



Spring 2020 SOGO@HOME Adventure

Week 19 - Info sheet for Parents

S is for Squirts

This page contains the lesson plans and goals for “Week 19: S is for Squirts journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Drawing Challenge

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.

This activity challenge is about memory and recall. Discuss the different places that you play. Which is the best place, and why?

Squirts Challenge

In this activity we are practicing our gross motor skills through movement and early literacy through letter recognition. Find different ways to make letters using your bodies. You can lay on the floor to make your body the shape of an “S” or stand tall to make a “t”. Challenge yourselves to make both upper and lower case letters.

S Hunt

In this activity we are using our gross motor skills to move our bodies as we walk through our neighbourhoods. You could expand this challenge by visiting a local nature park. We are using our memory by noticing and remembering the things we see that start with the letter “S”.

We are using our fine motor skills by holding the pencil or crayon properly (with pincher grip). We are also practicing our early literacy skills by making the sounds of the letter “S” and by sounding out words. Don’t worry if the words are not spelled properly, in early literacy we focus on the sounds we hear and the idea of writing. We are building stamina in our writing/drawing.

Snake Races

In this activity we are using our gross motor skills to move our bodies. We are focusing our bodies to move our core muscles and hips.

A note for adults, when moving like a snake use your core muscles to help keep your back strong and safe.

We are practicing setting up, and cleaning up our courses. This is important to help build the foundations of social equipment use (school, camp or gym settings), as well as to help build respect fo the equipment we use (if it is theirs or someone else's).

Move Song

Here is a fun song to keep moving. This song gets kids to use their locomotive skills as and adds on previous skills. Sing and shake along with The Learning Station.

https://youtu.be/NwT5oX_mqS0