

# First Grade Choice Board

Week of May 11-15

These are learning opportunities that you may choose to do at home with your child.

Reading	Writing	Math	Specials												
<b>Read:</b> Read for 20 minutes EVERY day. ** books, magazines, cereal boxes, EPIC! Website	<b>Sentence Writing:</b> Write three to five sentences to tell your mother or someone special how much you love them and why.	<b>Number Writing:</b> Write down 20 even numbers and 20 odd numbers.	<b>PE:</b>  See activities listed below or pick an activity of your own.												
<b>Character Emotions:</b>  Read a book. Name the characters and tell someone how or if the character's emotions and feelings changed throughout the story.	<b>Sight Words:</b> Find the value of the following words: Consonants: 2 points Vowels: 5 points (a,e,i,o,u)  Ex. cat= 2+5+2=9 Know, could, people, were, where, been	<b>Subtraction War:</b> Play Subtraction War using a deck of cards. Each player pulls a card off the deck and both players have to subtract the two cards. Remember to start with the bigger number. The person who subtracts the quickest wins the two cards. Continue through the deck.	<b>Music:</b>  See activities listed below or pick an activity of your own.												
<b>Phonograms:</b> Touch each phonogram, say its sound, and name a word that has that phonogram in it. <table border="1" data-bbox="24 1203 383 1467"> <tr> <td>ea</td> <td>wh</td> <td>ew</td> </tr> <tr> <td>aw</td> <td>ed</td> <td>ue</td> </tr> <tr> <td>or</td> <td>ai</td> <td>ui</td> </tr> <tr> <td>ck</td> <td>oi</td> <td>ey</td> </tr> </table>	ea	wh	ew	aw	ed	ue	or	ai	ui	ck	oi	ey	<b>Compare/Contrast:</b>  Compare and Contrast school at school and school at home. What is the same and what is different about the two?	<b>Graphing:</b>  Grab a handful of a multi-colored cereal or candy. Create a chart with each color. Turn your chart into a bar graph.	<b>Social Emotional:</b>  Stand in front of the mirror and give yourself a compliment!!  Now share a compliment with someone else!  How did both of those activities feel?
ea	wh	ew													
aw	ed	ue													
or	ai	ui													
ck	oi	ey													
<b>Syllable Substitution:</b> Say old word, remove sound, say new word <u>word</u> <u>without</u> <u>response</u> spied /p/ blow /l/ frame /r/ slow /l/ ski /k/ brake /r/ play /l/	<b>Journaling:</b> Write a journal entry about your day. Write at least three sentences.	<b>3D Shapes:</b> Go on a scavenger hunt around your house for 3D shapes. Examples: cube=dice cylinder=can Rectangular prism= box sphere=ball cone=party hat	<b>Message:</b>  <small>VectorStock®</small>												

## PE Activities May 11-15

### Pick Three Fitness Tic-Tac-Toe

Sit and reach 10 seconds.	Butterfly stretch 10 seconds.	V-stretch 10 seconds.
Throw and catch a tissue 10x	Balance a tissue on your elbow and walk around.	Throw and catch a tissue only using your right hand 10 times.
Run in place 20 seconds.	15 jumping jacks.	20 forward arm circles.
Hurdle stretch 10 sec/leg	V-stretch 10 seconds	Sit and reach 10 seconds
Throw and catch a tissue only using your left hand 10 times.	Balance a tissue on your head then stand up/sit down 10 times.	Put a tissue on your face, blow and catch 10 times.
10 Sit-Ups	10 pretend jump ropes	15 jumping jacks
10 neck rolls	Sit and reach 10 seconds	Butterfly stretch 10 seconds.
Put a tissue on your face, blow and catch 10 times.	Throw and tissue in the air and catch on your knee.	Throw a tissue up in the air and turn in a circle then catch.
Favorite dance move 30 seconds	20 backward arm circles	5 Push-Ups

You will need a tissue or napkin.

Pick three boxes and complete all three activities in each box. Make sure you do three in a row for a tic-tac-toe.

### Music activities:

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-**SING AND DANCE** with "Jump, Run and Shout! | Action song for kids | The Singing Walrus"

<https://www.youtube.com/watch?v=hft6uJQIF4g> Break out your best dance moves!!

- Find 3 metal sounds around your house. Play the **STEADY BEAT** with your favorite sound to a song you like.

- **CREATE SOUND EFFECTS** to go with your favorite story. Put on a show for your family. Or....Record your story with your sound effects and send it to a family member.

- LISTEN to the story: "**The First Music: A Folktale from Africa**" (**Animated Stories for Kids**) Enjoy the African musical sounds! <https://www.youtube.com/watch?v=EqGli-UrHPw>