

5 Stress-free Activities

While the sample schedule is a great tool for parents, it is understood that sometimes schedules do not work out as planned! On the days when a formal schedule will not work, here are five simple, stress-free activities you can do with your child and still feel confident that they are learning!

- 1 Reading at mealtime**
Find a favorite book to read together during mealtimes. Dinner may not be the best time, but find a book to read during breakfast, lunch, or snack time. After reading, talk about your favorite parts, or what was most interesting.
- 2 Watch an informational television show**
Watch an informational show or a documentary that interests your child or teaches a new skill. Afterwards, have your child to reflect on what they learned by writing or drawing
- 3 Recycle household items into artwork**
Collect household items like paper towel rolls, popsicle sticks, buttons, etc. to make artwork. You can add a STEAM element to this by giving your child a task to complete with the household items. For example, ask them to build a bridge using straws and see if the bridge can hold the weight of a toy car.
- 4 Listen to a podcast**
Listen to a podcast as a family and have each person talk about what they learned or found interesting. Find a podcast channel that the family can listen to each day.
- 5 Follow a simple recipe to make their own snack/meal**
Add a life skill to off-site learning by teaching kids to make their own snack or meal. Teach kids how to follow directions and use fractions to complete the recipe.

SAMPLE SCHEDULE FOR LEARNING AT HOME *for students Pre-Kindergarten 5th grade*

Below is a suggested schedule that may be helpful. Activities can be spread throughout the day or incorporated within the week. If you have multiple children across grade levels, pick a few activities each day for your children to do and incorporate as many breaks as needed. You can also download the Mississippi Department of Education's Parent Read-at-Home Plan (<https://mdek12.org/OAE/OEER/ResourceParents>), which lists an array of activities.

ACTIVITY



Phonological Awareness (the ability to recognize and work with sounds in spoken language without letters; the foundation for learning to read)

Suggested for Kindergarten and 1st Grade Only

RESOURCES

Phonological Awareness

- Parent Read-at-Home Plan (Pgs. 7-12)
- Michael Heggerty Daily Videos: <https://www.hegerty.org/download-assessments-and-resources>
- Phonemic Awareness Games: <https://www.education.com/games/phonological-awareness/>

BREAK – **Creative time** (drawing, crafting, Legos, cooking); **Clean time** (sanitize doorknobs, light switches, tables and counters); **Quiet time** (read independently, listen to free read aloud - see resources below, puzzles); **Outside time** (ride bikes, play outside, walk dog); **Free TV time**

ACTIVITY



Phonics (the ability to understand the relationship between letters and sounds they represent)

Fluency (the ability to read with sufficient speed to support understanding)

RESOURCES

Phonics

- Parent Read-at-Home Plan: *Phonics* (Pgs. 13-16)
- Phonics Games: <https://www.education.com/games/letter-sound-relationships/>
- Prekindergarten and Kindergarten students: Review ONE letter per day! Have your child find objects in the house that begin with that letter sound! Have them write the letter out of different materials (shaving cream, play dough, markers, Legos, etc.)

Fluency:

- Parent Read-at-Home Plan: *Fluency* (Pgs. 17-21)
- Sight Word Games: <https://www.education.com/games/sight-words/>

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ACTIVITY



Comprehension (the ability to understand and draw meaning from text)

Prekindergarten-1st Grade: Aim to listen to one read aloud per day

2nd-3rd Grade: Aim to read at least one piece of text per day

Vocabulary: (students' knowledge of and memory for word meanings)

RESOURCES

Comprehension

- Parent Read-at-Home Plan: *Comprehension* (Pgs. 26-30).

Free Read Alouds

- <https://www.storylineonline.net>
- <https://www.indypl.org/blog/for-parents/free-video-read-alouds>

Text Students Can Read

- Read Works: <https://www.readworks.org/>

Vocabulary

- Parent Read-at-Home Plan: *Vocabulary* (Pgs. 22-25)
- Categories (sort objects in your house by different attributes)

- Pick a word from a read aloud and come up with synonyms, antonyms, and draw a picture.
- PBS Kids Vocabulary games: <https://pbskids.org/games/vocabulary/>
- Education.com Vocabulary games: <https://www.education.com/games/word-meaning/>

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Writing with Science and Social Studies

Daily Activity: Have your child/children write and/or draw a picture about something they learned that day

RESOURCES

Writing with Science and Social Studies

- Daily Cincinnati Zoo Facebook Live Streaming at 2PM CT (will be recorded): <https://www.facebook.com/events/2915534028492292/>
- Mystery Science: <https://mysteryscience.com/school-closure-planning>
- Visit Virtual Museums: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>
- National Geographic Kids: <https://kids.nationalgeographic.com/>
- Exploratorium: <https://www.exploratorium.edu/learn>
- History for Kids: <https://www.historyforkids.net/>
- Take a nature walk: Create a nature diary to keep note of what you see. Birds, flowers, changes in the weather, etc.
- Create a recipe (and make it with your child): write out the recipe, and then write about what it tastes like!

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ACTIVITY



Physical Activity

RESOURCES

Physical Activity

- Move to Learn: <https://www.youtube.com/channel/UCuPUdEctalgaEexj3ZFjkiQ>
- Go Noodle: <https://www.gonoodle.com>

ADDITIONAL LEARNING OPPORTUNITIES

- Cook together:
<https://www.pbs.org/food/theme/cooking-with-kids/>
<https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids>
- Complete science experiments:
<https://momypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>
- Create art:
https://www.youtube.com/user/ArtforKidsHub/playlists?fbclid=IwAR24OScZ0OsBLbuVLhAEEPcj_AZ5-nS94psFxwy7Ose-2FI5xdBlqpZeDUo&app=desktop
- Create your own daily schedule:
<https://www.scribd.com/document/451792561/Daily-Schedule#download>