

### Week of April 20th

**School Vision:** Motivating, Compassionate, Successful **School Mission:** Making a difference....Committed to learning....Supporting each other

Do the best you can! Focus on life skills, physical activity, mental well-being, creative expression, social responsibility and social connections. Stay healthy and safe!

Try to work on the learning opportunities for 1 hour each day.

#### MATH:

If your child needs more practice with **partner numbers and/or doubles facts**, please continue to practice these mental math strategies each week.

\*\*\*A 100 chart has been attached to this document to help your child with counting. Use this if needed with the goal of counting independently later.

<u>Counting objects/items</u>: Have your child count out a specific, given amount (up to 50) of objects.

Or, have them count to find the quantity of different items around the house.

Ideas for activities:

→ Go outside and : gather **27 dandelions, 18 twigs, 42 rocks, 35 leaves, pinecones/acorns**- anything! Change up the numbers each day.

Whenever possible, have your child count for you. They can count the number of coins in your change purse, a siblings diapers, utensils, pencils/pens in the entire house, stuffed animals, toys. How many broom strokes does it take to sweep the kitchen?

It is important that your child is counting properly. They can count and touch items or count and move items. The number counted should be said at the same time as the touch or movement of item. Some students tend to count fast but not coordinate with the items they are trying to count.



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#### Count forwards to 100.

 $\rightarrow$  Make cards with numbers from 1-100. Your child can mix up the cards and put them together to make a 100 chart-like a puzzle. You can use these cards to so the next options.

 $\rightarrow$  <u>G</u>ive your child a number between 1 and 100. They must be able to count forward from that number to 100.

→ \_As a next step, ask your child to count between two given numbers. For example: count from 57 to 85. Ask your child to pick one of the number cards from a pile and they can count on from that number.

Number recognition to 100: interactive game. <u>https://www.topmarks.co.uk/learning-to-count/blast-off</u>

<u>Count backwards from 50 to 0.</u> By the end of grade one, students should be able to count backwards from 100.

#### Ideas for activities:

→ As a next step, ask your child to count between two given numbers. For example: count from 57 to 85. You can use the same number cards for this as well.

Find the missing numbers: identify missing numbers in a given number sequence (up to 100).

→ Number chart game on ABCya:

https://www.abcya.com/games/one\_hundred\_number\_chart\_game

Links to some counting songs:

https://youtu.be/0TgLtF3PMOc counting forwards by 1's to 100.

https://youtu.be/8jMmZaFvRpE counting backwards by 1's from 100.

#### LITERACY:

<u>Independent Reading</u>: (15-20 mins per day) Students are familiar with independent reading and building their stamina. This means they concentrate on their reading, stay in one spot and read the whole time.

### Reading choices:

→ Tumblebooks <u>https://www.tumblebooklibrary.com/Home.aspx?categoryID=77</u>

**Getepic** – If you would like your child to use this website, you may contact your child's teacher via email as they have already set up an account for your child. They can email you the login and password for your child. <u>Chala.Mortensen@nbed.nb.ca</u> <u>Sarah.Atherton@nbed.nb.ca</u> <u>Danielle.Kitchen@nbed.nb.ca</u>



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→ Choose a book from your own collection at home. Read to a parent, sibling, or call your grandparents and read to them. Pick your favorite part of the book and explain why it's your favorite part.

→ Pair read with a parent or sibling. This is where you share the reading. One person can read a page or a paragraph and the other person takes a turn doing the same. If the book is challenging, then one person can read most of the book while the other person reads certain words they know.

 $\rightarrow$  Respond to a book you have read:

-Can you draw a picture of your favorite part of the book?

-If you could invite a character from the book to your house, who would it be and why? Talk to someone about your choice.

-Would you recommend this book to a friend? Why? What did you like or not like about the book? Talk to someone about your book.

<u>Word Work:</u> This week we will look at the short "i" sound. Can you make a list of words that have the short "i" sound? (Examples: sit, fix, big, win)

→ Challenge a family member to make a list of short "i" words. Who can make the bigger list? Check your lists at the end and see if you have the same or different words.

