reading and Writing LLD 7 LLD 8 LLD9 LLD10	Science/ Social Studies	Extra Challenge (any subject)																		
Activity 1 and Instructions	 <p>Name these 2D shapes. How many sides does a triangle have? How many sides does a square have? How many sides does a circle have? How many sides does a rectangle have? What is the difference between a square and a rectangle? Are there any similarities in these shapes? Can you draw these shapes?</p>	<p>Practice sounding out and writing these words:</p> <p>kit bed run hot map</p> <p>Talk about what letters are vowels and what letters are consonants.</p> <p>NOTE: when talking about the vowels talk about the vowels being able to say 2 sounds (long sound and short sound). This month is April. The a makes a long sound, it says its name A!</p>	<p><u>Make a Rainstick</u></p> <p>-Toilet paper or paper towel tube -paper for the ends of the tube -Tape -Tooth picks -beans or rice OPTIONAL- markers, crayons, paint</p> <p>If you have materials to decorate your tube, do that first.</p> <p>Push the toothpicks through the empty tube on all sides and all the way down the tube. Close one end of the tube by covering it with paper and tape so nothing will fall out. Add the beans or rice. Cover the other open end with paper and tape. Turn your stick upside down and make it RAIN!</p>	<p>Make pictures outside with sidewalk chalk. Write your name! Practice writing sight words.</p> <p style="text-align: center;">How to draw spring pictures with Art for Kids Hub</p>																		
Activity 2 and Instructions	<p style="text-align: center;">Solve</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">5-0=</td> <td style="width: 33%;">4-0=</td> <td style="width: 33%;">3-1=</td> </tr> <tr> <td>5-1=</td> <td>4-1=</td> <td>3-2=</td> </tr> <tr> <td>5-2=</td> <td>4-2=</td> <td>3-3=</td> </tr> <tr> <td>5-3=</td> <td>4-3=</td> <td>2-0=</td> </tr> <tr> <td>5-4=</td> <td>4-4=</td> <td>2-1=</td> </tr> <tr> <td>5-5=</td> <td>3-0=</td> <td>2-2=</td> </tr> </table> <p>Your child can use their fingers or some type of manipulative (coins, small toys)</p> <p>Here's some fun songs to help with understanding subtraction https://www.youtube.com/watch?v=pwQKugrFmJQ https://www.youtube.com/watch?v=p1bT7dFPb-A</p>	5-0=	4-0=	3-1=	5-1=	4-1=	3-2=	5-2=	4-2=	3-3=	5-3=	4-3=	2-0=	5-4=	4-4=	2-1=	5-5=	3-0=	2-2=	<p>Write 3 sentences that start with:</p> <p>I can _____.</p> <p>Remember to start with an uppercase letter, spacing between words, and your punctuation mark.</p> <p>Draw a picture to match your sentence.</p>	<p>Write your numbers 1- 100.</p>	
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Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

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Remote Learning Activities for Students

Kindergarten -- April 28th

Parents: Choose two activities from each page each day.

