

Team Northern's Polar Pride Choice Board		Kindergarten Week of 4/06/20		GREAT job last week! This week choose 10 or more activities. Complete at least one under each letter.	
P	R	I	D	E	
Reading	Math	Writing	Content	Special	
Call a relative and read them a book.	Play a math game on ABCya https://www.abcya.com/ .	Put sight words in plastic Easter Eggs. Hide the eggs and go on a sight word hunt.	Go on a scavenger hunt and look for signs of spring. Gather some signs in a paper or plastic bag and share them with your family.	Carry a ball on a spoon around the house without letting it drop!	
Read a non-fiction book on Reading A-Z. Access through Classlink https://www.northernpolarbears.com/domain/1386	Put shaving cream on a cookie sheet. Use your finger to write numbers 0-20 in the shaving cream.	Write a letter or make a card to send to a family member or friend.	Create a store in your house. Ask your family to come and shop in the store. Make signs to hang in your store.	Make Your own instrument at home following these steps from the Dallas Symphony Orchestra. https://www.mydso.com/dso-kids/activities/make-your-own-instrument	
Look for the sight words "the" and "and" when reading a book.	Roll two dice. Write a number sentence with the numbers and solve it.	Help your parents with the grocery list. Ask them what they need, and kid write it for them.	Watch a spring video on https://jr.brainpop.com/science/weather/spring/	Create a self-portrait. Be sure to label it with the date. Include things that are important to you and/or represent you.	
Listen to a story from storyline online. Talk about the character and setting. Retell the story to an adult or sibling. https://www.storylineonline.net/	Use a magazine, newspaper, or grocery store flyer and find pictures of items to count.	Make a storybook online at https://www.mystorybook.com/	Watch a video about community helpers. Dress up or make a hat to show your favorite community helper. https://jr.brainpop.com/socialstudies/communities/communityhelpers/	Go to World Book Online – Activity Center. Pick something fun to do! https://www.worldbookonline.com/activitycorner/home	
Have a sight word race. Hang up 2 sight words in a designated area. Create a starting line and race a family member to the sight word to read it. Repeat with more sight words.	Create a number line with sidewalk chalk. Hop on the numbers as you count. Try hopping up and down the number line to create addition and subtraction problems.	Make a meal together. Write out the steps to follow to make the meal.	Go on a scavenger hunt around the house for different material types. Can you find something made of wood, fabric and paper?	Choose a room in your home, and then draw and/or label a map of it. What does your "room" include? Write or draw.	

Choose some activities for healthy habits!

P	R	I	D	E
<u>Coping Skills</u> Help yourself stay in control by setting daily goals. To set a daily goal, ask yourself "What do I want to achieve?". Think about... *How can I reach my goal? *Who can help me reach my goal? *What steps do I need to take to reach my goal?	<u>Mindfulness</u> Visit Go Noodle https://family.gonoodle.com/ Scroll down to "channels." Visit "channels" such as Flow, Think About It, and Empower Tools	<u>Growth Mindset</u> Visit YouTube to watch this ClassDojo video on Growth Mindset. http://www.viewpure.com/2zrtHt3bBmQ?start=0&end=0 After the video, respond to questions below... What subject do you feel frustrated by sometimes? How might you get better at that subject?	<u>Mindfulness</u> Visit Cosmic Kids, a great site to practice yoga, mindfulness and relaxation. https://www.cosmickids.com/ Select "watch" and choose from Length, Energy and Category.	<u>Mindfulness</u> Visit Go Noodle - https://family.gonoodle.com/channels/flow Visit Flow channel and try this activity Visit Go Noodle https://app.gonoodle.com/activities/rainbow-breath?s=Channel&t=Flow&sid=23&cs=flow
<u>Mindfulness</u> Grounding Technique 5 Things you can see 4 Things you can feel 3 Things you can hear 2 Things you can smell 1 Thing you can taste	<u>Kindness</u> Write a letter of appreciation to family member or friend and include your reason for valuing him/her.	<u>Coping Skills</u> Create a Calm Down Card: Identify 3 strategies that help you calm down when feeling upset. Examples: Soup Breathing, Happy Thought, Journaling, Exercise	<u>Social Skills</u> Building Friendships Visit NED Show website and watch the video titled Friendship Soup. https://www.thenedshows.com/resources/classroom-videos-and-lessons Create your own Friendship recipe card.	<u>Kindness</u> Practice Positive Self-Talk with Power Phrases. Brainstorm positive words that can help you be successful. e.g. "I got this!", "I am a valuable person!"
<u>Coping Skills</u> Help yourself stay in control by setting daily goals To set a daily goal, ask yourself "What do I want to achieve?". Think about... *How can I reach my goal? *Who can help me reach my goal? *What steps do I need to take to reach my goal?	<u>Kindness</u> Share Compliments: Give 3 compliments to 3 family members or friends.	<u>Coping Skills</u> Organization can help us to feel calm and in control. A great organization tool is a daily schedule or calendar. Think about your daily schedule and create a plan for your day. Follow your schedule through the day.	<u>Kindness</u> Self-Care Activity: Participate in a physical activity that helps you improve your physical and mental health. Examples: take a walk, sweep a sidewalk/driveway, clean room	<u>Mindfulness</u> Body scans can help calm on a hectic day or bring peace at bedtime. Try this body scan to help quiet your body. https://www.mindful.org/body-scan-kids/