

# LEARNING AT HOME SCHOOL AGE WEEK 3

April 6th-10th



Dear Families,

We are excited to launch plans for Week 3. There are some great options for physical activities in an indoor environment. Additionally, some simple ideas with materials available at home to support the creative undertakings. We hope you enjoy this week's plan with your little ones!

## STEAM

**Science, Technology, Engineering, Art and Mathematics**

### Lego Landmarks

Using legos, challenge your child to make different landmarks from around the world. They can try to build The Great Wall of China, Pyramids, Eiffel Tower, Empire State Building, Statue of Liberty and more.



## Science Experiment

### Walking Water Experiment

Set up 6 cups, three with water, three without. The 3 cups that have water, use food coloring to make red, yellow and blue. Place the cups in a circle with an empty cup between each color. Put paper towel connected between all the cups and watch the water walk between the different cups and mix colors.



## Physical Literacy

### Obstacle Course

Create an obstacle course for you child. Encourage your child to run, jump and climb over the different obstacles. To create your obstacles you can use hula hoops, string with stakes in the ground, slide, ball and bucket, balance beams (or wood).

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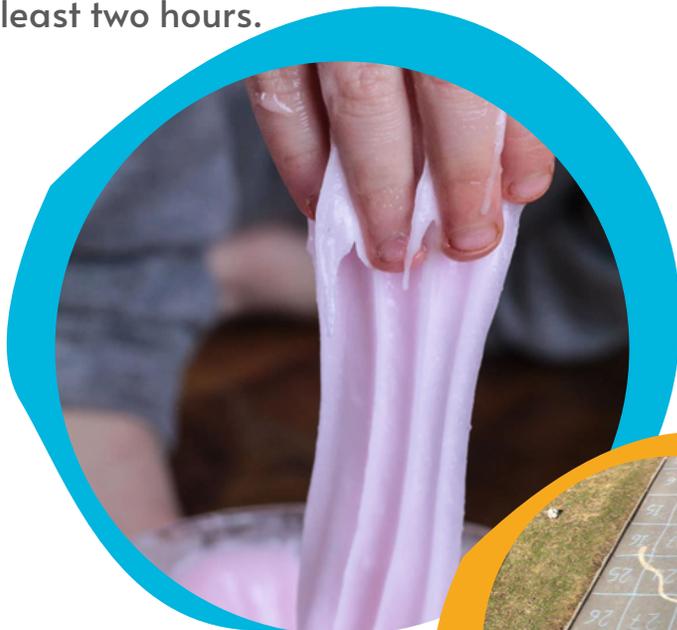
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## Sensory

### Shampoo Slime

Shampoo, Sugar, Plastic cup, Spoon  
Pour about a half a cup of shampoo into a cup. Mix in a teaspoon of sugar. The shampoo will thicken. Add a bit more sugar until the mixture clings to the spoon similar to wet slime. To finish, put into the freezer for at least two hours.



## Creative Activity

### Kindness Rocks

On a nature walk, collect rocks with your child. Paint the rocks and add words of kindness on them. After they are dry, put the rocks around a park or your neighborhood for others to find.



## Additional Activities

**Games:** Bring board games outside by using sidewalk chalk to make a life size board game that you and your child can play.

**Brain Breaks:** Do brain breaks throughout the day. Stop and do some yoga, stretch, take a walk or play a quick game.

**Calming Strategy:** Breathing strategies help bring oxygen to the brain and calm a child down. Practice the balloon breathing technique with your child when they are upset. Place your hands on the top of your head with your fingers interlaced. As you take a deep breath, raise your hands inflating your balloon. When you release your breathe, bring your hands down while making a "pbpbpbpbpb" sound.