

## RSU38 Remote Learning Opportunity Grade K to 5

Objective: These activities are to explore new concepts or reinforce concepts already introduced.

Sample schedule		Important information
Suggested Time Frames	What are you going to learn today?	<ul style="list-style-type: none"> <li>● These educational opportunities for learning at home are meant to provide parents with resources for student learning to continue at home while our schools are not in session.</li> <li>● Don't hesitate to contact your classroom teacher by email with questions.</li> <li>● Students will benefit from engaging with academic materials daily in order to maintain skills. We encourage you to establish routines with kids to maximize this impact.</li> <li>● Set goals: setting daily goals for what your child will accomplish can help to make tasks meaningful and build confidence for students.</li> <li>● If your child has access to technology you may also use any of the digital resources as a replacement or expansion of learning.</li> <li>● For students receiving special education services, please see their distance learning plan and contact their case manager with any questions regarding that plan.</li> </ul>
<b>30 min - 45 mins per day Math</b>	<ul style="list-style-type: none"> <li>❖ We strongly suggest you establish a routine for example 2 to 3 learning activities in the morning? and 2 to 3 learning activities in the afternoon. (Whatever fits your situation.)</li> </ul>	
<b>30 min - 1 hour per day Literacy (reading, writing, speaking/listening)</b>		
<b>15 - 30 mins per day movement activity</b>		
<b>Choose 1 of the following areas to do each day: music, art, science or social studies 15 - 30 mins</b>	<ul style="list-style-type: none"> <li>❖ Students should be doing a variety of learning tasks. Choose a balance of activities from menus, resources provided virtually by your teachers, and online instructional programs.</li> </ul>	
 <p style="font-size: small;">www.lets-go.org</p> <p><b>Use 5,2,1,0 for balance!</b></p> <p>5 or more fruits and veggies daily                  2 hours or less of screen time daily                  1 hour or more of physical activity                  0 high sugar drinks</p>	<ul style="list-style-type: none"> <li>❖ This is a suggested time-frame. Your children may do more or less depending on what's appropriate for your child!</li> </ul>	

# Literacy

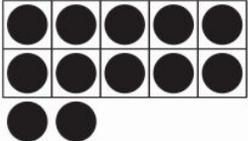
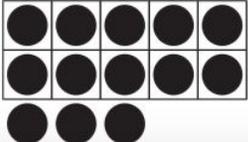
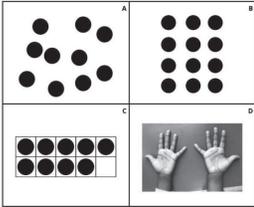
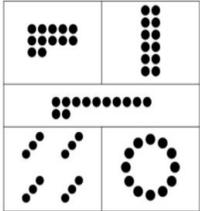
Reading	Learning About Sounds	Alphabet Awareness	Sight Word Recognition
<p>Ask someone to read you a non-fiction story or watch a video that teaches you.</p> <p>Write down a cool fact you learned. Use lowercase letters.</p>	<p>Pick a topic (food, animals, people you know). Think of matching words and clap the syllables. (dog - 1, dol/phin - 2, hip/po/pot/a/mus - 5)</p> <p><b>Stretch it!</b> Write down the sounds you hear in each syllable.</p>	<p>Play "Go Fish" or "Memory" with your letter cards. Or Put all your uppercase or lowercase letters in a pile. Put them in order on the floor as fast as you can! Try again. Were you faster?</p>	<p>Play "Go Fish" or "Memory" with your sight word cards.</p> <p><b>Stretch it!</b> Can you make new cards with the names of your family or other words you learned.</p>
<p>Read a story to your favorite stuffy. Tell them about your favorite character.</p>  <p><b>Stretch it!</b> Write your own story about your favorite character.</p>	<p>Pick a letter. Think of 5 words that start with the same sound. Draw a picture of each word.</p> <p><b>Stretch it!</b> Say the word slowly and write down the sounds you hear.</p> <p><b>Do it again,</b> but think of 5 words that have the same sound at the end.</p>	<p>Alphabet Hunt</p> <p>Look in your kitchen. Find a can or box of food. Pick a letter from your alphabet cards. Circle the letter when you see it on the label!</p> <p>Try it again with a different letter or food.</p>	<p>Pick a sight word card. Look at it and say all the letters. Turn it over. Write the word using lowercase letters. Check to make sure you are right. Do it one more time! Pick a new word.</p> <p><b>Stretch it!</b> If you know all the K words, ask your teacher for the first grade words.</p>
<p>Ask someone to read you a story. Practice retelling the story.</p> <p><b>Stretch it!</b> Draw a picture of the beginning, middle and end. Can you add a sentence to each picture telling about it.</p>	<p>Have someone say Consonant-Vowel- Consonant words ("cat") to you. Try to segment the sounds and write the words.</p> <p><b>Stretch it!</b> Try a word that has four sounds! (s-n-a-p or f-r-o-g)</p>	<p>Match your uppercase and lowercase alphabet cards.</p> <p><b>Stretch it!</b> Have somebody time you and see if how fast you can match the letters.</p>	<p>Choose 5 sight word cards. Say a complete sentence using each word.</p> <p><b>Stretch it!</b> Can you put 2 words in one sentence?</p>
<p>Read one of your books. Look carefully, and find some sight words that you know.</p>	<p>Take a walk around your house. Find an object and label it. Say the word slowly and write down all the sounds you hear.</p>	<p>Write all the letters of the alphabet both capital and lowercase. Try your best!</p>	<p>Write a note to somebody. Use some sight words. Don't forget to use spaces and a period. Read your note to them!</p>

