Welcome to our very first Home Learning adventure! The idea is to continue to strengthen learning in Math, Literacy and Life Skills. We ask that the children work for 1 hour each day to total 5 hours a week on these suggested activities. We understand that you may not be familiar in the French Second Language, but that is okay! We are in this together! We encourage you to encourage your child to “parler en Français”.

You may also choose to do some read aloud story time with your child. Be as creative as you wish with your little ones and have fun in grade one! A good guideline to follow is about 20-30 minutes each of Math and Literacy a day.

It is important to take “brain breaks” in between activities as needed. Maybe you can do some stretches, pushups, sit ups, chair yoga breathing, step outside for a breath of fresh air- anything that you find is helpful!

😊 In addition to academic focus, students should try to do 30 minutes of physical activity each day.  Possible activities might include but are not limited to:

\*Having a dance party.

\*Going for a walk.

\*Going for a bike ride.

\*Playing tag.

\*Helping with chores.

\*Practicing Yoga (here is a good guided yoga video on youtube)

https://www.youtube.com/watch?v=X655B4ISakg

|  |  |
| --- | --- |
|  | [Yoga for Kids!](https://www.youtube.com/watch?v=X655B4ISakg)Follow along as Sophia Khan leads a fun and family-friendly introduction to yoga. You’ll get to warm up, practice breathing and poses, and relax into a power down. --------------------------------------------------------------------------------- TELUS STORYHIVE supports compelling, original stories told by filmmakers from BC and Alberta y ...www.youtube.com |

*Have fun with your grade one and let them show you what they know!*

*Yours in Education,*

*Mme. Gauthier 😊*