

## Hello Again First Grade Families!

We want you to know how much we miss being with you at Oakland Elementary, and we hope that you and your families are doing well!

We want to make sure that we are engaging our brains each and every day! We planned activities for the choice boards to help you find creative and fun ways to learn at home. You can also explore the links for online activities if you like!

In addition to these learning activities, your child's teacher may be posting unique online read alouds or mini-lessons videos and/or hosting online class meetings. Watching and/or participating in these special, additional online activities is entirely OPTIONAL. We don't want to overwhelm your family, but we do want to provide you with as much support as possible during this difficult time. Watch for communication from your child's teacher about these special virtual activities.

Please let your child's teacher know if you have any questions. We are here to help!

Mrs. Heinonen, Mrs. Kalitzky, Mrs. Merna & Ms. Schrift

### First Grade Teacher Contact Information

Teacher/Email	Office Hours (Monday-Friday)
Mrs. Heinonen <a href="mailto:heinonene@district87.org">heinonene@district87.org</a>	10:00-11:30 am
Mrs. Kalitzky <a href="mailto:kalitzkya@district87.org">kalitzkya@district87.org</a>	9:00-10:30 am
Mrs. Merna <a href="mailto:mernat@district87.org">mernat@district87.org</a>	9:00-10:30 am
Ms. Schrift <a href="mailto:schrift@district87.org">schrift@district87.org</a>	10:00-11:30 am
Mrs. Johnson, LBS1 <a href="mailto:johnsonk@district87.org">johnsonk@district87.org</a>	10:00-11:30 am
Mrs. Uhren, ELL <a href="mailto:uhrenm@district87.org">uhrenm@district87.org</a>	10:00-11:30 am

## Oakland Grade 1

Remote Learning Unit 3 - Week 1	Monday May 4	Tuesday May 5	Wednesday May 6	Thursday May 7	Friday May 8
<b>Academic</b>	See Choice Board	See Choice Board	See Choice Board	See Choice Board	See Choice Board
<b>Specials</b>	<b>Art:</b> Draw yourself in a safe place	<b>LMC:</b> Pick a book and read it together with someone in your house. Create a bookmark telling what your book is about and why someone should read it!	<p><b>PE:</b> Find some bowls or pots in your kitchen and get a ball of socks. Place the bowls/pots in a straight line on the floor 2 feet apart. Then stand behind one end of the line. See if you can make the socks into the first pot. Then try the second pot and see how far you can go.</p> <p><b>Music:</b> Draw with chalk outside to illustrate a song that you sing in Music Class. You can use what you know about different rhythm patterns and melody to create your song or simply draw a picture of the important parts of the song. If you do not have access to chalk, use crayons and paper.</p>	<p><b>PE:</b> Find some sidewalk chalk and draw a hopscotch path on your sidewalk or driveway and complete the path.</p> <p><b>Music:</b> Play your favorite music and have a dance party with the people in your house. One person is in charge of stopping the music. One person is in charge of creating a pose. When the music stops, freeze like the person creating the statue.</p>	<b>PE:</b> Take out a deck of cards and put them in a messy pile on the floor face down. Pick one card and do the corresponding exercise. King= 10 jumping jacks, Queen = 10 sit ups, Jack =10 line jumps, Ace = 10 second plank, all numbered cards = the corresponding number of jumping jacks.

