



NOVA PIONEER

SCHOOLS FOR INNOVATORS & LEADERS

At-Home Learning Pack Term 1 2020

Week of: March 23 to 27

Grade: 00/PP1

Note:

- Talk about the themes throughout the day not only during activity time e.g. at meal time
- Your child does not have to complete the activities in one sitting, they can complete it at any point during the day if they get tired or need some wiggly time
- Provide a break period between the math and literacy lesson
- Remember that just like adults need patience to learn a new skill, so do our children 😊
- The free choice activities are to help your child develop independence in selecting activities and grow their ability to concentrate and focus on the task at hand

Monday, March 23rd

Recommended Daily Schedule:

Monday, March 23rd

Time	Subject	Learning Experiences	Online Support Activities
8:00 - 9:00	Numeracy Time	-Measure and record the length of the shoes of people at home.	
	Literacy time	-Listen to a story of 3 blind mice and sing along to the rhyme -Talk about ideal conflict-solving strategies	Three Blind Mice
9:00 - 10:00	Free Choice Time	-Coloured tissue rolls -Numbered board -Ribbon/shoelace -Letters on paper and toothpicks -Mirror, paper and pencils -Objects and units to measure	
10:00 - 10:15	Break		
10:15 - 11:15	Movement Activities	-Play the blind mice game -Choose games and activities to engage in	
11:15 - 12:15	Creative Activities	-Participate in playdough making -Mould the three blind mice rhyme -Free choice draw/paint	


12:15	Lunch & Rest
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Numeracy Activities

Time: 30 minutes	Materials Required: <ul style="list-style-type: none"> ● Arbitrary measuring units e.g. blocks, beads, stone or cut 1 inch squares ● Writing pad and pencils ● Shoes
Learning Goal: Learner will: <ul style="list-style-type: none"> ● Measure and record the length of the shoes of people at home. 	

Instructions for Learning:

- For today’s activity, your child will be measuring the length of the shoes of different family members.
- Since they have been exploring their senses this term, after they have collected a shoe from each other (without arranging them in size) ask ***When you look at these shoes, which one do you think is the biggest? Why do you say so? which one do you think is the smallest? Why do you say so? Which shoes do you think will be the same size?*** (this will help to enhance their visual discrimination) Write their predictions down.
- Tell them to pick one side of the shoe of different members and measure them using arbitrary units available. They will line the measuring units against the length of the shoe as they count.



- To encourage writing ask them to **try** and write the name of the person they are measuring (keep in mind they are not required to be proficient learners at this age so as long as they are writing some kind of letter-like symbols and are holding the writing tool correctly that means they are well on their way)
- Let them count as they line up the measuring tools and after.
- After measuring each foot, they write the total number of units next to the name until they have measured then check which shoe was the biggest/smallest/same size and have them compare with their predictions

Literacy Activities

Time: 30 minutes	Materials Required:
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<p>Learning Goal: Learner will:</p> <ul style="list-style-type: none"> • Listen to a story of 3 blind mice and sing along to the rhyme • Talk about ideal conflict-solving strategies 	<ul style="list-style-type: none"> • Learn the 3 blind mice song • Three Blind Mice
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<p>Instructions for Learning:</p> <ul style="list-style-type: none"> • As they continue to explore the sense of sight, they will be exploring the nursery rhyme <i>3 blind mice</i> • Blindfold your child and ask them to walk from one point to another in the room then remove the blindfold and ask them to walk again then ask <i>Was it easier walking with the blindfold or without it? Why?</i> • Take a few minutes to discuss why our sense of sight is important • Give the song as a narration first. i.e. don't start with singing the song but giving a story which could include <i>Once upon a time</i> and how mice lived together (they could have been born blind or have done something such as poor eye hygiene that made them blind). Then they went out to look for food but because they couldn't see well they started running after a farmer's wife, etc. Be creative with your story. • Once you are done with the narration, sing the song on repeat and ask them to join in. You could sing one line and they repeat, until you have sung the whole song. Use your fingers for motions to exercise their finger muscles e.g. as you sing <i>three blind mice</i> hold up 3 fingers and move them up and down, when you get to see <i>how they run</i> make running motions with your fingers, etc. <p style="text-align: center;"> <i>Three blind mice *2</i> <i>See how they run*2</i> <i>They all run after the farmer's wife</i> <i>Who cut off their tails with a carving knife</i> <i>Did you ever seen such a sight in your life</i> <i>as three blind mice?</i> </p> <ul style="list-style-type: none"> • Ask what they would do if they were being followed by mice and if there was a better way for the farmer's wife to deal with the mice than cut their tails off (this is a great opportunity to teach anger management and proper conflict solving) • Remind them never to play with knives. 	
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Free Choice Activities	
<p>Time: 1 hour</p>	<p>Materials Required:</p> <ul style="list-style-type: none"> • Coloured tissue rolls • Numbered board • Ribbon/shoelace • Letters on paper and toothpicks • Mirror, paper and pencils • Objects and units to measure
<p>Learning Goal: Learner will:</p> <ul style="list-style-type: none"> • Lace through numbers in sequence • Form toothpick letters • Draw themselves, paying attention to details • Measure objects 	

