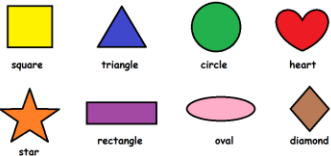


Week of April 6th – April 10th

Literacy:

Monday	Tuesday	Wednesday	Thursday	Friday
Go on a letter hunt around your house. Have your child find items that start with the first letter in their name. 	Read a story to your child and ask them to draw a picture of their favourite part. 	Encourage your child to look out the window and ask questions about what they see. "I wonder what kind of tree that is?" 	Play "I spy" using items in your house that begin with a letter. Example: "I spy with my little eye something that begins with the letter S". 	No School Today Board Holiday
Everyday: PRACTICE YOUR NAME... print it everyday!				

Math:

Monday	Tuesday	Wednesday	Thursday	Friday
Go on a Shape Hunt. Look for an item shaped like a square, rectangle, and circle in your house. Draw them. 	Sort, name and find the value of a handful of coins. Line up your coins from the ones worth the most to the ones worth the least. How do you know? 	Estimate/guess how many spoonfuls it will take to finish a bowl of cereal. Count each spoonful as you eat. 	Find the age of the relatives that live with you. Arrange the ages from youngest to oldest. 	No School Today Board Holiday
Everyday: Year 1: Count to 10, Year 2: Skip count by 10s to 100				

Kindness Challenge #2:

Kindness Rocks - paint rocks in bright colours and once dry, add kind words or symbols such as hearts, smiley faces, flowers, etc. and display the rocks at your home or around the community; at the community mailbox, or around your block to brighten someone's day!

Mindfulness Moments

Hi Everyone,

I want you to all know that I have been thinking about you and I hope that you and your family are all healthy, happy and safe. I have been finding it very important to keep my mind healthy during this time away from our normal days. Please see the ideas below and see if you can make time to do each one for 5 minutes. Please take care of yourselves and I can't wait to see you all again soon.

Miss Ellison

Monday Apr. 6th	Tuesday Apr. 7th	Wednesday Apr. 8th	Thursday April 9th	Friday April 10th
Breathe: Can you do finger breathing 10 times? Can you teach a family member how to do this too? Long breaths in and even longer breaths out. 	Stretch: Can you rest in each of these relaxing stretches for 1 minute each and breathe slowly? Child Pose  Butterfly Pose  Happy Baby Pose 	Thankfulness: If possible, watch the following the link to a story about thankfulness. https://watchkin.com/178b4f104f Explore thankfulness by going back and forth with someone else in your home and say what you are thankful for. 	Spell your name with your body: Find a way to use your whole body to make each letter of your name. Make sure you are comfortable in each pose and take 5 long and slow breaths in each letter. 	No School Today Board Holiday

Let's get active...

Hi Kindergarten Friends,

I have been thinking of you and miss you. I have a fun idea for you and your family! Can you find a ball, an empty toilet paper roll or a paper towel roll, or a stuffed animal to play with? Here are some ways you can play with your family...

- If your item rolls can you roll it back and forth to someone in your house?
- Can you throw it up in the air and try to catch it by yourself?
- Can you play catch with someone in your family?

I'm going to try these ideas with my daughter!
I hope you have fun playing.

♥ Mrs. Winn