

Kindergarten

Activity	March 24	March 26	April 6	April 8
Science and Social Studies	Ask your parent or guardian about their job. Learn 3 new things.	Take out your journal. Write a sentence or draw a picture about your parent's job.	Go outside and hug a tree. Feel the bark. Look for signs of spring.	Take out your journal. Write a sentence or draw a picture about the spring.
Numeracy	Shapes- find 5 triangles around your house. Draw a picture of them. How many sides do 5 triangles have?	Collections- find a penny, button, Lego collection. Put them in groups of 5 and count how many there are.	Adding- find a pair of dice. Roll the pair 5 times. On each roll, add the pair together.	More or Less- use your pair of dice. Roll the dice. On each roll, add the pair together <u>then</u> , say the number that comes after and the number that comes before.
Physical	<p>Balloon Tap Use a balloon and practice tapping the balloon above your head with your right hand then your left hand for 25 taps.</p> <p>Hydrate Remember to drink 3-5 glasses of water every day.</p> <p>Movement Break Do a side plank for 30 seconds each arm.</p>	<p>Chin Juggling While in a plank position, pick up a tennis ball with one hand and put it under your chin. Remove it with your other hand and place it on the floor. Repeat 10 times. Can you do it 15 times?</p> <p>Health Tip Did you know soda has 39 grams of sugar.</p> <p>Movement Break Do 25 front lunges per leg with a family member.</p>	<p>Commercial Break Work on upper body strength by holding a plank position during commercials of your favourite TV show.</p> <p>Healthy Eating Are you eating 3-5 fruits and veggies every day? Try a new veggie.</p> <p>Movement Break Put your feet under the couch and do 20 curl ups.</p>	<p>Spring Air Go on a walk with a family member.</p> <p>Snack Time Help prepare a healthy snack.</p> <p>Movement Break Jog in place for 30 seconds in every room of your house.</p>

<p>Musical</p>	<p>Sing <i>Head and Shoulders</i> at different speeds while doing the actions!</p> <p>Do the actions to the song, <i>One Green Jelly Bean</i></p> <p>https://www.youtube.com/watch?v=hj3u9xeqZA0</p>	<p>Sing <i>Engine, Engine Number Nine</i> and keep a steady beat in a variety of ways (patting on your lap, marching)</p> <p>Do the actions to <i>Freeze Dance</i></p> <p>https://www.youtube.com/watch?v=2UcZWXvgMZE</p>	<p>Sing <i>If You're Happy and You Know it</i>. Create new verses.</p> <p>Do the actions to <i>Monkey Climbing</i></p> <p>https://www.youtube.com/watch?v=P5LrVKCfNRc</p>	<p><u>Make Your Own Music</u></p> <p>Paper and colour pens</p> <p>1.Create symbols and denote the sounds they mean. For example, a star symbol means 'clap', a circle means 'stomp your foot', a triangle means 'pat your legs', and a square means 'snap your fingers'. 2.Place the symbols on the paper in whatever order you would like and 'play' your piece.</p> <p>Do the actions to <i>Elephants Have Wrinkles</i></p> <p>https://www.youtube.com/watch?v=cRvMB9zJvsg</p>
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Please read every day! Thanks. Please return books and journals at the end of the hiatus.

Suggestions Websites

Tumble Books - username: **retsd** password: **books**

Pebble Go – username: **engaged** password: **learning**

Music Play Online: username: **snow** password: **2020**

World Book Online – username: **rivereast** password: **transcona**

Ebsco Host – username: **retsd** password: **rEt589#**

Winnipeg Free Press – username: rivereastcollegiatenie@retsd.mb.ca password: **freepress**