

AT-HOME LEARNING GUIDE

Week of June 1, 2020

This week's activities bring more fun and expression into the home learning experience. From **word searches** to **improv games** you'll call on your family members to engage more than in previous weeks with shorter experiences that will be fun for everyone; it will feel more like a game night!

Flip the Roles:



This week has multiple games and activities intended to be done with **two or more people**. Many of these can be done in person with your family or through virtual calls. After trying the activities at home for yourself, teach a family member or friend through a video call. You can become the teacher and work on your communication skills at the same time!

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This Week's Theme:

Puzzles and Games

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

Puzzles and Games: Tongue Twisters

Words can express how we feel and what we think. They can also represent games when we pair together words of similar sounds and syllables.

Home Fitness: Yoga

Yoga is a great technique to develop relaxation and reduce stress. Introduce some core poses starting with the Dog Cat and Triangle poses.

TUESDAY

Puzzles and Games: Mirror Me

Have you heard of improv? Improv games are fun ways to learn important skills like “thinking on your feet” or adapting quickly, as well as the value of paying attention to the words and actions of others. It also can be humorous—and we could all use some more laughter in our lives during this COVID-19 crisis!

Virtual Field Trip: Exploring Stonehenge

Stonehenge is an historic landmark in England that was built over 5000 years ago. The link will take you to a digital tour that allows you to see this landmark closer than even visitors get to see it.

WEDNESDAY

Puzzles and Games: Roll the Dice; Act it Out

Improv can improve reaction times; it encourages people to live in the moment and to not take things too seriously. This activity leverages random dice rolls to create a game with unexpected outcomes.

THURSDAY

Puzzles and Games: Two are True, One is Not

This game challenges family members to learn more about each other as they share true and false facts about themselves, their experiences, and their interests.

Home Fitness: Warrior Pose

The warrior pose leverages balance and body strength to maintain strong poses. Use this activity to work on practicing controlled breathing and strengthen body control.

FRIDAY

Puzzles and Games: Habits Word Search

Explore the word searches to find important terms for developing healthy habits for a healthy life.

Virtual Field Trip: The Palace of Versailles

The Palace of Versailles was built in 1631 for the King of France Louis XIV and is renowned as one of the most artistic structures built in history. Take this virtual tour to see the grandeur of an old court and see some of the items on display throughout the building.

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 **Flexible Mindsets**.

At-Home Learning Guide - School-Age Children

Week of June 1, 2020

Getting Ready for the Week: Materials to Gather

Monday:

- [Tongue Twisters sheet](#)

Tuesday:

- [Google Earth view of Stonehenge](#)
- Paper
- Writing and drawing tools

Wednesday:

- Dice
- Paper
- Writing and drawing tools

Thursday:

- Paper
- Writing and drawing tools

Friday:

- [Word search puzzle](#)
- Writing and drawing tools
- [Versailles: The Palace is Yours website](#)

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

MONDAY

Puzzles and Games: Tongue Twisters

Words can express how we feel and what we think. They also represent games when words of similar sounds and syllables are paired together.

Length of activity:
20 minutes



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



Level of Prep Required: Low



What you need:
[Tongue Twisters sheet](#)

What You'll Do:

- If you have access to a printer, print the [Tongue Twisters sheet](#) and cut out the cards. If you do not have access to a printer, simply read the tongue twisters on your device.
- Shuffle the cards and choose one. Practice saying the tongue twister printed on it.
- Attempt as many of the tongue twisters as possible.
- Challenge family and friends to try your favorite tongue twister and race to see who can say them the fastest.
- Try to create original tongue twisters! Write your tongue twisters on the blank cards and invite other family members to attempt them.

Peter Piper picked a peck of pickled peppers. A peck of pickled peppers Peter Piper picked. If Peter Piper picked a peck of pickled peppers, where's the peck of pickled peppers Peter Piper picked?

I wish to wish the wish you wish to wish, but if you wish the wish the witch wishes, I won't wish the wish you wish to wish.

She stood on the balcony, inexplicably mimicking him hiccuping, and amicably welcoming him in.

The thirty-three thieves thought that they thrilled the throne throughout Thursday.

The big black bug bit the big black bear, but the big black bear bit the big black bug back!

I see a sea down by the seashore.
But which sea do you see down by the seashore?

If you notice this notice, you will notice that this notice is not worth noticing.

If Stu chews shoes, should Stu choose the shoes he chews?

Eleven benevolent elephants.

Six sleek swans swam swiftly southwards.

Black background, brown background.

Rolling red wagons.

The queen in green screamed.

Six slimy snails sailed silently.

He threw three free throws.

Eddie edited it.

Two tiny tigers take two taxis to town.

Double bubble gum, bubbles double.

Five frantic frogs fled from fifty fierce fishes.

I would if I could, but I can't, so I won't!

Sheena leads, Sheila needs.

