



**WEEK: MAY 11<sup>th</sup> - MAY 15<sup>th</sup> (K-4 Calendar)**

<p><b>MONDAY MAY 11<sup>th</sup></b></p>	<p><b>AM ACTIVITY: GARBAGE RAINBOW</b></p>	<p><b>PM ACTIVITY: ANIMAL RACING</b></p>
	<p><b>INSTRUCTIONS:</b> You will need</p> <ul style="list-style-type: none"><li>- a large piece of paper (I used a grocery bag cut open)</li><li>- Glue</li><li>- Scissors</li><li>- colored pencils/markers</li><li>- 7 small containers - small squares of paper in the colors of the rainbow</li><li>- a mixed mess of “garbage”</li></ul> <p>Next, fill a container up with all the “garbage” Start sorting by color</p> <p>Draw the rainbow with colored pencils on a separate piece of paper</p> <p>Time to add glue, you can choose to add the glue for one color at a time or you can do a couple colors at a time</p> <p>Add the objects into the correct part of the rainbow, and then add more glue and more objects. Keep doing this until your rainbow is filled in</p>  <p>When completed place your rainbow in a window or door</p>	<p><b>INSTRUCTIONS:</b></p> <p><b>What You Need</b></p> <ol style="list-style-type: none"><li>1. Open space with ground suitable for hands and feet</li><li>2. Adequate hydration A stopwatch (optional)</li></ol> <p><b>What You Do:</b></p> <ol style="list-style-type: none"><li>1. Find a big open space, preferably outdoors, with nothing around that can be knocked over.</li><li>2. Warm up and stretch! Have your child warm their joints up and get the blood flowing to their muscles with jumping jacks and arm circles.</li><li>3. Set up a start and finish line. Make sure there’s enough space after the finish line for your child to slow down.</li><li>4. Ask your child if they can think of ways for them to move like animals (galloping like a horse, hopping like a frog, crawling on all fours like a dog, crawling sideways like a crab, etc.)</li><li>5. Race! If you use a stopwatch, your child can race against themselves and try to beat their time. Your child can also race against siblings or even you if you’re up to it!</li><li>6. Have your child compare their speed between the different animals they act out, and see if they think the differences are the same in nature. For example, does a galloping horse move faster than a crab?</li></ol> 

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**Tuesday May 12<sup>th</sup>**

**AM ACTIVITY: ANIMAL EXERCISE**

**INSTRUCTIONS:**

What You Need

- 1 CD of lively kids' music or you can use music from YouTube
- At least 3 players

What You Do: This is a very silly and simple game. It's sort of a cross between "Simon Says" and "Musical Chairs".

1. When the music starts, the kids will walk around the room, listening for your directions.
2. When you call out an animal exercise, such as "Hop like a rabbit!" all the kids need to follow your direction.
3. Each time they hear another direction, they switch their motion.
4. Play continues until the music stops, at which point all kids need to freeze in position. If you catch them moving, they're "out".
5. The last kid standing wins the game. Here are some suggested directions to use: Run like a tiger Skip like a kangaroo Hop like a rabbit Jump like a frog Toss like a monkey (when inside, use something soft for this, like a small pillow) Stretch like a giraffe  
This is a great way to help your little animal get some exercise while practicing his gross motor skills!



**PM ACTIVITY: WORD RECOGNITION**

**INSTRUCTIONS:**

What You Need

- Index cards or small sheets of paper
- Pen or marker
- Old magazines Photographs (optional)
- Scissors Glue

What You Do:

1. On one set of index cards, write some simple words that are easy to represent visually.
2. On another set, draw or cut out magazine pictures that illustrate the words you have chosen.
3. Lay all the cards on the table, face up, and have your child match each word to the corresponding picture.
4. You could also try some name recognition by using photographs of your child, siblings, friends, relatives, and so on. Write each person's name on an index card and have your child match the photos to the appropriate name card



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Wednesday May 13<sup>th</sup>

AM ACTIVITY: LETTER SOUND HOPSCOTCH

INSTRUCTIONS:

What you will need

- Chalk
- Sidewalk, driveway, or hard surface to write letters

What you need to do:

1. Draw out a hopscotch pattern on the hard surface you are using
2. In each square write different letters of the alphabet that your child will sound out
3. On double squares write "blends" in those squares
4. When your child lands on each square have them say what sound or blend they landed on



Examples of different blend sounds

PM ACTIVITY: TRUST WALK

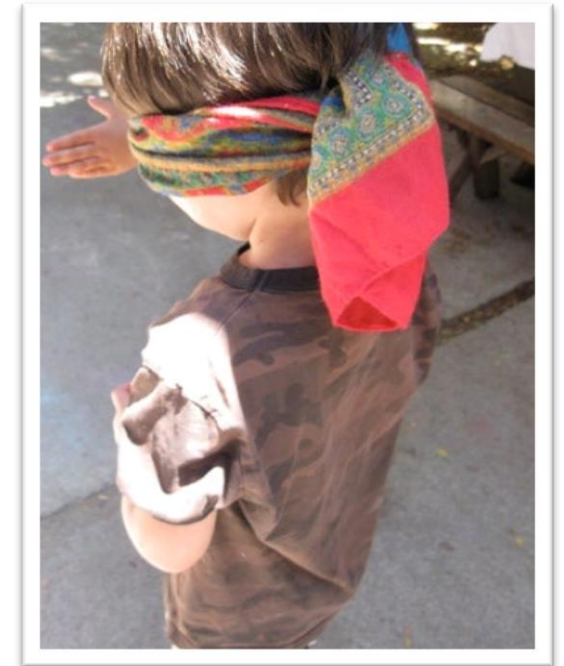
INSTRUCTIONS:

