

K3 Distance Learning

May 4th - 8th

Hello K3 families!

This week we celebrate Catholic Education week. This year's theme is "Igniting Hope." We hope that as you move into this week, you and your family's hearts are full of joy, love and hope. This week we reflect on what we can do for others to bring hope, especially during this difficult time. We thank you for all of your support, and we are here to support you in any way that we can!

Religion

Igniting Hope!



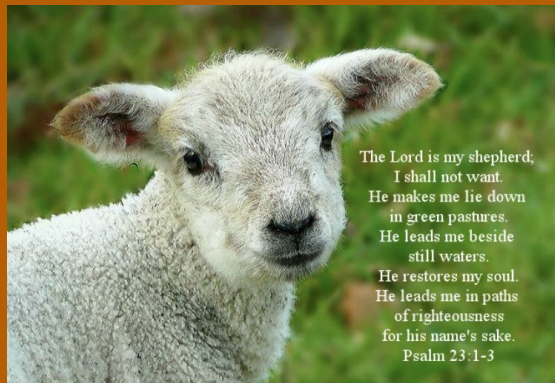
This week you are being asked to send messages of **hope** by choosing one or all of the challenges below!

For these challenges, you could:

- Draw a picture
- Say a prayer
- Make a phone call or FaceTime
- Send a message by mail or by email

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| Family and Friends For the ones we love | Educators and Teachers For the ones who teach us | Leaders For the leaders of our community, Church and world | Sick, Poor and Caregivers For those less fortunate and those who care for them | YOU! Send yourself a message of hope for today and for the future! |

Here is a prayer to say with your family!



The Lord is my shepherd,
I shall not want.
He makes me lie down
in green pastures.
He leads me beside
still waters.
He restores my soul.
He leads me in paths
of righteousness
for his name's sake.
Psalm 23:1-3

Here is a beautiful song with a message of hope!

Une colombe (dove)

<https://www.youtube.com/watch?v=GoTQIVoSqf0>



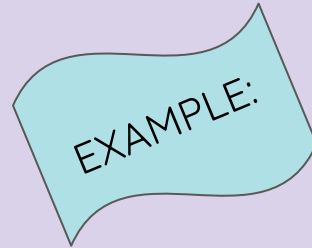
Math

Make your own **Bingo** card for our Google Meet!

This week, your challenge is to create a Bingo card that you can bring with you to our next Google Meet. On Wednesday, we will play a game of Bingo together!



With the help of an adult or older sibling, create a table with 9 boxes (example to the right →). Next, choose a number between 1 - 20, and write one number in each box. **IMPORTANT:** please mix your numbers up, rather than writing them in order (ie: 1, 2, 3, 4, 5, etc). This way all of our Bingo cards will look different!



| | | |
|----|----|----|
| 9 | 1 | 13 |
| 4 | 10 | 7 |
| 20 | 18 | 6 |

If you can't make it to our Google Meet, not to worry! You can still make a set of Bingo cards and play as a family! Take turns calling the numbers and placing counters on the cards.

Extension Activity:

- ★ For playing at home, you could also make Bingo cards using 2D and 3D shapes, colours, letters, or even sight words!



You're Invited!

We will be holding a short Google Meet on **Wednesday, May 6th @ 11:15am.**






A formal invitation & instructions will be sent to your email address. This meeting is completely optional; we hope to do some numeracy activities together :) Please have your Bingo cards finished and bring them with you to our Google Meet! You will also need something to cover the numbers with (ex: coins, little squares of paper, Cheerios, etc). Thank you for your support & we look forward to seeing you then!

Problem Solving

Living and Non-Living

Did you know that everything in our world can be sorted into 2 groups:
Living and **Non-Living**?

Here are some clues to help you sort items in your world!

| Living | Non-Living |
|--|---|
|  needs sun |  doesn't breathe |
|  has babies | |
|  needs water and food |  doesn't have babies |


Learn what living things need and do in this video!

