



# **NOVA PIONEER**

**SCHOOLS FOR INNOVATORS & LEADERS**

## **At-Home Learning Pack**

### **Term 1 2020**

**Week of:** March 30 to April 3 (Sense of taste)

**Grade:** Playgroup

**Note:**

- Talk about colours throughout the day not only during activity 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
- Remember that just like adults need patience to learn a new skill, so do our children 😊
- Since this week is about the sense of taste, take advantage of using it to get your child to try out those healthy foods they have been resisting 😊

## Monday, March 30th

### Recommended Daily Schedule:

Monday, March 30th

| Time          | Subject             | Learning Experiences   |
|---------------|---------------------|--|
| 8:30 - 9:00   | Literacy Time       | -Expand their vocabulary by describing different foods and flavours using sight and taste              |
| 9:00 - 9:30   | Break               |  |
| 9:30 - 10:30  | Free Choice Time    | -Exercise hand and finger muscles by drawing in coloured rice<br>-Trace the first letter of their name |
| 10:30 - 11:00 | Break               |  |
| 11:00 - 11:30 | Creative Activities | -Observational- draw fruits/vegetables   |
| 11:30 - 12:15 | Movement Activities | -Play musical statues  |
| 12:15         | Lunch & Rest        |  |

### Literacy Activities

**Time:** 20-30 minutes

**Learning Goal:** Child will:

- Expand their vocabulary by describing different foods and flavours using sight and taste

**Materials Required:**

- Sugar, cocoa powder (something bitter), salt and lemon slices (or citric acid)
- Different foods, fruits and vegetables

**Instructions for Learning:**

- Set out sugar, cocoa powder (something bitter), salt and lemon slices (or citric acid) in dishes for your child to sample.
- Ask them to taste one at a time and describe what they were tasting. When

tasting the sugar for example, they may say they taste *sugar*. So prompt them a little more to get them to describe the sugar as they expand their vocabulary so they may say something like *sweet*. Ask them to mention things they have eaten that were sweet. Do the same for the other items

- Bring out different foods then ask your child to describe them using their eyes only; the colour, shape, texture. E.g. is it yellow like a banana? Is it round or triangular? smooth, soft, bumpy?

### Free Choice Activities

**Time:** 45 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Exercise hand and finger muscles by drawing in coloured rice
- Trace the first letter of their name

- Coloured rice (rice + food colour)
- Ziploc bag
- Paper with first letter of child's name and manipulatives e.g. beans

**Instructions for Learning:**

- Make coloured rice in separate containers by putting dry rice in a Ziploc bag or bottle and putting in food colour and mixing it to ensure all the rice is well coloured then putting it out to dry.
- Once it is dry, mix a little of the colours in one bag and put it out for your child to play with. The rice should be such that if they draw on it they can see through like below to exercise their finger muscles



- Make a circle pattern with the first letter of your child's name e.g. if it is Viola, make a V as below then give them any manipulatives (beans, coins, small stones) to place on the circles using the pincer grip. Ask them their to say name and stress the starting sound i.e. V-V-viola, Viola starts with sound /v/ like the one on the paper. Remind them not to eat the manipulatives



### Creative Activities

**Time:** 20-30 minutes

**Materials Required:**

- Crayons and paper

|  |  |
|--|--|
| <p><b>Learning Goal:</b> Child will:</p> <ul style="list-style-type: none"> <li>• Observational- draw fruits/vegetables</li> </ul>   |  |
| <p><b>Instructions for Learning:</b></p> <ul style="list-style-type: none"> <li>• To gradually build your child’s observational skills and attention to detail they will do what is called observational drawing which involves drawing a real objects as they are looking at it.</li> <li>• So today give them a fruit or fruits and vegetables and tell them you want them to draw exactly what they see as best as they can. Let them use crayons for easier grip.</li> <li>• As they draw, tell them to look at the curves and different colours, etc. Help them notice the details</li> </ul> |  |

