



NOVA PIONEER

SCHOOLS FOR INNOVATORS & LEADERS

**At-Home Learning Pack
Term 1 2020**

Week of: April 6-9

Grade: PG

Note:

- Talk about the theme throughout the day not only during activity time. This week is to promote healthy eating and continue to have your child explore new healthy foods
- 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, April 6th**Recommended Daily Schedule:**

Monday, April 6th

Time	Subject	Learning Experiences
8:30 - 9:00	Literacy Time	-Talk about what they know about how seeds grown and where different food comes from -Listen to and engage in the story <i>The carrot seed</i>
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Sort and count fruits/vegetables -Play with playdough -Peg pegs according to number
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Make a carrot painting
11:30 - 12:15	Movement Activities	-Practice balancing -Play with cups and balls
12:15	Lunch & Rest	

Literacy Activities**Time:** 20-30 minutes**Materials Required:**

- [The Carrot Seed](#)

Learning Goal: Child will:

- Talk about what they know about how seeds grown and where different food comes from
- Listen to and engage in the story *The carrot seed*

Instructions for Learning:

- Ask your child if they have ever seen a seed before and if they have seen one grow? Then ask how they think a seed grows and discuss their answers. Then play for them the linked story: The carrot seed. After the first part "A little boy planted a carrot seed" ask **why do you think he decided to plant a carrot seed? What do you think will happen to the carrot seed?** Continue playing the story and after the narrator reads "everyone kept saying it wouldn't come up" Pause and ask **Do you think the carrot will grow? why/why not? why do you think that everyone was telling the little boy that it wouldn't come out?**
- Continue playing the story and when it's over ask your child why the boy still kept taking care of his seed even when everyone told him that it won't grow and even when he saw it was taking very long? This is a time to talk about resilience and not giving up even if it takes time.
- You can use this lesson as a referral as your child grows whenever they try new tasks or something that looks difficult, they should keep trying as you encourage them and sometimes help when it is necessary.
- After completing the activity, grow a seed with your child and notice the changes everyday, tell them that the plant is theirs so they have to take care of it to make sure it grows like the carrot seed.

Free Choice Activities

Time: 45 minutes

Learning Goal: Child will:

- Sort and count fruits/vegetables
- Play with playdough
- Peg pegs according to number

Materials Required:

- fruits/vegetables
- Playdough
- Cardboard with number; pegs

Instructions for Learning:

- Give your child different fruits/vegetables to sort and count
- Give your child playdough to play with
- Write numbers 1-5/10 on cardboard and give your child to peg



- Let them pick activities to do

Creative Activities

Time: 20-30 minutes

Materials Required:

- Paper with carrot outline, paint, carrot

Learning Goal: Child will:

- Make a carrot painting

Instructions for Learning:

- Bring out a carrot and explore it with your child, the colours, texture, shadow etc.
- Make a simple carrot outline on A4 and give your child the carrot stem and leaves (the end part of a carrot that we normally cut off to throw, and some orange paint. First have them color the top part green (the leaves) then tell them to try and stamp the orange paint using the carrot within the outline only.



- After they are done with their painting they help clean up the surface then go wash their hands and have some carrot slices to promote healthy eating.

Movement Activities

Time: 45 min

Materials Required:

- Cups and balls

Learning Goal: Child will:

- Practice balancing
- Play with cups and balls

Instructions for Learning:

- Place a bean bag or any light thing your child can balance on their head and have them walk around the house in different patterns without dropping the object
- Stick cups at the end of a table and give your child balls to try and get them inside the cups



Tuesday, April 7th

Recommended Daily Schedule:

Tuesday, April 7th

Time	Subject	Learning Experiences
8:30 - 9:00	Numeracy Time	-Recall story details from <i>The carrot seed</i> -Cut and paste carrot leaves according to the number on each carrot
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Paint a carrot hand -Fix carrot shapes -Lace cardboard fruit/vegetable
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Make a C is for carrot collage
11:30 - 12:15	Movement Activities	-Play number golf
12:15	Lunch & Rest	

Numeracy Activities

Time: 20-30 minutes

Learning Goal: Child will:

- Recall story details from *The carrot seed*
- Cut and paste carrot leaves according to the number on each carrot

Materials Required:

- [The Carrot Seed](#)
- Carrot cut outs, green paper strips, scissors, glue.