Instructions for Learning:

- Prepare this activity in advance by cutting tissue rolls in 3 and paint them if you can (with your child) and stick them on a thick surface like cardboard then write the number beside the roll or write it on top of the roll. You can mix the number order.
- Your child is first to identify all the numbers then pass ribbon/shoelace/etc. in numerical order. They can also do it backward from 10-1.



- Provide toothpicks and uppercase letters for your child to form them using toothpicks. Ask them to identify the letter sounds and give words that start with those sounds. An extension to this activity would be to give them paper or a notebook to try and copy the letters on.



- Provide a small mirror or have your child sit in front of a mirror and draw themselves. Encourage them to pay attention to details, the curves and shades, include every part they can see, etc. It would be great if you also join and draw yourself 😊



- Provide more opportunities for them to measure

Movement Activities

Time: 1 hour

Materials Required:

- Piece of cloth

Learning Goal: Learner will:

- Play the blind mice game
- Choose games and activities to engage in

Instructions for Learning:

- Stick/tuck a piece of cloth behind your child to act as a mouse's tail and you have to chase them to try and 'cut' off their tail and reverse roles once the tail has been cut this will teach them patience to wait their turn and allow others to also have a chance
- Ask your child which other games they would like to play with you
- Give them time for individual play

Creative Activities

Time: 1 hour

Materials Required:

- Playdough ingredients indicated below

Learning Goal: Learner will:

- Participate in playdough making
- Mould the three blind mice rhyme
- Free choice draw/paint

Instructions for Learning:

- Make homemade playdough with your child

Recipe

1. 1 cup of flour.
2. 1/4 cup of salt.
3. 3/4 cup of water.
4. 3 tablespoons of lemon juice.
5. 1 tablespoon of vegetable oil.
6. Food coloring.
7. Any seasonings or scents you would like.

Making the Play Dough:

1. Add the water, oil and lemon juice to a medium non-stick pot and heat on medium heat on the stove (maybe even slightly lower heat depending on your stove).
2. Add food coloring, liquid scents or jelly powder to the water mixture.
3. In a mixing bowl, combine the flour, salt and any dry seasonings you are using (this can be done with your child)

4. After the water is hot, but not boiling, slowly add the dry ingredients to the pot and while mixing to combine. Use a wooden or plastic cooking spoon.
5. Continuously stir until the ingredients combine, dry out and begin to form a ball. If there are parts that seem a bit sticky still, just flatten the dough out and put the sticky side down on the bottom of the pot very briefly. Flip back and forth frequently until it doesn't seem sticky anymore. However, don't cook it too long. It is better to be a bit undercooked as it will firm up as it cools down.
6. Place on a sheet of wax paper until it cools down a bit. Then knead the dough for a minute or two to bring it all together.
7. After completing the dough, give it to your child and ask them to mould the rhyme of the 3 blind mice as both of you sing along.