| <p align="center"><b>Movement Activities</b></p>  |   |
|---|---|
| <p><b>Time:</b> 45 min</p>  | <p><b>Materials Required:</b></p> <ul style="list-style-type: none"> <li>• Music</li> </ul> |
| <p><b>Learning Goal:</b> Child will:</p> <ul style="list-style-type: none"> <li>• Play musical statues</li> </ul>   |   |
| <p><b>Instructions for Learning:</b></p> <ul style="list-style-type: none"> <li>• Play Musical statues. It is an excellent game for developing auditory discrimination. Children have to listen carefully for the difference between sound and silence and they engage their whole body during the game. You can play musical statues alone with your child or with family members. This game is great for developing control of the body and strengthening it while “freezing” in mid-air</li> <li>• Play music on a cd player or cell phone and while the music is playing, everyone dances around the room Stop the music every now and then and everyone must freeze in the exact position they were dancing in when the music stopped</li> </ul> |   |

## Tuesday, March 31st

### Recommended Daily Schedule:

Tuesday, March 31st

| Time          | Subject             | Learning Experiences  |
|---------------|---------------------|---|
| 8:30 - 9:00   | Numeracy Time       | -Sort fruits and vegetables according to colour and count each colour   |
| 9:00 - 9:30   | Break               |   |
| 9:30 - 10:30  | Free Choice Time    | -Mould foods using playdough<br>-Peg foods according to the number<br>-Work on eye-hand coordination following a pattern with pasting |
| 10:30 - 11:00 | Break               |   |
| 11:00 - 11:30 | Creative Activities | -Dot paint different fruits/vegetables  |
| 11:30 - 12:15 | Movement Activities | -Play hide and seek<br>-Choose a movement activity  |
| 12:15         | Lunch & Rest        |   |

### Numeracy Activities

**Time:** 20 minutes

**Learning Goal:** Child will:

- Sort fruits and vegetables according to colour and count each colour

**Materials Required:**

- Fruits and vegetables
- Number cards

**Instructions for Learning:**

- Today your child will sort fruits and vegetables according to colour.
- Set out the fruits and vegetables you have at home and tell them to first mention the names of the foods and the colours they see then tell them they will arrange the foods according to colour by putting the same colours together.
- After they are done colour-sorting, have them count the number of foods in each colour and put the corresponding number next to it (they are still learning number identification so help them with this)

- After this ask them to choose a fruit or vegetable to eat to promote healthy eating

### Free Choice Activities

**Time:** 45 minutes

**Learning Goal:** Child will:

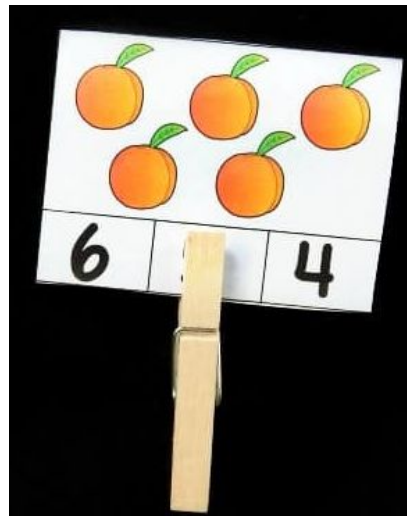
- Mould foods using playdough
- Peg foods according to the number
- Work on eye-hand coordination following a pattern with pasting

**Materials Required:**

- Playdough
- Food pictures and numbers; pegs
- Paper with different lines, Glue, Coloured paper

#### Instructions for Learning:

- Provide playdough for your child to model different foods/fruits
- Draw or stick different foods on paper and write numbers on the bottom as in the image below (we are currently working on identification of 1-5)



- Draw different lines on paper (zigzag, wavy, jumbled, straight) and provide glue and paper pieces for your child to glue following the line. Show them how to use the glue and stick



## Creative Activities

**Time:** 20-30 minutes

**Learning Goal:** Child will:

- Dot paint different fruits/vegetables

**Materials Required:**

- Pictures of different fruits/vegetables
- Earbuds and paint

**Instructions for Learning:**

- Draw or print different fruits/vegetables and provide earbuds/q-tips and paint for your child to dot paint with



