



Day of the Week: Monday

Activities

Story of the Day: Enjoy listening and reading along to our daily read aloud - [Up the Creek](#)



Let's Explore
Literacy



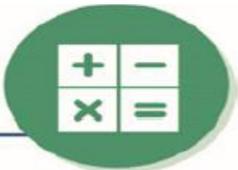
Literacy: Let's Talk About It!

Using the picture provided, share a story about what is happening in this picture with someone in your home. Use the following questions to add supporting details to your story: *What/Who do you see? What happened before this picture was taken? What do you think will happen next?*

Writers Workshop: On a piece of paper, write out the story that you just shared!

Writing Checklist: When I am writing, I am working on...

- finger spaces between my words
- uppercase letters at the beginning of my sentence
- punctuation at the end of my sentence (e.g, !, ., ?)
- sounding out words I don't know how to spell
- high frequency words in my sentences
- adding detail to my sentences



Let's Explore
Math

Collect a variety of boxes from around your home. Measure how long they are using nonstandard units of measurement. (e.g., how many blocks long is the box? How many toys long is the box?)



Let's Explore
Art and
Movement

Fold a paper into 4 quarters. Open the paper. You now have four sections on your paper. Make different patterns in each section of your paper. Which pattern do you like the best? Why?

Play a target game by tossing a bean bag (or rolled up sock or crumpled paper) toward a target that is about two metres (two really big steps) away. Use centimetres to measure and record how close you came to the target. What is your best result after five tries? What could you use to measure if you do not have a centimetre ruler?



Day of the Week: Tuesday

Activities

Story of the Day: Enjoy listening and reading along to our daily read aloud - [Love Is](#)

Let's Play Bang! Customize your own word game. Write down 10 words that the child knows and 5 words that they do not know (they can be family names, sight words, etc.)

How to set up Bang!:

- Here's what you'll need: an empty container, some blank pieces of paper cut into cards, and some markers.
- Write down the 15 words on little cards
- You'll also want to make up a few cards with the word "BANG!" on them.

How to Play Bang!:

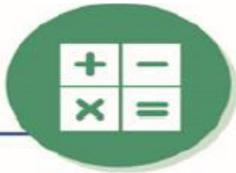
1. Players take turns reaching into the container and pulling out a flashcard. If they can read the word aloud correctly, they get to keep the card. If the player is incorrect, the card goes back into the container.
2. Continue taking turns, reading and collecting correctly answered cards
3. If you pull out a BANG! card, you must put your whole pile of cards back into the container!
4. At the end of a specified length of time, whoever has the most cards is the winner!



Let's Explore
Literacy

Be an architect! Draw pictures of the 2-D shapes found in your home. E.g., Squares- cereal; rectangle- tv; circles-clocks.

Extension: How many sides do these objects have? How many vertices?



Let's Explore
Math

Drama Time! Using clothes and objects from around your home, try and dress up like that one of the characters in your favourite show or book. How are you similar to that character? How are you different? Would you like to be friends with this character? Why or Why not?



Let's Explore
Art and
Movement

Strengthen your Focus and your Muscles! It can be hard to focus on what you're doing. Follow this [exercise sequence](#) to strengthen your focus, and your muscles! Check out <https://family.gonoodle.com/> for more videos to stay active while having fun!



Day of the Week: Wednesday

Activities

Story of the Day: Enjoy listening and reading along to our daily read aloud - [Duck! Rabbit!](#)



Let's Explore
Literacy



Draw a picture of something you think will cheer up this bear. When you are feeling sad, what cheers you up? Write a sentence (or paragraph) explaining what makes you happy.



Let's Explore
Math

Hundred Heroes! With a collection of small items, (buttons, cereal, stones, etc.) make 100 using groups of ten. Can you make 200? How many groups of 10 are in 300?



Let's Explore
Art and
Movement

Make A Statue! Walk around your home and find 10 items. Can you create a statue with these objects? What is hard about this activity? What is easy?

