




Directions: Do 3 out of 4 learning activities. If you are not able to accomplish that, do what you can. If you want to do all 4, go ahead!

Remember to read for 30 minutes every day! 😊

Tuesday, April 28th is **National Superhero Day!** Let's have some fun!

<p>Literacy</p>	<p>Speaking Ask a family member what superpower they would pick if they could choose only one. What would you pick? Chat about it!</p>	<p>Listening Listen to Captain America himself (Chris Evans) read "Even Superheroes have Bad Days" on YouTube! https://www.youtube.com/watch?v=581mf-1mDCc</p>	<p>Writing Write a thank you note to an everyday superhero you know (any essential worker)! </p>	<p>Word Work Look for "sound words" like "boom", "pow", "shhh" and "whack" in story books at home. Notice how they make the story more fun!</p>
<p>Math</p>	<p>Math Practice  Fill in the missing numbers!</p>	<p>Math Game Super 10! (Make 10...super hero style!)</p> <ol style="list-style-type: none"> 1. Remove the face cards from a deck of playing cards and place the deck, face down on the table. 2. Each player chooses 5 cards and places the cards in front of him. 3. The first player uses the 5 cards to create as many equations as he can in which the sum equals ten. For example, If I have 9, 9, 3, 2, 4, I could make the following equations: $9+4-3=10$ and $9+3-2=10$ 4. After making as many equations as possible, player sets aside the used cards and play passes to the next player. 5. Play continues with players refilling their hands to 5 cards at the start of each turn. 6. Whoever uses the most cards by the end of the deck wins. 	<p>Online Math Game Go super charge your math brain with an online game over at https://www.abcya.com/ </p>	<p>Real World Math "Save" the day by figuring out how long it would take you to save up for something you want. Let's pretend you make \$10 for each hour you work. It takes a long time to earn money for things!</p>

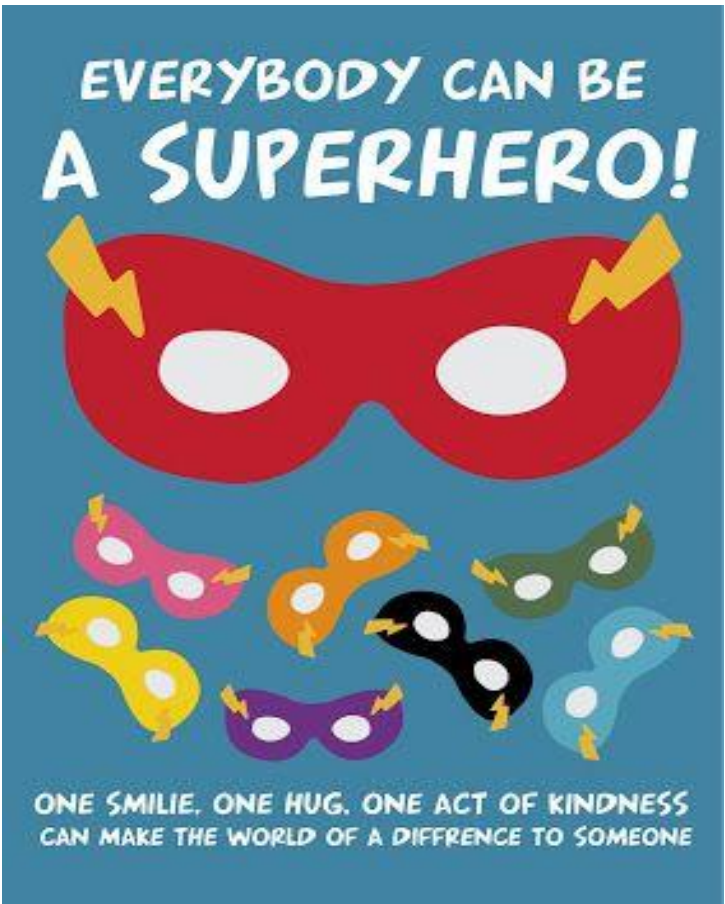
Physical Activity: Mrs. Kidney
 Put on the best "cape" you can find and "fly" around outside keeping the earth safe and also see attachment!

Social Emotional Health: Ms. Taylor
 Please see Family Random Acts of Kindness bingo attachment!

Music: Mr. Peters
<https://mrpetersmusic.weebly.com/>

Family Random Acts of Kindness

Donate toys you don't play with anymore	Help make dinner	Tell a family member how much you love them	Write a kind saying/note on your window
Plant a flower or vegetable garden together	Write a family newsletter for friends and extended family member	Give a hug	Do a chore for a sibling
Leave someone a kind note	Make cards for seniors at your local retirement home	Create care packages for people in need	Give someone a kind smile
Make a video for your Grandparents and Aunts/Uncles	Pick up litter	Give a compliment	Tell your neighbour a joke



April 27- May 1, 2020 K-2 Physical Education

Monday

Do a series of simple stretches of neck, shoulder, and arm circles of 10 rotations each and once complete close your eyes and think of a quiet time and do some deep breathing.

Tuesday

Try naming 5 different body parts and draw a picture to label them.

Wednesday

I can walk a line. I can start and stop while maintain balance.

Use a piece of masking tape or a thick piece of chalk and draw a line. Have your child walk forwards and backwards on the line while maintain balance. Walk 2 steps and then stop and hold a pose. Try walking sideways on the line. Walk heel to toe on the line. Jump back and forth over the line.

Thursday

Story about Sportsmanship, being a good sport is a great quality of an athlete.

<https://www.youtube.com/watch?v=P4rbhyhi5Qw> Here is a link to some activities you can do relating to the story.

<https://d3ddkgxe55ca6c.cloudfront.net/assets/t1486033829/a/f9/25/story-stars-resource-pig-the-winner-1592188.pdf#page=2>

Friday

This is a game thought up by another phys.ed teacher in New Brunswick using household items. I thought you would rather see me playing the game instead of someone you do not know. Check it out!

<https://www.youtube.com/watch?v=9iTvDQquW1I&feature=youtu.be>

Notes

Keep sending photos and videos. I love seeing Westfield students being active! betsy.kidney@nbed.nb.ca