

Calendar of ideas to support family literacy

Monday	Tuesday	Wednesday	Thursday	Friday
Literacy and Numeracy Activities				
<p><u>Literacy suggestions for P-3</u> – <i>Fountas and Pinnell</i> The site offers a range of learning activities and links to other sites that promote literacy for students in grades primary to 3. The site includes read alouds and literacy webinars for parents</p> <p><u>International Children’s Digital Library</u> The library holds a digital library of outstanding children’s books from all over the world. The materials are presented in the original languages.</p> <p><u>French Phonological Skills</u> – <i>Lasouris</i> Children in primary to grade two can practice French phonological skills online. Students can engage in learning activities on letter sounds and writing skills.</p>	<p><u>Learn at Home Project Activities</u> – <i>Scholastic</i> . Learning activities focused on literacy, mathematics and science for grades 1 to 6. The site includes day by day projects that allow students to build on key literacy and math skills while learning about a variety of topics in science.</p> <p><u>Brain Games</u> – <i>Fun Brain</i> Play games while practicing math and reading skills for grades 3 to 6. There are activities that focus on grammar, spelling, and games that help students practice math skills.</p>	<p><u>Numeracy Guide</u> – <i>Ontario Government</i> The guide has fun, everyday examples where students can practice their math skills. The guide also has tips for parents to make math learning easy and fun at home. Building math skills can be easily incorporated in daily activities like making meals</p> <p><u>Public Library</u> Visit a public library online and borrow some books. While libraries across the province are closed they do remain open online. Check the <u>map for the library information</u> where you live.</p>	<p><u>French Phonological Skills</u> – <i>Lasouris</i> Children in primary to grade two can practice French phonological skills online. La souris-web has a collection of educational games, nursery rhymes and stories to develop phonological skills.</p> <p><u>Educational Videos</u> – <i>BrainPop</i> BrainPop provides short educational videos on a variety of topics in mathematics, science, art and more for students in Grades 4 to 6. The site includes videos and learning activities that engage students in critical thinking along as they work on literacy and math skills.</p>	<p><u>Story Time</u> – <i>storyline</i> Stories read aloud by well known people with a family and teacher guide</p> <p><u>Computer Programming skills</u> – <i>Blockly games</i> Learn computer programming skills - fun and free. These activities support mathematics and literacy for grades 2 to 6 (French and English) This site offers a range of programming activities that help students develop problem solving and critical thinking skills.</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
Keep Moving and Staying Active! Physical Activities/ Mental Wellness				
<p>Physical Activity Long Jump Pick a starting point & jump as far as you can. Try 3 different times to see how far you can go. Who can jump the furthest in your family? Make a chart to show your family results.</p> <p><u>Create Visual Schedules for everyday routines</u> – do2learn Create a visual schedule for each day on a chalk-board, white board or a poster. Recipe cards can be used and re-used for particular activities</p> <p><u>Exercise Sessions</u> – Boks Canada (Facebook) Staying active helps with physical and mental health. Plan some physical activity daily. Looking for other daily ideas on how to stay active? Boks Canada is hosting daily exercise sessions for children and youth.</p> <p><u>Self-regulation and Mindfulness</u> – gonoodle.com Videos created by child development experts.</p>	<p>Physical Activity Core Crunch → 30 <u>lunges</u> → 1 min. <u>kicks</u> → 1 min <u>wall sit</u> → 20 <u>wood choppers</u> Repeat 2x</p> <p><u>Eating Healthy</u> – Nourish Nova Scotia Prepare a meal or snack together. Be sure to use your math skills when you are measuring and when you are dividing up the food to share. Ask questions like, show me what half the snack is or how many pieces will each person get? Nourish Nova Scotia is a great source for daily snack and meal ideas, including their <u>Twitter</u>, <u>Facebook</u> and <u>Instagram</u> accounts.</p> <p>Creative Activities Write, draw, or talk about things you like to do as a family. Make a top 5 list. Families can share their lists.</p>	<p>Physical Activity There are lots of television and internet fitness programs. Find one that your family might like to do and do the exercises together.</p> <p>Gaming Play a board/card game. You can make up a game, too, like charades acted out or drawn out, like pictionary. It is good to use words that your child has been studying in school if you are making your own games.</p> <p>Social Interaction Take time to show caring. Call a grandparent or person you know is not able to get out of their home and be a friend.</p> <p><u>Music</u> – Carnegie Hall Music activities from Carnegie Hall with diverse musicians</p>	<p>Physical Activity Leg Burners → 10 <u>lunges</u> → 1 min. <u>High Knees</u> → 1 min. <u>Glute Bridge</u> → 25 <u>squats</u> Repeat 3x</p> <p>Creative Activities Do you like to draw or doodle? Doing something tactile with your hands is good for your brain. Try the doodle challenge: everyone in the family has a paper, they each draw a squiggle on their own paper, pass the paper to the next person who then makes a drawing from the squiggle. Create your own doodle gallery.</p> <p><u>Handwashing Poster</u> – Government of Nova Scotia Frequent handwashing is recommended. It goes much quicker if you wash as you sing your favourite song.</p>	<p>Physical Activity Five <u>heel raises</u> for every text message you send throughout the day.</p> <p><u>Lunch Doodles</u> Tune in with Mo Willems every day at 2 p.m. to learn how to draw a daily doodle. Or watch the recordings on YouTube.</p> <p><u>Electronic Devices</u> – Media Smarts Canada Chances are digital devices will play a big role in the lives of many families. Learn more about being safe online, practicing good social media and how to spot fake news from real news. Media Smarts Canada is the authority on this. They have games and resources to support students and parents.</p>

