

Exploring Feelings

Today we will work on identifying our emotions.

An expectation of the Kindergarten Program states that, "as children progress through the Kindergarten program they will communicate their thoughts and feelings through various art forms".



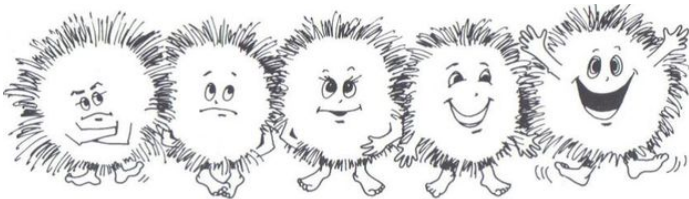
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STORY
TIME!

We all feel different emotions!



Click on the link and read or listen to a story about different feelings.

[How Do I Feel Today?](#)

To Do

Look at the fuzzy characters. Which fuzzy character do you feel like today? Draw him/her on a piece of paper.

What colour might your character be? Colour your character.

Tell someone in your home how you feel.

Can you write a word or a sentence that tells how you feel?

I feel... because...

INQUIRY

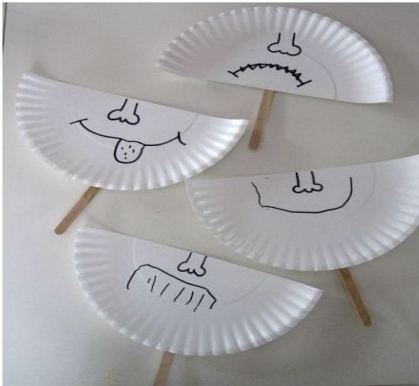


Our Feelings

We all have different feelings and they are all okay! Even being angry is okay! If a friend is unkind to you, you are going to be angry. What matters is how you let others know how you feel. Maybe you aren't even sure how you feel sometimes.

Take a peek in the mirror. Try making different faces. See how you look when you feel happy, sad, angry, silly, scared, excited, or any other emotion.

What do you notice?



You choose:

- 1) With an adult in your house, make masks that show how these emotions look to you.
- 2) Play charades with an adult in your house and guess their emotion.



In this song, Dave and Grover try to name their emotions. Do you find it difficult sometimes to figure out how you are feeling? Sometimes we need to slow down and think about it.

How can you slow down and think about your feelings?

What makes you feel calmer or happier?

Calming Jars



Materials Needed:

- * A clean bottle (plastic is best to avoid breakage)
- * Hot water
- * Mixing bowl
- * Whisk or other utensil to stir
- * Food colouring
- * Fine glitter

A note about glitter: You can use fine glitter, chunky glitter, or any kind of glitter. Whatever catches your eye will look beautiful! Be sure that your calming jar is made up of about 80% water, 20% glue, and as much glitter as you want! Leave a little room at the top of your jar when you make it in case you need to add more water or glue.

Make it: Pour clear glue and hot water into the mixing bowl, along with food coloring, and glitter. Now mix with the whisk. When everything is blended pour right away into the water bottle (you need to do this step quickly so that the glitter doesn't stick to the bottom of the bowl). You could also try adding the ingredients directly to the bottle and shaking it up to mix it.

When can you use your calming Jar?

How does your body feel when you use your calming Jar?

Winter Wonderings

An expectation of the Kindergarten Program states that, "as children progress through the Kindergarten program they: demonstrate an awareness of the natural and built environment through hands-on investigations, observations, questions, and representations of their findings".

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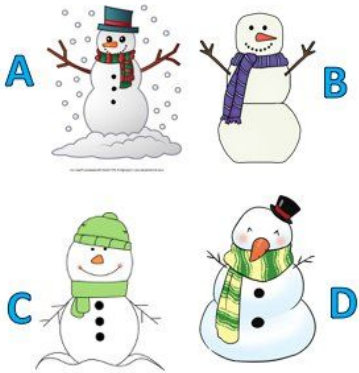


Which

One

Doesn't

Belong?



Look at the images and talk about what you notice!!



Listen to the song and sing and dance along!

Find things in your house that could be used to make a snowman face.

Can you find two objects for the eyes?

What will you use for the nose?

ScavenGER Hunt!



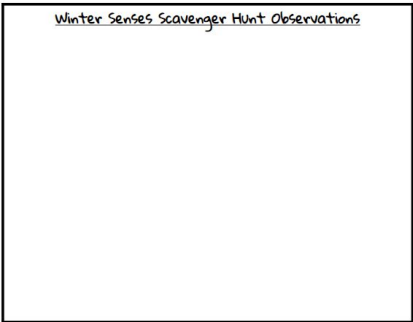
Go on a Winter Senses Scavenger Hunt!!