	Math COG Math 3 COG Math 4	Reading and Writing LLD 5 LLD 9 LLD10	Science/ Social Studies	Extra Challenge (any subject)																																		
Activity 1 and Instructions	<p>Have your child solve the following math equations:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1+1=</td> <td style="width: 50%;">3+2</td> </tr> <tr> <td>2+1=</td> <td>1+3=</td> </tr> <tr> <td>3+1=</td> <td>2+3=</td> </tr> <tr> <td>1+2=</td> <td>1+4=</td> </tr> <tr> <td>2+2=</td> <td>4+1=</td> </tr> </table> <p>Your child may draw a picture or use their fingers to solve.</p> <p>Then have your child write the numbers 0-20.</p>	1+1=	3+2	2+1=	1+3=	3+1=	2+3=	1+2=	1+4=	2+2=	4+1=	<p style="text-align: center;">Sight Word Hunt</p> <p>Write sight words from the list below on scratch paper and place around the house. Have your child find and collect the words. When all of the sight words have been found, grab another piece of paper. Then have your child rainbow write the words.</p> <table style="width: 100%; border: none;"> <tr> <td>no</td> <td>is</td> </tr> <tr> <td>can</td> <td>me</td> </tr> <tr> <td>you</td> <td>and</td> </tr> <tr> <td>he</td> <td>at</td> </tr> <tr> <td>so</td> <td>on</td> </tr> <tr> <td>in</td> <td>up</td> </tr> <tr> <td>am</td> <td>we</td> </tr> <tr> <td>like</td> <td>see</td> </tr> <tr> <td>go</td> <td>it</td> </tr> <tr> <td>do</td> <td>an</td> </tr> <tr> <td>the</td> <td>my</td> </tr> <tr> <td>to</td> <td>a</td> </tr> </table>	no	is	can	me	you	and	he	at	so	on	in	up	am	we	like	see	go	it	do	an	the	my	to	a	<p>Living or Nonliving</p> <p>Discuss with your child what makes something living or nonliving. (Living: breathes, moves on its own, grows, needs food or water; Nonliving: cannot move by itself, doesn't grow, breathe or need food or water)</p> <p>Then take a piece of paper, on one side label living and the other nonliving.</p> <p>Next go for a walk with your child.</p> <p>While walking have your child pick out a few items and decide if it is living or nonliving. Then have your child draw the item on the correct side of the paper and label the picture.</p>	<p style="text-align: center;">INDOOR SCAVENGER HUNT</p> <ul style="list-style-type: none"> • Find a Fork. • Find something that is red. • Find a tissue box. • Find 3 things that have wheels. • Find an orange crayon. • Find something that is very soft. • Find a band-aid. • Find a key. • Find 2 socks that match. • Find something round. • Find a sticker. • Find a rubber band. • Find a pair of glasses. • Find an envelope.  <p style="text-align: center;">Practice counting to 100, starting a number other than 1. Pick a new number to start with each time.</p>
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Activity 2 and Instructions	<p>Grab a deck of cards and remove all of the face cards including the Aces. Then divide the cards equally among the players. Each player will turn over 1 card at a time.</p> <p>The first round, whichever player has the greatest card, will keep the cards that are turned up. Continue playing until someone has all of the cards.</p> <p>The second round, whichever player has the smallest number, will keep the cards that are turned up. Continue playing until someone has all of the cards.</p>	<p>Reading:</p> <p>Choose your favorite book or story and read it with your family. This could be a story online or a book you already have. Discuss if the book is fiction or nonfiction and why.</p> <p>Some examples:</p> <p>Fiction: not real, animals can not talk, and people can not fly</p> <p>Nonfiction: real pictures, learning something new.</p> <p>Then have your child draw a picture of their favorite part and write a sentence about the picture.</p>																																				


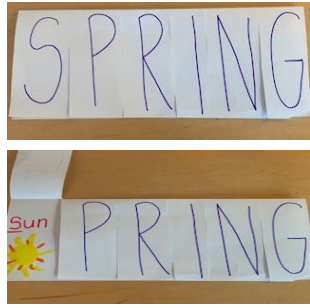
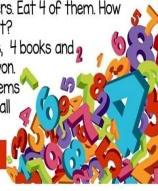
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Remote Learning Activities for Students

Kindergarten -- April 29th

Parents: Choose two activities from each page each day.