## Movement Activities

**Time:** 45min

**Learning Goal:** Child will:

- Play hide and seek

**Materials Required:**

- N/A

**Instructions for Learning:**

- Play hide and seek with your child
  
- Give them time to choose their own independent play

## Wednesday, April 1st

### Recommended Daily Schedule:

Wednesday, April 1st

| Time          | Subject             | Learning Experiences   |
|---------------|---------------------|--|
| 8:30 - 9:00   | Literacy Time       | -Interact with a story about foods like Goldilocks and the three bears |
| 9:00 - 9:30   | Break               |  |
| 9:30 - 10:30  | Free Choice Time    | -Strengthen motor skills and concentration through lacing and writing  |
| 10:30 - 11:00 | Break               |  |
| 11:00 - 11:30 | Creative Activities | -Make potato prints with paint   |
| 11:30 - 12:15 | Movement Activities | -Play Simon says using colours<br>-Practice balancing                  |
| 12:15         | Lunch & Rest        |  |

### Literacy Activities

**Time:** 20-30 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Interact with a story about foods like Goldilocks and the three bears

- Story about foods like Goldilocks and the three bears

**Instructions for Learning:**

- Reading with your child is an essential activity to building their literacy skills, develop a love for books and to bond. Always ensure that the book you choose has lots of pictures, has rhyming words or words that are repeated that they can engage in.
- As you read make sure you are engaging them through activities like predicting the story, reading and describing pictures, saying out repeated phrases, asking questions, counting (the Goldilocks story introduces math concepts like counting, size, etc)etc.
- At the end of the story ask questions to promote comprehension skills e.g. ***What was the name of the girl in the story? Whose house did she go to? What did she do there?*** etc.

## Free Choice Activities

**Time:** 45 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Strengthen motor skills and concentration through lacing and writing

- Cardboard images with holes
- Shoelaces
- Bottle tops/blocks/stones, paper, Crayons

**Instructions for Learning:**

- The following activity is called a threading or lacing activity and also key to developing fine motor muscles. So what you will need is cardboard from a box and cut it into anything you would like even a shape, then make holes in it that a shoelace can pass through then give it to your child and show them how to hold and lace it. Make different pictures so they have more than one (We are encouraging the pincer grip i.e. thumb, fore and middle finger)



- Provide a large paper (manila paper size) and space out objects like blocks, bottle tops or stones like the picture below and show your child how to draw over and under from one end to the other using different crayons. This helps with concentration and building hand muscles



- Let them choose an activity to do

## Movement Activities

**Time:** 45min

**Materials Required:**

**Learning Goal:** Child will:

- Play Simon says
- Practice balancing

- N/A

**Instructions for Learning:**

- Play *Simon says* using colours e.g. *Simon says touch something red*. Once your child gets the hang of the game, speed it up a little i.e. immediately they touch

something red, quickly give another command and get them running up and down.

- Give your child activities that will practice balancing like hopping or balancing something on their head without dropping it.

### Creative Activities

**Time:** 20-30minutes

**Materials Required:**

**Learning Goal:** Child will:

- Make potato prints with paint

- Potatoes with prints
- Paint
- A4 paper

**Instructions for Learning:**

- Cut potatoes into 1 ½ or 2 inch thickness and carve out different things on potatoes using a sharp knife and blot out the excess liquid. You can make different shapes or letters or a mixture. Your child will use them to make potato prints.
- If you cut out shapes, ask your child to try and identify the different shapes