Seth at Sainsbury's sells thick socks.

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MONDAY

(continued)

Home Fitness: Yoga

Yoga is a great technique to develop relaxation and reduce stress. Introduce some core poses starting with the Dog Cat and Triangle poses.

Length of activity:

15 minutes



Level of Engagement
Required by Adult: Low



Level of Prep Required: Low



What you need:
Your marvelous body!

What You'll Do:

- Having good emotional health also means knowing how to process different feelings and handle challenging situations.
- One way to help care for yourself and reduce stress is to do yoga. Yoga involves focusing on breathing and moving your body in ways that are relaxing and help reduce stress.
- Try each of the following yoga poses: Dog, Cat, and Triangle, and try to hold them for 15-20 seconds each. As you practice each pose, focus on your breathing and take slow, deep breaths in through your nose and out through your mouth.

CAUTION! Move in and out of poses slowly to prevent injury.



DOG POSE



CAT POSE



TRIANGLE POSE

TUESDAY

Puzzles and Games: Mirror Me (K-2nd grade)

Have you heard of improv? Improv games are fun ways to learn important skills like “thinking on your feet” or adapting quickly, as well as the value of paying attention to the words and actions of others. It also can be humorous—and we could all use some more laughter in our lives during this COVID-19 crisis!

Length of activity:
15 minutes



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



Level of Prep Required: Low



What you need:
Your marvelous body!

What You'll Do:

- To improvise is to create, recite, invent, or sing without preparation. Improvisation, also referred to as *improv*, is an acting strategy that uses games and activities to help acting students improve their problem-solving skills and their ability to think quickly while performing onstage.
- Stand facing your partner, a family member, or friend in person or through a video call. Designate a Partner One and Partner Two.
- Partner One will begin by making expressions, movements, and sounds. While doing this, Partner One must remain standing in one place facing Partner Two.
- Partner Two will mirror everything that Partner One does, reacting as quickly as possible so that the two appear to be one person looking into a mirror.
- After a few minutes, trade roles so that Partner Two is leading and Partner One becomes the mirror.

FOR OLDER CHILDREN...

Parent/Family Note: Go slower! The more slowly you move, the more precisely you can move together and the harder it will be to tell who is leading and who is following.

TUESDAY

(continued)

Virtual Field Trip: Exploring Stonehenge

Stonehenge is an historic landmark in England that was built over 5000 years ago. Take a digital tour to see this landmark closer than visitors get to see it in real life!

Length of activity:

15 minutes



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



Level of Prep Required: Low



What you need:

[Google Earth view of Stonehenge](#)

Questions:

- Stonehenge was built in approximately 3000 BC. This was an era of tribes with some still roaming as hunters and gatherers. Why do you think they built this structure?
- This structure was built in an open field that isn't near mountains or rocky areas. How do you think people were able to move these stones that weigh up to 25 tons each, the equivalent of 7-12 elephants?
- Do any of the building techniques used remind you of building techniques used around where you live?



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WEDNESDAY

Puzzles and Games: Roll the Dice; Act it Out

Improv can improve reaction times; it encourages people to live in the moment and not to take things too seriously. This activity leverages random dice rolls to create a game with unexpected outcomes.

Length of activity:
20 minutes



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



Level of Prep Required: Low



What you need:

- Dice
- Paper
- Writing and drawing tools

What You'll Do:

- Copy the following table onto a sheet of paper:

ACTION	EXPRESSION
1 = Hop	1 = Surprised
2 = Twirl	2 = Angry
3 = Eat	3 = Jealous
4 = Swim	4 = Tired
5 = Laugh	5 = Cheerful
6 = Read	6 = Friendly

- Use the dice and information on the chart paper to act out a variety of actions and expressions.
- Roll two dice, then simultaneously perform the action on the left die and the expression on the right. For example, if you roll a 2 on the left and a 4 on the right, you would begin to twirl in a tired way.
- Make this a game you play with your family to see how they react to the various rolls.
- Extend this activity and make a new list of actions and expressions to continue the game!

THURSDAY

Puzzles and Games: Two Are True, One Is Not

This game challenges family members to learn more about each other as they share true and false facts about themselves, their experiences, and their interests.