Power Up! Get up and get active with Lucas and Laura and Teacher Heather for a nature themed workout! Source: www.tvokids.com/school-age/videos/power/power-nature-3



Day of the Week: Thursday

Activities

Story of the Day: Enjoy listening and reading along to our daily read aloud - [Diary of a Fly](#)

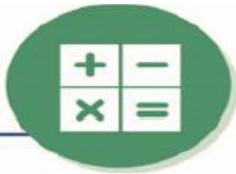


Let's Explore
Literacy



Read or listen to the book "[Recycle with Uncle Roo](#)".
Make a list of 3-5 things you can do to help recycle at your home.

Extension: Why is recycling good for the earth? Make a poster to teach people about recycling.



Let's Explore
Math

Is 46 bigger than 29? Show how you know using pictures, numbers and words.
Is 99 bigger than 87? Show how you know using pictures, numbers, and words.
(Choose different numbers you are comfortable with and ask the same questions)



Let's Explore
Art and
Movement



Discouraged with the amount of garbage on local beaches, Rebecca Fatzinger and Cristina Maldonado started turning their beach trash into art. Take a look at their art in the picture above. What do you notice when you look closely? Make a list of the different materials you can spot! Many artists use recycled materials to create something new. Create something using recycled materials from around your home. Take a picture of your creation!

Get up and get active with Laura, Lucas and Teacher Andrea for an outer space themed workout! Source: www.tvokids.com/school-age/videos/power/power-outer-space-2



Day of the Week: Friday

Activities

Story of the Day: Enjoy listening and reading along to our daily read aloud - [I Am Enough](#)



Let's Explore
Literacy

High Frequency Word Games – Go Fish!

Preparation: Write 10 high frequency words on cards using the Primary word list provided. You will need two sets of words which creates a set of 20 cards. (Word examples: like, in, to, know, am, you, your, the, there, their, could, would, should, colour words, family names, seasons, months, days of the week)

Go Fish: Deal 4 cards to each player. The remaining cards are placed face down in the middle of the table. Player 1 asks another player if they have a word. If they have it, they give it to the player, if not they say, "Go Fish!" and the player selects a card from the middle. If a match is made the player continues with their turn. The game finishes when one player has found a match for all of their cards.



Let's Explore
Math

What is an activity you can do that will take 1 hour (60 minutes). Now select an activity that will take 1 minute (60 seconds). What activity can you do in 1 second? Make a list of things that take 1 hour, 1 minute and 1 second.



Let's Explore
Art and
Movement



What songs can you sing from the movies you've watched? Set up an imaginary concert and perform your favourite songs. You could set up your toys and/or stuffed animals, or draw some people for your audience, or even pretend your home is full of fans! How would our lives be different if there was no music or sound for a day? Feel like doing some karaoke? Check out <https://www.karafun.com/karaoke/styles/kids/>.

Animal House! Move around your home or back yard like the following

animals:

- Monkey
- Tiger
- Bird
- Frog
- Dog
- Alligator



Day of the Week: Monday

Activities

Story of the Day: Enjoy listening and reading along to our daily read aloud - [Giraffe Problems](#)



Let's Explore Literacy



Using the picture provided, share a story about what is happening in this picture with someone in your home. Use the following questions to add supporting details to your story: *What/Who do you see? What happened before this picture was taken? What do you think will happen next?*

Writers Workshop: On a piece of paper, write out the story that you just shared!

Writing Checklist: When I am writing, I am working on...

- finger spaces between my words
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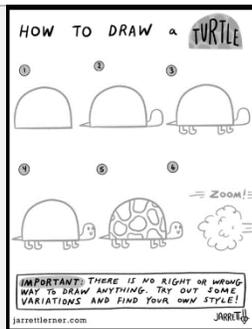


Let's Explore Math

How many? How many hands? How many feet? Measure the length of desks, tables, couches in your home with your hands or feet. How many hands long is your table? How many feet long? What else could you use to measure objects?



