

Week 2 - April 13 to April 17, 2020

***Your goal for every day of this week is to read for 30 minutes, do 30 minutes of physical activity, do a mindfulness activity and complete 30 minutes of academic activities ☺.*

***Pick a different option each day. Don't forget, these are just suggestions.*

***French Immersion (FI) students: Please try to include as much French as possible. Practice is key.*

| Option 1 | Option 2 | Option 3 | Option 4 | Option 5 |
|--|--|--|---|---|
| <p style="text-align: center;">Reading</p> <p>30 minutes daily reading You can read to someone, have someone read to you, or read independently.</p> | <p style="text-align: center;">Reading</p> <p>30 minutes daily reading You can read to someone, have someone read to you, or read independently.</p> | <p style="text-align: center;">Reading</p> <p>30 minutes daily reading You can read to someone, have someone read to you, or read independently.</p> | <p style="text-align: center;">Reading</p> <p>30 minutes daily reading You can read to someone, have someone read to you, or read independently.</p> | <p style="text-align: center;">Reading</p> <p>30 minutes daily reading You can read to someone, have someone read to you, or read independently.</p> |
| <p style="text-align: center;">Physical Activity</p> <p>30 minutes daily physical activity. See Wellness Teacher page.</p> | <p style="text-align: center;">Physical Activity</p> <p>30 minutes daily physical activity. See Wellness Teacher page.</p> | <p style="text-align: center;">Physical Activity</p> <p>30 minutes daily physical activity. See Wellness Teacher page.</p> | <p style="text-align: center;">Physical Activity</p> <p>30 minutes daily physical activity. See Wellness Teacher page.</p> | <p style="text-align: center;">Physical Activity</p> <p>30 minutes daily physical activity. See Wellness Teacher page.</p> |
| <p style="text-align: center;">Wellness</p> <p>Try one of the wellness activities. See Wellness Teacher Page.</p> | <p style="text-align: center;">Wellness</p> <p>Try one of the wellness activities. See Wellness Teacher Page.</p> | <p style="text-align: center;">Wellness</p> <p>Try one of the wellness activities. See Wellness Teacher Page.</p> | <p style="text-align: center;">Wellness</p> <p>Try one of the wellness activities. See Wellness Teacher Page.</p> | <p style="text-align: center;">Wellness</p> <p>Try one of the wellness activities. See Wellness Teacher Page.</p> |
| <p style="text-align: center;">Academic: Literacy</p> <p>Add an entry to your journal. OR Create as many words as you can that have a common pattern. For example: How many words can you make that end the same. (ELA : -ow, -ing, -ate, -ough, etc.) (FILA : -ot, euil, -eil, -in, etc.). OR Practice Visualizing. Draw a picture of what you saw in your mind as you read today.</p> | <p style="text-align: center;">Academic: Math</p> <p>Play DreamBox https://play.dreambox.com/login/knjs/xrzc OR Play Board Games - Such as Chess, Monopoly, Checkers, Backgammon, Mancala, Battle Ship or Yahtzee. Keeping score will help to develop numeracy skills.</p> | <p style="text-align: center;">Academic: Literacy</p> <p>Think about the people in your neighbourhood and what kind of supportive messages they might need to hear. Decide on a message or image that you could draw with chalk on the sidewalk or post on your window or door.</p> | <p style="text-align: center;">Academic: Math</p> <p>Practice your multiplication and division facts. Use any of the suggestions below to practice. AND Play Card Games - Such as Multiplication War, Crazy 8's, Go Fish, Uno, etc. Keeping score will help to develop numeracy skills.</p> | <p style="text-align: center;">Academic: Literacy</p> <p>Review a movie, book or game and send it to a friend. Include some of the main ideas but don't give away the ending. Share your reactions and recommendations with your friend. OR Email your teacher using your student email kim.beers@nbed.nb.ca or kellyann.leonard@nbed.nb.ca</p> |

30 minutes Daily Reading

Make reading relevant. Explore your child's interests and extend upon their learning. Does your child want to learn a new game, bake, or explore space? There's sure to be a book that can help. Take time to read to or with them and encourage them to read independently. *A simple rule of thumb for helping your child select books at his reading level is to have them choose a page in the book (not the first one) and read it. If he doesn't know five or more of the words, then the book is too hard for pleasure reading.*

- **Reading materials** could include:
 - picture books
 - audio books (use your library card online or Epic Books)
 - flyers
 - comics
 - graphic novels
 - chapter books
 - on-line sources (Epic Books or e-books or audio books borrowed from the NB Public Library)

Physical Activity

Students are asked to do at least 30 minutes total of physical activity each day. Make physical activity part of your family routine and try to enjoy nature. Be sure to maintain a safe distance from others. You will find all suggestions for physical activities on our **Wellness Teacher Page**.

