

Mrs. Farnley's Rockin' Raptors

We know learning looks very different right now and you are trying your very best. Thank-you for continuing your strong partnership with our school to provide the best education possible for your child. We are here for you.

Weekly Activities: April 14-17th	
Daily Goals	Daily Choice
Inquiry <ul style="list-style-type: none"> - What signs of Spring have you seen at your home or in your neighbourhood? 	Inquiry <ul style="list-style-type: none"> - What is your strength (what are you good at) and how can you use your strength to help at home?
If you have more time and want to, check this out! <ul style="list-style-type: none"> - Read Alouds: https://www.storylineonline.net/ (Strega Nona) - Math Card Games: https://www.sd33.bc.ca/sites/sd33.bc.ca/files/2020-03/acing_math.pdf - Activity: Do you remember our stain glass art? Use felts, crayon or pencil crayons & colour a picture. Then, use cooking oil on a Kleenex & rub the oil on the opposite side you coloured. Let them dry overnight & hang in your window. 	

Daily Activities	
Daily Goals	Daily Choice
Reading <ul style="list-style-type: none"> - Pick your favourite story & read it to your family 	Reading <ul style="list-style-type: none"> - Read "Adventure of Chitmexw" with your family - Read a story by looking at the pictures.
Writing <ul style="list-style-type: none"> - Put on a play for your family using your toys 	Writing <ul style="list-style-type: none"> - Write a message to me 😊 - Write a story with your family
Numeracy <ul style="list-style-type: none"> - Estimate how many toys you have & then count your toys 	Numeracy <ul style="list-style-type: none"> - Make your favourite pattern - Make 3 addition questions using one of the numbers: 5, 10, 20
SEL (Social Emotional Learning) <ul style="list-style-type: none"> - Grateful List: name all the things you appreciate in your life right now 	SEL (Social Emotional Learning) <ul style="list-style-type: none"> - Practice some hug/love breathing - Make a worry box (see notes on next page)
Play <ul style="list-style-type: none"> - If it is nice, go outside & play for 30 minutes or longer! 	Play <ul style="list-style-type: none"> - Create a game to play with your family - Bake or cook something with your family

How to make a Worry Box

1. **Create the box:** Any small box will do, like a Kleenex box. Have your child paint or decorate the box as they please. When your child decorates it independently, they take ownership of the box and it becomes theirs.
2. **Talk about it:** Explain to your child that this is a Worry Box where they can put away their worries each night, and that you will take care of those worries for them each night. Let your child choose a place in your room where you can keep the box safe each night while they sleep. The box should not be kept in the child's room, as that is their safe space.
3. **Each Night (or when you can):** Have them write down their top three worries for the day, followed by three good things that happened. The three good things can be as small as enjoying a favorite song or eating a particularly tasty apple. The point is to get out the worries and then find some good to ease them to sleep. The great thing about this is that kids can do this independently, which gives them some control over their thoughts.