











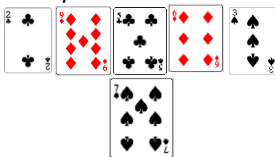













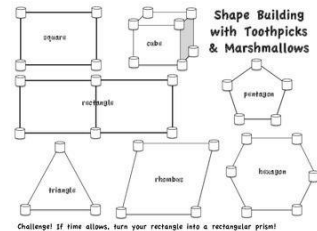









# K Choice Board: May 25<sup>th</sup> - 29<sup>th</sup>, 2020

How many of these activities can you tackle this week? Color each box that you complete! Challenge your child to work as independently as they can on these, but please also assist them when needed too 😊

LITERACY

MATH

Y&YW / ART / MUSIC

<p><b>Word Puzzles</b> Write your high frequency words on recipe cards. Cut the letters apart and then put them back together to spell the words.</p> 	<p><b>Fort Reading</b> Build a fort inside or outside and read in it! An easy way to do this is use a blanket over a table or a large cardboard box. Don't forget your flashlight 😊</p> 	<p><b>Jot it Down For Safety</b> Do you know your parent's names? Your home address? Important Phone Numbers? Discuss with your parents and write all this information down to help you in the case of an emergency.</p> 	<p><b>Word Search</b> Write high frequency words that you need to practice on recipe cards and hide them around your home. Ask a family member to call out a word for you to go and find.</p> 						
<p><b>5 Finger Recount Writing</b> Think about a family trip or vacation. Write what happened on that trip. Use the diagram below to help you.</p> 	<p><b>Word Families</b> How many words can you make from the _at family? Use a word ladder (like the one below) to find out. Fill in the blanks with a letter to see if it makes a word. Don't forget: words from the same family also rhyme because they have the same ending.</p> 	<p><b>Act it out!</b> Think of your favorite From 3 to 3 Rhyme or story. Draw, color and cut out the characters in the rhyme/story. Put them on popsicle sticks and act it out.</p> 	<p><b>ABCs in my Home</b></p>  <p>See if you can find an item in your home that begins with each letter of the alphabet.</p>						
<p><b>Game: Fewer / More</b> Using a deck of cards remove the face cards and ace equals 1. Place 10 cards face down in a pile to draw from. The remaining cards are scattered face up. Turn over a card from the draw pile and find a partner card that is 1 fewer. Continue until draw pile is finished. Next game, determine the partner card that is 1 more than draw card. Challenge: Find the partner card that is 2 fewer or 2 more than your draw card.</p> 	<p><b>3D Solids Search</b></p> <table border="1" data-bbox="682 771 892 1047"> <tr> <td> Cylinder</td> <td> Cube</td> </tr> <tr> <td> Cone</td> <td> Sphere</td> </tr> <tr> <td> Rectangular Prism</td> <td> Pyramid</td> </tr> </table> <p>Search around your house to see how many objects you can find that are the shape of 3D solids. (find sample sheet below) Ex: Rectangular Prism - Kleenex Box Sphere - An Orange</p>	 Cylinder	 Cube	 Cone	 Sphere	 Rectangular Prism	 Pyramid	<p><b>Game: Break Apart!</b> Choose a number from a deck of cards (A-10) Find that many objects at your home inside or outside. Show your objects in two groups saying how many in each group. Show all of the part/part/whole ways you can show your number. Choose a new number....</p> 	<p><b>Create 2D Shapes &amp; 3D Solids</b> Try building some 2D shapes with toothpicks and mini marshmallows (or play doh). Notice how many sides they have. Are there any you cannot make? If you're up for the challenge, create some 3D solids!</p>  <p>Challenge! If time allows, turn your rectangle into a rectangular prism!</p>
 Cylinder	 Cube								
 Cone	 Sphere								
 Rectangular Prism	 Pyramid								
<p><b>Sun Safety</b> Draw a picture of you outside on a nice sunny day. Draw in and label all the things you need to be safe while playing in the sun.</p> 	<p><b>Kindness Rock Art</b> Find some flat rocks in your yard. Clean them and allow them to dry. Paint each rock with your choice of design and include some kind words (Pinterest has lots of ideas). Don't forget to apply a clear coat to protect them and take them around town for people to find 😊</p> 	<p><b>Personal Safety</b> Watch/Listen to the stories: <u>Do you have a secret?</u> And <u>My Body Safety Rules?</u> with a parent. Discuss secrets and the body safety rules. Can you properly name the private parts?</p> 	<p><b>Music</b> Screen Me Camp Sun Safety Sing a Long <a href="https://www.youtube.com/watch?v=CxN8Yyha8M">https://www.youtube.com/watch?v=CxN8Yyha8M</a>  Shawna's 3D Shapes <a href="https://www.youtube.com/watch?v=CiaZRrTqRA8">https://www.youtube.com/watch?v=CiaZRrTqRA8</a>  3D Shapes I Know <a href="https://www.youtube.com/watch?v=2cq-Uc556-Q">https://www.youtube.com/watch?v=2cq-Uc556-Q</a></p>						