## Oakland Grade 1

Remote Learning Unit 3 - Week 2	Monday May 11	Tuesday May 12	Wednesday May 13	Thursday May 14	Friday May 15
<b>Academic</b>	See Choice Board	See Choice Board	See Choice Board	See Choice Board	
<b>Specials</b>	<b>Art:</b> Draw oval figures (no stick figures) that represent your family	<b>LMC:</b> If the weather is nice, go outside and sit on a blanket/under a tree and read for 20 minutes or stay inside and find a cozy spot and use a flashlight to read. Take a snack with you and send Mrs. Martin a picture if you wish!	<b>PE:</b> Take some plastic cups or maybe some small stuffed animals and place them on one side of a room in your house. Take a ball of socks and from the other side of the room try to knock over the cups or stuffed animal targets. Really, anything that is unbreakable can be used as a target.  <b>Music:</b> Find something made of wood, made of metal, with strings on it, to tap on, to tap with, to tap together, to shake, to blow air through, that makes a high sound, that makes a low sound, that plays music. See how many items you can find. Set them aside to use during the second music lesson this week.	<b>PE:</b> Go outside with any kind of ball. If it is a ball that you can bounce and catch that as many times in a row as you can without making a mistake. If it is a ball that doesn't bounce very well you can toss it into the air and catch it as many times as you can without letting it hit the ground. If you don't have any type of ball you may use a ball of socks again.  <b>Music:</b> Using the instruments found earlier in the week, divide them up amongst the people in your house and have a "Jam Session."	Remote Learning Planning Day

### Oakland Grade 1 Unit 3 Choice Board

Students should choose at least one activity from each column (Reading, Writing, Math, Science/Social Studies) each day. Place a check and parent initial on the activities completed.

Reading	Writing	Math	Science/Social Studies
Find a cozy book nook and read independently for 20 minutes.	Write a journal entry about what you did today.	Draw and cut out a square, rectangle, triangle, and circle. Build something with them.	Draw and describe your weather today.
Build a fort and read for 20 minutes in your fort. Make sure to clean up your fort when you finish.	Make a comic strip with your family as the main characters.	What can you find to count 120 pieces of? Cereal, rice, beans, macaroni, etc...	Read a Science A-Z book on <a href="http://kidsa-z.com">kidsa-z.com</a> .
Read to a stuffed animal for 20 minutes.	Write a thank you note to someone in your family.	Practice your addition facts.	Do something kind for a family member.
Read to someone in your family for 20 minutes.	Write a joke and share it with someone.	Write a story problem about this fact: $8 + 4 = \_$ .	Collect items to recycle.
Ask someone to read to you for 20 minutes.	Write directions to play your favorite game. Use words like first, next, then and last.	Find a nickel and a quarter. Tell a grown up how the coins are the same/different.	Go on a nature walk with your family around your yard or neighborhood.
Find a cozy book nook and read independently for 20 minutes.	Write a paragraph with three kind sentences about a favorite person.	How much do you weigh? Find two things that weigh more/less.	Make something using reusable items.
Build a fort and read for 20 minutes in your fort. Make sure to clean up your fort when you finish.	Make a card for someone! Be sure to include illustrations and a nice note!	Play a game of war. Each family member chooses a card from a deck of cards. The person with the greatest card wins! (If you don't have a deck of cards, make your own set of number cards.)	Host a Meeting or Circle Time with your family. Choose a topic to discuss (i.e. favorite food, etc.) and make sure everyone shares.
Read to a stuffed animal for 20 minutes.	Write a new ending to a favorite story.	Write a story problem about this fact: $15 - 5 = \_$ .	Play a board game with a family member. Practice taking turns & being kind.
Read to someone in your family for 20 minutes.	Write a paragraph about three things you love to do outdoors.	Find tools around the house that can measure length, time, and weight.	Try 5 things to help the Earth.
Ask someone to read to you for 20 minutes.	Free Write! You choose what to write about.	Practice your subtraction facts.	Help a grown up cook in the kitchen.

