

Learning can happen anywhere. Interactive and hands-on learning is the best way for anyone to learn, especially our kiddos.

The following pages provide a schedule of ways to have fun learning. Each day has its own “theme” and a few suggestions to go with it. This way, you don’t have to feel overwhelmed that you have to do it all every day. Perhaps you need a little help to organize yourself and your to-do list. Maybe you need a reminder to slow yourself down from the hectic reality of our lives and spend a little time embedding a little learning into our schedule and routines.

Following the “schedule”, you will see some listed benefits of each area.

Following that, you will find a more formally guided activity.

You are encouraged to complete an activity (your own and/or the guided activity) and share your results with us. Take a photo, a video, and/or write a journal entry with your child’s dictated words.

**Interactive activities:** \* are a fun way for kids to play & learn. \*physical activities promote fitness & health. \*games & puzzles aid in skill development. \*collaborative activities improve social skills & tighten bonds. \*cooperative games teach essential life lessons.

<https://www.journalbuddies.com/having-fun/benefits-of-interactive-activities/>

M

*Make it Monday:*

craft, play dough, Legos,  
blocks, fort...

T

*Take a Trip Tuesday:*

virtual museum, bike ride,  
walk...

W

*What's Cooking Wednesday:*

Make something to eat.

TH

*Thinking Thursday:*

science experiment,  
cooperative activity, puzzle...

F

*Fun Friday:*

Pick a fun favorite activity.

**Creativity:** \*is multi-disciplinary. \* allows you to express yourself. \*promotes thinking & problem solving. \*reduces stress and anxiety. \*allows you to enter your happy zone & have fun. \*gives you a sense of purpose. \*can lead to feelings of accomplishment & pride. \*improves your ability to focus. \*promotes risk taking. \*is a prerequisite for innovation. \*encourages us to be lifelong learners.

**A trip:** improves social & communication skills. \*ensures peace of mind. \*helps you gain original & creative thoughts. \*broadens your horizons. \*enhances your tolerance for uncertainty. \*boosts your confidence. \*gets you real-life education. \*creates memories. \*helps you have fun.

**Cooking:** \*strengthens a child's fine motor skills. \*develops basic understanding of math concepts. \*develops the concept of sequencing. \*expands vocabulary. \*develops reading skills. \*introduces scientific concepts. \*develops an adventurous & diverse taste palette. \*engages our senses. \*increases focus & attention. \*teaches life skills. \*promotes healthy eating. \*boosts self-confidence. \*encourages family bonding.

**Critical Thinking:** \*encourages curiosity. \*enhances creativity. \*reinforces problem solving ability. \*Promotes: reasoning skills, analytical thinking, evaluative skills, logical thinking, organizational & planning skills, language skills, self-reflection, observational skills, open-mindedness, visualization techniques, questioning ability, and decision making. \*develops independence. \*is a lifelong skill.

**Having fun:** \*reduces stress. \*improves our ability to cope. \*boosts energy. \*improves memory & concentration. \*improves our connections with others. \*improves sounder sleep.

## Guided Activity:



### **Title : Musical Chairs/ Freeze Dance**

*Explain : both games involve moving, dancing, exercise and music that both child and parents can enjoy.*

Materials: chairs, music to play and pause with, and open space.

**What to do: Musical chairs** : chairs can be set up in a circle or back to back. As the music plays, you walk/dance around the chairs and as the music pauses, you must find a seat. **Freeze dance**: Dancing and when the music pauses, you must pause in whatever position you're in, and not move.

**Extension:** Take chairs away to make getting one harder.

ISBE standards:

**25.A.ECc**: Music: Begin to appreciate and participate in music activities.

**19.A.ECa**: Engage in active play using gross- and fine-motor skills