


# Kindergarten Learning Calendar

Monday	
4 Frames	Learning Opportunities
<b>Belonging and Contributing</b>	<p><b>Photo of the Day</b></p> <p>Look at the photo with someone in your home.</p> <p>Discuss:</p> <ul style="list-style-type: none"><li>• What is happening in the photo?</li><li>• Why do you think that?</li></ul> 
<b>Demonstrating Literacy and Mathematics Behaviour</b>	<p><b>Winter Words</b></p> <p>Take a walk with a grownup or look out the window of your home.</p> <ul style="list-style-type: none"><li>• Think of some words to describe winter in Canada (e.g., cold, snow, icy, windy, cloudy, sunny).</li><li>• What are some activities we can do in the winter (e.g., walk, skate, play in snow, build a snow sculpture)?</li></ul> <p><b>Extension Activities</b></p> <p>Write the first sound for each winter word or write the word by writing the sounds you hear (e.g., The first sound in &lt;snow&gt; is /s/.)</p> <p><b>Name Numbers</b></p> <p>Write your name with the help of a grownup or write your name by yourself.</p> <ul style="list-style-type: none"><li>• How many letters are in your name?</li><li>• Are there more than 10 letters? Less than 10 letters?</li><li>• What about your last name? Are there more than 10 letters? Less than 10 letters?</li><li>• Which has more letters, your first name or your last name?</li></ul> <p><b>Extension Activities</b></p> <ul style="list-style-type: none"><li>• Count to 10. Print the numbers from 1-10. Count as high as you can!</li></ul>
<b>Problem Solving and Innovating</b>	<p><b>Feel like Dancing?</b></p> <p>Dancers often use different parts of their body to tell a story and show emotion. They connect the speed and beat of the music to the shapes they make. A twisted, tight, curled up shape might be used to show sadness. A big, open star shape might be used to show happiness.</p> <ul style="list-style-type: none"><li>★ Can you make your body big, small, and medium in size? Can you make shapes using your whole body? Can you make shapes with one body part at a time?</li></ul>

- ★ Can you create a shape or movement to show emotions and feelings? Make a shape or movement to show fear, anger, or surprise. (Additional ideas could include disappointed, exhausted, excited, embarrassed, upset, brave, etc.)
  - ★ What can do with different parts of your body?
  - ★ Can you move in a **pattern** such as *slowly, quickly, slowly, quickly*?
- Note: Only select shapes and movements you feel comfortable with and have room to try safely.*

**Extension Activities**

- Now that you have tried making shapes with different parts of your body and moving at different speeds, choose 3 moves and connect them together.
- Try them with music or sing your favourite song.

**Self-Regulation and Well-Being**

**Mind Bubbles**

1. Sit with your back straight and your body relaxed.
2. Imagine you are blowing a bubble.
3. Breathe in deeply, then breathe out as if you are blowing a bubble through the bubble wand.
4. Breathe in again and notice your worry. Imagine what it looks like.
5. Breathe out and blow your worry through your bubble wand. Imagine it forming a bubble.
6. Imagine the bubble pops and disappears.
7. Keep blowing out worries until you feel ready to go on with your day.



**Extension Activities**

- Try this with a real bubble wand and bubbles or use bubbles from dish soap.

## Tuesday

### 4 Frames

### Learning Opportunities

#### Belonging and Contributing

##### Photo of the Day

Look at the photo with someone in your home.

Discuss:

- What is happening in the photo?
- Why do you think that?



#### Demonstrating Literacy and Mathematics Behaviour

##### Musical Letters

Play this game with at least 2 people.

- Use the letters included in this package OR find a few pieces of paper and something to print with. Using scissors, cut (or tear) the paper into pieces. On each of the pieces print one letter or have a grown up write the letters. You may choose 5 or 10 letters or all 26. In a room with a lot of space, scatter the letters.
- Next, you will need music (play on the TV, radio, or sing). Play the music and move and groove.
- Pause the music and one person calls out a letter. The other person finds the letter that is called and stands near it.
- Take turns.

##### Extension Activities


- Think of a word that starts with the letter sound.
- Match the upper case with the lowercase letters (included in this package).

##### What Math Do You See?

Look at the image of different coloured candy pieces.

- What do you notice? (e.g., patterns, shapes, numbers, colours).
- What do you wonder?