Instructions for Learning:

- You will play the Carrot seed story again but before playing it ask some recall questions like **What see did the boy plant? Who told him it wouldn't grow? Did it grow? Why?** Then play it again
- For the activity below tell them that they will be cutting carrot leaves according to the number they see on the carrot. Go through the numbers with them up to 5. They can also show the numbers with their fingers to exercise those muscles.

- If you don't have green and orange paper, paint or colour some ahead of the activity then cut carrot shapes and write 1-5, one on each carrot and strips from green paper of about 3 inches.



Free Choice Activities

Time: 45 minutes

Learning Goal: Child will:

- Paint a carrot hand
- Fix carrot shapes
- Lace cardboard fruit/vegetable

Materials Required:

- Paper, pencil, paint
- Carrot shapes, glue
- Cardboard fruits/vegetables, string

Instructions for Learning:

- Trace your child's hand on paper and tell them it will represent a carrot so they paint/colour the top part green and the bottom orange



- Draw different shaped carrots as below with the same design on orange paper for your child to match and glue in the right place. Use this time to ask them to identify shapes



- Cut and paint fruits and vegetables from cardboard, punch holes in them and give your child string/lace to thread with
- Let them pick activities to do

Creative Activities

Time: 20-30 minutes

Learning Goal: Child will:

- Make a C is for carrot collage

Materials Required:

- Orange and green paper pieces, glue, block letter c

Instructions for Learning:

- Make a block letter c and tell your child it sounds /c/ like /c/ for carrot.
- They will make a collage by sticking orange pieces of paper



Movement Activities

Time: 45min

Learning Goal: Child will:

- Play number golf

Materials Required:

- Number domes, balls and object to move ball with

Instructions for Learning:

- Write numbers on paper (1-10) and form a dome shape as below and give your child a ball that can pass through it and anything you have to pass the ball with like a broom.

- They have to pass the ball in numerical order as they say the number and also do it reversed i.e. 10-1



- Let them choose a game to play

Wednesday, April 8th

Recommended Daily Schedule: Wednesday, April 8th

Time	Subject	Learning Experiences
8:30 - 9:00	Literacy Time	-Make fruit/vegetable letter sounds
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Make a fruit and vegetable collage -Make fruit/vegetable letter sounds -Develop visual discrimination from matching pictures
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Dot paint fruits/vegetables
11:30 - 12:15	Movement Activities	-Play hide and seek -Choose an activity
12:15	Lunch & Rest	

Literacy Activities

Time: 20-30 minutes

Materials Required:

- Paper with block letters, crayons

Learning Goal: Child will:

- Make fruit/vegetable letter sounds

Instructions for Learning:

- Draw a large block letter for different fruits, start with a, b, c. and have your child paint, colour, collage it to make it resemble a fruit/vegetable that starts with that sound e.g. a for apple, avocado, b for banana, beetroot, broccoli, c for chickpeas, cauliflower, etc



Free Choice Activities

Time: 45 minutes

Learning Goal: Child will:

- Make a fruit and vegetable collage
- Develop visual discrimination from matching pictures

Materials Required:

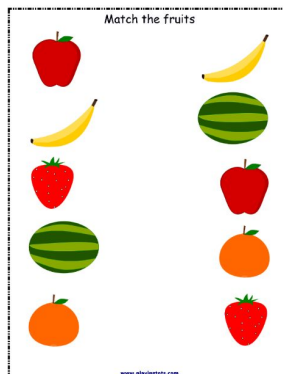
- [fruit matching worksheet](#)
- Magazines/newspapers, scissors, glue, paper, paint/crayons

Instructions for Learning:

- Give your child magazines/newspapers and scissors to cut out fruits, stick and make a collage. The collage paper should be divided in 2 (fruits and vegetables) as you discuss the difference