<https://www.youtube.com/watch?v=tzN299RpJHA>

Your challenge this week is to sort items into **living** and **non-living**!

1. Find examples of **plants**, **animals** and **non-living items** (i.e. toys, furniture).

You can:

- Cut pictures from magazines or catalogues 
- Draw items
- Use toys or items from the house

2. Sort your items into living and non-living using:

- 2 paper plates or containers
- 2 skipping ropes in the shape of circles
- 2 hula hoops





Mother's Day Scavenger Hunt

Choose a special woman that you live with - your Mom, your Aunt, your Grandma! Today, you are going to try to find some things around the house that are special to her. If you get stuck, ask Dad, an older sibling, or even Mom if she can help you find what you're looking for! Have fun searching! :)

1 Find a picture of your Mom.

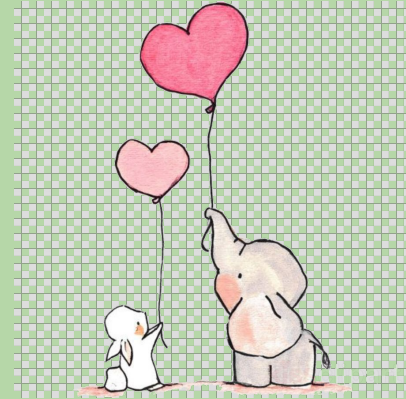
2 Find something that is your Mom's favourite colour.

3 Find your Mom's favourite food in the house.

4 Find your Mom's favourite thing to wear.

5 Find something that your Mom has had for a very long time.

6 Find the newest thing your Mom bought.



Scavenger Hunt borrowed from *Kindergarten First*

Literacy: French/English Mother's Day Challenge!



On Sunday, May 10th, we celebrate Mother's Day! It's a day we thank our Moms (and other important women in our lives, like Aunts and Grandmas) for all they do for us! Now you get to make something special just for them! :)

♥ Part 1: Dessine/Draw a picture!

Draw a picture of the special woman in your family!

- ★ Start with a title, such as "Je t'aime" (I love you!)
- ★ Make a large oval shape in the centre of the page
- ★ Add the details of the face
- ★ Finish with pencil crayons or markers to colour hair (cheveux) and eyes (les yeux) and skin (peau)



If you want to learn the names of the parts of the face in French, listen to this song: <https://www.youtube.com/watch?v=9UANMvCG2dE>

♥ Part 2: Write a special message!

Now that you've finished your picture, you can write a message to her! You could even make a card, and put your picture and message inside! :)

Message Ideas:

- ★ Tell her why you love her
- ★ "Happy Mother's Day!"
- ★ "Thank you for taking care of me!"
- ★ "You are the best Mom [Aunt, Grandma] ever!"



Self-Regulation & Well-Being

Mindfulness Tips

This week is also Mental Health Week. It is so important that we take care of our mental health, as well as our children's, especially during this difficult time. We hope that these resources will help your family practice mindfulness throughout the week!



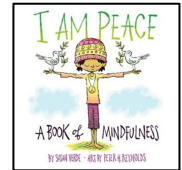
5 Finger Breathing:
This is a self-regulation technique we use in the classroom. You can ask your child to show you how it's done, and practice together!

Video:

<https://www.youtube.com/watch?v=sh79w9pn9Cg>



- 1) Listen to author Susan Verde reading her book "I am Peace": <https://www.youtube.com/watch?v=hXA3837uv3w>
- 2) Sing along and try out some yoga poses in this song based on the book "I am Peace": <https://www.youtube.com/watch?v=uqkPdIjjSFI>



What do you do to feel peaceful? Ask your family what they do to feel peaceful, and give it a try! :)

For more great resources and tips, please visit **St. Emily's Physical Activity & Mental Health** website at: <https://sites.google.com/ocsb.ca/stemilyresources/home> This website was created by some wonderful teachers at St. Emily! :)

