

January 31 – February 4, 2022 Monday's Activities - Kindergarten

Story of the Day: [Lewis Cardinal's First Winter](#) By: Amy Crane Johnson

Belonging & Contributing



Picture of the Day:

Take a minute to look at the photo. With someone in your home have a discussion: What is happening in the photo? What makes you say that?

Demonstrating Literacy & Math Behaviours

Alphabet Hunt: Using a large piece of paper (or multiple pieces of paper), use a marker/pencil to write all the letters of the alphabet in a column running down the left side of the piece of paper. Once all the letters are listed, it's time to find items that begin with the letter sound! Explore inside your home, outdoors with a grownup or even find words in books or magazines! Examples might be a sock for S, banana for B, couch for C if searching around the home or duck for D, grass for G if outside. As you find the items write, draw or tell a grownup the object next to its appropriate letter on the chart. The game continues until there's something for each letter of the alphabet.

Math and Playdough

You will need a pair of dice* and playdough. Practice numbers by rolling two dice and recording the numbers on a sheet of paper (e.g., six dots = 6). Show your thinking by creating corresponding playdough balls. How many playdough balls do you have? Is it the same as the number on the dice? How many playdough balls do you have in total? Can you count to that number? **Extension:** Roll the dice again and record the numbers on a sheet of paper. Repeat 5 times.

*If you don't have dice at home, write numbers 1-6 on small pieces of paper, shuffle and flip a card to reveal the number.

*if you don't have playdough you could make small balls with paper.

Problem Solving & Innovating

Play with Water or Snow!

With a grownup, fill up a bucket or sink with water or snow. Find items (e.g., a funnel, measuring cups/spoons, small plastic toys) that you could add to your water or snow. Don't forget a towel for cleanup! Roll up your sleeves and explore how the water or snow feels. During play you might ask "how does the water sound when you pour it?", "do your measuring cups hold the same amount of water/snow?", "what did you find out when you put ____ in the water/snow?".

Self-Regulation & Well-Being

Listening Walk

Take a walk in your neighbourhood. Find a spot to stop for a few minutes and listen together for sounds in nature. Talk about what you hear, smell, see and feel outdoors. Encourage deep breathing by breathing in to the count of 5, exhale to the count of 5. Repeat.

January 31 – February 4, 2022 Tuesday's Activities - Kindergarten

Story of the Day: [Red is a Dragon](#) By: Roseanne Thong

Belonging & Contributing



Picture of the Day:

Take a minute to look at the photo. With someone in your home have a discussion: What is happening in the photo? What makes you say that?

Demonstrating Literacy & Math Behaviours

Go Fish!

Preparation: From the following Kindergarten word list, write 10 high frequency words on cards: no, is, can, me, you, and, he, at, a, so, on, in, up, am, we, like, see, I, go, it, do, an, the, my, to. You will need two sets of words which creates a set of 20 cards. **Play** by dealing 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 new card. If a match is made the player continues with their turn. The game finishes when one player has found a match for all their cards.

Scavenger Hunt

For this hunt you will need to find four pieces of paper. On each paper draw one shape (e.g., circle, square, triangle, rectangle). Can you write the name of the shape on the paper? Search your home (inside or outside) for objects that match each shape.

Extension: Count how many objects you found for each shape (e.g., circle = 5). Write the number on the paper. Do this for all 4 shapes.

Problem Solving & Innovating

Ramp It Up!

Ramps help children gain experience with force and motion. With the help of a grownup, locate planks of wood, or long pieces of cardboard (e.g., cereal boxes, broken down cardboard boxes). This will be your ramp. Then, build a platform (e.g., pillows, smaller boxes, chair or couch) to hold up your ramp. Use balls, toy cars, or things that roll or move from around your home to understand how your ramp works. Try moving your ramp higher or lower. What happened?

Extension: Explore differences in speed and distance. Make a guess about which objects will move faster, slower, or farther. Write down your findings. Were your guesses correct? How do you know this? What could you do differently to get a different result?

Self-Regulation & Well-Being

Going on a Walk

Take a walk or look out your window. Do a survey on paper of how many different types of trees, birds and animals you see. Did you see more birds than animals? How many trees did you see? Was it more than 10 or less than 10? Draw a picture of something from your walk and label.



January 31 – February 4, 2022 Wednesday's Activities - Kindergarten

Story of the Day: Clark the Shark By: Bruce Hale

Belonging & Contributing



Picture of the Day:

Take a minute to look at the photo. With someone in your home have a discussion: What is happening in the photo? What makes you say that?

Demonstrating Literacy & Math Behaviours

Syllable Fun! Say or write down the names of the people in your family. Say your families' names out loud. As you say the name try to jump the syllables (e.g., Sam = 1 jump, Gurpreet = 2 jumps). Can you do the same with the names of your friends and neighbours? **Extension:** Look around your home. Draw pictures of objects that have 2 syllables. On another page, draw pictures of objects that have 3 syllables.

Make Snowballs Make "snowballs" from paper (or any way you like). Set up a basket (e.g., laundry basket, box, large bowl) on the other side of the room. Begin to throw your snowballs into the basket. Count how many are in the basket and how many are not in the basket. Explain if you had more or less in the basket. Challenge yourself by moving the basket farther away. **Extension:** Write a number on a piece of paper and stick it to your basket. Try and throw that many snowballs into the basket. Look and see how many snowballs made it into the basket. How many more snowballs would you need to get to the number you posted on the basket? (e.g., you chose 10 but only got 6 snowballs in the basket. You would need to throw 4 more snowballs to get to the number 10).