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Keep the Fun Going!				
<p><u>National Parks Videos</u> – Parks Canada This French YouTube channel provides an opportunity for primary to six students to experience National Parks across Canada. This site supports literacy and social studies learning.</p> <p><u>Tech Careers</u> – Techsploration Have you thought about careers that could be in your future? Visit the Techsploration Women in Action video series to see the many different types of jobs that are being done by females in Nova Scotia. Send a message to your teacher saying which one is the coolest to you and why.</p>	<p><u>Science Resources</u> – Let's Talk Science Various grades P-12 Learning experience ideas, articles and videos - lots of hands-on ideas and career connections. Searchable by province, curricular topic and grade level</p> <p><u>Parka</u> – Parks Canada Les animated series Les aventures de Parka would be of special interest to P-3 students.</p> <p><u>Visual Art Activities</u> – Art Gallery of Nova Scotia Wonderful art activities that can be adapted for art explorations at home (all grades)</p> <p>Spring is coming Start a Spring journal and keep track daily of the signs of Spring that you see.</p>	<p><u>Videos on Biodiversity</u> – Biogenus This site on Biodiversity in Quebec contains videos and brief descriptions of animals and vegetation that would be similar to Atlantic Canada. It provides students with opportunities to read in French and watch short videos in French related to biodiversity. It can launch many different activities such as outdoor exploration, science journals, and writing experiences</p> <p><u>Get to Know Yourself</u> – Junior Achievement Have you thought about how your interests can help you develop skills that are important in everyday life? Complete this self-assessment to help you understand skills you already have and ones you could develop. Add your results to your portfolio</p>	<p><u>Social Studies Activities</u> – National Geographic Kids Social Studies activities for students grades 1 to 6. Continue to develop and expand your child's interest in the world.</p> <p><u>Social Studies Resources</u> – DK Find Out Social Studies related learning experiences for students in grades 1 to 6. Students learn about cultures around the world as they practice their literacy skills.</p>	<p><u>myBlueprint</u> – Nova Scotia Government Show your skills and who you are! Sign into your myBlueprint "All About Me" account and earn 3 badges as you investigate who you are. Your gnsps account will help you log in - Grades 4-6)</p> <p><u>Daily Maker Challenge</u> – Brilliant Labs Join us every week day at 10am AST for a new Make-At-Home activity & 1pm for an Outdoor activity or a Digital Learning skill while schools are closed. (French and English)</p>

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