

At-home Learning Activities: Me, My Family, and My Home

Week 1:

1. Make a picture of yourself (draw, paint, or collage) and tell someone (either through talking or writing) about your picture. Examples of student work:



2. Draw/paint a picture and/or write about something that shows what has life been like for you during the Coronavirus.
3. Do 10 jumping jacks. Below is a picture of 1 jumping jack.
Extra: 1) Do 10 more jumping jacks. 2) Do another 10! 3) How many more can you do? Count them.








4. Make a schedule for your day of activities and their times. Here is an example to start your schedule. Change the times as needed. Include when you wake up, when you have meals, when you have free time and when you go to bed.

Time	Activity
8:00-9:00	
9:00-10:00	
10:00-11:00	
11:00-12:00	
12:00-1:00	
1:00-2:00	
2:00-3:00	
Keep going until bedtime	

Extra: 1) Make a schedule for what you do each day of the week (for example, remote school or in-person school).

Extra: 2) Make a weekly schedule for when you are at home and when you are at school. See an example below:

Monday	Tuesday	Wednesday	Thursday	Friday
				

Here is an example of one child's weekly schedule:



5. Go on an outing (to the park, the supermarket, a walk around the block, etc.) with your family. When you come home, draw and/or write with your family about what you did.
6. Start collecting old paper towel rolls, toilet paper rolls, cardboard boxes, magazines/newspapers (to make collages and sculptures later!)

Week 2:

1. Make a picture of your family (draw, paint, or collage) and tell someone (either through talking or writing) about your picture.
2. Run in place for 2 minutes.
3. Make a map/draw the room you sleep in. Add the furniture and any other important details in the room.
4. Look around your kitchen. How many colors can you find? Count and tally all the different things you see of each color. Once you tally everything, make sure to write the number for the total count. See the chart below as an example:





Color	Tally	Number for total count
Red	### II	7
Yellow	III	3
Blue		
Green		
Black		
White		
Silver		

5. Make a sculpture/construction/collage with the stuff (paper towel/toilet paper rolls, cardboard, etc.) you have been collecting (you can connect the different materials with tape and/or glue). As you gather more, keep adding to it.
6. Go on an outing with your family (to the park, the supermarket, a walk around the block, etc.). When you come home, draw and/or write with your family about what you did.

Week 3:

1. Make a portrait of your favorite toy or stuffed animal (draw, paint, or collage).
2. Make a map/draw all the rooms in your home. Add the furniture and any other important details.
3. What's in your refrigerator? On a blank piece of paper, draw and/or write a list of all the items.

Extra: 1) Sort the items into different categories (fruits, vegetables, dairy, meats, etc.). Count and tally them and then write the number for the total count. See the chart below as an example:

Type of food item	Tally	Number for total count
Fruits 		5
Vegetables 		3
Dairy 		2
Meats 		

Extra: 2) Sort the items into different colors. Count and tally them and then write the number for the total count. See the kitchen exercise from last week as a reference.

4. Write a letter to your teacher or someone you haven't seen in awhile about something you did over the summer.
5. Put on your favorite song and have a dance party. Invite your family!
6. Go on an outing with your family (to the park, the supermarket, a walk around the block, etc.). When you come home, draw and/or write with your family about what you did.

Week 4:

1. How many windows are there in your home? Count them. Choose one and draw what you see outside.
Extra: Draw what you see outside each of the other windows in your home.
2. Stretching: Stand tall with your feet slightly apart. Lift your arms straight up and bend at the waist all the way down. Let your arms and head hang. Shake your head yes, shake your head no. Take three big breaths in and out. Breathe in and lift from your waist all the way up.
3. Name the items in a room: Choose a room in your home. On a piece of paper, write down the words for the objects you see. See how many you can find.



Extra: 1) How many words did you find in total? 2) How many letters of the alphabet did you find words for? 3) Make a chart of the words sorted into the letters they start with. For each letter, count and tally the words and then write the number for the total count. See the chart below as an example:

	Write the words	Tally	Number for total count
A words	A pple, A ir-conditioner		2
B words	B ed, B athtub, B rush, B linds, B ooks		5
C words			

4. Continue working on your sculpture/construction/collage and/or start a new one with the materials you have been collecting (you can connect the materials with tape and/or glue). Draw and/or paint the construction.

5. Go on an outing with your family (to the park, the supermarket, a walk around the block, etc.). When you come home, draw and/or write with your family about what you did.