<b>Problem Solving and Innovating</b>	<b>I Am an Innovator</b> An innovator is like an inventor. Talk to someone in your home about something you want to invent to help you or someone else (e.g., Invent a different way to get to school. Can you think of an invention that cleans up toys?). <ul style="list-style-type: none"><li>• Make a plan. Draw pictures of your ideas.</li><li>• Can you label your pictures?</li><li>• Share your ideas with someone in your home.</li></ul>
<b>Self-Regulation and Well-Being</b>	<b>The Five Senses</b> Seeing, hearing, smelling, tasting, touching, and feeling are the five senses. We use these five senses to learn about the world and what is happening around us. <ul style="list-style-type: none"><li>• Look at the photo. What sense is the fox using?</li></ul> Take a walk (inside and/or outside your home). <ul style="list-style-type: none"><li>▪ What do you see?</li><li>▪ What can you hear?</li><li>▪ What can you smell?</li><li>▪ What can you touch?</li></ul> 

## Wednesday

4 Frames

Learning Opportunities

**Belonging and Contributing**

### Photo of the Day

Look at the photo with someone in your home.

Discuss:

- What is happening in the photo?
- Why do you think that?



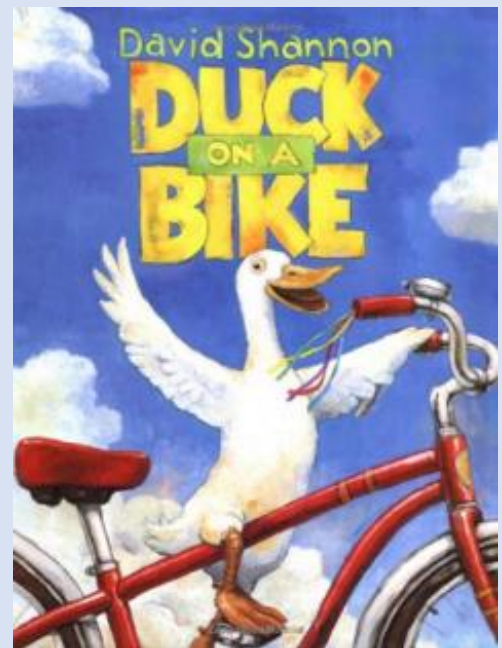
**Demonstrating Literacy and Mathematics Behaviour**

### Story Predictions

- Look at the picture (see image).
- What do you know about ducks? What do you know about bikes?
- What you think the book might be about?

### Extension

- Tell someone in your home a story about a duck on a bike.
- Use pictures and words to tell your story.



### Scavenger Hunt

It's time to go on a scavenger hunt with someone in your home!

Find something that is heavy.	Find something that is light.
Find something shorter than you.	Find something taller than you.
Find 2 things that are the same size as your shoe.	Find 2 things that fit in a cup.

### Extension Activities:

- Use a measuring tool (e.g., a ruler, measuring tape, string, spoon, hands/feet) to find out the length of the items you found. Write down how long the item is.

**Problem Solving and Innovating**

**Block Play**

There are many items around the house that can be used as "blocks" (e.g., shoeboxes, Kleenex boxes, cereal boxes, sponges, plastic cups).

- Take out the "blocks" and add other play materials like vehicles, stuffed animals, small toys, natural items (e.g., pebbles, pinecones, acorns). Can you make a plan for what you would like to create?
- Write or draw your plan on a piece of paper or tell someone in your home.
- Explore the items you collected.

**Self-Regulation and Well-Being**

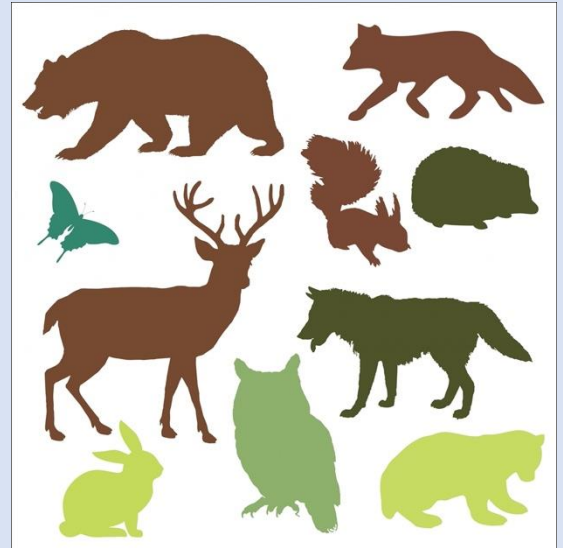
**Guess Who?**

This game involves guessing what the other person is pretending to be.

- Choose an animal but don't say what animal you chose.
- Move like the animal.
- The other person should try and guess what you are pretending to be.
- Take turns to move like different animals.

**Extension Activities**

- Ask "yes" or "no" questions to help you guess (e.g., Does the animal live in the jungle? Is the animal bigger than a cat?)
- Share what you know about the animal.



**Belonging and Contributing**

**Photo of the Day:**

Look at the photo with someone in your home.