## Literacy Notes:

1. A child can read a book in many ways. They can read the pictures, retell a book they have heard, or read the words.
2. Please remember that when students are stretching words we do not expect them to get every sound!
3. Memory directions: Pick 5-7 matches, mix them up and place face down in rows. The children then pick 2 cards to see if they match. Take the cards if they match and turn over if they don't.
4. Above all, remember that this work should focus on practice, not perfection. Keep it *light*, cuddle up and enjoy! See the *Talking Points Sheet* for specific suggestions on how to keep your kids motivated and engaged.

# Math



<p><u><a href="#">Counting Collections</a></u>  <i>(see attached handout for information)</i>          Use an egg carton with 10 spaces, cups, or plates to organize objects into ten and some more.</p>	<p>Play "number within 20"          go fish with a family member within</p>	<p>What are the different shapes you can think of? Go on a shape hunt around the house or outside. See how many of each shape you can find, then draw them.</p>	<p>Practice writing the numbers from 0 to 20. Count out that many objects for each number.</p>
<p>Put your number cards in order 1-20.</p>	<p>How Many Do You See?          How did you count it?</p>  	<p>Which One Doesn't Belong? Tell why that doesn't belong. Remember, there is not just one correct answer. See how many different things you can come up with!</p> 	<p>Play Memory/ Concentration with number cards.</p>
<p>Choose 5 number cards (#10-20).          Count out objects to match each one.</p>	<p>Make a pattern with up to 20 (or more) items in your home.</p>	<p>What do you notice? What do you wonder?</p>  <p>Which arrangement do you think is easiest to</p>	<p>Play a game of "Eye Spy" by describing things by their attributes (color, shape, size).</p>

		count?	
Ask someone to tell you a math addition or subtraction story problem. Use objects and/or draw to solve it.	Help someone in your family make a recipe by measuring ingredients.	Ask someone to tell you a math story problem. Draw a picture to solve.	Draw a picture and make a puzzle by cutting it to pieces. Sort and count the edge and inside pieces before you do.
Get an egg carton and write numbers on stickers, paper or onto the carton. Close the egg carton with 2 small objects & shake. Open & read numbers the objects landed on. You can add/subtract those numbers together, tell the number before & after, etc.	Choose two number cards. Write an addition story and solve it by using pictures and	Use your number cards in a deck and play high /low card game. Choose if you will be the high or low card. Keep the cards of the winning numbers.	Count to 100 with a family member or your favorite stuffy; by 1's and 10's.