- Provide paper and colours or paint for free choice expression which helps them independently initiate and engage in fantasy or imaginative play

Tuesday, March 24th

Recommended Daily Schedule:

Tuesday, March 24th

Time	Subject	Learning Experiences	Online Support Activities
8:00 - 9:00	Numeracy Time	-Recite the 3 blind mice rhyme -Create the story on paper using shapes	
	Literacy time	-Participate in a phonics exercise song -Go for a letter sound scavenger hunt around the house	Phonercise - Exercise Your Body and Brain - Phonercise
9:00 - 10:00	Free Choice Time	-Arrange letters in alphabetical order -Manipulate playdough -Play with blocks	
10:00 - 10:15	Break		
10:15 - 11:15	Movement Activities	-Exercise gross motor muscles	
11:15 - 12:15	Creative Activities	-Develop crayon -resistant art	
12:15	Lunch & Rest		

Numeracy Activities

Time: 30 minutes

Learning Goal: Learner will:

- Recite the 3 blind mice rhyme
- Create the story on paper using shapes

Materials Required:

- Paper and scissors or pre cut shapes
- Glue

Instructions for Learning:

- They will continue to learn and explore the rhyme *Three blind mice*.
- Start by singing the rhyme using finger actions as yesterday then ask **How many blind mice were there? Can you show me three fingers?** Then count

the fingers together i.e. one mouse, two mice, three mice. Tell them that when it is one it is called a mouse and when there is 2 or more they are called mice.

- Ask them if they know what mice look like then if you can, google an image and show them then tell them that they will be making the mice and the farmers wife using different shapes



- The first option is to give your child different coloured paper (or plain and they can colour after) and let your child cut the shapes by themselves or you can cut the shapes ahead of the activity.

Literacy Activities

Time: 30 minutes

Learning Goal: Learner will:

- Participate in a phonics exercise song
- Go for a letter sound scavenger hunt around the house

Materials Required:

- [Phonercise - Exercise Your Body and Brain - Phonercise](#)

Instructions for Learning:

- First start the literacy activity with the [linked](#) song
- Today you and your child will go on a letter sound scavenger around the house.
- To fulfill this, in a bag, put the letters a-z or the ones that your child is most familiar with and 1-2 new ones. They will dip their hand in the bag without looking and pick out only one letter, look at it, say the letter name and the letter sound then they go around the house to find items that start with that sound (this should be timed for added excitement and you can play music too). Tell them that you will time them so they have to find as many items that start with that sound before time runs out. Once the timer goes off, call your child back and ask them to tell you the objects they found so that you can assist in clarifying just in case they mention one with a different starting sound.
- Always emphasize the starting sound to help with audio discrimination e.g. d-d-door, d-d-dustbin, etc.
- At the end you may ask which sounds were easiest to find and which were hardest.

Free Choice Activities

Time: 1 hour

Materials Required:

Learning Goal: Learner will:

- Arrange letters in alphabetical order
- Manipulate playdough
- Play with blocks

- Letters
- Playdough
- Blocks

Instructions for Learning:

- Provide letters a-z in any form even newspaper cutouts (uppercase or lowercase depending on your child's familiarity) and ask them to arrange them in alphabetical order



- Give your child playdough to manipulate which helps them independently initiate and engage in fantasy or imaginative play
- Allow them to choose blocks to play with or a game

Movement Activities

Time: 1 hour

Materials Required:

Learning Goal: Learner will:

- Exercise gross motor muscles

- N/A

Instructions for Learning:

- Choose activities that will get your child moving and exercising their gross motor muscles

Creative Activities

Time: 1 hour

Materials Required:

Learning Goal: Learner will:

- Develop crayon -resistant art

- Paper and white crayon
- Water-based paint (make it light)
- Brush

Instructions for Learning:

- Write letters of the alphabet in random order on paper using white crayons but don't tell your child that you have written anything then tell them to paint the paper using different colours (the paint should be water based and light to be effective)
- They should be fascinated when they start seeing the letters appear. As they continue painting ask them to mention the letters they are seeing and the colours they are using
- Once they are done with the one you have made, give them paper and the white crayon to make their own piece



Wednesday, March 25th

Recommended Daily Schedule:

Wednesday, March 25th

Time	Subject	Learning Experiences	Online Support Activities
8:00 - 9:00	Numeracy Time	-Sing a number song -Exercise their finger muscles by holding up a certain number of fingers	
	Literacy time	-Sing nursery rhymes and identify rhyming words	
9:00 - 10:00	Free Choice Time	-Sort letters that are in their name and those that are not -Trace letters in coloured salt/flour -Trace letters or numbers in playdough -Freely explore the playdough	
10:00 - 10:15	Break		
10:15 - 11:15	Movement Activities	-Do stretches, jumping jacks, frog jumps, etc	
11:15 - 12:15	Creative Activities	-Paint tissue rolls to create designs -Draw an outdoor scenery -Choose an activity to do	
12:15	Lunch & Rest		