Let's Explore Art and Movement



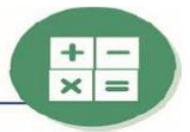
Jarrett Lerner is an artist who loves to draw. Can you follow the directions to draw his turtle? What do you like to draw? Create a "How To Draw" instruction page of your own! Visit <https://jarrettlerner.com/activities/> for more ideas.

ALPHABET EXERCISES: Spell your name and complete the activity for each letter!

A – Act like a cat
B – Bend at the knees
C – Chair pose
D – Dance
E – Elephant steps
F – Fly like a bird
G – Gallop
H – Hugs
I – Itsy bitsy steps
J – Jump
K – Kick
L – Leg lifts
M – March

N – Noisy steps
O – Open and shut arms
P – Pop up
Q – Quiet hops
R – Runs
S – Side steps
T – Turns
U – Under mommy's legs
V – Vacuum
W – Wiggles
X – X jumping jacks
Y – Yoga (downward dog)

Extension: Keep moving and try your last name!



Day of the Week: Tuesday	
Activities	
 Let's Explore Literacy	<p>Story of the Day: Enjoy listening and reading along to our daily read aloud - The Day the Crayons Quit</p> <p>Time to Grocery Shop!</p> <p>If you could select the food items this week, what would you want? Let's create the Grocery List!</p> <p>On a piece of paper, write down 10 items you would like to purchase from the grocery store. Sound out each item to spell the words. Next, write a paragraph about your favourite food. Describe it using all five of your senses</p>
 Let's Explore Math	<p>With coins from around your home make \$2.25. How many different ways can you make that amount? Extension: make \$6.45 Make \$3.56. If you don't have coins on hand, draw circles to represent 5¢, 10¢, 25¢, \$1.00 and \$2.00.</p>
 Let's Explore Art and Movement	<p>Doodle Art. You will need a dark coloured marker or crayon and then different coloured markers or crayons and a piece of paper.</p> <p>Put your dark pencil on the paper and close your eyes. Make swirls and zig zags but don't take your writing tool off your paper. Do this for ten seconds. Open your eyes. Now, in the different sections of this doodle, colour each part using a different colour or patterns. Try to not have the same color or pattern touch each other.</p> <div style="display: flex; align-items: center;">  <div> <p>Get up and get active with Lucas and Greg and Teacher Deniece for a super hero themed workout! Source: www.tvokids.com/school-age/videos/power/power-super-hero-5</p> </div> </div>

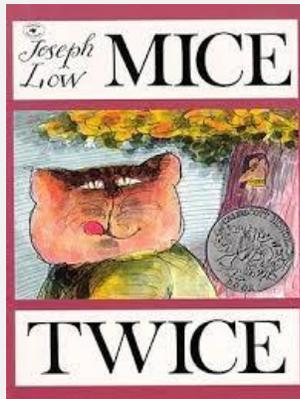


Activities

Story of the Day: Enjoy listening and reading along to our daily read aloud - [The Rabbit Listened](#)



Let's Explore
Literacy

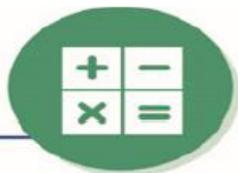


Listen to the story, [Mice Twice](#)

After you have listened to the story, complete this activity: Cat, Mouse, Dog, Wolf, Crocodile, Lion and Wasp are all dinner guests in the story, think of your favourite animal. After you select your animal, write down 3 facts that you already know about this animal. Next, think about 3 questions that you want to know about this animal and write them down as well.

your animal.

Extension: With the help of an adult, research your animal questions and find the answers online! Write 6 sentences about



Let's Explore
Math

Look out your window. How many vehicles drive by each day? A lot? A little? None? Make a tally chart to see. Extension: Make a tally chart about different types of vehicles: How many trucks? Vans? Cars? Which type of vehicle did you see most often?