## Science and Social Studies



Go for a walk in the woods. See how many living things you can find.	Are there rules for learning at home? What should they be?	Go on a nature scavenger hunt. Find two things that are living in your yard. Write or draw what you think they need to survive.	Draw or write about the different seasons (Winter, Spring, Summer, and Fall).
Draw a map of your bedroom and label it.	Draw and write about the weather today.	Imagine you are an animal. Draw or write about your day - what do you do, what is the weather like, what other animals do you see?	Write a thank you note or draw a picture for someone in the community who helps others..
Make a ramp out of materials you can find around your house.	Make a list of things in your house you pull. Make a list of things in your house you push.	List or draw things you know about community helpers.	Find five different types of rocks outside. Draw or write about each one to show what they look and feel like.
Sit outside or take a walk. Draw or write about what you see, smell, feel around you.	Look up! Draw or write what you see.	Draw or write about your favorite place to visit.	Tell someone in your house about someone important in your life or the community.
Play Animal Riddles Tell your partner one clue at a time about your animal's features (fur or feathers, how many legs, etc)	Object Identification. Have someone put two unknown objects in a bag and by just touching them try to identify.	Find things around your house and put them into categories (color, size, shape).	Find objects around your house. Make predictions about whether they each will float. Put them in water and see if they sink or float.

**Note:** These activities are the same as for the first three weeks of Remote Learning. Teachers hope to focus more on science and social studies when they update again in mid May. Meanwhile, you may want to check out some of the other online resources (go to the end of this file).

**Art, PE, Music, Guidance: Choice Learning Activities - (PK-2)**

<p><b>Art:</b></p>	<p>Draw yourself as a SuperHero. What powers would you have?</p> 	<p>Find household items and create the color wheel. #colorwheelchallenge</p> 	<p>Draw your favorite toy, or try to design your own new toy. What would it look like?</p> 	<p>Create a scene that you fit in. Maybe draw with chalk on the tar? Take a picture of you "acting it out" Here is an example:</p> 
<p><b>Music:</b></p>	<p><b>Sing a Story!</b> Take out some of your favorite picture books. Can you sing the story instead of saying the story?</p>	<p><b>Airplane Sounds</b> Make a paper airplane. Throw the plane around your house and follow its path with your singing voice. ("Wooo" or a slide whistle sounds)</p>	<p><b>Handwashing</b> Sing one of these songs while washing your hands: <i>Mary Had a Little Lamb</i> <i>Happy and You Know It.</i> <i>Row Your Boat</i> <i>The Alphabet Song (2x)</i></p>	<p><b>Down By The Bay</b> Sing "Down By The Bay" and make up your own rhyming words. (Ex. Have you ever seen a <i>bear</i> combing his <i>hair</i>.)</p>

<b>PE:</b>	Using the superhero you drew in art, become that superhero and act out the super powers.	Take a hike ~Find things in nature. Make something with what you found. ~Collect things that do not occur naturally in nature (use gloves!)	Set up 4 markers in a large square. Pretend to: ~hit a homerun and run the bases. ~dribble a soccer ball ~ride a horse ~use different swim strokes as you travel ~travel like you're playing your favorite sport ~move like your favorite pet/animal.	Using any ball that you have at home, can you ~underhand toss ~overhand throw ~catch ~kick ~strike it with your hand, a paddle, racquet, or bat
<b>Guidance</b> :	Think about someone in your life, or more than one person, who is special to you. What makes that person special? How do they help you or make you feel? Draw that person and share it with whoever it is and let them know why they are so important to you.	If you are feeling upset or worried, you may need to calm your body and mind. Find a quiet place to sit and think about 5 colors you see, 4 shapes you see, 3 soft things you see, 2 people you see and 1 book you see.	What is the difference between a NEED and a WANT? A <i>need</i> is something we must have to survive; a <i>want</i> is something that makes life more fun. Look around your house and make a list of needs and wants. Is water a need or a want? What about warm boots? Legos? The newest nintendo game?	Game time! Everyone likes to play games and no one likes to play with a poor sport. Find a game to play with a family member like UNO, Candyland, basketball or a racing contest. Practice being a GOOD sport by doing these things: 1. I played the entire game without quitting 2. I used kind and respectful words 3. I kept my body calm 4. I didn't argue 5. I said "good game" and meant it!

