



Spring 2020 SOGO@HOME Adventure

Week 9 - Info sheet for Parents

I is for Imagination

This page contains the lesson plans and goals for “Week 9: I is for Imagination” journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Imagination Map Drawing

Using our fine motor skills, we are practicing using our pincher grip (holding the pencil properly). We are building the muscles in our hands that we use for holding things, tying our shoes, cutting with scissors and writing among other daily tasks. Imagination is important, it builds better memory and enhances our ability to problem solve. Encourage your child to imagine their space as an adventure (i.e. they could imagine their chair is a mountain, their laundry basket is a waterfall and their bed is a cave with buried treasure)

Story time

“The Cloudspotter” by Tom McLaughlin
<https://www.youtube.com/watch?v=N9FTN7JzUKw>

Looking out the window use your imaginations to see what shapes you can see in the clouds. You can even look for simple 2D shapes such as circles, triangles and squares. Act out things you see in the clouds. Ask your child(ren) to make the sounds or move like the objects they see. For example, if they see a car they can pretend to drive a car. We are developing gross motor skills by moving our bodies in a controlled manner around a smaller space. Body and spacial awareness are important in this activity.

Adventure Agility Challenge

Agility is important to all age groups. Practice gross motor skills. Using items from around the house/yard create an Adventure Agility Course. A good agility course challenges our balance, gets us to move at different heights (stomach crawl, hands and knees crawling, standing, tip toes) and changes the type of ground we are standing on (grass-dirt-paved, or carpet-hard floor-towel/blanket/pillow). Try going faster or slower.

Maze Challenge

Navigation is our ability to move through a space and get to our destination. One way we teach navigation is through the use of mazes. Mazes help our brains learn to read maps and identify clues about which way to travel. This activity also helps build hand muscles and develops fine motor skills. Before doing this maze with a pencil or crayon, use have your child(ren) use their finger to find their way through the maze. Practice trying to stay in the lines and use your pincher grip to get through the maze.