	Math Cog Math 2 Cog Math 5	Reading and Writing LLD 3 LLD 4 LLD 7-10	Science/ Social Studies	Extra Challenge (any subject)																																																																																																				
Activity 1 and Instructions	<table border="1" data-bbox="280 363 578 657"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>32</td><td>33</td><td>34</td><td>35</td><td>36</td><td>37</td><td>38</td><td>39</td><td>40</td></tr> <tr><td>41</td><td>42</td><td>43</td><td>44</td><td>45</td><td>46</td><td>47</td><td>48</td><td>49</td><td>50</td></tr> <tr><td>51</td><td>52</td><td>53</td><td>54</td><td>55</td><td>56</td><td>57</td><td>58</td><td>59</td><td>60</td></tr> <tr><td>61</td><td>62</td><td>63</td><td>64</td><td>65</td><td>66</td><td>67</td><td>68</td><td>69</td><td>70</td></tr> <tr><td>71</td><td>72</td><td>73</td><td>74</td><td>75</td><td>76</td><td>77</td><td>78</td><td>79</td><td>80</td></tr> <tr><td>81</td><td>82</td><td>83</td><td>84</td><td>85</td><td>86</td><td>87</td><td>88</td><td>89</td><td>90</td></tr> <tr><td>91</td><td>92</td><td>93</td><td>94</td><td>95</td><td>96</td><td>97</td><td>98</td><td>99</td><td>100</td></tr> </table> <p data-bbox="326 674 631 705">Skip count by 10's to 100.</p> <p data-bbox="277 741 656 900">Skip Counting by 10s is the easiest. It is like normal counting (1,2,3,...) except there is an extra "0": 10, 20, 30, 40, 50, 60, 70, 80, 90, 100</p> <p data-bbox="277 936 677 968">Practice: Skip Counting by 10s to 100</p>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	<p data-bbox="708 363 1092 457">Springtime on the Farm! Ask your child what animals live on the farm. Make a list.</p> <p data-bbox="708 468 1081 594">Once they have named these animals, talk to them about the differences between the adult and baby farm animals.</p> <p data-bbox="708 604 1081 863">Ask your child if they lived on a farm "what would be your favorite farm animal" Have them write the sentence "My favorite farm animal is _____" and then illustrate a picture of that animal. You could also encourage them to draw the baby animal next to it.</p> <p data-bbox="708 873 1081 1003">Feel free to use the link of the video below to take a visit to a farm! https://www.youtube.com/watch?v=Hg2ZX0PF-jl</p>	<p data-bbox="1149 363 1281 428">RAINBOW TOAST!</p> <p data-bbox="1118 438 1308 697">(Best to do at a table or somewhere with a bit of space to spread out) -Put one piece of bread out. -Fill up 6 cups ¼ the way up with milk.</p> <p data-bbox="1118 732 1308 991">*Discuss the six colors that make a RAINBOW!* -Add a different drop of food coloring to each cup for each rainbow color.</p> <p data-bbox="1118 1001 1308 1205">EXAMPLE... Red, orange (mix red and yellow), yellow, green (mix yellow and blue), blue, purple (mix red and blue)</p> <p data-bbox="1118 1215 1308 1713">Talk about the color mixing and how two colors can make one! -Spoon (or use a paintbrush if handy) each color onto the bread to make a rainbow...do not saturate. -Toast the bread in a toaster. -Butter the toast and put a sprinkle of sugar on top if desired. TA-DAH...</p>	<p data-bbox="1333 363 1601 491">Take a walk outside with an adult and talk about what you see and hear..animals, plants beginning to come up, flowers, weather, etc</p> <div data-bbox="1349 506 1601 905"> <p data-bbox="1370 516 1585 537">Nature Scavenger Hunt</p>  </div> <p data-bbox="1333 974 1601 1220">Pick out your favorite things around the house or outside and do "jumping-jacks" for the syllables of each item (EX-Two jumping jacks for SUNSHINE One jumping jack for DOLL)</p>
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Activity 2 and Instructions	<table border="1" data-bbox="280 1113 578 1407"> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>32</td><td>33</td><td>34</td><td>35</td><td>36</td><td>37</td><td>38</td><td>39</td><td>40</td></tr> <tr><td>41</td><td>42</td><td>43</td><td>44</td><td>45</td><td>46</td><td>47</td><td>48</td><td>49</td><td>50</td></tr> <tr><td>51</td><td>52</td><td>53</td><td>54</td><td>55</td><td>56</td><td>57</td><td>58</td><td>59</td><td>60</td></tr> <tr><td>61</td><td>62</td><td>63</td><td>64</td><td>65</td><td>66</td><td>67</td><td>68</td><td>69</td><td>70</td></tr> <tr><td>71</td><td>72</td><td>73</td><td>74</td><td>75</td><td>76</td><td>77</td><td>78</td><td>79</td><td>80</td></tr> <tr><td>81</td><td>82</td><td>83</td><td>84</td><td>85</td><td>86</td><td>87</td><td>88</td><td>89</td><td>90</td></tr> <tr><td>91</td><td>92</td><td>93</td><td>94</td><td>95</td><td>96</td><td>97</td><td>98</td><td>99</td><td>100</td></tr> </table> <p data-bbox="277 1451 683 1535">Skip Counting by 5s has a nice pattern: 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, ...</p> <p data-bbox="277 1566 683 1619">That pattern should make it easy for you! OK, let us get some practice:</p> <p data-bbox="277 1650 672 1682">Start with: Skip Counting by 5s to 50</p> <p data-bbox="277 1713 672 1776">And then try: Skip Counting by 5s to 100</p>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	<p data-bbox="708 1113 1092 1461">Spring beginning sounds! Take a piece of paper (the bigger the better) Fold the piece of paper in half. Write the word SPRING. Cut vertically so you create a flip chart for each letter. Brainstorm springtime things that begin with that sound. Such as for the letter R, "Rainbow". They open the "flip" and write the word and draw the picture to match!</p> <div data-bbox="708 1461 1016 1766">  </div>		<div data-bbox="1377 1402 1617 1787"> <p data-bbox="1377 1402 1617 1451">MATH SCAVENGER HUNT</p> <ul data-bbox="1377 1461 1617 1734" style="list-style-type: none"> • Find 2 pencils and 1 blue crayon. How many items do you have now? • Find 5 blocks and 2 pennies. How many items do you have now? Take away 3 blocks. How many items are left? • Find 4 socks and 2 stuffed animals. How many items do you have all together? • Find 8 crackers. Eat 4 of them. How many are left? • Find 3 spoons, 4 books and 1 orange crayon. How many items do you have all together?  </div>
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Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- April 30th

Parents: Choose two activities from each page each day.

