SCHOOL-AGE

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:

May 11, 2020

Let's Get Started!

Hello, School-Age Families! We're thrilled to share some fun ideas for your school-ager to do at home this week. This week we will be focusing on developing healthy routines and habits to support school-agers being at home learners. Children (and adults) thrive when they have a realistic expectation of what comes next. Establishing daily routines with your school-ager will help them to be more effective, engaged, and set them up for success.

On My Own

Happy List
What makes you happy? It may be easier to remember the bad things that happen to us than the good things. Thinking about yesterday, focus on only the good things that happened.

Materials: Paper & pencil

1. Write down 5 good things that happened yesterday.

2. Practice remembering the good things and feelings, and letting go of bad feelings.

3. Looking over your list of happy things can help you focus on what makes you happy and do more things to bring happiness into your life.

With My Family

Say What?
Materials: Paper, pencil, dictionary
Can you figure out which words are the real ones? Are some combinations of letters or sounds more or less believable as made up?

1. Find at least one family member to work with. Each person needs a piece of paper, numbered 1-4. Each person finds three words in the dictionary. The words should be unusual and unfamiliar to you.

2. Write the words you find and write a sentence next to each word that explains what it means.

3. Write a made-up word and a sentence to explain what it means, too. Do not always list the made-up word next to number 4. That makes it too easy.

4. Take turns reading the four words and their definitions. Challenge each other to guess which is the made-up word.

Moving My Body

Sports in Motion
How does it feel to move your body? Count to ten as you pretend to...

1. ...spike a volleyball

2. ... shoot a hockey puck into the goal

3. ... ski down a hill

4. ... swim underwater

5. ...shoot an arrow

6. ...dunk a basketball

7. ...throw a football

8. ...swing a golf club

Helping at Home

Change Jar Count Up
Does your family have a change jar? You can be helpful by counting and separating the coins.

Materials: Loose change, zip top bags, a marker

1. Find an area to work.

2. Dump out the change jar and separate the coins into piles by type.

3. Add up the amount of each pile.

4. Place each pile into it's own bag.

5. Write the amount in each bag on the outside with a marker.

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