

AT-HOME LEARNING GUIDE

Week of June 8, 2020

Find your voice! Activities this week give you a chance to voice your interests and goals and consider how others have impacted your life in positive ways. Developing skills that help you share your point of view are important so others can understand your message.

Reduce Distractions:

The access to screens and the use of technology in lessons can create meaningful learning in a lot of new ways. But it can also introduce so many distractions! From playing games or watching shows instead of working on your lesson...or playing with the family pet that decides to sit on your keyboard—how do you create a **distraction-free environment**? Create a plan, with your family's help, that will help you stay on track and reduce distractions! And if you are lucky enough to already be on summer break, think about a plan for when school starts again while the past few months are still fresh in your mind.

CHAMPIONS[®]

[DiscoverChampions.com](https://www.discoverchampions.com)

This Week's Theme:

Finding Your Voice

What you'll find in this guide...

This content is organized in the way you would do them in your after school program but you can choose your own adventure and do the activities in any order.

MONDAY

Voicing Compassion: Letters of Appreciation

I appreciate you! Isn't it nice to hear those words? It is important to acknowledge and show gratitude to those that positively impact your life. Take a moment and write a letter of appreciation for someone that has made a difference in your life in the last year.

Home Fitness: Triathlon

Good things come in threes! The triathlon is a fitness activity that blends three endurance driven physical activities into one. This activity will demonstrate ways to improve your cardiovascular health with only body movements.

TUESDAY

Voicing Compassion: Kindness Bingo

Think of ways you can help those around you and use a bingo game to track your actions of kindness.

Virtual Field Trip: Deep Sea Diving

Dive into the ocean and explore the animals and living things found below the ocean's surface.

WEDNESDAY

Voicing Interests: Summer To-Do List

Summer is coming! What will you do as you continue to try and navigate life during this pandemic? Take some action right now and plan for the experiences you would like to have this summer.

THURSDAY

Voicing Goals: Summer Goals

What personal goals would like to work on or improve over the summer?

Home Fitness: Turn it Over

Identify solutions to a challenge and maintain motor control as you manipulate your environment.

FRIDAY

Puzzles and Games: Vocabulary Fill in the Blank

Do you know these words? Explore words through a puzzle. If you don't know what they mean, look them up and surprise your family with your knowledge!

Virtual Field Trip: Storyline Online

Have a celebrity read you a story! There are a variety of topics—choose one that interests you.

FOR PARENTS/FAMILIES: FOCUS ON SOCIAL AND EMOTIONAL LEARNING

Help your child develop important social-emotional skills by working on your family project! This week, we invite your family to explore the theme **Building Connections**.

Getting Ready for the Week: Materials to Gather

Monday:

- Paper
- Writing and drawing tools

Tuesday:

- [Kindness Bingo sheet](#)
- Writing and drawing tools
- [The Deep Sea website](#)

Wednesday:

- [Sentence strips](#)
- Writing and drawing tools

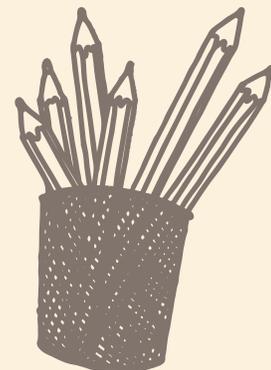
Thursday:

- Paper
- Writing and drawing tools

Friday:

- [Fill in the blank sheet](#) (choose the puzzle for your age group)
- Writing and drawing tools
- [Storyline Online website](#)

Tip: At the beginning of your week, gather materials and place them in a container so you're ready to go!



MONDAY

Voicing Compassion: Letters of Appreciation (3rd–6th grade)

I appreciate you! Isn't it nice to hear those words? It is important to acknowledge and show gratitude to those that positively impact your life. Take a moment and write a letter of appreciation for someone that has made a difference in your life in the last year.