	Math Cog Math 2 Cog Math 3	Reading and Writing LLD 1 LLD 2 LLD 6-10	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	*Make “snowballs” from paper (or any way you like), then place them in a bucket at one end of the room. Start kids out by having them toss snowballs into another bucket until they reach 10 (or any target number). Then, up the challenge by placing some snowballs in each bucket, and have kids figure out how many more they need to toss to make 10.	Reading- Choose a book or story of your choice. Have someone read it to you OR listen to a story online. *Look for ten sight words in the text, and rainbow write the words 5 times each. Then write a sentence using some of these sight words. See how many sight words you can write in one sentence.	Soc. Studies *Make some notes that say “Be Happy” and add other positive messages. Then post them around the house, or on the neighbor’s door. Science *Get small containers that seal tight; cotton balls and a variety of different scents, including perfume, cinnamon, vanilla, almond, ginger, curry, lemon, etc. Ask your child to use their sense of smell to try and guess what is inside each container. Discuss how we use our sense of smell to tell us more about the world.	<div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Find 2 pencils and 1 blue crayon. How many items do you have now? • Find 5 blocks and 2 pennies. How many items do you have now? Take away 3 blocks. How many items are left? • Find 4 socks and 2 stuffed animals. How many items do you have all together? • Find 8 crackers. Eat 4 of them. How many are left? • Find 3 spoons, 4 books and 1 orange crayon. How many items do you have all together? <p>*Why is 6 afraid of 7? Because 7 8 9 (seven ate nine).</p> <p>*Are monsters good at math? Not unless you Count Dracula.</p>
Activity 2 and Instructions	*Sort coins into pennies, nickels, and dimes. Then count how many of each coin. Then count how much money they have total.	Reading- Choose a book or story of your choice. Have someone read it to you OR listen to a story online. *Name the problem and solution to the story. Draw a picture about the problem and then the solution. Write a sentence describing each picture.	(Continued from above)	<div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Find 4 pine cones. • Find something that is yellow. • Find 2 tree stumps. • Find a feather. • Find a seed pod. • Find 4 smooth rocks. • Find a spider web with a spider on it. • Find 3 mushrooms. • Find a long stick. • Find 2 things that can fly. • Find 3 different sized green leaves. • Find a dandelion weed. Blow a wish. <div style="text-align: center;">  </div> <p>*What kind of shorts do clouds wear? Thunderwear!</p>

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- May 1st

Parents: Choose two activities from each page each day.

	Math Cog 2 Cog 3	Reading and Writing LLD 8 LLD 9 LLD 10	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p style="text-align: center;">Solving Subtraction Word Problems</p> <p>Have an adult say a subtraction problem using numbers equaling 10 or under. For example: "What is 8 minus 4?" (abstract word problem) or "If you had 8 chicken nuggets and you eat 4, how many chicken nuggets would you have left?" (concrete word problem) You solve the problem by using objects (put 8 beans on the table and take 4 beans away), drawings (draw 8 circles then cross out 4 circles), fingers (put up 8 fingers then put 4 fingers down), or mental math (solve the problem in your head). Extension: Have an adult write out equations. You write in the answers (8-4=4)</p>	<p style="text-align: center;">Blending Words</p> <p>Have an adult isolate the sounds in simple words such as cat, wet, dig, pan, etc. You blend the sounds together and say the word. Example: An adult says, "The sounds in the word are /c/.../a/.../t/." You blend the sounds together and say, "Cat!" Extension: After you have played the game orally, have an adult write the words on a piece of paper, you blend the sounds of the letters together and read the words.</p>	<p>It's May Day! Research where May Day originated...if you don't have access to the internet talk to a family member about May Day. (it's celebrated in many countries as a traditional springtime festival, or the celebration of the return of Spring. In some parts of the US May Day Baskets were a part of the tradition. They were handmade holders that held paper or real flowers and were left anonymously on someone's porch. This continues to be a tradition for some still today.</p> <p>Reuse materials to make a May Day Basket to leave on a neighbor's porch. (paper towel roll, tupperware, disposable containers, construction paper, etc)</p>	<p>With an adult, go outside and find leaves of different size/shape/color to bring inside and sort. As you sort, tell your adult how you are going to sort them. (By size, shape, color, etc...)</p> <p>Count with style! Count to 100 in style. Quiet 1's (whisper) Terrible teens (growl) Roaring 20's (speak loudly) Twisty 30's (do the twist) Jumpy 40's (jump) Flying 50's (spread your arms) Sick 60's (hold your nose and pretend you have a cold) Spooky 70's (use a ghost voice) Flip pancakes 80's (pretend to flip pancakes) Laughing 90's (hold your stomach and laugh) Happy 100!!! (Jump and cheer)</p>
Activity 2 and Instructions	<p style="text-align: center;">Rolling Subtraction</p> <p>Find a dice. Place 6 objects in a set. Roll the dice and take that many objects away from the set. How many are left? You can also solve the math problems by subtracting on your fingers. Extension: Write an equation. (6-2=4)</p>	<p style="text-align: center;">Event Writing</p> <p>Write about the changes you see happening from the seasons changing from winter to spring. For example, green grass, baby animals, birds, warmer, rainy, etc. Extension: Instead of writing one or two sentences about your event, write multiple sentences.</p>		


Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- May 4th

Parents: Choose two activities from each page each day.

	Math Cog Math 3	Reading and Writing LLD 1 LLD 2 LLD 8	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Tower of Objects *Make a tower out of objects (Legos, blocks, can, etc.)</p> <p>*Break the tower into 2 parts. Ask the following questions:</p> <ul style="list-style-type: none"> ● How many in each part? ● How many altogether? <p>*Write an equation.</p>	<p>Mystery Bag *Put an object in a bag. (Ex. toy car, stuffed animal, shell, ball, rock, etc.)</p> <p>*Provide clues about what it is. Example clues:</p> <ul style="list-style-type: none"> ● It begins with ____ (give beginning sound) ● It ends with ____ (give ending sound) ● It rhymes with ____ (provide a rhyming word) ● It is ____ syllable(s) <p>*Have your child guess what the object could be</p>	<div style="text-align: center;">  </div> <p><u>Sound Waves</u> Material needed: bowl, clear wrap pan, rice & spoon Wrap bowl tight with clear wrap, put some uncooked rice on top. Hold the pan next to the bowl and using the spoon hit the pan and make the rice dance.</p>	<p>Sink or Float Fun! Materials: aluminum foil, 20 pennies, & a small container filled with water.</p> <p>Give your child a piece of foil and have them make a small boat with it. Let them shape it & fold it however they like Place the "boat" in the water. Ask your child to see how many pennies can be added to the boat without it sinking. They can count them out as they are added. See how many pennies are needed to make their boat sink!</p>
Activity 2 and Instructions	<p>Counting objects by 10 Collect household items and count them by 10's. Examples of items: dry cereal, dry beans, toothpicks, etc.</p> <p>Have your child count out groups of 10. Make groups of 10 and separate by 10 to 100. Have your child count the groups by 10 and label them by writing out the numbers: 10, 20, 30, 40, etc.</p> <p>Practice counting by 10's past 100 if they can.</p>	<p><u>Syllable Search</u> You can do this activity anywhere! Ask your child to find something that has 1-2 or 3 syllables. They look around to see what they can find. Be sure to have them find several objects.</p>	<p>Fire Plan! *Discuss a fire escape plan for your home with your child.</p> <p>*Be sure to discuss different ways to get out of the house and where to meet once outside!</p>	<p>Baby Animals Ask you child the names of baby animals: - What is a baby dog...puppy - What is a baby cow...calf - What is a baby goat...kid</p> <p>Do as many as you can think of.</p>

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- May 5th

Parents: Choose two activities from each page each day.

	Math Cog Math 2 Cog Math 3	Reading and Writing LLD 7 LLD 8 LLD 10	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	Solve the following story problems. You can use counters (any small object that you have 10 of) or draw a picture. -Two frogs sit on the lily pad. Three more frogs swam over to join them. How many frogs are on the lily pad now? $\underline{\quad\quad} + \underline{\quad\quad} = \underline{\quad\quad}$ -Six toads sat sunning themselves by the pond. Three of them hopped into the pond and swam away. How many toads are sunning themselves by the pond now? $\underline{\quad\quad} - \underline{\quad\quad} = \underline{\quad\quad}$	Choose an animal. Have your child tell you some things they know about that animal. Write three sentences about the animal. Ex. Dogs can _____. Dogs have _____. Dogs are _____. Encourage them to stretch and sound out words they may want to write, but don't know how to spell.	Your Neighborhood What are some things you see in your neighborhood? Students might draw houses, streets, stores, restaurants.	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; font-weight: bold; margin: 0;">READING CHALLENGE</p> <p style="text-align: center; font-size: small; margin: 0;">Color as you go!</p> <div style="display: flex; justify-content: space-between; align-items: center; margin: 5px 0;"> <div style="font-size: x-small; width: 40%;">Read to a stuffed animal.</div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin: 5px 0;"> <div style="font-size: x-small; width: 40%;">Read in the bathtub.</div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin: 5px 0;"> <div style="font-size: x-small; width: 40%;">Read an old favorite.</div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin: 5px 0;"> <div style="font-size: x-small; width: 40%;">Read before breakfast.</div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin: 5px 0;"> <div style="font-size: x-small; width: 40%;">Read at the park.</div> </div> </div>
Activity 2 and Instructions	Count to 100. If you can already count to 100, then count to 120.	Talk about what sounds sh, ch, and th make. Practice tapping and writing the following words: shop, ship, chin, chat, thud, thin		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- May 6th

Parents: Choose two activities from each page each day.