→ Can you find 5 short "i" words in your books? Use a few different books and see if you found the same or different words in different books.

→ On small pieces of paper, write a few letter "i"s and use the following letters to make words with the short "i" sound. Make your words by putting the letters together and then read the word.

Examples for other letters: b, d, f, g, h, k, l, m, n, p, r, s, t, z, sh, cl, sk, ch, wh

Example of using the letter cards to make words:



<u>Writing</u>: continue to try and help your student get into the routine of writing independently for at least 15 minutes a day. Students should be writing between 3-5 complete sentences; but the more the better.



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At the bottom of this document there is a writing example that is Appropriate for the end of grade one. Hopefully, this will help guide you and your student towards what their writing should start looking like.

If you student is struggling to start writing, here are some ideas:

- Describe who your best friend is and what you like to do together. Why do you like your friend and how do you feel when you are with them?
- Tell me about your family pet. What kind of animal is it, what does it look like, and what do you and your pet do together (play fetch, go for walks, play with a string)?
- What is your favorite game to play? Where do you play it (at school or at home), when do you play it (on the weekends with your family), and why do you like the game (because you get to spend time with your family, because you have to count, because you play it outside)?

You can also use the following link (<u>https://www.youtube.com/watch?v=66Ler9nv\_0g</u>) to watch some **From 3 to 3** rhymes and oral stories. Students love saying and listening to these. Students would normally spend between 10-15 minutes listening and saying rhymes and then they would write a rhyme that they know by heart.

Students can also do a story map after listening to the oral story. A story map is where they draw scenes of the key events of the story in the sequence they appear. Some students may also want to write a story they remember hearing in class. For example, Tom Poker, The Rooster and the Diamond Button or The Monkey and the Crocodile. These activities are great if your student is struggling with what to write.

All of these ideas are to help your student start to write. The focus is not on whether they are right or wrong or if the spelling and punctuation is correct. The focus should be on the student writing independently, enjoying the writing process and <u>attempting</u> proper spelling and punctuation.

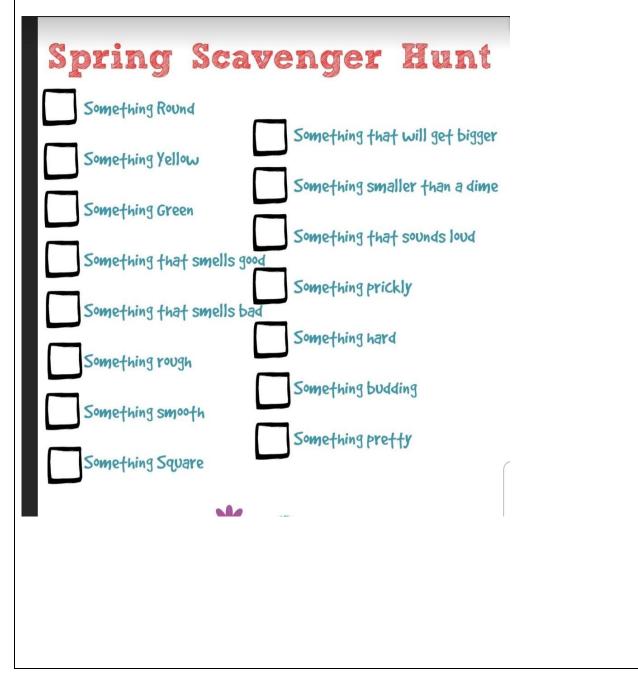


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### FREE PLAY:

A great way to get outside and enjoy the Spring weather is to go on a scavenger hunt.





