



Teachers: 1-2 English

At Home Learning for Week of:

Mrs. Vail, Mrs. Logan, Mrs. Burley

May 4-8th, 2020

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! 😊

Literacy	<p>Speaking</p> <p>Mother's Day is on May 10th. Tell mom or a special lady in your life what you love about them. Why are you thankful for them? If you do not live with them, you can call them! 😊</p>	<p>Listening</p> <p>Listen to The Very Impatient Caterpillar by Ross Burach https://www.youtube.com/watch?v=h0meslYrZKk</p> <p>Listen to Koala Lou by Mem Fox https://www.youtube.com/watch?v=Z4vEj8TMkW4</p>	<p>Writing</p> <p>Explore your back yard. Pick something to observe. Write down what it looks like, smells like, feels like, and sounds like.</p>	<p>Word Work</p> <p>Write and spell some of your sight words in shaving cream. Place the shaving cream on a plate or pan for less mess.</p>
Math	<p>Math Practice</p> <p>Choose some LEGO, blocks, or other toys to make patterns. Will you make a size, color or shape pattern? What is the core (the part that repeats)? Try different patterns (ABB, ABC, AAB...)</p>	<p>Math Game</p> <p>Go on a walk with a helper. Count the number of steps. Each time you go 10 steps, stop and do a jumping- jack. Try to race someone to 100!</p>	<p>Online Math Game</p> <p>Play an online math game at https://www.abcya.com/</p>	<p>Real World Math</p> <p>Line up a variety of food items from your home. Predict the order of the foods from lightest to heaviest. Then, try shortest to tallest!</p>

<p>Physical Activity: Mrs.Kidney</p> <p>Please see attached for activities.</p>	<p>Social Emotional Health: Ms.Taylor</p> <p>Please see attached for activities.</p>	<p>Music: Mr.Peters</p> <p>https://mrpetersmusic.weebly.com/</p>
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May 4-8, 2020 Physical Education K-2

Monday

Did you know your heart is the most important muscle in your body? I encourage you to check your heart rate before and after your activities this week. What did you notice? Which activity got your heart rate beating the fastest?

Check out this video to learn more about your heart! <https://www.youtube.com/watch?v=tF9-jLZNM10>

Tuesday

30 Random Acts of Fun! <https://jcahillpe.files.wordpress.com/2020/04/random-acts-of-fun-pdf.pdf>

Wednesday

Balance Bean – You can use a beanbag or a similar object to balance (ex. Dried beans or rice in a baggie)

Provide your child with an object that they can balance on different body parts. Encourage the student to start balancing the object while stationary and then have them balance while moving around the space. Challenge them to balance it on different body parts (ex. Head, hand, foot, etc.).

Thursday

A Read Aloud about Sportsmanship <https://www.youtube.com/watch?v=1iXMeWuGRdg>

Friday

Video of me explaining a game. <https://www.youtube.com/watch?v=xO5b-wEtEbo&feature=youtu.be> Please send more pictures and videos! betsy.kidney@nbed.nb.ca

Mental Health Awareness Week

As the weeks continue and we are adjusting to our new situation, we have to remember to take care of our mental health and understand that we may say we are fine, but that is not always the truth.

The week of May 4 to 10 is Mental health week. My challenge for you is to create a space where you can take moments of your day to reflect on how you are feeling.

What to do when you are overwhelmed

Ask yourself what zone of regulation are you in.

Do breathing techniques.

Start a journal.

Find a quiet spot to be alone and relax your body.

Creating a feeling hopscotch.

Read a book.

Talk to someone.

Yoga

Steps to creating a safe relaxing space

Step 1: Pick a spot in your house or outside where you can be alone

Step 2: Create a toolbox with items that will help you relax and take your mind off what is bugging you.

- Playdough, slime, stress ball, ect. to keep your hands busy
- Chart of different ways of breathing
- Chart of the zones of regulation
- Your favourite book
- Paper and pencil crayons so you can write or draw
- Music
- Timer to allow yourself set a time to calm down in
- Snuggle buddy
- Puzzles
- Activity books

Breathing Techniques



RAINBOW BREATHING

1. Breathe in as you slowly raise both arms straight up above your shoulders.
2. Hold your breath and arms up for 3-5 seconds.
3. Breathe out as you slowly lower your arms until they are level with your shoulders.

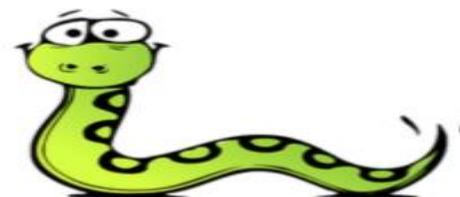
TAKE FIVE BREATHING

1. Make a fist.
2. Breathe in and out.
3. Stick out your thumb.
4. Breathe in and out.
5. Stick out your index finger.
6. Breathe in and out.
7. Stick out your middle finger.
8. Breathe in and out.
9. Stick out your ring finger.
10. Breathe in and out.
11. Stick out your pinky finger.



SNAKE BREATHING

1. Breathe in.
2. Hold for 3-5 seconds.
3. Make a hissing sound as you breathe out.

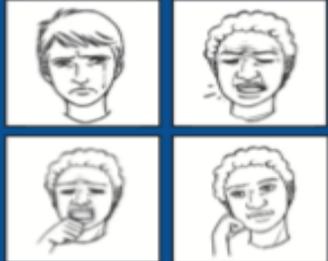
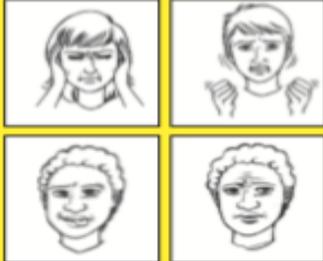
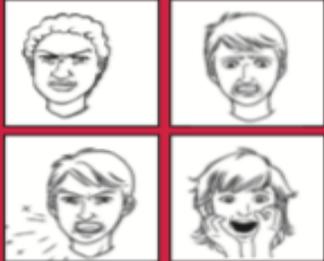


SQUARE BREATHING

1. Use your index finger to quickly draw a square in the air while breathing in slowly.
2. Draw the same square again while breathing out slowly.



The ZONES of Regulation™

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control