Dear Families,

We want you all to know that we still miss you terribly, and we are looking forward to seeing you again soon. The extended closure of school has thrown a wrench in our plans for spring performances, art shows, and events. At this time, we have not yet made any attempts to reschedule. It's still too soon to make changes, as information and decisions that impact our calendar changes daily. We promise to work with our administrators to find solutions and/or alternatives to our scheduling problems, and will let you all know as soon as possible.

In the meantime, we are working together to provide you with some opportunities to participate in "specials" at home. We believe that music, art, movement, and selfcare can lift our spirits, open our hearts, and bring positivity into your home during challenging times such as this. We have updated the menu of activities and resources for your convenience, and we encourage any and all family members to join in and participate. All of us will be available via email, should you have any questions, concerns, requests, or simply want to share your creations!

Sincerely,

Mrs. Tripp, Music [dorie\\_tripp@maranacook.com](mailto:dorie_tripp@maranacook.com)  
Mrs. Shively, Music [amanda\\_shively@maranacook.com](mailto:amanda_shively@maranacook.com)  
Mrs. Blake, Art [nicole\\_blake@maranacook.com](mailto:nicole_blake@maranacook.com)  
Mrs. Wilson, Art MES [rachael\\_wilson@maranacook.com](mailto:rachael_wilson@maranacook.com)  
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*(See last page of menu for online resources for the arts, PE and Guidance)*

## Instructional Technology

- All RSU #38 Kindergarten students will now have access to an online instructional program for literacy and for mathematics. The programs listed below are those assigned to most students. If you have questions, please check with your child's teacher.
- Individual instructions for how to download apps or access sites will be provided in the links below.
- Your child's classroom teacher will supply you with a username and password information.

### Literacy

**Lexia:** Your child can log on to his/her account using the URL, username and password provided to you by your child's teacher.

**What is Lexia and how do I log my child into the program?**

**URL:** [www.Lexiacore5.com](http://www.Lexiacore5.com)

Parent information sheet: [http://www.lexialearningresources.com/Core5/s2h/Core5\\_parent.pdf](http://www.lexialearningresources.com/Core5/s2h/Core5_parent.pdf)

Daily recommendation: 20 minutes per day, 3 times per week or as recommended by your teachers.

### Math

**Dreambox:** Your child can log on to his/her account using the URL, school code, and username and password provided to you by your child's teacher.

**What is Dreambox and what is the recommended usage?**

Parent information sheet: <https://bit.ly/2Y9KFm2>

Daily recommendation: 20-30 minutes per day, 5 lessons per week or as recommended by your teachers.

## Talking Points Sheet

### What to say if...

<i><b>Your child says...</b></i>	<i><b>You might say...</b></i>
I'm bored	Where could you find more ideas?  Could you try something new with those materials?  Set a timer for 5 more minutes. What happens in that time?
I'm done	Will you start something new with those materials or change what you made?
I can't....	Give it a try! You have done hard things before.
I want you to play with me	Let's set a timer for ___ minutes. When that goes off I can play with you for ___ minutes.
I don't know what to do next	Give it a try. Maybe you will invent something new!
(fighting with sibling)	Use your strategies: <ul style="list-style-type: none"><li>• Take space</li></ul>

- |  |   |
|--|---|
|  | <ul style="list-style-type: none"><li>• Talk it out (I feel __ when __)</li><li>• Use a tool (a book, a sand timer, etc) to calm down</li></ul> |
|--|---|

\*This information is credited to Kristi Mraz and retrieved from Kristimraz.com

### **Supplementary Technology sites:**

[www.wideopenschool.org](http://www.wideopenschool.org) Wide Open School is a free collection of online events and information for families (more than 25 organizations have come together to provide these resources for families and students through one site).