Go on an outdoor scavenger hunt with an adult in your home and explore all around your house and yard! Draw what you find for each of the senses below! Here are some examples:

Things to listen for: Birds chirping, the wind, water dripping from a branch etc.

Things to smell: Pine tree, snow, fresh air etc.

Things to feel: Tree bark, ice, chilly cheeks!



Can you make a snowflake design using natural materials like sticks and rocks?



- What materials will you use?
- While you are on your winter senses scavenger hunt, collect materials for your design.
- Create your design and share it with others in your home and your class!
- This is a photo of a snowflake up close! What do you notice? What do you wonder?



Make snowflakes by glueing popsicle sticks together! Add gems, glitter or anything else you may have to decorate them.

I Can Be A Friend



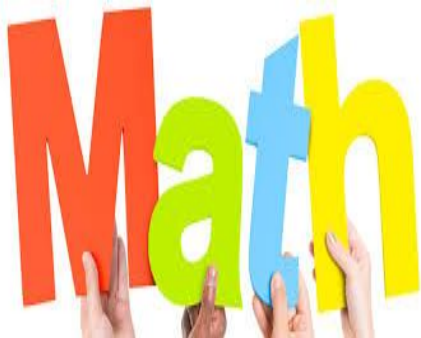
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Today we will be exploring friendship

The Kindergarten Program states, “as children progress through the Kindergarten program they identify and use social skills in play and other contexts”.



Math Games With A Friend



**Shuffle the number cards from an Uno deck or a regular deck of cards and place them upside down in a pile (remove the face cards)*

**Take turns picking a card from the pile*

**Clip clothespins to the card matching the number on the card
(If you don't have clothespins, use Lego pieces instead)*

AS A CHALLENGE YOU COULD:

- Determine who has the biggest or smallest number
- Collect cards until you have two or three that will add up to 10



Listen to the book and then talk about the questions with someone in your house!

What was the little boy's problem in the book?

Have you ever met someone new that you weren't sure about at first? What did you do?

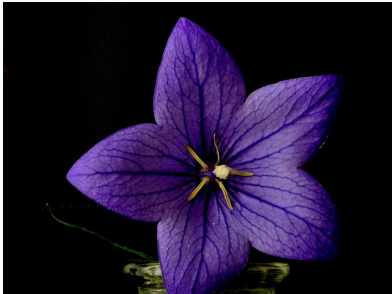
What did the little boy's father tell him to do?

Did it help the little boy to spend time with Jeremy Ross?



Friendship Flowers

What makes a good friend?
Talk about it with an adult.



Can you think of six things you can do to be a good friend?

Make a friendship flower with materials you can find around your house.

I wonder what you could use to create a beautiful flower.

Have an adult help you to write your ways to be a good friend on your flower petals or your page.



BE A GOOD FRIEND



Listen to the song and then listen again, and sing along!

While you listen, think about the ways you can be a good friend!

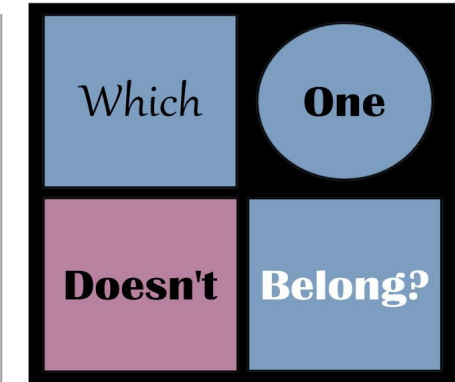
Around My Community

An expectation of the Kindergarten Program states that, "as children progress through the Kindergarten program they: demonstrate an awareness of their surroundings".



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Look at the images and talk about what you notice!!



Listen to the song and sing and dance along!

Think of people in your family that help the community! Are there any bus drivers in your family? How about nurses?

Draw a picture of them!

WALK TIME



Go on a Community Walk (following Public Health Safety Guidelines and Covid Protocols)

Go on a community walk with an adult in your home and explore all around your neighbourhood!

Take a picture of community buildings where community helpers work or just stop to talk about them along the way! What is the purpose of the building? Who do the people working in it help? If able, print out the photos and make a community helper book. If you can't print out pictures, draw the buildings for your book!



