At Home Weekly Schedule

**Week of March 30 – April 3**

\*This is a suggested daily learning routine for you!

\*Do the activities in any order and as much or as little as you are able to with your child.

\*Remember to take “brain breaks” between activities: go outside, stretch, walk, do a gonoodle, or give them a free choice activity (do not let your child get frustrated)

\*HAVE FUN! Make a game out of learning!! Include the whole family. Have them teach you! ☺

\*Make changes to fit YOUR child

\*Email me for ANY questions

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | | **Thursday** | **Friday** |
| **Reading** | Sing the alphabet!  Write uppercase letters A-Z on pieces of paper (post its, ripped up squares, index cards, etc.)  \*save them in a bag for more activities  Make sight words!:  Find playdoh, rocks, legos, string, anything you can find and make these sight words:  My, the, like, I, and  Read to self for 10 minutes | Sing the alphabet in a whisper voice!  Write lowercase letters a-z on pieces of paper (post its, ripped up squares, index cards, etc.)  \*save them in a bag for more activities  Make sight words!:  Find playdoh, rocks, legos, string, anything you can find and make these sight words:  We, can, get, you  Read to self for 10 minutes | Sing the alphabet in a high voice!  Matching game:  Match uppercase and lower case letters  Find a sight word!  Pick a magazine, newspaper or a book, and find as many sight words as you can! Circle them if your parents let you!  Read to self for 10 minutes | | Sing the alphabet like a robot!  Order game:  Can you put all upper case and lowercase letters in order (time it)  \*try it again -did you beat your first time?  Make sight words!:  Find playdoh, rocks, legos, string, anything you can find and make these sight words: no, for, her, him  Read to self for 10 minutes | Sing the alphabet while dancing!  Memory game:  Flip all the letter cards over and try to match uppercase and lowercase  Play by yourself or with a family member!  Make sight words!:  Find playdoh, rocks, legos, string, anything you can find and make these sight words: the, like, and, can  Read to self for 10 minutes |
| **Writing**  **(journal writing: get a journal or notebook if you can and use this for daily writing)** | Write your name on the front and decorate your journal!!! Get ready for some writing!  Pick a sight word from earlier and write it in a sentence. Draw a picture of your sentence. Don’t forget to write the date! | Pick 5 sight words and rainbow write them. Use 3 different colors for each word. | Finish the sentence:  I like to go to the \_\_\_\_\_\_\_.  Draw a picture and write the date. | | Pick two sight words and write a sentence for each. Give them to a family member and ask them to draw a picture using pencil. YOU color it after! | Free journal:  Write anything you want and draw a picture. Date it! |
| **Math** | Count to 100! Clap for each 10 (10, 20, 30, 40…)  Write down numbers 1-10 on cards (ripped up paper, index cards, etc.)  \*save them in a bag for later | Count to 100! Stomp your feet for each 10 (10, 20, 30, 40…)  Write down numbers 11-20 on cards (ripped up paper, index cards, etc.)  \*save them in a bag for later | Count to 100! Jump for each 10 (10, 20, 30, 40…)  Addition and counting practice:  Get the 1- 10 cards and take out 1 – 5 only. Flip over tow cards.  Use small items in the house to make each number, then add them together to find the whole!  (For example: 2, 4  2 goldfish and 4 pennies is 6 altogether.)  Do this 10 times. | | Count to 100! Touch you toes for each 10 (10, 20, 30, 40…)  Addition and counting practice:  Do the same activity as yesterday.  Make sure you say: \_\_ and \_\_ is \_\_\_.  Example: 3 and 2 is 5! | Count to 100! Spin around for each 10 (10, 20, 30, 40…)  Addition and counting practice:  Do the same activity as yesterday, but for each numbers, write an addition sentence on paper.  For example: if you choose 4 and 1, you write 4 + 1 = 5 |
| **Learning online** | Log on to Clever:  Do starfall for 20 minutes -reading  Youtube: Jack Hartmann “Count to 20 and workout”  Do starfall for 20 minutes -math | Log on to Clever:  Do ABCmouse for 20 minutes -reading  GoNoodle.com  Pick a 2 Zumba dances!  Do ABCmouse for 20 minutes -math | Log on to Clever:  Do starfall for 20 minutes -reading  Youtube: Jack Hartmann “see it, say it, sign it”  Do starfall for 20 minutes -math | | Log on to Clever:  Do ABCmouse for 20 minutes -reading  GoNoodle.com  Pick 2 Maximo videos and stretch it out!!  Do ABCmouse for 20 minutes -math | Log on to Clever:  Your choice for 20 minutes! -reading  GoNoodle or Youtube (Jack Hartmann) of your choice!  Your choice for 20 minutes! -math |
| **Science/Social Studies** | Ideas:  Cook together  Bake together  Do a science experiment: https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff  Practice tying your shoes ☺  Help write the grocery list  Do a nature walk, observe what you see outside using your 5 senses (write them down or draw a picture)  Build! (blocks, legos, cups, anything around the house)  Make a fort  Plant something outside or in a pot | | | | | |
| **Physical Education** | Outside  Play outside  Learn to ride a two-wheel bike  Make an obstacle course in your backyard  Run on a “track” outside, time yourself each time! | | | Inside  Gonoodle.com  Make an obstacle course using painters tape (follow the tape)  Do 10 of each movement: jumping jacks, push ups, toe touches, etc. | | |
| **Art** | Draw a self portrait  Draw a picture of your family, label it  Draw a picture outside  Draw a portrait of a family member  Paint  Rip up pieces of colored paper and then create a picture with them | | | | | |