Numeracy Activities

Time: 20-30 minutes

Materials Required:

- N/A

Learning Goal: Learner will:

- Sing a number song
- Exercise their finger muscles by holding up a certain number of fingers

Instructions for Learning:

- Sing a number song with your child (they can choose one)
- Hide your hands behind your back, then show your hands holding up a few fingers on each hand. For example, show three fingers on your right hand and two fingers on your left hand. Children love it when you chant a little rhyme

before revealing your fingers: “Fingers, fingers, 1,2,3, how many fingers do you see?” Your child will then call out how many fingers you are holding up.

- Take turns alternating with your child this will teach them patience to wait their turn and allow others to also have a chance
- If your child is ready for more challenge, ask them to use both hands and show five in a different way i.e. 2 on one hand and 3 on the other hand (allow them to take time to put their fingers together as this activity is working on their finger muscles)
- You can also ask your child to show you on their fingers one more or one fewer than the number of fingers you held up i.e. if you hold up 3 fingers, ask them to hold up 2 or 4.

Literacy Activities

Time: 30 minutes

Materials Required:

- Writing pad and pencils

Learning Goal: Learner will:

- Sing nursery rhymes and identify rhyming words

Instructions for Learning:

- Sing and action a nursery rhyme with your child or ask them for their favourite. After about 2 rounds of singing it, tell your child that you will all sing it again and they should be keen (auditory discrimination) to pick out the rhyming words. For example if singing *Twinkle, twinkle little star*. Ask **What word in the song rhymes with star?** You can sing at a slower pace for them to get the rhyming word. Once they pick out the rhyming word ask **What other word rhymes with** (mention the word) then tell them to draw the rhyming word and try and write the name or the starting sound, emphasize the starting sound a-a-are

Free Choice Activities

Time: 30 minutes

Materials Required:

- Letters
- Paper
- Salt/sand/flour and a tray or flat plate
- Playdough
- straws/sticks

Learning Goal: Learner will:

- Sort letters that are in their name and those that are not
- Trace letters in coloured salt/flour
- Trace letters or numbers in playdough
- Freely explore the playdough

Instructions for Learning:

- Make a sorting chart with children's names and physical letters for them to sort which letters are in their name and which ones are not.



- Provide a coloured salt/flour tray and letters for learners to practice copying. You may focus on letters learned/being learned.
- Teach them the letter name and sound.
- They can also start identifying uppercase and lowercase



- Invite your child to flatten some play dough and write a letter on it or you can then give them straws or sticks to form the letter as below. They can also make numbers



- Allow them to freely explore the playdough which helps them independently initiate and engage in fantasy or imaginative play

Movement Activities

Time: 1 hour

Materials Required:

- Music

Learning Goal: Learner will:

- Do stretches, jumping jacks, frog

jumps, etc

Instructions for Learning:

- Play music and do some stretches, jumping jacks, frog jumps, etc

Creative Activities

Time: 1 hour

Materials Required:

Learning Goal: Learner will:

- Paint tissue rolls to create designs
- Draw an outdoor scenery
- Choose an activity to do

- Tissue rolls, paint and glue
- Paper and colours

Instructions for Learning:

- Paint tissue rolls using different colours and once they dry, cut them into small parts and use them to make different designs.



- Give your drawing paper, pencils and colours and challenge them to draw a scenery outside (if they cannot go outside they can sit by a window). Tell them that they need to pay attention to details, the colours, shades, lines, etc (you will be surprised at how much detail they can include if encourage to)
- Give them chance to choose what they would like to do

Thursday, March 26th

Recommended Daily Schedule: Thursday, March 26th

Time	Subject	Learning Experiences
8:00 - 9:00	Numeracy Time	-Explore the concepts of floating and sinking, make predictions and record results
	Literacy time	-Practice naming rhyming words -Listen to a story
9:00 - 10:00	Free Choice Time	-Continue to explore floating and sinking -Read a book silently or to someone -Form words
10:00 - 10:15	Break	
10:15 - 11:15	Movement Activities	-Stretch and exercise -Play hide and seek -Choose an activity
11:15 - 12:15	Creative Activities	-Paint -Build blocks and make puzzles -Cut and paste
12:15	Lunch & Rest	

