

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/>

Contact teacher via email. You can also post on our school Facebook page (we have a public and private page).

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:



Roll A Task Brain Builders!

-let's exercise our bodies and our brains!!!!

Materials:

You! A Dice and the handout

What to do:

Find a place in your house or your yard where you have space to move. Roll a dice and follow the directions on the handout. This is a fun way to exercise our brains when we count the dots on the dice and exercising our bodies!!!

Extension:

It's important to stay active. Here are some more fun ideas!!

<http://www.beactivekids.org/resources/handouts>

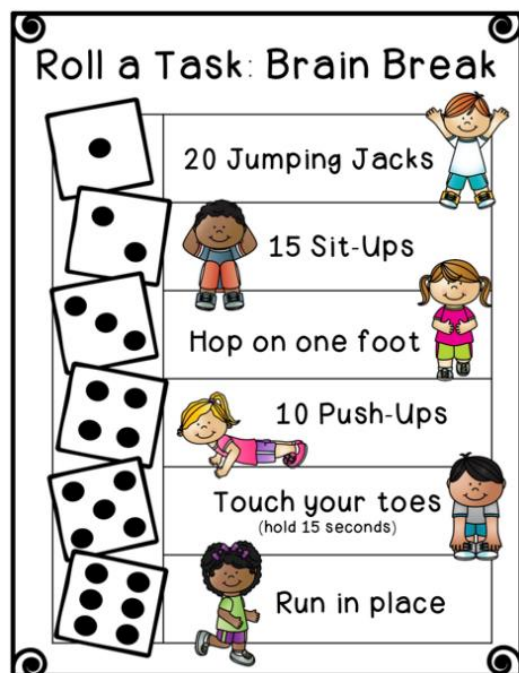
ISBE Learning Standards:

Physical Health & Development:

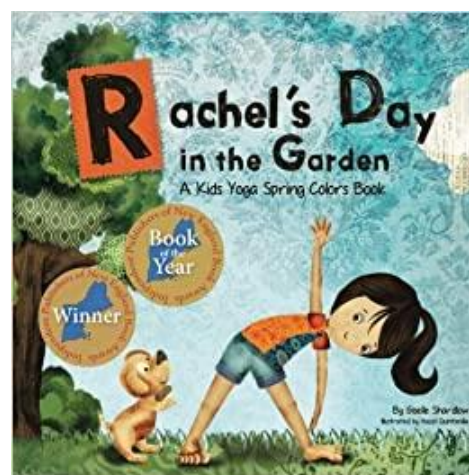
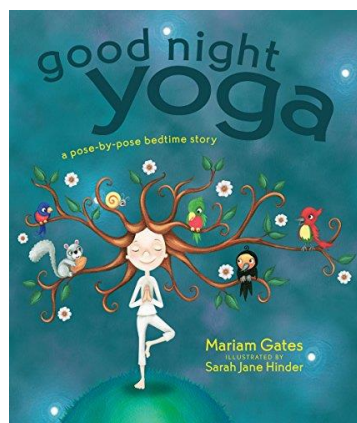
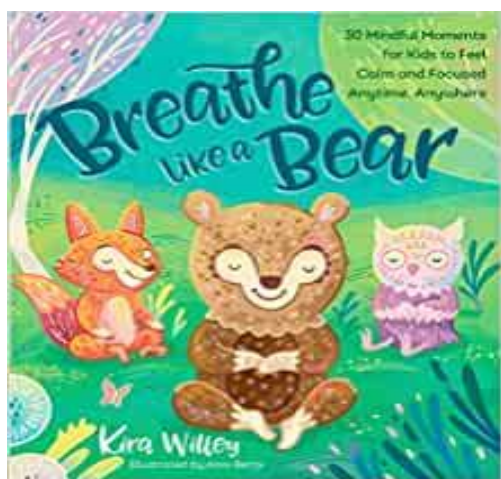
19.A.EC.b. move with balance and control in a range of physical activities

19.A.EC.c use strength and control to accomplish tasks

Roll a Dice Handouts:



Recommended Reading:



Resources:

Excerpts from **Breathe Like a Bear**:

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

https://www.youtube.com/watch?v=HpDx_8dvWvo

Rachel's Day in the Garden: <https://youtu.be/OP35IIWpm4w>

Good Night Yoga: <https://youtu.be/CMyz6TMMEzs>