

Kildala Home Learning Plan June 2020



- Choose one activity a day or 5 activities a week. Try and choose an activity from each column by the end of June.
- Try to take pictures of activities while you are doing them and keep track of all your activities.

Core Competency Goal	Personal Awareness & Responsibility: I can participate in actions that bring me joy and satisfaction and recognize that I play a role in my well-being by...			Social Awareness & Responsibility: I can interact with others and my surroundings respectfully by...		Communication: I can communication with peers and adults by...	
Individual Student Objectives	...setting a goal to accomplish a task	...persevering when a task gets challenging	...celebrating my efforts and accomplishments	...solving problems myself and asking for help when I need it	...building relationships and working and playing cooperatively	...talking and listening to people I know	...communication for a purpose
Home Based Activity	Set a goal to check in with your family each morning. Ask them if there is something you can do to help them that day.	Help out with a chore or activity in the house that you do not like to do. Try to get through it by taking breaks and thinking about a fun activity that you could do after.	Check in with a family member after you have helped them out with a task. How do they feel? How do you feel?	Think about a time when you felt frustrated with someone in your family. Think of two different ways that you could have reacted to them.	Set up a game time with your family and/or friends (could be virtually). What did you enjoy about the time you spent together?	Make an effort to respond right away to your parents when they ask you to do a chore.	Use I-statements to let others know how you're feeling: <i>I feel _____ when _____ because _____ and I want _____.</i>
Movement/Outdoor Activity	Set a goal to run or walk each day. Can you beat your distance or time record?	Run until you can't run anymore. Once you feel tired, give yourself a pep talk. What would you say to yourself to run for one more minute?	Try to find a small hike that you and your family can go on. Celebrate when you finish! Share with your family the hardest part of the hike.	Be a problem solver when you are playing with a sibling or family member. How do you help everyone to have a say, but also come to a solution together?	Build an obstacle course in your home or yard for your family members.	Go for a walk or a drive with a family member to try and find the sunset. Ask them what the best part of their day or week was.	Create a list of steps for completing a simple task (ex: taking a shower or making a sandwich).
Arts Based Activity	Make a list of things you want to do over the summer. Create a journal to keep track of your goals as you complete them.	Social distancing is hard. On a hard day, create a piece of art that shows what you are looking forward to when this is all over.	Plan a party for the end of social distancing. Who will you invite? What will you be celebrating? How can you share your appreciation for getting through this time?	Create a comic that tells the story of a problem you have had recently and how you solved it. What is the lesson other people could learn from your experience?	Create a family portrait that captures your time together during this time of social distancing.	Play a game of Simon Says with your family. Take turns being Simon. Is it hard to listen carefully when you are playing the game?	Try out a new board game with a family member. Be in charge or reading the instructions so everyone understands.

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Literacy Activity	Choose a family member to read with every day. Set a goal for how many minutes. Keep track of your goal on a calendar.	Try this tongue twister. A big black bug bit a big black bear. Can you make your own tongue twister? Get someone to try it!	At the end of the week, write a letter or an email to a family member or friend. Tell them 3 things that you are proud of this week.	Research a person in the world who has overcome obstacles or solved problems. What is a problem you would like to solve?	Write a letter or an email to a family member or friend who is not living with you to check in and see how they are doing.	Have a virtual visit with a friend. Each take a turn choosing a person, place or thing. The other person has 20 questions to guess what it is.	Help our one of your family members with cooking or baking. Be in charge of reading the recipe.
Numeracy Activity	Find materials outdoors or in your house. Create a repeating pattern. How can you describe your pattern? Can you use actions or words to describe your pattern?	Get 10 items from around your house. Put them in order by length. Is there another way you could order the items? (width, mass, etc.)	Teach a new math skill to one of your family members this week. What do you notice when you become the teacher?	Would you rather open a \$5 present every day or a \$100 present once a month? Explain your thinking.	Play a game of Go Fish! with someone in your family. Do any of your favourite games have any math in them?	How many different shapes can you find in or outside your house? How can you describe, measure and compare them?	Next time you are in a car, organize a game with a family member that involves counting objects. Ex: How many red cars?
Music Activity	Set a goal to learn the lyrics of a new piece of music, or a song from a Disney movie. Can you memorize all the lyrics?	Memorizing lyrics is hard- sometimes you have to listen closely to the music again to get all the words. Give yourself a break from memorizing lyrics by listening to the song – no singing this time. Then, try again. Did you get it this time?	Teach your new song to a family member. Have them sing with you once they know it!	Think about a time you felt frustrated when learning music. What strategies did you use do help overcome these feelings?	Record yourself singing your newly learned song and send that to a family member or a friend. Encourage them to learn a new song – can you learn it together?	Share one of your favourite songs with a friend or family member. Tell them why you like listening to it. Ask them to share one of their favourite songs with you and why they chose it.	Find out what the lyrics of your favorite song are and what they mean. Why did the music artist write that particular song? Think about why you enjoy listening to it – do you like the message?