Numeracy Activities

Time: 30 minutes

Learning Goal: Learner will:

- Explore the concepts of floating and sinking, make predictions and record results

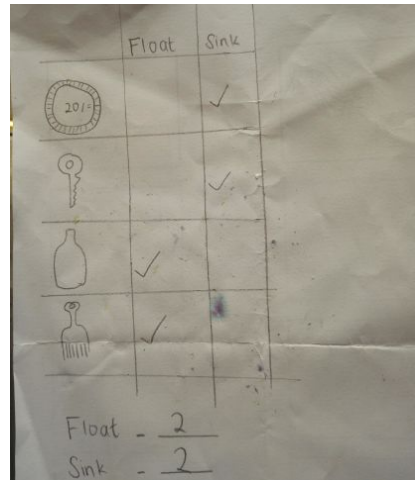
Materials Required:

- Clear bucket of water
- Objects to test for floating & sinking
- Paper
- Pencil

Instructions for Learning:

- Today's activity will have your child exploring science concepts of floating and sinking while still incorporating math lessons .
- Get a bucket or container of water (preferably transparent) and go around the house with your child picking items that you don't mind getting them wet like coins, paper, food grains, bottles, bottle tops, combs, plastic wrappers, keys, cutlery, anything you can find and bring them to the bucket of water.

- First ask your child if they know what floating and sinking is then give a child-friendly definition.
- Before starting the activity, have them draw the items and you can write each item you are going to test and a space for recording results. Add a column before the two indicated below that says *Prediction*.



- Before putting each item ask your child to make predictions and tick if they think it will float and leave it blank if they think it will sink i.e. **When you look at the** (mention the item) **do you think it will float or sink? Why?**
- After they are done with testing and recording each item, have them count the number of items that floated and those that sank and write the number in the provided space.
- Ask them to compare their predictions against the actual results and talk about why they think some predictions turned out different.

Literacy Activities

Time: 30 minutes

Materials Required:

- Storybook with pictures and rhyming words

Learning Goal: Learner will:

- Practice naming rhyming words
- Listen to a story

Instructions for Learning:

- To reiterate the lesson on rhyming words, point at something in the house and ask your child to give words that rhyme with it, you can give clues if they are really stuck e.g. if you point at the door, they say the word door and mention words that rhyme with it and if they are stuck give a hint like ffff-floor, mmm-more, etc. this should take about 5 minutes
- Read your chosen story with your child.
- First show them the cover and ask what they see and what they think it is about then read the title and the author's and illustrator's name (tell them an author is someone who writes books and an illustrator is the one who draws the pictures)

- At the end of the reading, ask them questions from the story to check for understanding and give a lesson that they can relate with real life.

Free Choice Activities

Time: 1 hour

Learning Goal: Learner will:

- Continue to explore floating and sinking
- Read a book silently or to someone
- Form words

Materials Required:

- Clear bucket of water
- Objects to test for floating & sinking, Paper, Pencil
- Picture books
- Letters and words
- Tissue rolls with letters

Instructions for Learning:

- Provide a floating and sinking activity as from the Math lesson
- Provide picture books and encourage your child to read them silently or read them to you
- Provide magnetic letters (or any other form), trays and simple words for your child to form as below.
- An **extension** will be to provide a paper and pencils for them to write the words as they go.
- **Guiding questions:** *What sound does the word on that stick start with? (As you ask this, let them mention the sound and name) What other words start with that sound? What other sounds are in that word? (they can try and guess the other sounds)*



- Cut tissue rolls into 3-4 equal sizes and write the letters of the alphabet in lowercase. Provide string and written words for them. Show them the word, read it out together and tell them to string it using the tissue rolls



Movement Activities

Time: 1 hour

Materials Required:

- Rope (optional)

Learning Goal: Learner will:

- Stretch and exercise
- Play hide and seek
- Choose an activity

Instructions for Learning:

- Do stretching exercises with your child. They can also skip rope or practice balancing on one foot
- Play hide and seek or any game that will get them moving then allow them to choose what they would like to do

Creative Activities

Time: 1 hour

Materials Required:

- Paint, paper and brushes
- Blocks and puzzles
- Paper, scissors and glue

Learning Goal: Learner will:

- Paint
- Build blocks and make puzzles
- Cut and paste

Instructions for Learning:

- Provide paint and paper for your child to use. Ask them to tell you what they are drawing and what it means to them
- Provide blocks or puzzles for your child to play with. You may join them. Ask them to build a higher, wider, taller, shorter, longer, building to help them learn different description vocabulary
- Provide paper, scissors and glue for your child to practice their fine motor skills by cutting with a scissors and creating an image from their imagination through the pasting

Friday, March 27th

Recommended Daily Schedule: Friday, March 27th

Time	Subject	Learning Experiences
8:00 - 9:00	Numeracy Time	-Sort coins and graph their results
	Literacy time	-Listen to a story and give a different ending -Draw their chosen story ending
9:00 - 10:00	Free Choice Time	-Cut along drawn lines -Make a person from nature -Peg letters
10:00 - 10:15	Break	
10:15 - 11:15	Movement Activities	-Exercise gross motor skills
11:15 - 12:15	Creative Activities	-Play with playdough -Draw what they have enjoyed this week
12:15	Lunch & Rest	

Numeracy Activities

Time: 30 minutes

Learning Goal: Learner will:

- Sort coins and graph their results

Materials Required:

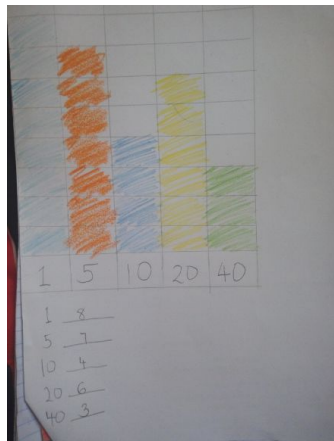
- Coins
- Graphed paper
- Colours

Instructions for Learning:

- Create a graph chart similar to the one below with a row at the bottom for your child to write the number value of the coin (you can help)
- To continue enhancing visual discrimination, give your child some coins for them to sort e.g. if using Kenyan shillings they should put the 1 shilling coins together, the 5, 10, 20 and 40.



- Once they are done sorting them, ask them to count each set and graph their results then compare which ones had more and which ones had less



Literacy Activities

Time: 30 minutes

Materials Required:

Learning Goal: Learner will:

- Listen to a story and give a different ending
- Draw their chosen story ending

- Yesterday's storybook
- Writing pad, pencils, colours

Instructions for Learning:

- Bring out the same book you read yesterday and ask your child if they remember the title of the book and what it was about. Tell them to be keen
- Read it again and this time before reading the end, ask your child ***if you were the author of this book, what different ending would you give the story?*** Then end the story with their ending.
- Give them their writing pad and pencils and colours and tell them to draw their story ending

Free Choice Activities

Time: 1 hour

Materials Required:

- Paper with lines

Learning Goal: Learner will:

- Cut along drawn lines
- Make a person from nature
- Peg letters

- scissors

Instructions for Learning:

- Draw different patterns on coloured or plain paper strips. Provide alongside scissors for learners to practice cutting and develop their fine motor skills.
- Use the opportunity to help them learn the colours of the paper strips if not already mastered
- They can use the pieces they have cut to make a collage



- Provide natural materials for learners to try and make a person



- Write words on paper and letters on pegs (you can use stickers to remove later)
- Your child is to identify most of the sounds in the word and peg the corresponding peg letter to strengthen their fine motor muscles



- In a ziploc bag, put in 2 colours on separate sides that can mix to form a different colour for learners to mix and discover what colour is made from mixing their 2 colours. Tape the bag securely to the table
- You may provide pictures, numbers, letters for them to trace on their mixture



Movement Activities

Time: 1 hour

Materials Required:

- N/A

Learning Goal: Learner will:

- Exercise gross motor skills

Instructions for Learning:

- Pick activities or ask your child what they would like to do

Creative Activities

Time: 1 hour

Materials Required:

- Playdough
- Paper and colours

Learning Goal: Learner will:

- Play with playdough
- Draw what they have enjoyed this week

Instructions for Learning:

- Provide playdough for your child to use. You can give additional resources to use such as a rolling pin, cookie cutters, sticks, stones, etc.

- Give your child paper and colours and ask them to draw what they have enjoyed this week
- They are at liberty to choose an art activity to do or anything from the free choice which helps them independently initiate and engage in fantasy or imaginative play