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PHYSICAL EDUCATION:

### MCS Physical Activity BINGO

### During the week, complete 5 activities to make a straight line. Can you win the "Jackpot" and complete all the activities?

| М   | С   | S   | Р   | A  |  |
|---|---|---|---|--|--|
| Find a <b>"Just Dance</b> "<br>on youtube and give it<br>your all! No internet?<br>No problem, turn on<br>your favourite music<br>and free dance! | Get the recommended<br><b>8-10 hours</b> of<br>uninterrupted sleep!<br>It is also recommended<br>to have consistent bed<br>and wake-up time.                                | Teach yourself to <b>skip</b> .<br>Practice over and over.<br>Record a video of you<br>skipping for 30 seconds<br>without stopping. | How long can you hold<br>a <b>"Stork Stand?"</b><br>Record your best time                               | Work out your brain by<br>doing a <b>puzzle</b> ! This<br>could be a puzzle with<br>pieces or something on<br>paper like a crossword,<br>sudoku or word search.  |  |
| FYIDid you know<br>that a Whopper has 12<br>grams of saturated<br>fat?<br>Complete 10<br>lunges!  | Write some <b>positive</b><br><b>messages</b> on<br>sidewalks around your<br>neighborhood using<br>chalk or on posters to<br>display in your<br>windows.<br>We've Got This! | Challenge someone in<br>your home to a <b>front</b><br><b>plank</b> contest, OR time<br>yourself and see how<br>long you can last!  | <b>Play catch</b> with a rolled up sock or other soft item.<br>How many can you catch without dropping? | Pick <b>5</b> different<br><b>muscles to stretch.</b><br>Hold each stretch for<br>10 seconds.<br><b>Challenge yourself</b><br>by looking up the<br>anatomically correct<br>name for each muscle!         |  |
| Jog in place during<br>the advertisements<br>during a program<br>Focus on your<br>breathing and clearing<br>your mind                             | Find someone to do <b>20</b><br><b>jumping jacks</b> with!<br>Ask a family member,<br>facetime a friend, or do<br>them in a mirror by<br>yourself!                          |   | FYIDid you know<br>donuts have ~280<br>calories?<br>Jog in place for a<br>240 count. (4<br>minutes)     | Do 50<br>(5 groups of 10)<br><b>Toe Touches</b><br>(Reach high-reach low)  |  |
| <b>Jump</b> as high as you<br>can 10 times in a row   |   |   | Hold a <b>plank</b> while<br>reciting the names of<br>all your grade level<br>teachers 5 times.         | What do you notice<br>around you?<br>Name <b>5 things</b> you<br>see, <b>4 things</b> you feel,<br><b>3 things</b> you hear, <b>2</b><br><b>things</b> you smell and <b>1</b><br><b>thing</b> you taste. |  |



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| Say the ABC's 4 times<br>while performing<br><b>jumping jacks.</b> | Get Up Challenge<br>Sit on the floor. Try to<br>get up without<br>touching your hands to<br>the floor. Challenge a<br>family member. (Youth<br>tend to win this<br>challenge:)<br>How many in a row<br>can you complete? | Perform the Macarena<br>Dance.<br>Hey Macarena!! | Research the <b>yoga</b><br><b>pose- WARRIOR.</b><br>Use this pose daily.<br>Hold for slightly longer<br>periods of time | Go for a <b>20 min walk</b><br>around your<br>neighborhood.<br>Be careful to maintain<br>your physical/social<br>distance and wash<br>your hands when you<br>get home |  |  |
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|----|----|-----------------|----|----|----|----|----|----|-----|
| 11 | 12 | 13              | 14 | 15 | 16 | 17 | 18 | 19 | 20  |
| 21 | 22 | 23              | 24 | 25 | 26 | 27 | 28 | 29 | 30  |
| 31 | 32 | 33              | 34 | 35 | 36 | 37 | 38 | 39 | 40  |
| 41 | 42 | 43              | 44 | 45 | 46 | 47 | 48 | 49 | 50  |
| 51 | 52 | 53              | 54 | 55 | 56 | 57 | 58 | 59 | 60  |
| 61 | 62 | <mark>63</mark> | 64 | 65 | 66 | 67 | 68 | 69 | 70  |
| 71 | 72 | 73              | 74 | 75 | 76 | 77 | 78 | 79 | 80  |
| 81 | 82 | 83              | 84 | 85 | 86 | 87 | 88 | 89 | 90  |
| 91 | 92 | 93              | 94 | 95 | 96 | 97 | 98 | 99 | 100 |



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