Family Resources for At-Home Learning

**English Language Arts - K to 4th**

**Reading**

Have your student read a “just right” book daily for 15-30 minutes
Read aloud to your student and ask comprehension questions such as:
- What are you picturing as you read/hear this text?
- What are you wondering about?
- What has happened so far? / What have you learned so far?

**Writing**

After reading a book or portion of a book, select one prompt to respond to:
- Write about what happened in the story.
- Write about your favorite part and tell why you selected that part.
- Write about what might happen next in the story.
- Write a story.

**Mathematics - K to 2nd**

This is a great time to share with your student that math is everywhere. K-2 students should spend 10 minutes/day for math games and/or workbook practice.

- Count Everything: Counting is a powerful activity that students can do anywhere.
- Count in different ways, by 2’s, 5’s, 10’s. Start counting from different numbers, not just at zero. Celebrate landmark numbers – Clap or jump when you get to multiples of 10 like 10, 20, 30 etc.
- Play store! Count while you stock shelves or exchange and count pretend money.
- Talk about Shapes: Find, classify and sort shapes in your home. How many circles can you find, how many rectangles – and how many of those are squares.
- Measure everything. Use nonstandard tools like a shoe or even your hand to measure how tall a table is or how far you can jump.
- Point out fractions – share things - like a can of soup - between people. Each person gets a 1/2 or 1/3. Note how this new kind of number is less than one but more than none!
- Read Stories! Mathematize reading time. Most children’s books are ripe with opportunities to notice shapes, count objects, compare two things, notice how things change and grow, and to make predictions about what is going to happen based on the information we already have!
- Look at coins and determine how old they are using the date. Sort them from oldest to newest coin. If you have a large collection of coins arrange them into a bar graph based on year or the location, they were minted. What is the most common date or location?
Mathematics - 3rd to 4th
This is a great time to share that with your student that math is everywhere. Grade 3-4 students should spend 10 minutes/day for math games and/or workbook practice.

- Measure, count, and record. Count how many jumping jacks or pushups can be done and how long it takes – or how long it takes to do 10 or 20. Play around with doubling or halving the time. Use non-standard tools, like a shoe, to count how far someone can jump – calculate how far 10, 15, or 20 jumps might take you.
- Build something together. Big or small, any project that involves measuring includes counting, adding, and multiplying. It doesn’t matter whether you’re making a clubhouse out of shoeboxes or building a genuine tree house.
- Involve your student in the shopping. Talk about prices as you shop and estimate the cost by rounding to friendly numbers or use a calculator for more accuracy.
- Look at coins and determine how old they are using the date. Sort them from oldest to newest coin. Find the sum of their ages. Find the difference between the oldest and the newest. If you have a large collection of coins arrange them into a bar graph based on year or location where they were minted. What is the most or least common year or location?
- Count things and generalize to larger sets. Count how many beans are in one cup and estimate how many are in a larger bag. Count how many students are in their class and estimate how many students are home from their school or from the school district.
- Mathematize reading time. Most children’s books are ripe with opportunities to notice shapes, count objects, compare two things, notice how things change and grow, and to make predictions about what is going to happen based on the information we already have!

Science - K to 2nd

- Go outside and make observations. Look for evidence of animal habitats (i.e.: spider webs, bird nests, animal tracks, or leaves with insect bite marks, etc.)
- Look for evidence of spring in the plants (i.e.: flowers, buds, new leaves, etc.)
- Collect rocks or leaves from outside and let students think of creative ways to put the objects into groups. (i.e.: size, color, shape, texture) Ask students to explain why they chose the grouping they chose.

Science - 3rd to 4th

- Keep a “Spring Changes” journal by making daily observations of the weather, plants, and animal changes that occur as the spring approaches. Draw pictures and write about what evidence you see of the coming spring season. Record the questions you have.
- Using household items, design and build the tallest free-standing structure you can build.
Children and adolescents ages 6 through 17 years should do 60 minutes or more of moderate-to-vigorous physical activity daily. It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

**Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous intensity aerobic physical activity and should include vigorous-intensity physical activity on at least three (3) days a week. Some aerobic activities include brisk walking, running, climbing stairs, jumping jacks, playing basketball, and dancing.

**Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least three (3) days a week. Some muscle-strengthening includes squats, leg lifts, and sit-ups.

**Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least three (3) days a week. Some bone-strengthening activities include push-ups, push-ups against a wall, and jumping.

A single session of moderate-to-vigorous physical activity can reduce blood pressure, improve insulin sensitivity, improve sleep, reduce anxiety symptoms, and improve some aspects of cognition on the day that it is performed. Most of these improvements become even larger with the regular performance of moderate-to vigorous physical activity. Other benefits, such as disease risk reduction and improved physical function, accrue within days to weeks after consistently being more physically active.

**Resources for Physical Activity Boosts:**

Go Noodle:  
[https://www.gonoodle.com](https://www.gonoodle.com)

Cosmic Kids app:  
[https://www.cosmickids.com](https://www.cosmickids.com)

Cosmic Kids YouTube channel:  
[https://m.youtube.com/user/CosmicKidsYoga](https://m.youtube.com/user/CosmicKidsYoga)