Length of activity:
20 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Low



What you need:

- Paper
- Writing and drawing tools

What You'll Do:

- One way you can show thanks to someone who has made a positive impact in your life is to write a letter of appreciation. Identify people who have made a difference in your life over the past year. They may be a teacher, a friend, or family member.
- Use your words and write them a letter! The letters should include details that describe why the person's actions made a difference.
- Think of a plan for delivering the letters. It may seem outdated, but people still enjoy getting something nice in their mailbox (but email or messaging is better than nothing).

FOR YOUNGER CHILDREN...

Parent/Family Note: Have younger children create illustrated thank-you cards for the people they have identified as having made a positive impact in their lives.



MONDAY

(continued)

Home Fitness: Triathlon

Good things come in threes! The triathlon is a fitness activity that blends three endurance driven physical activities into one. This activity will demonstrate ways to improve your cardiovascular health with only body movements.

Length of activity:

15 minutes



Level of Engagement Required by Adult: Low



Level of Prep Required: Low

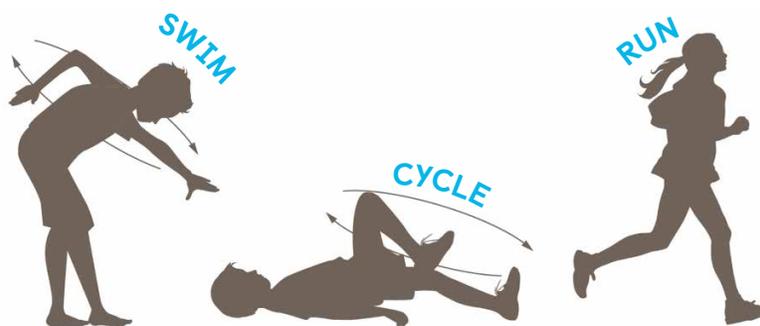


What you need:

Your fantastic body!

What You'll Do:

- You'll compete in a triathlon, which is an athletic event requiring high endurance that involves swimming, bicycling, and running (well, not literally!).
- As part of your selected warm-up routine, practice swimming in place by moving your arms as if they are pulling water. Practice biking in place by lying on your back and pedaling in the air with your legs. Finally, practice running in place.
- After you are familiar with each action, start the triathlon. Use a stopwatch to time each event: swim for three minutes, bike for three minutes, and run for three minutes.
- After the triathlon, sit and [feel your heart rate](#). Find your heart rate by placing two fingers under your jawline, or on your wrist, until you feel your heart beating. Count how many beats in a minute (or count how many beats in 15 seconds and multiply by 4). It's important to work on building your endurance, and this is done by working out with a higher heart rate over time—around 120 beats per minute.
- Click [here](#) to find out more about heart rates.



At-Home Learning Guide - School-Age Children

Week of June 8, 2020

TUESDAY

Voicing Compassion: Kindness Bingo (3rd–6th grade)

Use a bingo game to track your actions of kindness and think of ways you can help those around you.

Length of activity:
15 minutes



**Level of Engagement
Required by Adult:** High



Level of Prep Required: Low



What you need:

- [Kindness Bingo sheet](#)
- Writing and drawing tools

What You'll Do:

- Use the [Kindness Bingo sheet](#) to perform acts of kindness and generosity toward others. Doing something good for others can also make you feel good about yourself, which means that everyone benefits from your kindness.
- Use the rest of the day, or the next few days, to complete items listed on the chart. Work toward checking off three, four, or five items in a row, depending on which row or column you are using.
- Try to complete every item on the chart!

FOR YOUNGER CHILDREN...

Parent/Family Note: Read some of the items with younger children and mark the boxes you feel are most appropriate for them to try. Draw a star or add a sticker when they complete one before suggesting the next one.

NOTE: This activity can be done in an afternoon, throughout an entire day, or over several days. Encourage children to fill their boards no matter how long it takes.

