

# WEEKLY LEARNING ACTIVITIES: K-1 LITERACY



## Monday

### READING

Read a book of your choice or listen to Jude Law read [The Three Hedgehogs](#).  
#SAVEWITHSTORIES

### WRITING

Summarize the story you just read with an adult. Work on telling only the most important parts and then write about it.

### LITERACY

**A** is for ABC's... Make an alphabet picture book.

## Tuesday

### READING

Read a book of your choice or listen to Leona Lewis read [Rock n' Roll Soul](#).  
#SAVEWITHSTORIES

### WRITING

Story prompt: *One day I woke up and discovered...*

### LITERACY

**T** is for tongue twister... Take turns saying this sentence as fast as you can: *She sells seashells by the seashore.*

## Wednesday

### READING

Read a book of your choice or listen to Alex Aiono sing the story [Is Your Mama a Llama?](#)  
#SAVEWITHSTORIES

### WRITING

Pick a character from the story you just read. How would you describe the character?

### LITERACY

**H** is for hero... Have each person in your family talk about their favorite

## Thursday

### READING

Read a book of your choice or listen to Jake Gyllenhaal read [Where Do Balloons Go?](#)  
#SAVEWITHSTORIES

### WRITING

Describe the setting of the story you just read. Use at least 10 adjectives throughout your description.

### LITERACY

**M** is for memorize... Can you memorize your address and phone number?

## Friday

### READING

Read a book of your choice or listen to Katie Couric read [The Brand New Kid](#).  
#SAVEWITHSTORIES

### WRITING

Story prompt: *In a faraway land there lived...*

### LITERACY

**S** is for school... Make a list of things you are looking forward to doing when you return to your school.

# WEEKLY LEARNING ACTIVITIES: K-1 MATH AND MORE

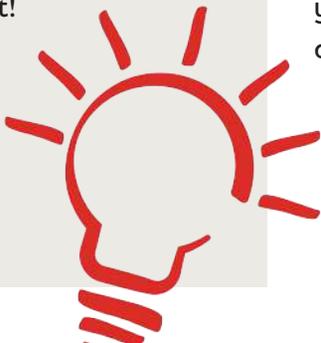


## Monday

### MATH

**Math games.** Play 2-3 Math Games by [selecting some](#) from the grade your child is in.

Or, bake something with the supervision of an adult. Talk about how to measure out each ingredient. How much of each ingredient is needed for the recipe? Finish by enjoying and sharing your yummy treat!



## Tuesday

### SCIENCE

**DIY solar oven.**  
Materials: cardboard box, aluminum foil

Directions: Construct a solar oven with your box and aluminum foil. Put it to the test by placing it outside when it is sunny and put your favorite snack inside, like s'mores, a mini-pizza or a hotdog. Did your design work? Did you put the foil on the outside or inside of the box? What might you change and do differently next time?

## Wednesday

### MATH

**Math games.** Play 2-3 Math Games by [selecting some](#) from the grade your child is in.

Or, draw a shape. Draw a line down the middle of the shape. Is it the same on both sides? Repeat with other shapes or drawings. What do you see? This is called symmetry!

## Thursday

### SCIENCE

**Volcano explosion.**  
Materials: Empty soda bottle, white vinegar, baking soda, optional: food coloring

Directions: This experiment can get messy, so do it outside or in a space that you can clean up easily. In the empty soda bottle, add some baking soda. Then pour in the vinegar and step back quickly! Watch as it explodes! For more fun, create a paper mache volcano sculpture around the bottle.

## Friday

### MATH

**Math games.** Play 2-3 Math Games by [selecting some](#) from the grade your child is in.

Or, play beach ball fluency! Blow up a beach ball and write some addition and subtraction facts around the beach ball. Toss the ball back and forth. You'll need to answer the fact closest to where your right thumb is.

# WEEKLY LEARNING ACTIVITIES: K-1 MOVEMENT AND FAMILY



## Monday

**Soggy sponge throw.** Use wet sponges to work on your throwing. Throw sponges at a big target such as a building or garage door.