### **Literacy**

#### **Online Instructional Program**

Lexia: [www.Lexiacore5.com](http://www.Lexiacore5.com) (LITERACY SKILLS)

**What is Lexia and how do I log my child into the program?**

Parent information sheet: [http://www.lexialearningresources.com/Core5/s2h/Core5\\_parent.pdf](http://www.lexialearningresources.com/Core5/s2h/Core5_parent.pdf)

*Your child's teacher will provide the Username and Password for Lexia.*

#### **Other resources for Literacy:**

Go Fish Rules: <https://bicyclecards.com/how-to-play/go-fish/>

Memory Rules: <https://www.eduplace.com/ss/act/rules.html>

[Epic](http://www.getepic.com/) (A resource used in most classrooms, so students are accustomed to it. Access to children's books read aloud online - 30day trial)

[https://www.getepic.com/?utm\\_channel=search&gclid=CjwKCAjwvOHZBRBoEiwA48i6Alsn62fjQ1vO-ZB8hctiLk36CcD54iNve](https://www.getepic.com/?utm_channel=search&gclid=CjwKCAjwvOHZBRBoEiwA48i6Alsn62fjQ1vO-ZB8hctiLk36CcD54iNve)

[KL54a8L9RFXqw\\_YTItAexoCPdQQAxD\\_BwE](#)

<https://www.starfall.com>

<https://www.raz-kids.com/> - (There is a 14 day trial only)

<https://www.kennedy-center.org/education/mo-willems/> - (This is a link where you can sign up to do Lunch Doodles with Mo Willems.)

<https://sightwords.com/> - (You can edit and create your own sight word games for home.)

[Scholastic Learn at Home](#) : This site for parents has books, short videos and activities to do at home.  
<https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>

## **Mathematics:**

### **Online Instructional Program**

**DREAMBOX** (Mathematical Concepts, Problem-Solving and Skills)

To log on...

Suggestions for Parents...

### **Other Online Resources for Mathematics**

- Bedtime Math <http://bedtimemath.org/fun-math-at-home/>
- Splat! (Choose from Splat Through 10 and/or Splat Through 20) <https://stevevyborne.com/2017/02/splat/>

## **Other (Science):**

<https://mysteryscience.com/lessons/seasonal/current-events>

<https://mysteryscience.com/mini-lessons/pizza?code=1ff5b80840db4c0add0a9358f357a8ac>

<https://mysteryscience.com/mini-lessons/animals-laugh?code=c0e9d08a82b907d34cef838ac6720634>

<https://mysteryscience.com/mini-lessons/biggest-tree?code=4d4ab28bde6ee9598871b81ff33c5357>

<https://mysteryscience.com/mini-lessons/hiccups?code=d080bde185cab603a93e5b163d557ec1>

<https://mysteryscience.com/mini-lessons/germs?code=e6a6a181e835354f8c7b2dffec020893>

<https://mysteryscience.com/mini-lessons/germs-sanitizer?code=d1220d5754c6fab7c9de53d6654f41d6>

### **Supplemental Resources for Instructional Technology (Computer Class)**

Mrs. Gatti-Fyler's PortaPortal: <https://guest.portaportal.com/fyler>

Ms. Poulin's PortaPortal: <https://guest.portaportal.com/weslab>

### **Supplemental Websites for Music Exploration:**

Chrome Music Lab: <https://musiclab.chromeexperiments.com/>

New York Philharmonic Kids Zone: <https://www.nyphilkids.org/>

Classics for Kids: <https://www.classicsforkids.com/>

### **Supplemental Websites for Art Exploration:**

<https://www.tate.org.uk/kids>

<https://www.moma.org/interactives/destination/#>

<http://toytheater.com/category/art/>

<https://www.youtube.com/artforkidshub>

<https://www.thehomeschoolmom.com/simple-art-activities-for-your-homeschool/>

### **Supplemental websites for Movement:**

Great site for movement videos: <https://www.gonoodle.com>

Yoga for kids: <https://www.cosmickids.com>

### **Supplemental websites/articles for Guidance:**

<https://www.commonsemmedia.org/blog/free-online-events-activities-kids-at-home-coronaviru>

<https://www.centralmaine.com/2020/03/24/maine-voices-families-getting-a-crash-course-in-distance-learning>