Problem Solving & Innovating

Treasure Map

Pick an item in your home and hide it! Then using a pencil or marker create a treasure map on a piece of paper. Include instructions (text and/or pictures) as clues to finding the lost item! Ask a person in your home to follow your map to find the lost item.

Suggestions for the instructions could be:

Take 10 steps towards the bathroom

Walk 5 steps to the left

Crawl under the table

Look for the black shoe

Reflection: Were the instructions helpful to find your lost item? Did you have any problems? Would you do anything differently? How might you make it more challenging?

Self-Regulation & Well-Being

Make a Musical Beat!

Can you make a beat to music? You can make a beat by clapping your hands, slapping your legs, drumming on a table, using pots, pans, or left-over coffee tins as drums. Try singing your favourite song or listening to music on the radio and practice different ways you can make a beat.

Extension: Without the music, make beat patterns like clap, slap, clap, slap.



January 31 – February 4, 2022 Thursday's Activities - Kindergarten

Story of the Day: Chicken, Pig, Cow By: Ruth Ohi

Belonging & Contributing



Picture of the Day:

Take a minute to look at the photo. With someone in your home have a discussion: What is happening in the photo? What makes you say that?

Demonstrating Literacy & Math Behaviours

Concentration

Preparation: From the following Kindergarten word list, write 10 high frequency words on cards: no, is, can, me, you, and he, at, a, so, on, in, up, am, we, like, see, I, go, it, do, an, the, my, to. You will need two sets of words which creates a set of 20 cards.

Play! Place cards face down on a table (start with a small number 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.

Home for a Bear (or favourite toy, animal, character)

Gather empty grocery boxes (cereal, crackers etc.), shoe boxes, or small baskets. Can you make a home for your bear? If available, use masking tape or glue to help with building. Have a discussion about how many boxes you are using, the number of sides and corners on the boxes. Think about other items that could be used to add to your bear's home. Discuss where the bear is in relation to the home (e.g., in front of, behind, inside, on top of, beside).

Problem Solving & Innovating

Build a Bridge: What do you know about bridges? Tell someone in your home 5 things you know about a bridge. Can you build a bridge? With a grownup, collect a variety of recyclables that are different sizes (e.g., cereal and Kleenex boxes, empty clean containers, paper towel rolls) and home items (e.g., mixing bowls, strainer, long wooden spoons). Before you start building, draw out a plan or tell someone in your family what your plan is. Have fun exploring the materials! **Extension:** *After building a bridge, test how strong it is. Is it strong enough to hold a small object? How do you know? What might happen if you put 2 objects on the bridge? Test your theory!*

Self-Regulation & Well-Being

As If

Stand in an open space. Try and do each activity for 10-15 seconds.

A grownup will read the action:

- ✦ jog in place **as if** a big scary bear is chasing you
- ✦ walk forward **as if** you're walking through chocolate pudding
- ✦ jump in place **as if** you are popcorn popping
- ✦ reach up **as if** grabbing balloons out of the air
- ✦ march in place and play the drums **as if** you are in a marching band
- ✦ move your feet on the floor **as if** you are ice skating
- ✦ shake your body **as if** you are a wet dog

Extension: *Can you create your own sentence and ask a family member to try it out? Draw your favourite action and label.*



January 31 – February 4, 2022 Friday's Activities - Kindergarten

Story of the Day: [Martin MacGregor's Snowman](#) By: Lisa Broadie Cook

Belonging & Contributing



Picture of the Day:

Take a minute to look at the photo. With someone in your home have a discussion: What is happening in the photo? What makes you say that?

Demonstrating Literacy & Math Behaviours

Name Scavenger Hunt!

Using the letters in your name, find objects around your house that represent the sound of each letter. Write down the objects/tell a grownup the objects you have found!

For Example: My name is Jacob.

J - jar

A - apple

C - couch

O - orange (shirt)

B - book

Extension: Challenge yourself to find 3 items for every letter of your name or try your last name!

Does it Sink or Float?

With a grown up, fill up a bucket or large bowl with water. Find 10 objects that can be put into the water. Before you put the object in the water make a hypothesis (your best guess) if the object will sink or float. Drop the objects one at a time into the water to see what happens. Were you correct with your hypothesis? How do you know this?

Extension: On a piece of paper create a chart to document your findings. At the top of the page print the words "sink" and "float". List the objects under the correct word.

Problem Solving & Innovating

Transient Art

Collect small items (e.g., buttons, pebbles, pieces of yarn or string), cardboard or paper, scissors (if needed), a measuring tool (e.g., ruler), pencil and an empty photo frame with no glass (or use sticks to make a frame shape). With these items create a design, a picture, or a pattern using the frame as your space to work. Items in the picture can be reused to make new designs, pictures or patterns.

Extension: Draw what you created. Label with a title or a sentence telling others about your art.

Self-Regulation & Well-Being

Let's practice how to calm our body.

Take a deep breath in and like you're smelling a beautiful flower. Breathe out like you're blowing out candles on a cake. Does your belly fill up with air? Do you feel your body calming? Repeat breathing until you feel calm.