



**Teachers: 3-5FI**

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Mme. Lamprea, Mrs. Hayes

At Home Learning for Week of

May 4 – May 8

**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!

<b>French Language Arts</b>	<b>Word Work</b> Practice 5 words with chalk on your driveway. <i>See page 3 of this document.</i>	<b>Explore a French artist</b> Suggested link: 	<b>French Show</b> Watch a show on Netflix, YouTube, etc in French. <i>See how to change language on Netflix with link on Week 1 &amp; Week 2!</i>	<b>Oral</b> Have a conversation with a friend, sibling or other relative that can speak French (on the phone, video chat, etc!)
<b>Math</b>	<b>Fact Practice</b> Practice math facts with flash cards, dice, cards, or write questions down on paper.	<b>Math Game</b> Play a math game with a family member.	<b>Online Math Game</b> Play a math game online!	<b>Real-World Math</b> Practice telling time on an analog clock. Practice calculating elapsed time: "How many more minutes until _____?" "How many hours until bedtime?"
<b>SS/ Science/ Art/ Health</b>	<b>Art</b> Do a Mother's Day ribbon or learn to draw a rose! Suggested links: 	<b>Science Experiment</b> Try the popcorn experiment! Suggested link: 	<b>Time Capsule</b> (ongoing choice for a few weeks) If you are unable to print the time capsule, look at the pages to get ideas to make your own! <b>Time capsule sent week 1.</b>	<b>Healthy Choices</b> Go for a family walk in your neighbourhood.
<b>English Language Arts</b>	<b>Quick Write – Would You Rather</b> Would you rather be able to control the weather or have the ability to talk to animals? Why?	<b>Word Work</b> Do a Word Work activity with Mrs. Hayes! 	<b>Read Aloud</b>  Listen to <b>Arnie the Doughnut</b> read by Chris O'Dowd!	<b>Quick Write – Change My Mind</b> Kids don't need recess. Write a paragraph to change my mind!

**Physical Activity: Mrs. Kidney**

*See suggestions on page 2!*

**Social Emotional health: Ms. Taylor**

*See suggestions on pages 4!*

**Music: Mr. Peters**

<https://mrpetersmusic.weebly.com/>

**Read for 30 minutes each day!**

### **Suggested Links:**

French Kids United: [https://www.youtube.com/watch?v=1l\\_2luhqF98](https://www.youtube.com/watch?v=1l_2luhqF98)

Popcorn experiment: <https://www.ourwhimsicaldays.com/home/dyed-corn-experiment>

Mother's Day Ribbon: <https://www.youtube.com/watch?v=xeeRypwOyK0>

How to draw a rose: <https://www.youtube.com/watch?v=y5Gae0FPti8&t=729s>

Word Work with Mrs. Hayes: <https://www.youtube.com/watch?v=ANROMoKgXtk&feature=youtu.be>

Arnie the Doughnut Read Aloud: <https://www.youtube.com/watch?v=6E67n1vZZjQ>

## **May 4 - May 8, 2020 Physical Education 3-5**

### **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=fF9-jLZNM10>

### **Tuesday**

#### **Bounce Challenge!**

<https://jcahillpe.files.wordpress.com/2020/04/blowing-off-steam-bounce-challenge.pdf>

Included in this link is a video of students creating a bounce challenge! Looks fun! Love to see your videos!!

### **Wednesday**

#### **30 Random Acts of Fun!**

<https://jcahillpe.files.wordpress.com/2020/04/random-acts-of-fun-pdf.pdf>

### **Thursday**

Bottle Flip Tic-Tac-Toe (need a plastic water bottle partially filled with water).

Use chalk to create a tic-tac-toe grid. Players take turns trying to successfully flip the bottle in the air and have it land so it is standing up. If they are successful with the bottle flip, they can draw an X or O in a chosen square on the grid. After each bottle flip, successful or not, each player performs 5 repetitions of an exercise (ex. Jumping jacks, squats, etc.).

### **Friday**

Video of me explaining a game.

<https://www.youtube.com/watch?v=xO5b-wEtEbo&feature=youtu.be>

### **Notes**

Please send more pictures and videos!

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Mon lexique

# La fête des mères



ma mère



ma grand-mère



ma tante



une rose



des fleurs



des chocolats



un cadeau



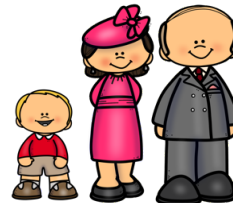
un coeur



un câlin



un bisou



ma famille



une carte

# 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.

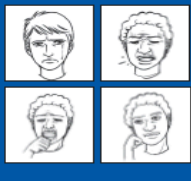

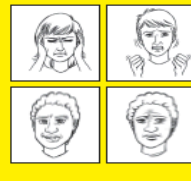
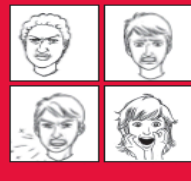
## Steps to creating a safe, relaxing space

**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, etc 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 to set a time to calm down
- Snuggle buddy
- Puzzles
- Activity books

## The **Zones** of Regulation™

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

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From The Zones of Regulation™ by Leah M. Kuypers • Available at [www.socialthinking.com](http://www.socialthinking.com)

## What to do when you are overwhelmed

- Ask yourself what zone of regulation you are 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

## 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.

### Snake Breathing



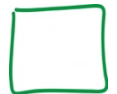
1. Breathe in.
2. Hold for 3-5 seconds.
3. Make a hissing sound as you breathe out.

### Take 5 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

### 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.

Source: <https://www.andnextcomesl.com/2019/03/calm-down-breathing-for-kids.html>