


# Kinder - Home Activities

## Week of March April 13<sup>th</sup> - April 17<sup>th</sup>

Use this choice board as a BINGO game - Complete 5 in a row or even black out!!

<p><b>PE Activity</b></p> <p>*Balance Challenge *Balance on 3 body parts! Hold it, no wiggle no wobble 5 seconds *Balance on 4 body parts. *Balance on 4 body part inverted( like crab walk) Can you lift 1 leg...Hold it. no wiggle no wobble 5 seconds? *Create your own balance challenge!</p>	<p><b>PE Activity</b></p> <p>Freeze Dance! Turn on your favorite song/music &amp; dance your best dance, and when the music STOPS, FREEZE.  Ask a family member to be the music master that turns the music on &amp; off it</p>	<p>Write, read and say the following high-frequency words. the, of, and, a, to, in, is, you, that, it</p>	<p><b>PE Activity.</b></p> <p>Self -Toss &amp; Catch Use a stuffed animal, socks, tennis ball, beanbag Can you toss, clap2x, then catch? Can you toss, touch your knees, then catch? Create your own challenge</p>	<p><b>PE Activity</b></p> <p>Fitness Blast *30 seconds for each exercise **Jumping Jacks **Plank pose **Jog in place **Crab walk kicks</p>
<p>Read a decodable book to a family member. Act out the book.</p>	<p>Use a deck of cards or make cards with numbers, play war with a family member, add the numbers together.</p>	<p>Color a beautiful picture for someone special and give it to them as a gift.</p>	<p>Draw shapes on a paper (triangles, squares, circles) and practice cutting with scissors or ripping the shapes.</p>	<p>Solve an argument between two of your stuffed animals or dolls. They are fighting over a certain toy. What do you do?</p>
<p>Listen to a song you like, make a dance for the song and teach a family member the dance.</p>	<p>Count to 100. Count by 10s to 100 while jumping down the sidewalk. Count from 27 to 63.</p>	<p><b>Free Space</b></p> 	<p>Sit outside and look around, what do you see that is living? What is nonliving? Can you draw a picture?</p>	<p>Draw and color a picture of your favorite toy. Write about your picture.</p>
<p>Play I went shopping and bought...(with words that have -sh in them) Write down 5 words.</p>	<p>Write a letter to your teacher.</p>	<p>Draw a picture of your room and label the items in it.</p>	<p>Find five things in your house that are heavier than you. Draw a picture of you and one object.</p>	<p>Come up with two numbers that make 10. Use lego, blocks, or beans to show the numbers.</p>
<p>Go to your kitchen: can you order fruits and vegetables from biggest to smallest.</p>	<p>Have a race with cotton balls, beans, or balled up tissues. Lay on your belly and blow the item across the floor and see who wins!</p>	<p>Play a card or board game with your family.</p>	<p>Walk around your house and look for objects that are circular, count the objects.</p>	<p>Write five numbers and show them in a ten frame.</p>

**Bonus:**

Spend 30 minutes on Core 5 LEXIA

Complete daily Seesaw Lessons/Activities