## Thursday, April 2nd

| <b>Recommended Daily Schedule:</b><br>Thursday, April 2nd |                     |   |
|---|---------------------|---|
| <b>Time</b>   | <b>Subject</b>      | <b>Learning Experiences</b>   |
| 8:30 - 9:00   | Numeracy Time       | -Practice measuring using dry grains  |
| 9:00 - 9:30   | Break               |   |
| 9:30 - 10:30  | Free Choice Time    | -Practice counting using dice and 'apple seeds'<br>-Fix puzzles<br>-Paint       |
| 10:30 - 11:00   | Break               |   |
| 11:00 - 11:30   | Creative Activities | -Cut/tear and paste coloured paper strips on to provided fruit drawing/printout |
| 11:30 - 12:15   | Movement Activities | -Play Simon says<br>-Play Musical statues                                       |
| 12:15   | Lunch & Rest        |   |

| <b>Numeracy Activities</b>  |  |
|---|--|
| <b>Time:</b> 20-30 minutes  | <b>Materials Required:</b> <ul style="list-style-type: none"> <li>● Dry grains available</li> <li>● Small and large container for measuring</li> </ul> |
| <b>Learning Goal:</b> Child will: <ul style="list-style-type: none"> <li>● Practice measuring using dry grains</li> </ul>   |  |
| <b>Instructions for Learning:</b> <ul style="list-style-type: none"> <li>● One way to help your child develop math skills and an interest is for them to see it in their everyday lives so today they will be measuring dry grains to enhance this.</li> <li>● First start by singing a number song together</li> <li>● Give them grains, a small container and a large one.</li> <li>● Tell them you want to see how many small containers will fill the large one and first have them estimate by asking <b>how many small containers of</b> (mention the gains) <b>do you think will fill this large container?</b> After they estimate, let them do the actual measuring then compare results.</li> </ul> |  |

- It will probably be difficult for them to pour the grains from a pack or container so it will help if you put each category of grains in a wide container where your child can easily scoop with the small container or with their hands.
- Make sure they are counting out loud each time they pour the content into the large container

### Free Choice Activities

**Time:** 45 minutes

**Learning Goal:** Child will:

- Practice counting using dice and 'apple seeds'
- Fix puzzles
- Paint

**Materials Required:**

- Apple image, black seeds and dice
- Puzzles
- Paint, paper and brushes

- Make a dice from a small box with numbers as below
- Draw or print an apple shape and provide black seeds of any type to act as apple seeds.
- The dice is rolled and whichever number is on the top is the number of seeds you put on the dice then roll it again.
- An **extension** for this activity would be to provide whiteboard markers for them to write as they go

**Guiding questions:** *What numbers can you see on the dice? Can you put \_\_\_ number of seeds?*



- Give your child puzzles of 3-10 pieces
- Give them paint, brushes and paint

### Creative Activities

**Time:** 20-30 minutes

**Learning Goal:** Child will:

**Materials Required:**

- Fruit drawings/ print-outs
- Coloured paper strips

|  |  |
|--|--|
| <ul style="list-style-type: none"> <li>● Cut/tear and paste coloured paper strips on to provided fruit drawing/printout</li> </ul> | <ul style="list-style-type: none"> <li>● Glue</li> <li>● Scissors</li> </ul> |
|--|--|

**Instructions for Learning:**

- Draw or print different fruits on A4 paper
- Cut coloured strips of paper according to the fruits for your child to cut i.e. for grapes, cut purple or green strips, for oranges, cut oranges ones, etc.
- Tell your child that they will first cut the paper strips into smaller squares then stick them in their fruit when they are done with all the cutting. If they are still working on the use of scissors, let them tear the paper to pieces to stick as this still strengthens their fine motor muscles



**Movement Activities**

|   |                            |
|---|----------------------------|
| <b>Time:</b> 45 minutes   | <b>Materials Required:</b> |
| <b>Learning Goal:</b> Child will: <ul style="list-style-type: none"> <li>● Play Simon says</li> <li>● Play Musical statues</li> </ul> |                            |

|  |
|--|
| <p><b>Instructions for Learning:</b></p> <ul style="list-style-type: none"> <li>● Play Simon says</li> <li>● Play Musical statues. It is an excellent game for developing auditory discrimination. Children have to listen carefully for the difference between sound and silence and they engage their whole body during the game. You can play musical statues alone with your child or with family members. This game is great for developing control of the body and strengthening it while “freezing” in mid-air</li> <li>● Play music on a cd player or cell phone and while the music is playing, everyone dances around the room Stop the music every now and then and everyone must freeze in the exact position they were dancing in when the music stopped</li> </ul> |
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## Friday, April 3rd