- Print the fruit matching sheet or draw one for your child to make as they exercise their finger muscles and visual discrimination



- Let them pick activities to do

Movement Activities

Time: 45min

Learning Goal: Child will:

- Play hide and seek
- Choose an activity

Materials Required:

- N/A

Instructions for Learning:

- Play hide and seek
- Let your child pick a movement activity

Creative Activities

Time: 20-30minutes

Learning Goal: Child will:

- Dot paint fruits/vegetables

Materials Required:

- Picture of fruit/vegetable, earbuds, paint

Instructions for Learning:

- Draw/print different fruits/vegetables for your child to dot paint using earbuds



Thursday, April 9th

Recommended Daily Schedule: Thursday, April 9th		
Time	Subject	Learning Experiences
8:30 - 9:00	Numeracy Time	-Pick out seeds from a fruit and count them
9:00 - 9:30	Break	
9:30 - 10:30	Free Choice Time	-Make a food basket -Finger paint fruits/vegetables -Trace their name -Celebrate with a fruit and vegetable fest -Choose an activity
10:30 - 11:00	Break	
11:00 - 11:30	Creative Activities	-Strengthen their fine motor muscles by colouring a fruit crown
11:30 - 12:15	Movement Activities	-Play Simon says -Play Musical statues
12:15	Lunch & Rest	

Numeracy Activities	
Time: 20-30 minutes	Materials Required: <ul style="list-style-type: none"> ● Fruit with seeds ● Picture of the fruit, glue
Learning Goal: Child will: <ul style="list-style-type: none"> ● Pick out seeds from a fruit and count them 	
Instructions for Learning: <ul style="list-style-type: none"> ● Give your child an available fruit that you have cut and tell them you want them to remove all the seeds and count how many seeds that part of the fruit has. Since they are still learning 1-10, the fruit shouldn't have too many seeds to count that it overwhelms your child. You can work together to remove the seeds and count together when done. ● The picking out of seeds helps strengthen their finger muscles and counting helps with 1:1 correspondence. 	

- When they are done with removing and counting the seeds you can later give them a paper with a picture of the fruit drawn and they stick the seeds there. The seeds should be dry or later left to dry after sticking so they don't mould

Free Choice Activities

Time: 45 minutes

Materials Required:

Learning Goal: Child will:

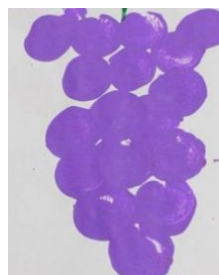
- Make a food basket
- Finger paint fruits/vegetables
- Trace their name

- Magazines/newspapers, scissors, glue, paper plate or alternative
- Paper, paint, seeds, glue

- Give your child magazines/newspapers and scissors to cut out fruits and stick them on a paper plate or round paper which you will later attach a firm strip of paper or string so it can be a basket. You can also cut out the pages so they only cut out the fruits/vegetables and not struggle



- Give your child a variety of paints and paper and tell them to finger paint different fruits



- Trace the name of your child on paper using a large font and give them glue and the seeds to stick. Ask them to identify the first sound in their name



- You can celebrate this day with a fruit/vegetable festival
- Let your child pick an activity to do

Creative Activities

Time: 20-30 minutes

Learning Goal: Child will:

- Strengthen their fine motor muscles by colouring a fruit crown

Materials Required:

- Paper, markers to draw foods, crayons, scissors, glue/stapler

Instructions for Learning:

- Since this week has been about healthy eating and you have encouraged your child to eat fruits and vegetables tell them that since they have done really well in trying to and eating healthy, they deserve a healthy person's crown so they will be making one.
- Ahead of this activity draw different fruits and vegetables on paper that they will first colour then you cut out and join and crown them



Movement Activities

Time: 45 minutes

Learning Goal: Child will:

- Play Simon says
- Play Musical statues

Materials Required:

- Music

Instructions for Learning:

- Play Simon says

- 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
- 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