## Tuesday

**Three-legged walk.** Have a three-legged walk with someone in your family. Stand side by side, with your inside legs touching – these two legs should move together as one leg.

## Wednesday

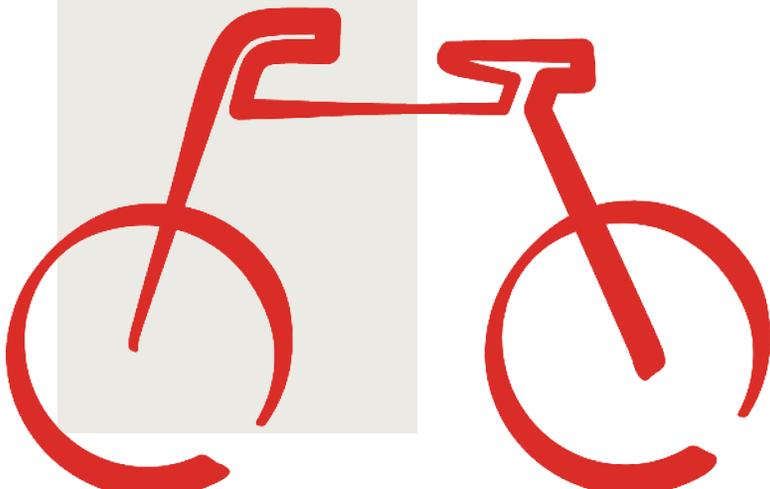
**Volley for fun.** Practice your volleying skills. Find a balloon and try to keep it up in the air. Try volleying it with different parts of your body, like your head, forearm or knee!

## Thursday

**Motion notions.** Say three different motions as your partner does them, such as touch your nose, spin around, and jump up high. Take turns being the leader.

## Friday

**Moving directions.** Work on moving in different directions – forward, backward, sideways, up and down.



## FAMILY

**Communication, compassion and connection.** Take time to communicate with one other about what you miss or what you may have lost. Remind each other that it's okay to have certain feelings when you are grieving. Think of ways to honor the person lost or to create a new tradition or event to make up for the loss of something. Then, do something fun all together! If the weather is nice, pack some lunches, grab a blanket and have a picnic lunch outside. Or spread the blanket out on the living room floor as a treat!

## WEEKLY LEARNING ACTIVITIES: K-1



### PARENT AND CAREGIVER CORNER

We have gone through several emotions that affect our well-being and stress, and we've covered some coping mechanisms. Yet, there is one emotion that we haven't quite yet touched on: grief. Our lives have changed, and we have each been touched by one or more of the following: the loss of a schedule, a job, social connections, sense of security and loved ones. We have lost, at some level, the ability to go to all the places and participate in the activities we used to do in our everyday lives. These past several weeks have left all of us struggling with losses, big or small, explicit or less obvious. What we once held as something firm and secure is not reliable at this time. All of this loss produces grief within us. Whether we may know it or not, we are walking along the path of anger, sadness, powerlessness and denial – all symptoms of grief.

What do we do about grief? Well, it's certainly normal to go through it, and for many of us, it's not our first rodeo with grief. However, we, and along with our children, must walk along the path. We need to take time to grieve. We need to recognize what we have lost, and be aware of it in ourselves and in others. What we have lost is not trivial, and there is no shame in grieving. Recognition of grief allows us to heal and create new methods to move forward. We can honor our grief: Communicate our loss to someone, exchange stories, create and express. For example, art therapy is an excellent choice for us as adults and for our children to do in order to process and come to terms with a loss. Mindfulness, sitting quietly and meditating, and seeking opportunities to be grateful and joyous are also ways to cope with grief. In an NPR article, interfaith chaplain and trauma counselor Terri Daniel explains that, "Grief is not a problem to be solved. It's a presence in the psyche awaiting, witnessing."

Grief has a process, and it doesn't have to last forever. It is best to tend to it and keep chugging along, seeking the good in ourselves. **Remember, we're in this together!**