









































## Friday's Activities

### Theme: Kindness Counts

#### Story of the Week



*Be kind. Two simple words with a huge impact. This story showcases many examples of spreading kindness and how it makes our school, the community and the world a better place. Listen and read along to the story [Be Kind](#).*

#### Let's Explore Literacy



##### Writing: Write a Friendly Letter

Today we are going to work on a random act of kindness. Surprise someone by sending/giving them a letter written by you! Think about someone who might like to hear from you and write a letter to them. Using a piece of paper and a pencil/pen, begin to write your letter. Use the following suggestions for what to include in your letter:

- Address the letter (e.g., Dear....)
- An introduction statement (e.g., asking someone how they are)
- Reason for writing (e.g., I wanted to write you a letter to say...)
- How much this person means to you
- Share a happy memory
- End on a positive note (e.g., I hope to see you soon)

#### Let's Explore Math



##### Share your Math Thinking:

Imagine your school yard is covered in 100 pieces of garbage. If 5 of you decided to clean up the playground, how many pieces might each person pick up? Show your thinking using a picture, chart or words.

**Extension:** If each person picked up the exact same amount, how many pieces would each person pick up? What if there were 1000 pieces of garbage? How many pieces would each person have to pick up?

#### Let's Explore Art and Movement



##### Movement: Mirror, Mirror

Play this action game with someone in your home.

**How to Play:** Choose one person to be a leader and then face each other. The leader will do an action (e.g., put one hand on your head and one hand on your belly, jumping jacks, touch your toes, etc.) and the other person will try to do the same action. Try different actions. Looking for a challenge? Try and hold different body positions while standing on one leg or sitting on the floor. Change roles and play again!