



Spring 2020 SOGO@HOME Adventure

Week 8 - Info sheet for Parents

H is for Happy

This page contains the lesson plans and goals for “Week 8: H is for Happy” 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). By doing this we are building and strengthening the hand muscles.

Adventure Challenge

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. Tallys are a way to count in groups of 5. Draw ticks for each “H” you see. Draw 4 ticks next to each other, and the fifth tick across the first 4.

Try these 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

1		6	
2		7	
3		8	
4		9	
5		10	

Sing and Dance the Happy Song

We are working on our listening and participation skills. Focus on listening for the actions and following along.

Practice using our gross motor skills by clapping, stomping, flapping and wiggling. Big movements helps us control our bodies and be specially aware.

Yoga

We are working on our gross motor skills.

“Happy Kids Yoga Flow” is a mini Yoga sequence designed by Coach Chandra (RYT 200, RCYT) to get us moving while staying in our homes.

This is a great activity for you to do as a family. Get up, get moving and stretch. Take time and move away from the screens. This yoga sequence will help our bodies and our minds feel focused, and calm.

Safety: Yoga should never hurt! If a pose pinches or burns, that is your bodies way of telling you to back off. Move back out of the pose the way you got into it.