## Additional Just-for-Fun, Online Practice Activities

**If you don't know your child's District 87 username and password, contact your child's teacher.**

- Go to Oakland's LMC Website (<https://www.district87.org/domain/266>). Scroll down and use the links on that page to...
  - Enjoy books on Tumblebooks, BookFlix or Storyline Online. If BookFlix asks for login information, use oaklandelem as the username and login as the password.
  - Practice reading, writing and math skills on Starfall.
- Visit the Scholastic Learn at Home website for Grades 1 & 2. (<https://classroommagazines.scholastic.com/support/learnathome/grades-1-2.html>). You will find a variety of engaging stories and activities for your child on this website.
- Check out ABCya (<https://www.abcya.com/>). You will find a variety of games to practice reading and math skills.
- Explore Brainpop Jr. (<https://jr.brainpop.com/>). Students will need to log in using their District 87 username and password (you will need to put a BL in front of the username). Students can watch educational videos and enjoy games/activities related to those videos on Brainpop Jr.
- Read on RAZ Kids (<https://www.kidsa-z.com/main/Login>).
  - Enter your teacher's username if prompted. The username for each teacher is...
    - Mrs. Heinonen: eheinonen
    - Mrs. Kalitzky: akalitzky
    - Mrs. Merna: tmerna
    - Ms. Schrift: tschrift
  - You will need to know your five-digit user name to locate your stories.
- Explore the games on Education City (<https://www.educationcity.com/us/>). You will need to know your District 87 username and password (you will need to put a BL in front of the username). If your teacher has pre-selected games for you, they are under the "Classwork" or "Homework" tabs. If you want to locate other games, click on the search bar in the upper right corner.
- Set up a free family account on GoNoodle (<https://www.gonoodle.com/for-families/>). You can use the videos on this site to help your child keep moving/get their energy out during the break.
- Check out fun art activities and learn how to draw at Art Hub (<https://www.youtube.com/user/ArtforKidsHub/videos>).

## Social-Emotional Remote Learning Activities from Mrs. Ryder

IF POSSIBLE, PLEASE EMAIL MRS. RYDER at [ryderj@district87.org](mailto:ryderj@district87.org) TO TELL HER HOW YOU ARE DOING!

<b>Monday, May 4</b>	<b>Tuesday, May 5</b>	<b>Wednesday, May 6</b>	<b>Thursday, May 7</b>	<b>Friday, May 8</b>
Do one random act of kindness at home. Bonus points if can do two acts of kindness!	Write down all the things that did not go so well today (one on each piece of paper). Now rip each one to shreds as you focus on letting it go and you make a plan for making tomorrow better.	Play 'Red Light Green Light' – practice listening immediately to directions and keeping personal space between you and your family members.	Find 5 emoji's that represent all the feelings you had today. Tell an adult about those feelings and notice how they changed throughout the day.	Interview a family member about how they are feeling about the 'shelter in place' and pandemic experience. Write or draw about it from their perspective.
<b>Monday, May 11</b>	<b>Tuesday, May 12</b>	<b>Wednesday, May 13</b>	<b>Thursday, May 14</b>	<b>Friday, May 15</b>
Go on a mindful scavenger hunt. Find 8 objects. Once you have them write down how they smell, feel, and look. At the end, decide which object you enjoyed the most.	Think of three things you struggle with. For each one, write or draw a positive affirmation you can say to yourself when you feel stuck or overwhelmed with those struggles. An example might be: "I can do hard things!" Bonus points if you share them loud and proud to your grown ups at home.	Make a list of 15 different emotions. Write each one on a notecard. Play charades with a family member and have them guess which emotions you are acting out from your cards.	Practice your breathing. Go outside and find a dandelion. Take a huge breath and blow all the pedals off of the dandelion. Try to get them all off in one breath. Try this three times.	Cut out a paper heart. On the heart write/draw all the people who are helping/working to take care of others during this time (i.e. nurses, grocery workers, etc). How do you think they feel right now? Is there a way you can thank them?
<b>Monday, May 18</b>	<b>Tuesday, May 19</b>	<b>Wednesday, May 20</b>	<b>Thursday, May 21</b>	<b>Friday, May 22</b>
Be a social spy. Watch two people on a TV show with the volume muted. Try to guess how they are feeling or what they might be talking about by using your social clues.	Write a letter or draw a picture for a neighbor or friend. Put it on their doorstep for them to find later. Think about how it may make them feel to find this.	Offer to help your grown ups with a chore. Pitch in, be helpful, don't expect anything in return. Pay attention to how you made them feel.	If possible, download the app - Positive Penguins. The app aims to help children understand their feelings and overcome negative thoughts.	Think about all the great memories you had during this school year. Write or draw your favorite memories and share it with your family.