

Choice Board

At Home Learning 1- Kindergarten

Please choose from the following optional learning activities.

Belonging and Contributing

Make and deliver cards to your neighbour's mailboxes! They can be thank you cards, winter themed cards, "Happy Snow Day" cards or anything else you choose! You can use any materials you have on hand!



Self-Regulation and Well-Being

Get up and let's get active by simply clicking the links below. These follow along brain breaks will get your heart pumping, your feet moving and you're SURE to have some fun! Before you start, please make sure:

1. you have proper footwear (bare feet/running shoes)
2. the floor space is clear so you won't trip on anything
3. the area around you is free from anything you may bump into



Participate in one activity in the morning and the other activity in the afternoon.

[Backpack Workout](#)

[Little Sports](#)

Demonstrating Literacy and Mathematics Behaviours

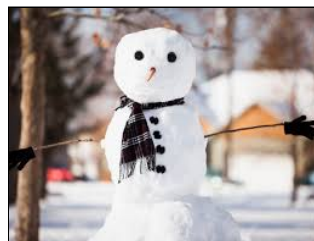
*Fold a piece of paper in half and have your child paint on one side only. While the paint is still wet, fold the paper fully in half again so that the wet side touches the dry side. When you unfold it, you'll discover that you created a symmetrical painting!



*Cuddle up and read your favourite stories with a warm blanket! Have your child retell the story after. What was their favourite part?

Problem Solving and Innovating

Design and build a snowman as tall as you! Are all the balls all the same size? Which one is the smallest? Biggest? Can you look around and see anything taller or smaller than your snowman?



Indigenous Education

[Click here](#) to watch a short clip to learn about the word Indigenous. After watching, explain what Indigenous means to a family member.

