



PRE-K/KINDERGARTEN

Mental Health & Well-being: Check out “Grow Gratitude” activity on [GoNoodle](https://www.go-noodle.com/). Take time each day to meditate as a family for 15 minutes.

LITERACY SCHEDULE

<p>Monday March 30th</p> <p>Ask your child to go (look) outside and ask a question that starts with “What, Where, Why?” Help them by doing one yourself “I wonder why that bird is sitting in the tree”</p>	<p>Tuesday March 31st</p> <p>Play with rhyming words. Ask your child to help you think of some other words that rhyme with bat.</p>	<p>Wednesday April 1st</p> <p>Read a story with your child. Have them show you the front cover, back cover, a picture, a word, the first and last page of book.</p>	<p>Thursday April 2nd</p> <p>Go on a letter hunt around your home. Ask your child to find other words that start with the same letter that begins their name.</p>
<p>Friday April 3rd</p> <p>Act out rhyming words. Play a game with your child, act out an object (cat) once the child guesses the object see if they can think of a word that rhymes with the word you acted out. (rat) take turns acting and guessing words.</p>	<p>Saturday April 4th</p> <p>Draw a picture of a sun. Ask your child to say the word slowly and together write down each letter for each sound you hear.</p>	<p>Sunday April 5th</p> <p>Pretend you’re a robot, say words slowly and clap each part of a word you hear.</p> <p>la-dy-bug- 3 claps far-mer-2 claps ap-ple- 2 claps dog, 1 clap</p>	<p>BONUS!</p> <p>Find out how to say “Happiness” and “Home” in either Cree, Sauteaux or Nakota</p>



NUMERACY SCHEDULE

<p>Monday March 30th</p> <p>Sort the laundry (by owner, by colour, by size, by item type). Who in your family had the most socks in the load?</p>	<p>Tuesday March 31st</p> <p>Figure out who is the oldest in your house. Draw a picture and label each person with their age.</p>	<p>Wednesday April 1st</p> <p>Go on a shape hunt. Look around your house for circles, squares and rectangles. Find what your house has the most of.</p>	<p>Thursday April 2nd</p> <p>Organize all the shoes in your house from biggest to smallest.</p>
<p>Friday April 3rd</p> <p>Estimate how many spoonful's it will take to eat a bowl of cereal. Count each spoonful as you eat. Create a colour pattern using anything you find around the house (socks, lego, beads).</p>	<p>Saturday April 4th</p> <p>Create a colour pattern using anything you find around the house. (socks, Lego, beads) Estimate how many spoonful's it will take to eat a bowl of cereal. Count each spoonful as you eat.</p>	<p>Sunday April 5th</p> <p>Sort, name and find the value of a handful of coins. Line up your coins from the ones worth the most to the ones worth the least. How do you know? *Wash your hands with soapy water afterwards*</p>	<p>BONUS!</p> <p>Using a deck of cards, play a game of <i>Memory</i> – the goal is to make pairs.</p>



LEARNING THE LAND SCHEDULE

<p>Monday March 30th</p> <p>Collect different sizes and shapes of leaves. Collect leaves from the ground and try to figure out what kind they are and what tree they came from.</p>	<p>Tuesday March 31st</p> <p>Using string thread cheerios or fruit loops onto the string to make a bird feeder. Using string, thread cheerios or fruit loops onto the string to make a bird feeder. Hang it on something outside and watch the birds eat.</p>	<p>Wednesday April 1st</p> <p>Go outside for a walk and listen for all the different bird sounds you can hear.</p>	<p>Thursday April 2nd</p> <p>Look for different animal tracks, count how many different animal tracks you see. Go deeper: What kind of animal do they belong to?</p>
<p>Friday April 3rd</p> <p>Wake up early and watch the sunrise, talk about the directions, sunrises and the east and sets in the west.</p>	<p>Saturday April 4th</p> <p>Colour scavenger hunt: have! Have your child create a colour pallet with different colours on it. Go outside and find items that match the colours.</p>	<p>Sunday April 5th</p> <p>Gather some natural materials like sticks, rocks and pinecones from your yard or trail. Invite your child to use the materials to create a picture outside. Take a photo of their outdoor art and share and tag it #happyathome</p>	<p>BONUS!</p> <p>Using sticks, stones and other elements of nature you find, write a message that makes you happy, take a picture and share it!</p>