

		BLENDED LEARNING CHOICE BOARD			
Maternelle Div. RSB1					
Try these activities first!	Literacy/ Fine Motor Skills	Continue reading on EPIC.	Practicing & Tracing the new letters and sounds. https://mmeboudreaumaternelle.weebly.com/joly-phonics-tracing-worksheets.html	Review, practice, and write out our sight words. https://mmeboudreaumaternelle.weebly.com/french-site-words-mots-freacutequents.html	Pochette d'histoires Continue making journal entries at home and post them on FreshGrade. https://mmeboudreaumaternelle.weebly.com/pochette-dhistoires.html
	Numeracy	Race to 100 Play race to 100! You can find the game board on our website. https://mmeboudreaumaternelle.weebly.com/les-matheacutematiques.html	<i>Jouons avec les chiffres</i> Playing with numbers https://mmeboudreaumaternelle.weebly.com/les-matheacutematiques.html	Number Tangrams Step 1: Print and cut out the tangrams. Step 2: Print the Numbers and allow your kids to build and explore the numbers with the tangrams. https://mmeboudreaumaternelle.weebly.com/les-matheacutematiques.html	Continue to work on IXL 😊

Additional activities	Physical Literacy/ Outdoors	<p>Sticky Note Wall Bop</p> <p>Attach 26 sticky notes to the back of a door and write a different letter on each one (in random order). Make a “start” line a few feet away from the door, and have your child stand behind it with a soft ball, bean bag, stuffed animal or pair of rolled up socks. Now instruct them to throw their object to try and hit the “A” or the “T”. Players with more advanced aim and spelling skills can try and hit all the letters in specific words (to make it even tougher, if they miss one of the letters, have them start all over again!).</p>	<p>Alligator Alley</p> <p>Scatter some “islands” or “boats” across the floor (use pillows, stuffed animals, books, etc.) and then have your kids jump from one to the next without falling into the “water” and risk being eaten by a hungry alligator.</p>	<p>Wiggle Jar</p> <p>Print out these activity cards from our website and place them in a jar for whenever your child needs to let the “wiggles” out. Discard the few cards that have outdoor activities for when you’re truly stuck inside!</p> <p>https://mmeboudreaumaternelle.weebly.com/physical--health-education.html</p>	<p>Penguin Waddle</p> <p>Place a balloon between your child's knees and have them waddle across the room without dropping it. Make it more challenging for older kids by having them go around a few obstacles. If they drop it, they have to go back to the start.</p>
	Kindness/ Responsibility/ Community/ Social Learning	<p>Gratitude Journal</p> <p>Help your child notice and seek out the positive things happening around them and express gratitude. Studies show that practicing gratitude makes you happier. You can create a gratitude journal together with your child. For this you will need couple of blank</p>	<p>Kind vs. Unkind Words Game</p> <p>https://mmeboudreaumaternelle.weebly.com/</p>	<p>Deep Breathing</p> <p>Does your child have a favorite stuffed animal? This game is one of the best ways to help children lower their stress levels. And try it with them! Let your child lie on his or her back and put a stuffed animal on belly. Have them</p>	<p>Read <u>I Am Peace: A Book of Mindfulness</u> by Susan Verde on Epic!</p>

		<p>sheets of paper or an empty workbook and color pencils. You can leave sections for your children to write or draw about their positive experiences. Here are a few prompts to help children phrase their grateful thoughts.</p> <ul style="list-style-type: none"> • I'm grateful for... • I was kind to ... • This was the best part of my day... • A time when I laughed a lot... 		<p>breathe in and move the stuffed animal up, then breathe out and bring the stuffed animal back down. This helps teach children to use their belly to take big deep breaths.</p>	
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Green = by themselves **Blue** = with some support at times **Pink** = with support/ a person to play with

We would like to offer a biweekly choice board to provide you with some extra activities if you are interested, especially for those who are choosing not to come to school at this time. Please do not feel any pressure to complete these, they are just available to you if you are looking for additional educational activities for your child.

*Choose what works for your family. You can complete all the activities throughout the week, you can complete an activity more than once, you can choose not to do some activities. You can do them in order or jump around - point is, **stress-free "play" learning is the goal!***

*If you choose only one or two activities a day, we encourage you to start with the ones in the **"Try these activities first!"** sections. If you are looking for more, try the **"Additional Activities"** sections. *Many of these skills are transferable from English to French. Do this in whichever language you choose.*