

at home!
hand out

A Hand out to help
parents keep the
Learning going
Even at home!



Mrs. Rainbow
bright

Learn at home!

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Language Dev.

- Phonemic Awareness Practice:
 - Rhyming Games
 - Clap & Count Syllables- You say September, They clap & say sep-tem-ber 3!
 - Thumbs Up Rhymes- You say two words, They repeat the words and thumbs up if it rhymes
 - Beginning Match- You say sun, they say a word that starts with an /s/ sound
 - Blend it- You say /s/ /m/ /ar/ /t/, They say smart
- Noun Hunt- write down nouns you see around your house/ neighborhood
- Reading Log with incentives
- Read to a Friend/Family/Teddy Bear

Math

- Cook or Bake with an Adult
- Add or Subtract using cereal/snack
- Go on a shape hunt
- Sort toys by color/shape/size
- Play store, practice buying and selling
- Make up math stories, draw and write the equation, have someone solve it
- Teach a sibling/friend/teddy bear how to count/add/subtract
- Play War
- Create Math Bingo
- Measure & Record- ex: How far can you jump?
- Build towers, mazes, traps

Writing

- Write a Letter to a friend/teacher/family
- Keep a Daily Journal
- Draw and Label rooms in your house
- Write a Thank You Note
- Make a Book
- Write a Sticker Story (draw a picture around a story and write about it)
- Write a Squiggle Story (turn a squiggle into a picture and write about it)
- Practice Penmanship/ Letter Formation Tracing
- Write the Room- walk around the house writing down words you find!

Sci/SS

- Plant a seed and record observations
- Go on a Nature Walk and write observations
- Weather Report- Keep a Daily Weather Log
- Research a topic that interests you- animal/planet/etc and draw and write/draw about what you have learned
- Plan a trip to somewhere you haven't been, write your plans
- Create a kingdom/country, draw the flag, write your rules
- Make slime

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Health/ PE

- Help prepare a healthy meal with your family
- Try a new vegetable- write your food critic review of it
- At Home Recess- get your body moving!
- Do Stretches
- Play Simon Says with Exercises
- Practice Yoga Poses
- 1 Min Workouts: ex: 1 Min Plank, Jumping Jacks, High Knees, Run in Place
- Eat healthy snacks/ eat the rainbow
- Make up a new game/sport to play

Arts

- Create a self portrait with any materials you have
- Draw a mural with chalk
- Draw a Picture and Create the Title of your work
- Use recycled materials to create a sculpture
- Make up a song
- Make up a dance routine
- Put on a talent show
- Star in your own play
- Act out a story you know
- Create a collage from magazine cut outs

Social/Emotional

- Write/Draw your feelings about:
 - Being Home
 - Being away from Friends
 - Missing school/routine
- Play a board game
- Call a grandparent/ friend and ask about their day
- Create an Acts of Kindness list for your home or neighborhood
- Practice Breathing Exercises if feeling anxious
- Work Together to finish a puzzle
- Practice positive self talk
- Problem Solve during stories- ex. How should the character solve this problem?
- Use puppets/ stuffed animals to discuss feelings

Sight Words:

- Write in:
 - shaving cream
 - sand
 - Play dough using a chopstick
- Build with Play Dough
- Play Sight Word Hopscotch
- Snowball Fight- write words on paper and crumple into balls, throw-catch- open- read
- Make a memory game
- Build words with legos
- Sight word hunt- find words in books and magazines

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Using tech.

Websites:

- [Freckle.com](https://www.freckle.com)
- [Lexialearning.com](https://www.lexialearning.com)
- [Starfall.com](https://www.starfall.com)
- [MysteryScience.com](https://www.mysteryscience.com)
- [Readworks.org](https://www.readworks.org)
- [STMath.com](https://www.stmath.com)
- [KhanAcademy.org](https://www.khanacademy.org)
- [Gonoodle.com](https://www.gonoodle.com)
- [Abcya.com](https://www.abcya.com)
- [Xtramath.org](https://www.xtramath.org)
- [Zearn.org](https://www.zearn.org)

Apps:

- RazKids*
- Seesaw
- Epic
- Vooks
- Book Creator
- Magnetic ABC
- Ten Frames
- ABCMouse
- Monster Math
- Scratch Jr
- Starfall
- Let's Read

Youtube:

- Kids Learning Tube
- Free School
- Homeschool Pop
- StoryBots
- Khan Academy
- Smithsonian Channel
- The Brain Scoop
- Word World PBS
- TED-Ed
- Sci Show Kids
- National Geographic Kids
- Peekaboo Kidz
- Storyline Online
- Story Time with Ms. Becky
- KidTimeStoryTime

Podcasts:

- Brains On
- Six Minutes
- But Why: A Podcast for Curious Kids
- Story Pirates
- Circle Round
- Smash Boom Best
- Wow in the World
- Eleanor Amplified
- The Two Princes
- Ear Snacks
- KidNuz

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¡Aprende en Casa!

libre de tecnología

Desarrollo del Lenguaje

- Práctica de conciencia fonológica:
 - Juegos de rimas
 - Aplauda y cuente sílabas: usted dice septiembre, ¡aplauden y dicen septiem-bre, 3!
 - Rimas pulgares arriba: dices dos palabras, repiten las palabras y pulgares arriba si rima
 - Beginning Match: dices sol, dicen una palabra que comienza con un sonido / s /
 - Combina la silabas: dices / ca/ / sa /, dicen casa
- Búsqueda de sustantivos: escriba los sustantivos que ve alrededor de su casa / vecindario
- Registro de lectura con incentivos
- Leer a un amigo / familia / oso de peluche

Escritura

- Escribir una carta a un amigo / maestro / familia
- Mantenga un diario
- Dibuja y rotula habitaciones en tu casa
- Escribe una nota de agradecimiento
- Hacer un libro
- Escribe una historia adhesiva (dibuja un dibujo alrededor de una historia y escribe sobre ella)
- Escribe una historia usando garabatos (convierte un garabato en una imagen y escribe sobre ella)
- Practicar caligrafía / seguimiento de formación de letras
- Escribe la habitación: ¡Camina por la casa escribiendo las palabras que encuentres!

Matemáticas

- Cocinar o hornear con un adulto
- Sumar o restar usando cereal / merienda
- Ir en una cacería de formas
- Ordenar juguetes por color / forma / tamaño
- Play store, practica comprar y vender
- Invente historias de matemáticas, dibuje y escriba la ecuación, haga que alguien la resuelva
- Enseñe a un hermano / amigo / oso de peluche a contar / sumar / restar
- Jugar guerra
- Crear bingo matemático
- Medir y Registrar- ex: ¿Hasta dónde puede saltar?
- Construye torres, laberintos, trampas

Ciencias/Est. Sociales

- Plantar una semilla y registrar observaciones
- Ir a una caminata por la naturaleza y escribir observaciones
- Informe meteorológico: mantenga un registro diario del clima
- Investigue un tema que le interese: animal / planeta / etc. y dibuje y escriba / dibuje sobre lo que ha aprendido
- Planifica un viaje a un lugar donde no has estado, escribe tus planes
- Crea un reino / país, dibuja la bandera, escribe tus reglas
- Hacer limo

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libre de tecnología

Salud/ E.P.

- Ayuda a preparar una comida saludable con su familia.
- Prueba una nueva verdura: escriba su crítica de alimentos
- En el recreo en casa: ¡ponga su cuerpo en movimiento!
- Hacer estiramientos
- Juega Simon dice con ejercicios
- Practica posturas de yoga
- Entrenamientos de 1 minuto: ej.: tablón de 1 minuto, saltos, rodillas altas, correr en el lugar
- Come bocadillos saludables / come el arcoiris
- Crea un nuevo juego / deporte para jugar

Artes

- Crea un autorretrato con cualquier material que tengas
- Dibuja un mural con tiza
- Haz un dibujo y crea el título de tu trabajo
- Use materiales reciclados para crear una escultura.
- Inventa una canción
- Haz una rutina de baile
- Organiza un show de talentos
- Protagoniza tu propia obra
- Representa una historia que conoces
- Crea un collage a partir de recortes de revistas

Social/Emocional

- Escribe / dibuja tus sentimientos sobre:
 - Estar en casa
 - Estar lejos de amigos
 - Falta de escuela / rutina
- Jugar un juego de mesa
- Llame a un abuelo / amigo y pregunte sobre su día.
- Cree una lista de actos de bondad para su hogar o vecindario
- Practique ejercicios de respiración si se siente ansioso
- Trabajen juntos para terminar un rompecabezas
- Practica una conversación positiva
- Problema resuelto durante las historias, ej. ¿Cómo debería el personaje resolver este problema?
- Use títeres / animales de peluche para hablar sobre los sentimientos.

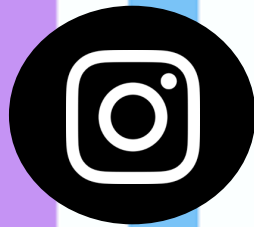
Palabras de alta frecuencia

- Escribir en:
 - crema de afeitar
 - arena
 - Jugar masa con un palillo
- Construir con plastilina
- Jugar a la vista Rayuela
- Guerra de nieve- escribe palabras en papel y arrugó en bolas, lanza-atrapa-abre-lee
- Hacer un juego de memoria
- Construye palabras con legos
- Caza de palabras a la vista: encuentra palabras en libros y revistas

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