**Books to Read/Watch:**

Do You Have a Secret?  
<https://www.youtube.com/watch?v=ko9WIVZQ2Xc&t=4s>

My Body Safety Rules  
<https://www.youtube.com/watch?v=u03EHVf-7vI>

George The Sun Safe Superstar  
<https://www.youtube.com/watch?v=EwygALnsi5Q>

**Videos to Watch:**

Why Should We wear Sunscreen?  
<https://www.youtube.com/watch?v=ZwpbuCJr63E>

Fireman Sam: Safety in the Home  
<https://www.youtube.com/watch?v=UGnW8yQBEn0>

## Some Helpful Extras:

# My Body Safety Rules

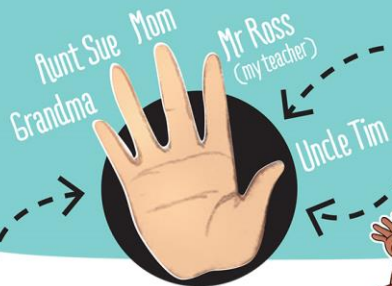
## My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.  
I can give them a high five, shake their hand or blow them a kiss.  
I am the boss of my body and what I say goes!



## I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.  
If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



## Early Warning Signs

If I feel frightened or unsafe  
I may sweat a lot, get a sick tummy,  
become shaky and my heart might  
beat really fast.  
These feelings are called my Early  
Warning Signs. If I feel this way about  
anything, I must tell an adult on my  
Safety Network straightaway.



## Secrets

I should never keep secrets that make me  
feel bad or uncomfortable. If someone  
asks me to keep a secret that makes me  
feel bad or unsafe, I must tell an adult on  
my Safety Network straightaway!



## Private Parts

My private parts are the parts of my body  
under my bathing suit. I always call my  
private parts by their correct names.  
No one can touch my private parts.  
No one can ask me to touch their private  
parts. And no one should show me pictures  
of private parts. If any of these things happen,  
I must tell a trusted adult on my Safety  
Network straightaway.




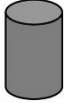



## Information from SunSense Canada



These are suggestions on how to help your family stay safe while outside in the sun:

- 1. SLIP on Protective Clothing.**  
Loose fitting, lightweight clothing with long sleeves and long pants.
- 2. SLAP on A Wide-Brimmed Hat .**  
A wide brimmed hat that goes all the way around your head to protect your ears, back of your neck and also your eyes.
- 3. SLOP on Sunscreen of SPF 30 or more.**  
You should put sunscreen on at least 20 minutes before going outside and re-apply sunscreen at least every two hours or after you swim or sweat.
- 4. SMACK on Lip Balm with an SPF**  
Your lips are skin and need protection too. Be sure to reapply it just like you would your sunscreen.
- 5. SEEK Shade or Create Your Own**  
Some examples: Under a tree, a play structure or an umbrella or tent.  
Remember: The sun's rays are strongest between 11am and 4pm. A fun rhyme for children: "When your shadow is short, stay out of the sun. When your shadow is tall, go out and have fun!"
- 6. SLIDE on Sunglasses**  
Wear sunglasses with medium to dark lenses and frames with thick sides or that wrap around.

# 3D Solids Around My House

Sphere 	Cylinder 	Cube 	Cone 	Rectangular Prism 	Pyramid 