	Math COG MATH 1 COG MATH 2 COG MATH 3	Reading and Writing LLD5 LLD7 LLD10	Science/ Social Studies ALT REG 1	Extra Challenge (any subject) LLD8
Activity 1 and Instructions	Using a cereal that has different pieces (Lucky Charms, Trix, Fruit Loops), have your student sort a handful of pieces into different groups. Ask them to record how many pieces are in each group. Select one group of cereal pieces and see how many different ways you can make the total number of pieces. (1+9=10, 2+8=10, 5+5=10, etc.)	<p style="text-align: center;">Beginning, Middle, End</p> <p>Materials needed book, paper, and coloring materials.</p> <p>Fold a piece of paper into thirds. Have your child label the sections: Beginning, Middle, End.</p> <p>Read the story to your child. Ask them to draw a picture about what happened in the beginning of the story, the middle of the story, and the end of the story on the appropriate section of the paper. Have them write a sentence about each picture they drew.</p>	Make bubble solution using 1/2 cup of dish soap, 1 1/2 cup water, and 2 teaspoons of sugar. Help your student brainstorm different items around the house (drinking straw, pipe cleaner formed into a circle, plastic cup with holes in the bottom, etc.) that could be used as a bubble wand. Use each of these items and discuss with your student which worked the best.	<p>Syllable Game</p> <p>Using objects found around your house have your child clap the number of syllables in a variety of words.</p> <p>Example: Hold up a cup. Your child should clap 1 time. There is 1 syllable in the word "cup."</p> <p>Pillow: Pil - low 2 syllables</p> <p>Banana: Ba - nan - a 3 syllables</p> <p>Your child can also clap the number of syllables in their name and other names they know.</p>
Activity 2 and Instructions	Use a piece of sidewalk chalk to draw a line outside or use a stick as the divider. Take a collection of 10 pinecones, rocks, or other small items found outside. Have your student shake them in a bucket and toss them out. Using the chalk or a piece of paper and pencil, have your student write out the equation that it forms and solve it. (4 on the left and six on the right, 4+6=10).	<p style="text-align: center;">Text features</p> <p>Read a non-fiction book to your child. Try to find as many of the following "text features" as you can: (your book might not have all the features)</p> <p>Table of Contents: identifies key topics in the book with page numbers</p> <p>Captions: words near a picture/ photograph to help explain it.</p> <p>Words in bold, <i>italics</i>, or <u>underlined</u></p> <p>Subtitles: special headings to let the reader know what that section of text will be about.</p> <p>Glossary: like a dictionary, defines words from the book.</p>		


Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- (SEL) Theme: Emotional Management

The columns below offer choices for student activities for any day.

