

# Learning at Home

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

### PHYSICAL 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.

### MENTAL WELL-BEING



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.

### SOCIAL & EMOTIONAL WELL-BEING



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



NLESD School Counsellor Service: 1-833-772-0007

Sexual Assault Crisis Line: 1-800-726-2743

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





Learning at Home

# 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.?



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



**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!**



**#MATHATHOMENLESD**



Learning at Home

# 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!**

#LITERACYATHOMENLESD





# Learning 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!

## SUPPORTING MY COMMUNITY



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?

## IMPACTING MY WORLD



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?

## EXPLORING MY ENVIRONMENT



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.

## LEARNING LIFE SKILLS



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?

## DEVELOPING MY CREATIVITY



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.

## FOCUSING ON MY WELLNESS



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?**