Discuss:

- What is happening in the photo?
- Why do you think that?



**Demonstrating Literacy and Mathematics Behaviour**

**Letter Hunt**

- Use the letters included in this package. You can use this as a checklist as well. (As an alternative, find a few pieces of paper and something to print with. Using scissors, cut (or tear) the paper into pieces. On each of the pieces print one letter or have a grown up write the letters.)
- Find a text in your home. The text could be a book, magazine, newspaper, mail, recyclable etc.
- Search for each letter of the alphabet until you have found them all.
- Cross off each letter on your checklist.

**Extension Activities:**

- Practice printing the letters of the alphabet.
- Search for high frequency words in the text (e.g., like, in, to, no, am, that, can, me, yes, you, etc.).

**Counting Peppers!**

Wow that is a lot of peppers!

- What colours do you notice?
- How many peppers do you see?
- How many red peppers do you see?
- How many orange? Yellow?
- What do you notice?
- What do you wonder?



**Problem Solving  
and Innovating**

**Hide and Seek**

Do you know what camouflaged means? It is the way a plant or animal uses its colour, shape and/or texture to blend in with its surroundings to prevent it from being seen.

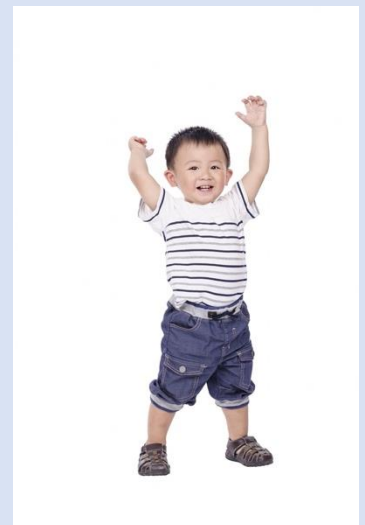
- Play a game of hide and seek by hiding a toy animal (or something else) around your home.
- Try to hide the toy in a way where it blends in with the surroundings (i.e., it is camouflaged).
- Ask someone in your home to look for the "hidden" toy. Was it easy to find? Why or why not?
- Hide the toy in different locations. Is it easier or harder to find? Why or why not?



**Self-Regulation  
and Well-Being**

**Swaying Trees**

- Sit tall or stand with your feet apart.
- Balance evenly on both feet if standing.
- Keep your eyes open. Imagine you are a tree in the wind, and your arms are the branches. Swing your arms side to side like swaying branches.
- Bend forward at the waist and keep swaying your arms.
- Come up slowly, continually swaying your arms side to side.
- Bend and sway until you feel as free as a tree moving in a light breeze.
- Finish by taking three soft, slow breaths. Does your body feel different than it did before the exercise?



**Belonging and Contributing**

**Photo of the Day:**

Look at the photo with someone in your home.

Discuss:

- What is happening in the photo?
- Why do you think that?



**Demonstrating Literacy and Mathematics Behaviour**

**Letter Match**

- Use the upper- and lower-case letters included with this package OR use paper (or even recyclables like a cereal box or cracker box) to create game cards. Create 52 small cards by cutting with scissors or tearing. On each piece, print one letter of the alphabet in lower case (e.g., a, b, c, d, e and so on). On the other 26 pieces, print one letter of the alphabet in upper case (e.g., A, B, C, D, E and so on).
- With the 52 game pieces (26 upper case and 26 lower case letters), play a matching game and match the upper-case letters with the lower-case letters (e.g., Aa, Bb, Cc, Dd, Ed and so on).

**Extension Activities:**

- Play a memory game! Lay out all the game pieces face down (lowercase and uppercase) so you don't know where the letters are hiding. Taking turns, flip two game pieces over and see if they match. If they do, you keep them. If they don't flip them back and try again. The goal is to match all the letters.
- Name and trace each letter as you flip it over. Say the letter sound.

**Which One is Different?**

- Look at the photo of different kinds of leaves.
- What is the same about them? What is different about them? Which ones do you think belong together? Explain why you think that.
- Which ones do you think do not belong together? Explain.



**Problem Solving and Innovating**

**I Wonder**

- What questions do you have? While outside with a grownup or while looking out a window inside your home, talk about what questions you have about the world? Why is the sky blue? Why is snow cold? What are clouds made of? What do you think the answers to these questions are? How could you find out?
- Draw a picture about your questions.

**Self-Regulation and Well-Being**

**I Am Special!**

- With a grownup in your home, read *I Am Special* or sing the words to the tune of *Are you Sleeping (Frere Jacques)*. After reading/singing the poem think about how special you are!
- Can you name 3 things about yourself that make you special? Share with someone in your home.
- Draw a picture of you doing something you love to do and then label your picture.



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