



Spring 2020 SOGO@HOME Adventure

Week 5 - Info sheet for Parents

E is for Explorers

This page contains the lesson plans and goals for “Week 5: E is for Explorers” journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Drawing and Writing Challenge

We are working on fine motor skills. Practice holding the pencil or crayon with pincher grip (using your thumb, first and middle fingers, rather than a fist).

Sound out the word. Slow down the sounds of the word you want to write, write the letters that you hear. Don't worry if the spelling is correct, we are focused on the sounds! If you are doing this activity with 2-3 year olds, have them write the number of the flag they found most challenging (ie. 5).

Watch David Covell's “Run the Wild” read by Teacher Sam.

This is a book about getting out and exploring nature. Follow along with Teacher Sam. Jump and squirm with the characters in the book. After reading the book take a walk outside. Explore your neighbourhood and see what plants, animals, letters and numbers you can see.

Explorer Binoculars

What you need: 2 toilet rolls, tape, Crayons/Markers/paint, glue, hole punch, string, stickers other craft supplies that you have at home.

Directions:

Decorate your toilet rolls with the crayons/markers/tape and stickers

Glue the toilet rolls together

Punch holes in one end of the toilet rolls and thread the string through. Tie on each side.

Wear your binoculars.

Walking Adventure

Working on gross motor skills through our movement. Try the movements below. We are working on fine motor skills by tallying the letter "E" and number "5"s we find. Tallies are a way to count in groups of 5. Draw ticks for each "E" or "5" you see. Draw 4 ticks next to each other, and the fifth tick across the first 4.

1		6	
2		7	
3		8	
4		9	
5		10	

Try the challenges:

- Walking on only the crack
- Walking on the lines of the sidewalks.
- Walking sideways (make sure to try on both sides)
- Walk 5 steps backwards
- Hopping (10 hops in a row)
- Skipping (Skip across a driveway)
- Standing jump (stand with feet together, jump as far as you can, land with feet together)
- Create a funny walk together

Orienteering @ Home Challenge

Working on gross motor skills and hand-eye coordination. Practice counting to 10.

Print and cut out the orienteering flags.

Number the flags 1-10. (If you are using laminated flags use tape to add numbers.)

Put them around the house on "landmarks".

Create a list of where you put the flags (ie. 1. Backdoor 2. Bathtub)

Discuss what a landmark is.

Find the flags!

Landmarks are objects that stand out in our environment, such as a large boulder, a river, bridge or picnic table. In our house landmarks are stairs, sinks, the refrigerator, bath tub, large window, small window, front door, etc.