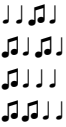
Social Emotional Learning Choice Board - Aligns with Standards; 1A.1a Recognizes own emotions and how emotions can impact behavior. 1A.1b Uses calming down techniques to control impulsive behavior and anger.		
<p>Talk about the following Zones of Regulation chart with your child and discuss how each zone makes them feel (inside and out):</p> <div style="text-align: center;">  </div>	<p>There are many different types of emotions. Some make us happy, some make us angry, or even excited. Talk about ways to manage your emotions.</p> <p>What are some calm down strategies you can use when you need to control your emotions?</p> <p>Try These :</p> <ul style="list-style-type: none"> -Draw a Picture-This gives the brain something to focus on other than stressors. -Drink a Glass of Water-Drinking water has a calming effect on the nervous system. -Rock in a Rocking Chair- Its repetitive nature offers stress-relief as well. -Push Against a Wall for 10 seconds, for 3-minutes. -Allows the body to get rid of stress hormones without having to leave the room. 	<p>Practice the following breathing techniques to help when you're upset.</p> <p>Balloon Breathing: Pretend like you are blowing up a balloon. Take a deep breath in, put the pretend balloon up to your mouth and blow your air out. Do this slowly four times.</p> <p>Volcano Breathing :Put your hands together in front of your chest. Keeping your hands together raise your hands up above your head all while you are breathing in. When you reach as high as you can let your air out and spread your arms apart and then bring them back to the starting position. Do this slowly four times.</p> <p>Soup/Brownie Breathing: Pretend like you have hot food in your hands, breathe the smells of that food in and then blow out to help cool down your food. Do this slowly four times.</p>
<p>Before a volcano erupts there are warning signs that come from the volcano. Before a person erupts with anger, they often have warning signs.</p> <p> Oftentimes, when we can identify our body becoming upset we can find a healthy way to calm our body down before we explode, like going to a calm space..</p> <p style="text-align: center;">Create a Calm Down Space</p> <ol style="list-style-type: none"> 1)Pick A favorite corner in your home. 2)Decorate the space with things that make you happy and calm. <ul style="list-style-type: none"> -Pillows -Drawings -Stuffed animals -Blankets -toys, bean bag, etc. <p>Use your Calm Down Space when you feel angry or need to calm down.</p>	<p>Place a small object (crayons or markers will work) of the following colors into a paper sack or a deep bowl: red, green, blue, purple, yellow, orange. Sit in a circle and have the first person reach into the bag/bowl and pull out an object. The color of the object correlates to a statement to discuss below.</p> <ul style="list-style-type: none"> Red-Say one thing that makes you angry. Green-Show one way you can breathe when you are angry (balloon breathing, volcano breathing, soup breathing, box breathing). Blue-Say one thing you can do to help your body calm. Purple-Say one thing that makes you excited. Yellow-Say a poor choice you made when you were angry and what you could have done differently. Orange-Say a good choice you made when you were angry. 	<p>You are in control of your anger and if you are able to turn negative thoughts into positive thoughts that will help you have better control over your anger.</p> <p>Practice positive thinking by saying 10 daily positive affirmations::</p> <ol style="list-style-type: none"> 1) I am LOVED 2) I am SAFE 3) I have lots of FRIENDS that love me 4) I am FRIENDLY 5) I am HELPFUL 6) I am RESPONSIBLE 7) I am SMART 8) I am AWESOME 9) I am RESPECTFUL 10) I am BEAUTIFUL <p>Think of some more positive statements that you can add to the list to practice everyday.</p>
<p>We all have triggers. Triggers are things that can change our mood in a good or a bad way.</p> <p>What are some of your triggers?</p> <p>Think about some things that make you sad OR Think about some things that make you happy</p> <p>Draw a picture of what you feel</p>	<p style="text-align: center;">Time to Exercise!</p> <p>Exercise is a great way to regulate your emotions.</p> <p>Do the following:</p> <ul style="list-style-type: none"> -Cherry Picking Alternate arms reaching to pick "cherries" off a tree. Pull elbows down by sides and then reach straight up again. Can you do 20 seconds? -Toe Touches Touch up to the sky on your tippy toes and then bend down to touch the ground 10 times. -Cat Stretch Start on all fours and curl back up into an arch like a cat, hold for 5 seconds, and then flatten back out. Do this 10 times. 	<p>Talking to your teacher or with friends when you are having BIG emotions is hard right now. Try one of the following:</p> <ol style="list-style-type: none"> 1. Draw a picture of your teacher 2. Role play/make believe play that you are in school talking to your teacher. 3. Talk with an adult about how to be safe, respectful, and responsible when talking to teachers. 4. Talk to a parent about how you feel.

Parent Signature: _____

Remote Learning Activities for Students

Kindergarten -- (Electives)

The columns below offer choices for student activities for any day.