### Recommended Daily Schedule: Friday, April 3rd

| Time          | Subject             | Learning Experiences   |
|---------------|---------------------|--|
| 8:30 - 9:00   | Literacy Time       | -Talk about proper dental hygiene<br>-Make a mouth craft   |
| 9:00 - 9:30   | Break               |  |
| 9:30 - 10:30  | Free Choice Time    | -Peg numbers according to the number of fruits on the tree<br>-Thread/lace to strengthen fine motor muscles<br>-Freely choose activities they would like to do |
| 10:30 - 11:00 | Break               |  |
| 11:00 - 11:30 | Creative Activities | -Make a design from fruits and vegetables  |
| 11:30 - 12:15 | Movement Activities | -Practice eye-hand coordination and Strengthen gross motor muscles   |

### Literacy Activities

**Time:** 20-30 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Talk about proper dental hygiene
- Make a mouth craft

- Pink ovals for the mouth
- Tongue cut-outs
- White beads or white beans
- Glue

- Prepare the materials for the activity. The outcome should be similar to the one below but first go to a mirror and look at the structures of your mouth, in and out then talk about how to keep our teeth and tongue clean.



- Demonstrate to your child how they will make a mouth i.e. they will first fold the oval in half (if not already done by parent), then they will stick the tongue cut out and the white beads/beans to represent teeth.
- As they work, remind them to use their thumb and pointing finger only to pick the beads/beans to continue to develop fine motor muscles.
- Also remind them to arrange the “teeth” just the way they are in the mouth and put the tongue where it’s supposed to be but let them do it **on their own** because we’re not looking for perfection but developing pincer grip and concentration skills
- Later in the day do practical teeth and tongue brushing reminding them not to be too hard on their teeth or the brush will cause their gums to bleed. Also highlight importance of brushing the tongue because it stores germs and can get smelly

### Free Choice Activities

**Time:** 45 minutes

**Learning Goal:** Child will:

- Peg numbers according to the number of fruits on the tree
- Thread/lace to strengthen fine motor muscles

**Materials Required:**

- Paper trees with fruit stickers
- Pegs with numbers
- String/yarn/laces
- Beads/tissue rolls

#### Apple tree counting activity

- Cut tree shapes from green manila and stick circular red stickers or draw as below.
- On pegs, write/stick numbers that your child will use to peg onto the corresponding tree

**Guiding questions:** *What colours do you see? What do you think this is (point to tree then to red dots) Can you count how many \_\_\_ are here? (whatever child says red dots are). Can you find a peg with that number and clip it here?*



- Provide string and beads for your child to thread through.

- Alternatively, you can paint and cut tissue rolls into halves or thirds and provide string/yarn/laces for them to lace with.



- Allow them to freely play with their toys or other resources

### Creative Activities

**Time:** 20-30 minutes

**Materials Required:**

**Learning Goal:** Child will:

- Make a design from fruits and vegetables

- Fruits and vegetables
- Plate

**Instructions for Learning:**

- For today's activity your child will make a design using the fruits and vegetables provided. They will cut the fruits that are easy to cut like the bananas using the plastic knives (after showing them how to carefully use them). If you are not comfortable with this then cut everything for them.
- An important aspect of food palatability is how it is presented so tell your child they will make a design or image using their fruits/vegetables, this could be shapes, numbers or any other image like vehicles, toys, etc.
- Once they are done trying different designs they can settle to eat them.

### Movement Activities

**Time:** 45 min

**Materials Required:**

**Learning Goal:** Child will:

- Practice eye-hand coordination and Strengthen gross motor muscles

- Tape
- Bucket of water
- Bottle tops and skewers/sticks

**Instructions for Learning:**

- Toss a ball with your child to each other, starting at a small distance and increasing the distance between you two
- Play music for them to dance to with you