

At Home Learning Schedule		
Time	Activity	Notes
Before 9:30 am	Wake up, eat a healthy breakfast, practice mindfulness	Mindfulness is proven to help manage stress and anxiety. We can get our brains ready by participating in meditation, stretching, and breathing exercises. Sign up for a FREE GoNoodle account here: https://www.gonoodle.com under CATEGORIES select MINDFULNESS
9:30 - 10:00 am	Morning Work	Practice Writing the date including: month, today is, yesterday was, tomorrow will be. Practice a word family: https://www.youtube.com/results?search_query=jack+hartmann+word+families We can also practice our rainbow words, play a card game, or do some colouring, all will help motivate us to stay active throughout the day!
10:00 - 10:30 am	Math	Google Prodigy for some free, online math fun! There are also ideas on the blog from previous lessons and students know many math games like: Race to 100 (just a dice, some counters, and a blank piece of paper needed), War (practice number sense!), Memory, Kaboom (write some numbers on some popsicle sticks in various ways)...
10:30 -11:00am	Body Break	Get your body moving! GoNoodle is a great option, you can also play in your yard!
11:00 - 12:00 pm	Reading	Raz Kids https://www.raz-kids.com/ DK Find Out: https://www.dkfindout.com/us/language-arts/ Sight Words (frequently used words that we usually do not sound out): https://sightwords.com/sight-words/dolch/ Calgary Public Library: https://calgarylibrary.ca/read-learn-and-explore/digital-library/
12:00 - 1:00 pm	LUNCH	Be sure to eat healthy!
1:00 pm - 1:30 pm	Writing	Write for a purpose: <ul style="list-style-type: none"> o write a note to a family member or friend o write instructions for an activity o take photos and write about experiences
1:30-2:30 pm	Snack and Body Break	
2:30-3:30 pm	Choice Exploration	So many great options! https://mysteryscience.com/school-closure-planning OR http://wonderopolis.org/wonders