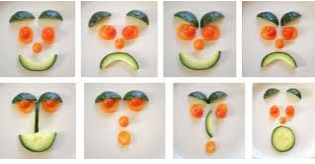

Art	Music	PE/Health																
<p>Color: Go outside and use different plants, with adult permission, and see what color the plant creates on the paper. Try this with at least 3 different items. Challenge: Make a drawing out of the colors you have on your paper.</p> <p>VA:Cr2.1.Ka</p>	<p>Practice saying and clapping the following rhythms:  Challenge: Create your own rhythm to say and clap.</p>	<p>State Goal 19 - Spring Season! There are a few sports to play when the weather is nice. Can you think of some?.....Here's two you can practice on your own. Baseball/softball and kickball.</p> <p>Here's how to practice: How far can you kick a ball/object? How far can you hit a ball with a bat or any type of bat? How many times can you hit or kick a ball in a row? There are 4 bases in each game. How fast can you run around them? You can use whatever you want for bases. Can you think of other skills to practice from these games?</p>																
<p>Texture (how something feels) Study: Lay 1 item underneath a piece of paper and using a pencil (or crayon preferred if you have) rub a pencil/crayon on its side over the place where the item is located. Go back and forth till you can see the texture of the selected object. Try this with 5 objects total. Make sure paper is in between item and pencil/crayon and that an adult is okay with your choice.</p> <p>VA:Cr2.1.Ka VA:Cr2.3.Ka</p>	<p>Sing your favorite song from music class. Make up actions or dance moves to go with it.</p> <p>Challenge: Teach a family member your song and moves</p>	<p>Fitness Poker</p> <p>Using a Deck of cards see how fast you can get through each card! Draw a card and perform the exercise ,related to the card, for however many times the card says. Face Cards (kings, queens, jacks, jokers) are worth 10 Aces are worth 1 Club- jumping jacks Spade- push up Heart- sit up Diamond- squat See how fast you can get through the deck!</p>																
<p>Observational drawing (draw what you see): Draw 5 items that you see around the house or outside. Challenge: Add details. Label what you drew.</p> <p>VA:Cr2.3.Ka</p>	<p>Read a short poem or story (or make one up on your own!) in a high voice and then again in a low voice.</p> <p>Challenge: Use high and low singing voices</p>	<p>Activity: Healthy Eating (22.B.1a)</p> <p>Encourage your child to create a food diary for one day. During this time, they should write down everything they eat and drink for the entire day. At the end of the day have your child look at the list of foods and make a food chart based on how healthy each choice was. If a food item is perceived as "Bad" put that food item under the category "Whoa." For a food item that is "Good" put that food item under "Go." "Slow" means the food item is okay but should be eaten in moderation.</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 25%;">Food/Drink</th> <th style="width: 25%;">GO</th> <th style="width: 25%;">SLOW</th> <th style="width: 25%;">WHOA</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td></td> <td></td> <td></td> </tr> <tr> <td>2.</td> <td></td> <td></td> <td></td> </tr> <tr> <td>3.</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Food/Drink	GO	SLOW	WHOA	1.				2.				3.			
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Remote Learning Activities for Students

Kindergarten -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	PE/Health
<p>Draw pictures with chalk.</p> <p>VA:Cr2.1.Ka</p>	<p>Find something in your house that you can use as an instrument (i.e. a box as a drum, 2 pencils for rhythm sticks a plastic egg filled with dried rice as a shaker). Play the following rhythms on your instrument:</p> <p>     </p> <p>Challenge: Create your own rhythm to play on your instrument</p>	<p>All About Your Heart - State Goal 23</p> <p>Can you point to where your heart is at? Once you find where your heart is, place your hand there. Can you feel it beat? What happens to your heart if you run really fast? Go find out!.....</p> <p>If you feel your heart beating faster, you're correct! Our hearts are very important to our body and health.</p> <p>Can you draw or color a heart? If you have enough materials, go ahead and draw or color a heart.</p>
<p>We've heard of stick people lets create stick drawings using grass clippings, rocks, sticks (already found on the ground.), or other natural elements that have already fallen off. Please do not take items off a living object (for example don't tear a branch off a tree, and don't pick the flowers)</p> <p>VA:Cr1.1.Ka VA:Cr2.1.Ka VA:Cr2.3.Ka</p>	<p>Listen to a piece of music that has no words. Close your eyes and imagine a picture that could be happening during the music. Open your eyes and draw the picture.</p> <p>Challenge: Write a sentence describing your picture.</p>	<p>Song Run</p> <p>Play your favorite song or listen to a song on the radio, and run or skip until the song ends!</p> <p>Can you make it all the way through the song?</p>
<p>Create a food with an adult at home. Challenge: Make the food look neat and have some artist elements Example: arrange fruit (sliced or whole) to create a pattern or picture of something in real life.</p> <p>VA:Cr1.1.Ka VA:Cr2.1.Ka VA:Cr2.3.Ka</p>  	<p>Sing a song from music class. Practice singing it in a loud (forte) singing voice and then again in a soft (piano) singing voice.</p> <p>Challenge: make up movements and teach a family member</p>	<p>Activity: Health and Skill Components of Fitness (20.A.1a)</p> <p>The goal of this activity is for students to identify characteristics of health related and skill related fitness. Health related fitness refers to as your ability to become and stay physically healthy. Skill related fitness refers to your ability to maintain high levels of performance in a sport or game.</p> <p>Ask your child to do the following activities and have them determine if the activity is a health or skill related fitness task:</p> <ol style="list-style-type: none"> 1. Balance on one foot for 5 seconds (Skill) 2. Running in place or actual running depending on space for 1 minute without stopping (Health) 3. Perform 5 crunches (Health) 4. Perform a standing long jump (Skill) 5. Perform a push up hold for 15 seconds (Health) 6. Run from point "A" to "B" as fast as possible (Skill) 7. Toss 2 balls in the air and try to catch one ball in each hand (Skill) <p>Ask your child what other things can they try that can improve health or improve skill during a game.</p>

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