Kindness Bingo

B	Compliment someone for his or her actions or efforts.	Offer to help someone who is frustrated or struggling with something.	Invite someone to join your group when you see that he or she is sitting alone.	I
Hold the door open for someone.	Ask someone about his or her day.	Give a high five to ten different people.	Gather a group of students who do not usually spend time together to play a game.	Find someone who speaks another language and learn to say something nice in that language.
Offer to teach something you do well to someone else.	Write five things in your journal that make you proud of yourself.	N	Smile at someone you don't usually talk to.	Offer to share your supplies or materials with someone you are working with.
Think about how you can become a better friend. Write about it in your journal.	Find something you have in common with someone you don't know very well.	Write a thank-you note to an adult who has helped you recently.	Create a special handshake with someone and practice it five times.	Write something in your journal that you like about yourself.
G	Sit with someone new during an activity or snack time.	Practice positive self-talk by silently encouraging yourself when you need it most.	Write a nice note to someone who is having a rough day.	O

TUESDAY

(continued)

Virtual Field Trip: Deep Sea Diving

Dive into the ocean and explore the animals and living things found below the ocean's surface.

Length of activity:

15 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Low



What you need:

[The Deep Sea website](#)

Questions:

- How deep does the Challenger dive?
- What is the last living thing seen in the dive to the floor?
- What is the zone called at 200 meters?

(Find the answers at the end of this guide.)



At-Home Learning Guide - School-Age Children

Week of June 8, 2020

WEDNESDAY

Voicing Interests: Summer To-Do List (K-2nd grade)

Summer is coming! What will you do as you continue to navigate life during this pandemic? Take some action right now and plan for the experiences you would like to have this summer.

Length of activity:
15 minutes



**Level of Engagement
Required by Adult:** Medium



Level of Prep Required: Low



What you need:

- [Sentence strips](#)
- Writing and drawing tools

What You'll Do:

- Summer is almost here! Or maybe your school is already out. Think about things you can do in summer that might not be possible during the school year. Of course, you need to consider the new way we live during a pandemic!
- Draw a series of pictures across a sentence strip. Each picture should represent one activity or event that could take place during the summer.
- Fill the sentence strip with as many pictures as will fit.

FOR OLDER CHILDREN...

Parent/Family Note: Have older children label and add captions for each activity.



Sentence strips

Blank rectangular area for writing a sentence strip.

Blank rectangular area for writing a sentence strip.

Blank rectangular area for writing a sentence strip.

At-Home Learning Guide - School-Age Children

Week of June 8, 2020

THURSDAY

Voicing Goals: Summer Goals (3rd–6th grade)

What personal goals would you like to work on or improve over the summer?

Length of activity:
20 minutes



**Level of Engagement
Required by Adult:** High



Level of Prep Required: Low



What you need:

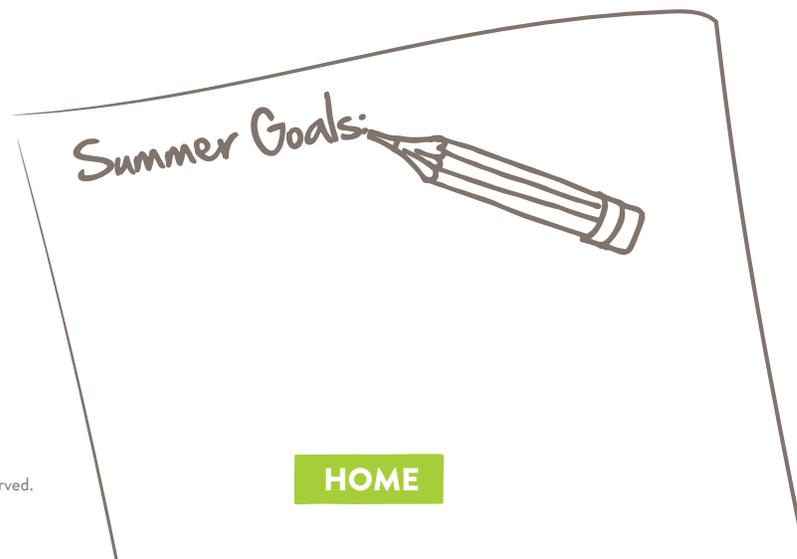
- Paper
- Writing and drawing tools

What You'll Do:

- In the previous activity, you thought about a plan for your summer and what activities you would like to do. Let's add to your plan and create some goals you would like to accomplish. Examples might include improving your skills in a sport or with a musical instrument, reading one book (or a chapter from a book) each day, or inventing something that solves a problem.
- Think about the steps that might be necessary for you to reach your goals. Goals usually have numbers involved so think about how you can measure your goals so you can celebrate when you accomplish them!
- Add a specific date by which you would like to reach each goal.
- Share your goals with your family so they can help you.

