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| ***Mrs. Perron’s Choice Board (1/2)*** | | | | | | | |
| **Reading** | **Writing** | **Math** | **Phys. Ed.** | **Science** | **Social Studies** | **Wellness** | **Art/Music** |
| Play Dreamscape for 1 hour (two 30 minute blocks). | Log into *Typing.com* and complete 3-4 lessons. | Play Dreambox for 1 hour (two 30 minute blocks). | Go outside and play for 30 Minutes. | Find a science experiment online and carry it out at home. | Create a map of your bedroom from a bird's eye view. Make sure to title and label your map. | Complete a Cosmic Kids Yoga video. | Create a playlist of your favourite songs. Draw an album cover for your playlist. |
| Find an object around the house starting with each letter of the Alphabet. | Write a letter to a friend at school or a neighbor. | Pretend you have $20. Go through the flyers (online or paper) and see how much you can buy with your budget. Add up your total or subtract each item from your $20. | Complete a ‘Deck of Cards Workout’. Select 10 cards from a deck of cards. Hearts are Burpees, Diamonds are Sit-Ups, Clubs are Jumping Jacks and Spades are Mountain Climbers. Do the number of exercises shown on the card (face cards are 10). | Go outside and find an item (leaf, pinecone, flower, etc.). Bring it inside, and do some research on what it is (it’s scientific name, where it’s native to, etc.). Create a journal entry by drawing your specimen and writing down what you learned. | Find a recipe online from another part of the world that you have never tried before. Help your guardians prepare this meal and enjoy it together. | Find a Mindfulness video on the ‘Mental Health Teacher’ Youtube page and follow along. | Listen to your favourite song with your eyes closed. While it’s playing, let your pencil glide along a piece of paper, following the rise and fall of the music. Once the song is done, colour in your abstract piece of art. |
| Read for 30 minutes. | Hide 5 items around the house. Create a scavenger hunt with clues for your family. | Place Value Deck of Cards – Create a 4 digit number, say it, write it in expanded form, write in word form. | Complete a Cosmic Kids Yoga video. | Find different leaves, pinecones, pine needles, etc. outside. Create ‘nature brushes’ and paint a masterpiece. | Find a tradition celebrated in another part of the world. Do some research and share what you learned with your family. | Create your own fidgets at home using materials you can find around the house. | Using old magazines and books, cut out images that you relate with and create an ‘all about me’ collage poster. |
| ***Mrs. Perron’s Choice Board Continued (2/2)*** | | | | | | | |
| **Reading** | **Writing** | **Math** | **Phys. Ed.** | **Science** | **Social Studies** | **Wellness** | **Art/Music** |
| Practice reading your read aloud play with fluency and expression. | Help plan your weekly grocery list. Write down the items on a list. | Check the time on the microwave 5 times throughout the day. Each time you check the digital clock, draw the time shown on an analog clock. | Create a Dance Routine or Obstacle Course. | Collect different leaves from outside. Place them underneath a piece of paper and shade over top of them using a crayon. Using the internet find out what kind of leaves you have found and label each shading. | Go on Atlantic Canada’s First Nations Help Desk and learn some Mi’Kmaq vocabulary words. | Find a mandala colouring page online and print it out. Put on your favourite music and colour in the design. If you do not have a printer - draw a zentangle design using ‘famous lines’ and colour it in. | Using pots and pans around the house, create your own drum set. Compose a song and perform it for your family. |
| Read from your novel. | Create a puppet(s). Write a script and perform a puppet show for your family. | Practice skip counting (by 2’s, 3’s, 5’s, 10’s, 25’s and 100’s) and your multiplication/ mental math (doubles, doubles + 1, friends of ten, etc.) facts. | Complete a Superhero Workout or PE Bowman video. | With pieces of recycling you can find around the house, make a bird feeder. Observe the birds who come to eat and do research to find out their scientific names. | Create a timeline of your life. Include important dates and events that have happened to you (i.e. moving to a new place, when you started a new sport, etc.) | Perform an ‘Act of Kindness’ for someone in your family (doing a chore, making a snack, giving a compliment, etc.). | Using pieces of recycling (cans, bottles, cardboard, paper, bottle caps, etc.) create a sculpture. |

<https://go.playdreamscape.com/> (Dreamscape - Reading)

<https://www.typing.com/student/login> (Typing - Writing)

<https://play.dreambox.com/login/knjs/bdwa> (Dreambox - Math)

<https://www.youtube.com/c/CosmicKidsYoga> (Cosmic Kids Yoga - Phys. Ed.)

<https://www.youtube.com/user/Glennhigginsfitness> (Superhero Workouts - Phys. Ed.)

<http://firstnationhelp.com/> (Mi’Kmaq Vocabulary Words - Social Studies)

<https://www.youtube.com/channel/UCIX_dbLC_bbHXksbZyuPdQQ/community> (PE Bowman - Phys. Ed.)

<https://www.youtube.com/channel/UCFmUuRhirRUPRtROX0KiQcw> (The Mental Health Teacher - Wellness)