

Verner Elementary School- Grade K

Special Area Lessons for the weeks of April 6 and April 13

For Library and Guidance please select one item from each column of the chart to complete by April 17<sup>th</sup>.

Library-Choose One!	Guidance- Choose One!
<p>Go to:  <a href="https://sites.google.com/view/rsdliteracy/home">https://sites.google.com/view/rsdliteracy/home</a>            On the K-2 tab, find library assignments. Select one of the bug books to watch. Write in your notebook the story you chose and give it a star rating, 1 if you didn't like it and up to 3 stars if you loved it.</p>	<p><b><u>Acquire A Skill</u></b>            Practicing good Social Skills at home is important. By taking turns, cooperating and following your new schedule at home is showing Respect. Take a few minutes and ask yourself what I can do to help out at home? Then do it!            Examples; clean your room, play a game nicely with a sibling and put your toys away.            Here's a good video to help you practice Respect:  <a href="https://www.youtube.com/watch?v=GOzrAK4gOSo">https://www.youtube.com/watch?v=GOzrAK4gOSo</a></p>
<p>Read your favorite book to a furry friend or a family member. Write in your notebook what you read and to whom you read.</p>	<p><b><u>Build A Habit</u></b>            Keeping healthy and safe is important for all of us. Remember to wash your hands when you come in from the outside and before &amp; after meals. Practice washing your hands daily.            Here's a good video to watch for proper hand washing:  <a href="https://jr.brainpop.com/health/bewell/washinghands/">https://jr.brainpop.com/health/bewell/washinghands/</a></p>
<p>Check out and animal on World Book Online. The link is on the K-2 page. The username is riverviewsd and the password is raiders. In your notebook, tell me what animal you looked up today.</p>	<p><b><u>Listen To Another</u></b>            Think of someone who has been helping you or who has been very kind to you. It is important to let them know how you feel. You could write them a letter, call them on the phone or have a virtual conversation to share your thoughts.            This video on Kindness is excellent to watch:  <a href="https://www.youtube.com/watch?v=ccvFBGhBKg4&amp;feature=youtu.be">https://www.youtube.com/watch?v=ccvFBGhBKg4&amp;feature=youtu.be</a></p>
<p>Wait for a nice day, then take your book outside and read. In your notebook, write down the title of the book and if you liked reading outside.</p>	<p><b><u>Exercise Your Body &amp; Mind</u></b>            Taking care of yourself both physically and emotionally is important for your health! Go for a walk and play Nature's ABC's. List all the items you see outside according to the alphabet. Example- a is for ants, b- is for bugs ☺            you got it!</p>

For Art, PE and Music, please complete the assignment below.

<p>Art</p>	<p><b>Virtual Art Show Week!</b></p> <p>I would love it if you take pictures of yourself with the two art projects you have made so far! If you have not made them yet, please make them this week! Feel free to add more than 2 projects if you like. You may also include anything else you have made at home during the break! Please send your email to me:</p> <p><a href="mailto:kbenard@rsd.k12.pa.us">kbenard@rsd.k12.pa.us</a></p> <p>I will be setting up a show and would like to share your work! You may add edit effects, your name, and please have a picture of yourself in at least one of the pictures so we can all get to see each other!</p> <p>Please only send 1 email and you may have up to 3 images!</p> <p>Thank you so much and have fun! I can't wait to get our Virtual Art Show together!</p> <p>Thank you, Mrs. Benard</p>
<p>Phys Ed</p>	<p style="text-align: center;"><b><u>Physical Education</u></b></p> <p style="text-align: center;"><b><u>Lesson Plans for Kindergarten, First &amp; Second Grades</u></b></p> <p><b><i>*Note to parents/guardians – while I feel that is beneficial to your child's overall health and well-being to be physically active each day, not to mention helpful to their cognitive learning as well, it may not be possible to get out and do some of these activities every day. Please do not feel obligated to do so, just use your best judgement on the amount of activity they may need, no pressure!</i></b></p> <p><b><u>Warm-up Activities</u></b></p> <p>Pick <b>one</b> of these activities to do <b><u>at least twice this week</u></b> for at least 20 minutes:</p> <ul style="list-style-type: none"><li>Walk or jog outside</li><li>Jump rope</li><li>Hula hoop</li><li>Ride your bike</li><li>Dance to your favorite music</li><li>Climb up &amp; down your stairs</li><li>Skip, hop or gallop around</li><li>Play a tag game if you have a few people at home to play with you</li></ul>

### **Stretch**

Do the following stretches after your warm-up activity:

- Touch your toes
- Squat down then jump up
- Twist your body
- Make your arms swing in a circle
- Cross your arms like scissors
- Jumping jacks

### **Fundamental Activities**

Pick **one** of these activities to practice for at least 20 minutes *twice this week*:

#### **Balancing**

- Balance yourself in different ways for 1 minute at a time
- Balance yourself on something – a book, a step, a pillow
- Balance something on you – a beanbag, a ball, a book
- Balance something on something else – stack plastic cups, a ball on a plate, stack coins

#### **Ball Skills** (get outside for most of these activities)

- Throwing – point, step & throw at your target  
Throw with a partner, throw at a target
- Catching – reach & squeeze with your hands  
Bounce & catch, toss & catch, throw & catch
- Rolling – step, bend & swing your arm  
Set up a little bowling challenge game
- Kicking – step, swing your leg & kick middle of the ball  
Kick with a partner, kick at a target
- Striking – swing back, keep your eye on the ball, swing through the ball  
(you can use a bat or a racquet of any kind)  
Hit off a tee, hit soft toss, pitch and hit

### **Assessment**

Please note in your journal the activities you chose, the amount of time you participated, how you did during the activity and maybe even a photo of you doing it if you would like, not a requirement though. I have gotten a lot of photos & videos this past week, it was awesome to see you playing...you can email them to me at [kkrajca@rsd.k12.pa.us](mailto:kkrajca@rsd.k12.pa.us)

Music

Circle the softer picture in each pair.