FOR YOUNGER CHILDREN...

Parent/Family Note: Have younger children illustrate a picture of themselves doing something new during the summer and display in a prominent place in the house.



At-Home Learning Guide - School-Age Children

Week of June 8, 2020

THURSDAY

(continued)

Home Fitness: Turn it Over

Identify solutions to a challenge and maintain motor control as you manipulate your environment.

Length of activity:
10 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Low



What you need:
Blanket or sheet

What You'll Do:

- Spread the blanket or sheet out flat in an open area.
- The goal is to turn the blanket or sheet over without stepping off of it.
- If a you step off the blanket or sheet at any point during the activity, then you must begin the challenge again.
- Continue the activity until you have successfully turned over the blanket or sheet.
- For an additional challenge, place other objects on the blanket to remove as you flip the blanket or sheet.
- Challenge your family members to give it a try! See who can turn it over the quickest.

FRIDAY

Puzzles and Games: Vocabulary Fill in the Blank

Do you know these words? Explore words through a puzzle. If you don't know what they mean, look them up and surprise your family with your knowledge!

Length of activity:

15 minutes



Level of Engagement Required by Adult: Low



Level of Prep Required: Low

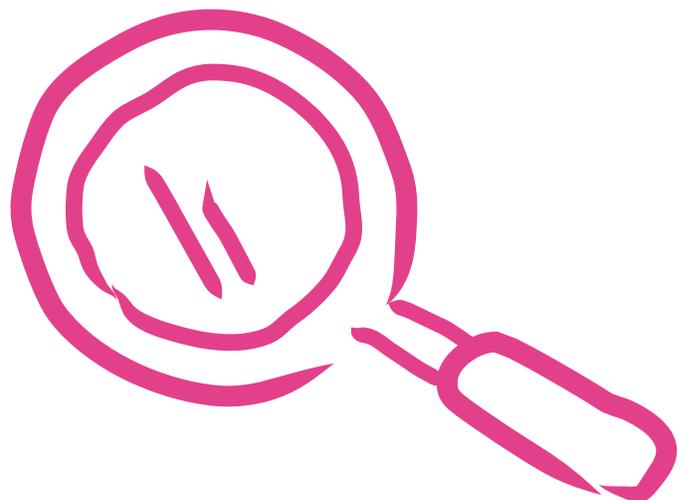


What you need:

- [Fill in the blank sheet](#)
- Writing and drawing tools

What You'll Do:

- Locate the puzzle that matches your age group (see pages [13](#) and [14](#)).
- Follow the instructions at the top of the page.



Kindergarten–2nd Grade

The words below are missing some letters. Fill in the missing letters to complete each vocabulary word.

Fill in the blanks:

1. N O L E G
2. C L E G
3. E F C
4. M O Y
5. C M P I H N T
6. I S
7. O M I M E
8. U S S
9. A P C A E

Vocabulary Words

Accomplishment
Appreciate
Challenge
Compliment
Knowledge
Memory
Reflect
Success
Wise

At-Home Learning Guide - School-Age Children

Week of June 8, 2020

3rd–6th Grade

Use the code below to decipher the vocabulary words. If you have trouble, see the answer key at the end of this guide.