Buildings you might see:

- *schools
- *libraries
- *restaurants
- *doctor's offices
- *fire station
- *police station
- *vet clinic
- *hospitals



Using blocks, LEGO or cardboard, build a neighbourhood community! What businesses and community helpers will you have in your neighbourhood?

Make a "Thank You" card for a community member or members that make a difference.



- ◆ Gather your materials (e.g., paper, markers or crayons, scissors, stickers).
- ◆ Draw a picture on the front of the card and the words "Thank You"
- ◆ Inside, draw or write a simple message to thank the community helper! Have a grown up help if needed.
- ◆ Mail the card to the special community member! Walk with a grown up to the mailbox! The letter carrier will pick up your letter and take it to the post office. It then will get delivered to the special person!



I Can Be A Detective

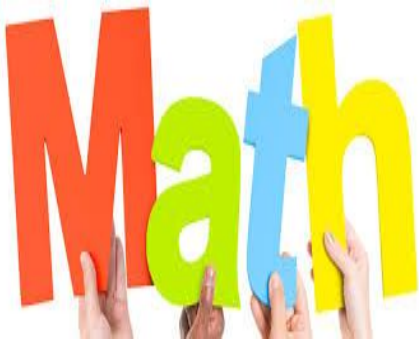
Today we will be investigating and problem-solving!

The Kindergarten Program states, "as children progress through the Kindergarten program they will use the processes and skills of an inquiry stance".



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Number Detective Game! *Play with a family member!*

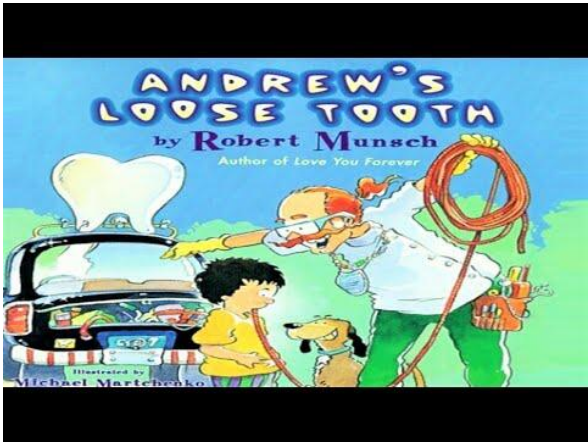
**Make number cards from 1–5 and a number line from 1–5*

**Put the cards face down and take turns picking a card from the pile*

**Whoever's turn it is, gives clues to the other person about their number (e.g., it comes after 4, it is 2 less than 3 etc.). Use the number line for help*

AS A CHALLENGE YOU COULD:

–Play with cards from 1 to 10 or use dot cards!



Listen to the book and then talk about the questions with someone in your house!

What was Andrew's problem in the book?

What are some of the ways he tried to fix his problem?

How was Andrew's problem finally fixed?

If you had the same problem as Andrew, what would you do to solve it?

Let's Investigate!

Scientific Method

Ask a Question

Gather Information
Observe – look, listen, taste, touch, smell
Read. Ask an Expert.

Form a Hypothesis
Guess the answer.

Test the Hypothesis
Do an experiment to see if you're right.

Share the Results
Tell other people what you learned.

Pick an activity below to investigate!

Sink & Float

Find items around the house to test out if they will sink or float in a container of water (e.g., spoon, crayon, sponge, rock). Before you test them out, make a prediction if you think they will sink or float! Make a chart to record your findings!



Celery/Food Colouring Experiment

Fill jars halfway with water. Add food colouring to each jar. Add celery stalks and watch what happens during the week. Make sure to check everyday and spot any changes!



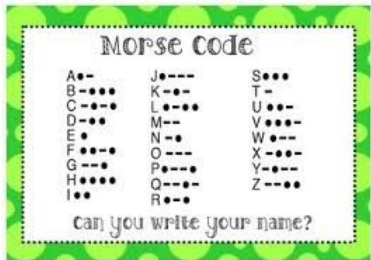
Write a message in disappearing ink!



Use a cotton swab and dip it in a small bowl of lemon juice. Write/draw your top secret message on a white piece of paper. When it dries, have a grown-up help you heat it up near a lamp. What happens? How did the heat change your paper?



Samuel Morse was an inventor and developed the Morse Code, a neat way to communicate a long time ago!



Listen to the song and then listen again, and sing along! Who took the cookie? Was it who you thought it was?

Cut out pretend cookies and a cookie jar out of paper to use as props while you sing!