What you will need:

- Blind fold (cloth, dish towel, sweater)

What you need to do:

1. Talk to your child about the five senses (smell, touch, taste, sight, and hearing)
2. Tell them you are going to go on a trust walk where they will be blind folded as you direct on a walk around the house
3. Ask them to identify things based on their five senses
  - ➔ What do they hear?
  - ➔ What do they smell?
  - ➔ What do they taste?
  - ➔ What can they touch?
4. Ask your child to try and identify different areas on the walk based on what they are experience with their five senses.



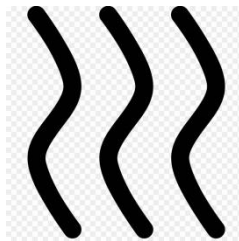
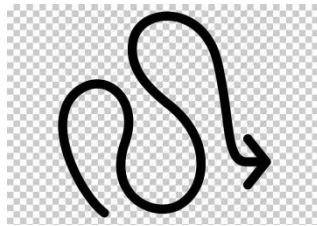
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Thursday May 14<sup>th</sup>

AM ACTIVITY: THINK OUT OF THE BOX THURSDAY

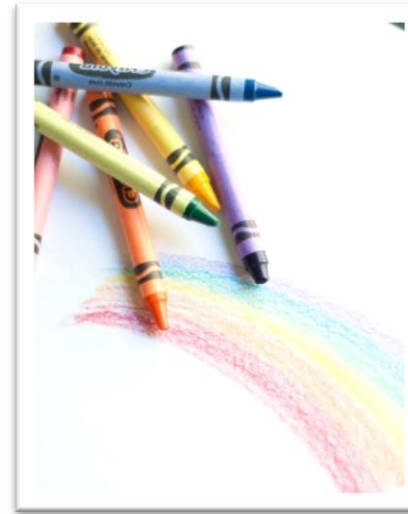
**INSTRUCTIONS:**

Complete the following three drawings by turning the object into something new



PM ACTIVITY: COLOUR BINGO

**INSTRUCTIONS:**



**What You Need:**

- Paper
- Crayons

**What You Do:**

1. Give each child a piece paper and have them draw a rainbow. Use the "ROY G. BIV" rainbow model: Red, Orange, Yellow, Green, Blue, Indigo (light purple), Violet (dark purple).
2. Have each child take their rainbow and a crayon and head outside.
3. Show them that there are objects out there for each color of the rainbow: a yellow car, a green leaf, a red hat, etc.
4. Explain that each child needs to find one object for each color of the rainbow. When they find it, they should write it down on their paper.
5. Say, "Ready, set, go!"

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**Friday May 15<sup>th</sup>**

**AM ACTIVITY: SIGHT WORD ISLAND HOPPING**

**INSTRUCTIONS:**

**What You Need:**

- Colored chalk
- Stretch of pavement
- A few index cards or sheets of paper
- Permanent marker

**What You Do:**

1. On one end of a paved surface, use your chalk to draw a circle big enough for a few kids to stand comfortably inside. This is "Shelter Island," and it's your home base. The object of the game is for each child to hop across a stretch of pavement to land safely on the island. Here's the catch: the area all around may look like plain concrete, but it's "Crocodile Sea"
2. Draw several circular 12-inch blobs between you and the island, leaving about a foot between each one.
3. Each blob is an "island hop" that can guide any player to safety
4. On each "island hop," have your child help you write a word that they're studying.
5. Draw enough blobs so that there can be several routes to the island, but try not to make any route longer than about four hops (at least at first)
6. On your index cards, write out five or more different routes of about four words each that a child can hop continuously before getting to the island.
7. Time to get to the island! How fast can your child make it? Can all his friends make it, too? Pull out a card, call out a route, and let the leaping begin!



**PM ACTIVITY: CONSONANT BLEND SCAVENGER HUNT**

**INSTRUCTIONS:**

**What You Need:**

- Pencil or pen
- Bag or basket
- Timer
- 16 index cards or pieces of paper

**What You Do:**



1. Write one consonant blend per card: **tr, sw, st, sp, sn, sm, sl, sc, pl, gr, fl, dr, cr, cl, br, and bl.**
2. Give your child one card and have them make the sound the blend makes.
3. Inform them that blends are two letters that make one sound, such as the "cr" in cry. Sound out the blend with your child.
4. It's scavenger hunt time! Hand your child a bag, and give them 5 minutes to find objects that start with the blend that you just gave them.
5. Offer them suggestions of words if they need help.
6. After 5 minutes, go through the objects. Help your child find the remaining blend objects throughout your house, including the objects that maybe were too big to put in the bag.
7. Give them a point for each item they name!
8. Play another round! For a beginner, just play a few rounds. For a challenge, have your child take two cards at a time per round, or have them compete with another family member