CODE:

A=1	B=2	C=3	D=4	E=5	F=6	G=7
H=8	I=9	J=10	K=11	L=12	M=13	N=14
O=15	P=16	Q=17	R=18	S=19	T=20	U=21
V=22	W=23	X=24	Y=25	Z=26		

- $\frac{3}{3}$ $\frac{15}{15}$ $\frac{13}{13}$ $\frac{16}{16}$ $\frac{12}{12}$ $\frac{9}{9}$ $\frac{13}{13}$ $\frac{5}{5}$ $\frac{14}{14}$ $\frac{20}{20}$
- $\frac{19}{19}$ $\frac{21}{21}$ $\frac{3}{3}$ $\frac{3}{3}$ $\frac{5}{5}$ $\frac{19}{19}$ $\frac{19}{19}$
- $\frac{1}{1}$ $\frac{3}{3}$ $\frac{3}{3}$ $\frac{15}{15}$ $\frac{13}{13}$ $\frac{16}{16}$ $\frac{12}{12}$ $\frac{9}{9}$ $\frac{19}{19}$ $\frac{8}{8}$ $\frac{13}{13}$ $\frac{5}{5}$ $\frac{14}{14}$ $\frac{20}{20}$
- $\frac{23}{23}$ $\frac{9}{9}$ $\frac{19}{19}$ $\frac{5}{5}$
- $\frac{13}{13}$ $\frac{5}{5}$ $\frac{13}{13}$ $\frac{15}{15}$ $\frac{18}{18}$ $\frac{25}{25}$
- $\frac{1}{1}$ $\frac{16}{16}$ $\frac{16}{16}$ $\frac{18}{18}$ $\frac{5}{5}$ $\frac{3}{3}$ $\frac{9}{9}$ $\frac{1}{1}$ $\frac{20}{20}$ $\frac{5}{5}$
- $\frac{11}{11}$ $\frac{14}{14}$ $\frac{15}{15}$ $\frac{23}{23}$ $\frac{12}{12}$ $\frac{5}{5}$ $\frac{4}{4}$ $\frac{7}{7}$ $\frac{5}{5}$
- $\frac{18}{18}$ $\frac{5}{5}$ $\frac{6}{6}$ $\frac{12}{12}$ $\frac{5}{5}$ $\frac{3}{3}$ $\frac{20}{20}$
- $\frac{3}{3}$ $\frac{8}{8}$ $\frac{1}{1}$ $\frac{12}{12}$ $\frac{12}{12}$ $\frac{5}{5}$ $\frac{14}{14}$ $\frac{7}{7}$ $\frac{5}{5}$

At-Home Learning Guide - School-Age Children

Week of June 8, 2020

FRIDAY

(continued)

Virtual Field Trip: Storyline Online

Have a celebrity read you a story! There are a variety of topics—choose one that interests you.

Length of activity:
20 minutes



**Level of Engagement
Required by Adult:** Low



Level of Prep Required: Low



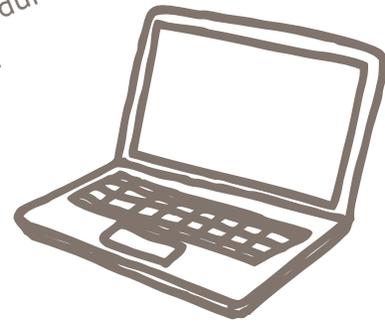
What you need:
[Storyline Online website](#)



Focus on Social and Emotional Learning: Family Project

Help your child develop important social-emotional skills by working on your family project!

GOAL: Create a project for historical record to document and reflect on your family's experience during the COVID-19 pandemic.



For the past few weeks, your family has been working through different themes for your family project. This week, we invite your family to explore the theme **Building Connections**.



Empathy is one of the most important skills we can help children develop, even in their earliest years. Whether processing the pandemic or the protests that have swept our country, the ability to put ourselves in someone else's shoes to **try and understand what they're feeling** is vital. When we feel empathy for others, we're able to see perspectives beyond our own and show kindness and compassion. And when we're shown empathy, we **feel understood and less alone**.

Try this!

Instilling **empathy** in our children helps create a better world. This week, continue your family project by reflecting on and practicing empathy. It begins with understanding that the differences among people are **valuable**. Talk with your children about the importance of listening to and learning from others' life stories. What does it feel like to be treated unfairly because of how you look?