Let's Explore
Art and
Movement



Warm and Cool. Trace a body part. Draw lines within your picture to make a design. Draw lines and designs throughout the page. Colour the inside of your hand warm colours (orange, red, yellow). Colour the outside of your hand with cool colors (blue, green, purple).

Snake Toss

This activity is inspired by a game with First Nation origins. It is a modification of a Haudenosaunee game called Snow Snake.

- Create a starting line and find an object to slide (e.g., stick, chop stick, spoon)
- Slide the stick along the floor by placing the stick on the floor and pushing it forward.
- Mark the distance of the slide using a floor marker (e.g., a sock or small toy)
- Either play against yourself or other family members. Try to slide your stick farther each time.
- What do you have to do to make the stick go farther? How could you play this game with a different object? What would change?

This game was adapted from: <https://www.playsport.net/activity/snake-toss>



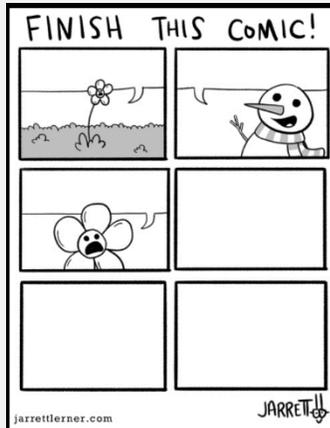
Day of the Week: Thursday

Activities

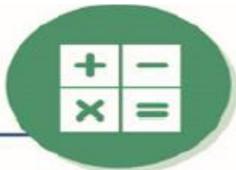
Story of the Day: Enjoy listening and reading along to our daily read aloud - [Boy + Bot](#)



Let's Explore
Literacy



Complete this comic! You can either print it out or draw your own. Don't forget to include pictures and words. Visit <https://jarrettlerner.com/activities/> for more ideas.



Let's Explore
Math

Watch [Odd Squad Saving Agent Orson](#). What are some patterns they talked about in the video? Make an AB pattern. Make an ABB pattern. Make a growing pattern with pictures (e.g., 1 crayon, 3 crayons, 5 crayons etc.). Where do you notice patterns in your daily life?

Source: www.TVOLearn.org



Let's Explore
Art and
Movement



Abstract Alphabet. Write the letters of your name, all mixed up on a piece of paper. The letters can be placed anywhere and going any direction. Colour in the spaces between the letters with different colours to make a design.

Silly stones. Scatter pillows, cushions or stuffies over the floor. Jump from 'stone' to 'stone'. On or near each stone do one of the

following exercises:

- Arm circles
- Hop on one foot
- Run on the spot



Day of the Week: Friday

Activities



Let's Explore
Literacy

Story of the Day: Enjoy listening and reading along to our daily read aloud - [Wait and See](#)

High Frequency Word Games - Concentration

Preparation: Write 10 high frequency words on cards using the Primary word list provided. You will need two sets of words which creates a set of 20 cards. (Word examples: like, in, to, know, am, you, your, the, there, their, could, would, should, colour words, family names, seasons, months, days of the week)

Concentration: Place cards face down on a table (start with a small # of words and increase slowly). Each player turns over two words and reads them. If a match is made the player keeps the cards and gets another turn. Play until all the cards have been collected.



Let's Explore
Math

Watch [Odd Squad Shapley University/Slow Day](#). Find groups of 100 in your home. How many ways can you organize these items? How Many groups of 5 can you make? How many groups of 10?

Source: www.TVOLearn.org



Let's Explore
Art and
Movement

Beautiful Junk. For this activity you will need glue and recyclable material from around your home. Using empty cereal boxes, juice containers, jars, string, or paper towel rolls make a creation. You could make a spaceship, a fort, a toy, anything!

Groups of Ten! Do the following exercise ten times:

- Jumping jacks
- Squats
- Toe touches

Now, do the same but try to do them faster! Can you make up your own movements and do them ten times each?