Good at Learning - Good at Life

Learning is all around us!!

Cooking a meal; creating art; making a grocery list; reading a favourite book; building a fort; doing physical activities; writing a thank you note; playing a game; noticing patterns, and sharing your talents are all valuable learning opportunities that take place at home. Each of these activities allows us to participate in, question, contribute to, and enjoy the world in which we live.

We invite families to learn alongside each other while completing these activities. When you communicate with your teachers, please celebrate what you are learning from this resource and seek feedback! These activities may be completed with or without the use of technology and can be done in English, French or any language of your choice.

Learning at Home

Well-Being





Lead a family clean-up on your property or along a trail. Practise physical distancing and COVID-19 guidelines



Make a healthy snack such as fruit and yogurt smoothie or a fruit salad with fresh, frozen or canned fruit or berries.



Find 3-4 different ways to be active while getting a minimum of 60 minutes of physical activity a day.





What makes you smile? Music? Poetry? Petting your dog? Build that enjoyment into your daily schedule.



Paint a Kindness Rock! Take a walk outside and place the kindness rock in a location to allow others to view and smile.



Using craft paint, bristol board or the snow bank, create and display a kind message for our front line workers.





Identify 6 things you are doing to keep busy at home. Display this list and share with others who may need new ideas.

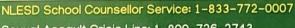


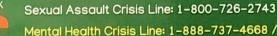
Have each family member bring an unfamiliar item to the supper table. Take turns asking the owner more about the item.



Start working on an important goal. Write down your long-term goal and identify the short-term goals you will follow to reach it.

SUPPORT NETWORK





Mental Health Crisis Line: 1-888-737-4668 / Text 'Talk' to 686868 Mental Health & Addictions Systems Navigator: 1-877-999-7589 Kids Help Phone: 1-800-668-6868 Trans Line: 1-877-330-6366

HealthLine / Doorways: 811

LET'S FOCUS ON OUR WELL-BEING!

@NLESDCA learningathome.nlesd.ca



Math at Home

Everyone is a math person!

When students are engaged in a relaxed and supportive environment, they can enjoy exploring the world of mathematics. These and many other day to day activities can provide opportunities to explore math concepts.



DICE / SPINNER GAME
Play or create a board
game which involves dice
or a spinner.



FRESH AIR Go for a walk. How might you measure your distance or speed?



MATH JOURNAL Create a list of ideas where math is used at home.



SECRET CODE
Using letters, numbers or
pictures, create a secret
code. Have someone
solve your coded
message.



LET'S MAKE MUSIC
Use household materials
to create your own
instrument. What rhythm
might you create?



SAVING ENERGY
Count all the electrical
items in your home. How
might you use less
electricity? Share your
ideas with your family
members.



ROLL A DICE WORKOUT

1: lap around a room

2: jumping jacks

3: pushups

4: hop on one foot

5: star jumps

6. make one up



IN THE KITCHEN
Find a recipe. How might
you measure the
ingredients? What if you
had to cook for more or
fewer people?



WEATHER WATCHING
Measure and record an
element of weather
(temperature, pressure,
etc.) for a week. What do
you notice? What data
sources might you use?



SCAVENGER HUNT Go for a geometry scavenger hunt. What shapes do you see in nature, in your home, etc.?



Find or draw a picture to cut out to make a puzzle. Food boxes are an idea to use. Put your puzzle together.

PUZZLES



HEADS OR TAILS
Flip a coin and guess
how many times you get
heads or tails. How
might you test your
prediction? Is it the same
every time?



GET BUILDING
Use materials to build or
create a structure. How
might you improve your
design?



PLAYING CARDS
Play or create a card
game. How are you using
math?



INUKSHUK
Build an Inukshuk using
objects in your home.
How might you build it in
another way?

EXPLORE THE WORLD OF MATH. IT'S ALL AROUND US!



Literacy at Home

Literacy is all around us!

For many of us literacy means reading and writing. As you explore Literacy at Home you will see that it is so much more than just reading and writing. Literacy allows us to participate in, question, contribute to and enjoy the world in which we live.



YOUR COMMUNITY
Think about where you live. What do you like about it? What could you do to make it better?



DANCE PARTY
Play music and dance.
Create some new moves
and then teach them to
someone else.



WRITING OR JOURNALING Keep a journal – you decide what you would like to write about.



LIGHTS, CAMERA, ACTION! Re-enact a scene from a book, television show or movie.



THANK YOU

Create a Thank You Card
or message for a health
care employee, essential
worker or government
official.



GAMES
Play a game. Some
possibilities: Would You
Rather? Charades,
Guessing Games, Board
Games, Tic Tac Toe



TIME TO READ
Find something you would
like to read. Choose
whether you would like to
read alone or share your
reading with someone.



LISTENING ACTIVITY
Listen to an interview.
Which questions were the best and why? Create your own interview. What questions would you ask?



BUILDING / MAKING
Build something using
materials you may have
- natural or recycled.
What can you build?



PLAN A TRIP! Where would you like to go? What might you need? Write about your plan.



NEW ENDING Read a book. Create a new ending to the story.



BON APPETIT! Make a snack, a meal or a dessert.



CALL A FRIEND
Call a friend to see how
they are doing. Discuss
what you've been doing
during your time at home.



ANALYZING ADS
Find an advertisement
that sticks in your head.
Why does it interest you?
Who is it intended for?
What is its purpose?

CONTINUE TO DEVELOP YOUR LITERACY SKILLS AT HOME!



Passion for Learning

What interests you? What inspires you? What do you care about?

These suggestions may be of interest to you or will help spark your own creative ideas.

Follow YOUR passion for learning! Show off your creativity, innovative thinking and, most importantly, have FUN learning!





Choose a month and create a Calendar of Kindness. Do or say something nice for someone each day.



Create window art or positive messages to display in your home. Change these up as often as you like.



Think of a hero in your community. How might you thank them?





Investigate different ways to reduce food waste at home.



Explore ways to reduce the amount of energy used in your home.



Identify a current world issue. What are some possible solutions that you could develop?





Create a map of your area. Use the map to make a scavenger hunt for family and friends



Go on a nature walk.

Draw some
illustrations or write
about your
observations.



Use items you would throw away to design and make something useful. Name your product, set a price, and create a slogan.





Is there something that you would like to learn to cook or bake? Try out a few recipes and share your creations.



Budgeting is an important skill. Try creating a budget for yourself, your family or a special project.



Learn how to knit, sew or crochet. How can I share this skill?





Create visual art: Paint/Draw/Sculpture. Host an art exhibit for family and friends.



Create a business of your choosing. Name your business, create a plan, design a logo and advertising.



Invent something new to solve a problem in your everyday life.





Design and create a fitness program or routine that you and your family can use at home.



Make a gratitude jar and share what you are thankful for every day.



Organize your closet, dresser or bedroom. Share any tips and tricks with your family or friends.

WHAT DO YOU WANT TO LEARN MORE ABOUT?



#PASSION4LEARNINGNLESD