Ask your children **how they're feeling** and share your feelings with them. Then ask how it feels when others show concern for their feelings. What can they learn from that? What are some ways we can show others that we care about them and their feelings? Helping to develop empathy in your children is an important step in promoting **understanding and building connections**. Empathy is something that makes us and the community around us **stronger**!

At-Home Learning Guide - School-Age Children

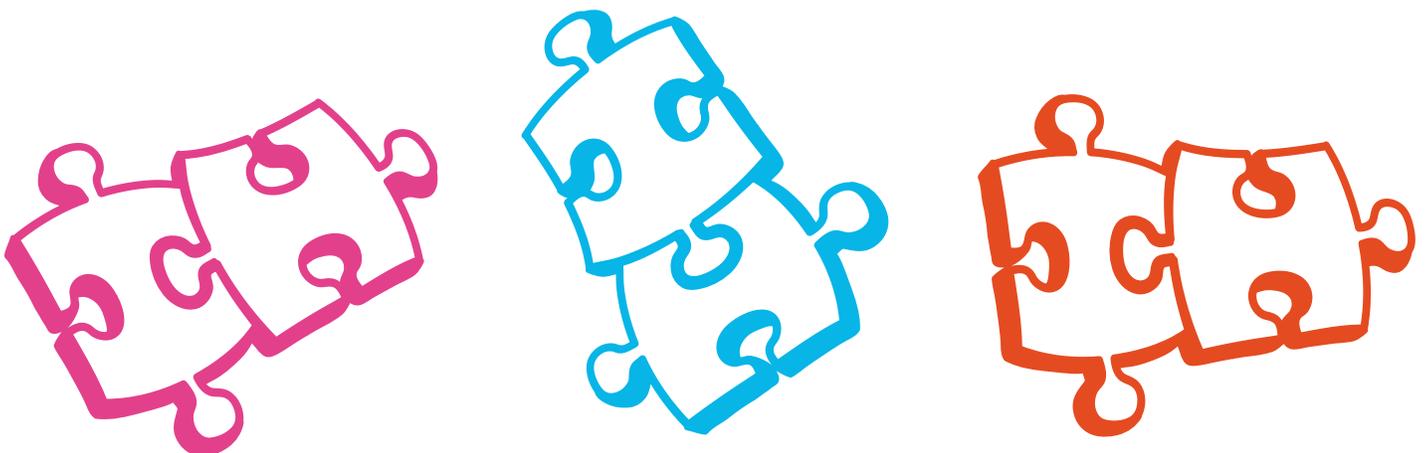
Week of June 8, 2020

Note: In case you missed it, we released [Stay-at-Home Story: A Champions Family Project](#) in May. By working on your project together, you're helping your child develop important social-emotional skills in fun new ways, while building their communication skills, creativity, and confidence! Many of the project suggestions require little preparation and are perfect to weave into your regular day.

If you've opted out of the project, just talking about your common experiences is a great way to build your child's skills and come closer together as a family. Use the themes below as a conversation starter with your child. The most important part of social-emotional learning is creating an opportunity for sharing feelings and building community with others.

THEMES:

- **All the Feels:** Explore and identify your hopes, worries, gratitude, or frustrations.
- **Building Connections:** Find a way to embrace your family and community from a distance.
- **What Is Essential:** Redefine what *essential* means through your everyday actions.
- **Flexible Mindsets:** How are you learning and growing together as a family?
- **Who Are the Helpers:** Who is helping us? How are we helping others?



Virtual Field Trip: Deep Sea Diving Answers

- How deep does the Challenger dive?
A: 10896 meters
- What is the last living thing seen in the dive to the floor?
A: Hadal Amphipod
- What is the zone called at 200 meters?
A: Twilight Zone

3rd–6th Grade Vocabulary Fill in the Blank Answers

1. Compliment
2. Success
3. Accomplishment
4. Wise
5. Memory
6. Appreciate
7. Knowledge
8. Reflect
9. Challenge