Wellness Activities

Make wellness activities part of your child's and your family's daily activities. These activities may be any activities that bring you happiness, joy, or peace. They may include music, art, meditation, baking/cooking or any other activity that allows you enjoy yourself and feel calm and at peace. Spending time by yourself, with loved ones or helping others may also contribute to your wellness. You will find all suggestions for wellness activities on our **Wellness Teacher Page**.

Academic: Literacy

(English Language Arts (**ELA**) & French Immersion Language Arts (**FILA**))

- Keep a daily journal of your adventures, thoughts, feelings, and questions.
- Write for practical reasons. This could include grocery lists, phone texts or notes to family and friends or email your teacher (kim.beers@nbed.nb.ca or kellyann.leonard@nbed.nb.ca).

- Create as many words as you can that have a common pattern. For example: How many words can you make that end the same. (ELA : -ow, -ing, -ate, -ough, etc.) (FILA : -ot, euil, -eil, -in, etc.).
- Think about the people in your neighbourhood and what kind of supportive messages they might need to hear. Decide on a message or image that you could draw with chalk on the sidewalk or post on your window or door.
- Practice Visualizing. Draw a picture of what you saw in your mind as you read today.

Academic: Math

An important skill in Grade 5 is knowing your multiplication and division facts to 81 with automaticity. Here are some ideas to help you can practice them:

- Use flash cards (you can make your own with cereal boxes or any cardboard packaging you have at home)
- Play concentration/memory/matching game (make your own cards using cereal boxes or any cardboard packaging you have at home – write a fact (multiplication or division) on one card and the answer (product or quotient) on the another card – those are the 2 cards you will have to match)
- Make up your own daily practice sheets and weekly quizzes
- Play multiplication war
- Random pick a multiplication and draw the corresponding array
- Make arrays with objects in your house
- Find arrays in your house (rows of cookies in a package, drawers in a dresser, windows etc.)

High Tech Activities:

- Play DreamBox

No Tech Activities:

- Card Games - Such as War, Multiplication War, Crazy 8's, Go Fish, Uno, etc. Keeping score will help to develop numeracy skills.
- Board Games - Such as Monopoly, Checkers, Snakes n' Ladders, Trouble and Yahtzee. Keeping score will help to develop numeracy skills.

Academic: Science

In the next few weeks we will ask you to start thinking about creating your "Home Maker Space Room". With the help of the adults in your house find a big box, a big container, or a basket, maybe you could use a big shopping bag or simply a good space where you can keep all your Maker Space materials together. This material could be an empty toilet paper rolls or an empty paper towel rolls, egg cartons, cardboard boxes, tape, markers, empty cartons, newspapers etc.

Websites & Additional activities

The following sites offer age appropriate material for our K-5 students. **Please note**, though they offer great opportunity to read and explore personal interests, research recommends limited use of screen time each day.

“The American Health Association recommends parents limit screen time for kids to a maximum of just two hours per day.”

<https://www.cbc.ca/kidsnews/>

<https://www.tumblebooks.com/>

Username: nblib **Password:** nbschools

<https://www.raz-kids.com/>

<http://buildyourbestday.participaction.com/en-ca/>

<https://www.getepic.com/>

<https://www.coolmath4kids.com/math-games/grand-prix-multiplication>

<https://www.prodigygame.com/>

<https://play.dreambox.com/login/knjs/xrzc>

<https://asd-n-rexton-elementary-school.typingclub.com> for Mme Leonard’s class

<https://asd-n-rextonelementary5a.typingclub.com> for Ms. Beers’ class

www.office.com to login to student NBSS email

Lecture/activités en français

<https://mazonecec.com/application/bookshelf>

<https://www.iletaitunehistoire.com/>

<http://ebookkids.com/fr/livres-enfants/>

<http://www.learnalberta.ca/content/flbla/>

<https://www.onf.ca/selection/les-petits-conteurs/>