Length of activity:
20 minutes



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



Level of Prep Required: Low

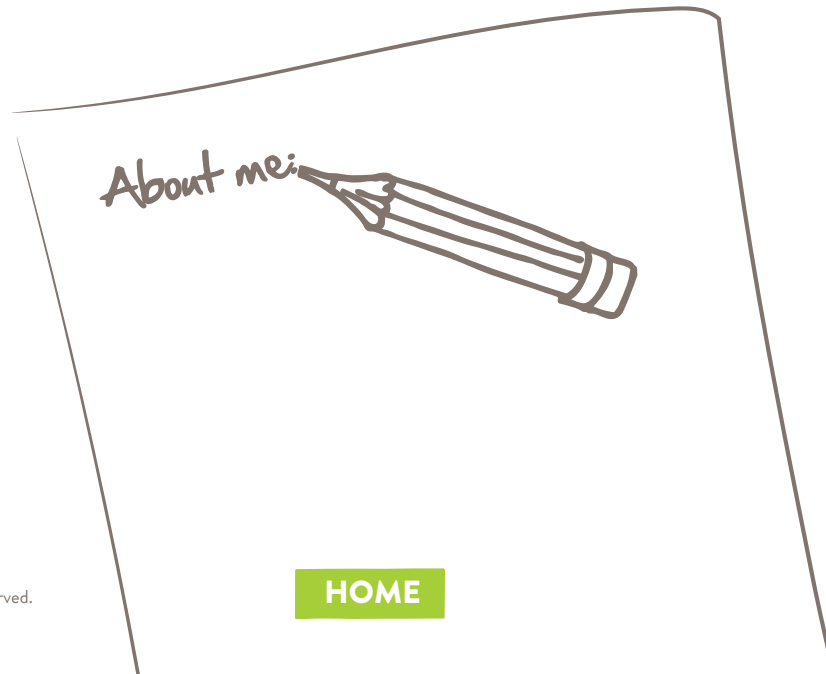


What you need:

- Paper
- Writing and drawing tools

What You'll Do:

- Try to trick your partners, a family member, or friend, into believing three statements, one of which will actually be false.
- Write three things about yourself on paper: two things that are true and one thing that is false. For example, someone may write that they play soccer, is taking piano lessons, and owns a pet cat, when in reality they play soccer and has a pet cat, but does not take piano lessons.
- Take turns reading your statements and trying to guess which two are true and which one is false. You can also ask each other questions to try to figure out which statements are true and which ones are false.



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THURSDAY

(continued)

Home Fitness: Warrior Pose

The warrior pose leverages balance and body strength to maintain strong poses. Use this activity to work on practicing controlled breathing and strengthen body control.

Length of activity:
10 minutes



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



Level of Prep Required: Low



What you need:
Your marvelous body!

What You'll Do:

- Start in the Mountain Pose with your feet together directly under you and arms straight at your sides, standing like you're standing at attention.
- Take a large step forward with your left foot so your feet are a few feet apart from each other.
- Turn your left foot slightly to the right. Turn your right foot to the right so it points straight out to the side.
- Next, slowly bend your left knee, lowering yourself until your thigh is parallel with the ground and being sure to keep the left knee behind or over your ankle; do not move your knee in front of your foot. Your right leg should straighten behind you as you lower yourself. Lift your arms above your head, and then slowly lower them until your left arm is pointing straight ahead and your right arm is pointing back.
- Focus on something in front of you and take five deep breaths while holding the position. Then lower your arms and bring your feet together. Rest and then repeat with the other side of the body.
- Try to complete three or four repetitions (one repetition means holding the pose with both sides of the body).

CAUTION! Move in and out of poses slowly to prevent injury.



FRIDAY

Puzzles and Games: Habits Word Search

Explore the word searches on the following pages to find important terms for developing healthy habits for a healthy life.

Length of activity:
15 minutes



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



Level of Prep Required: Low



What you need:

- [Word search puzzle](#)
- Writing and drawing tools

What You'll Do:

- Locate the Word Search puzzle that matches your age group (see pages [12](#) and [13](#)).
- Find the vocabulary words in the puzzle.
- When you're finished, think about what all the words mean to you. Write down your definition and how that word impacts your life. For words you aren't sure of, look them up in the dictionary or online and learn more about them. Test your family members—how much do they know about these words or how do they incorporate them into their life?
- If you have difficulty finding any words, refer to the answer key at the end of this guide.

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Kindergarten–2nd Grade

Find the vocabulary words hidden below. The words can be found horizontally or vertically.

R	O	U	T	I	N	E	H	D	V
E	G	U	A	D	T	D	S	A	E
L	K	S	B	O	U	A	R	F	G
A	C	T	I	V	E	I	I	R	E
X	C	R	R	H	X	R	V	U	T
J	I	E	S	E	F	Y	U	I	A
P	L	S	L	H	A	B	I	T	B
O	E	S	M	V	A	M	K	S	L
W	F	T	I	E	Y	I	C	R	E
A	Q	P	R	O	T	E	I	N	S

Vocabulary Words

Active

Dairy

Fruits

Habit

Proteins

Relax

Routine

Stress

Vegetables

What do these words mean to you?

Active _____

Dairy _____

Fruits _____

Habit _____

Proteins _____

Relax _____

Routine _____

Stress _____

Vegetables _____

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3rd–6th Grade

Find the vocabulary words hidden below. The words can be found horizontally, vertically, diagonally, forward or backward. Use the next page to reflect on what these words mean to you—your definition of them and how these words impact your life.



Vocabulary Words

Active

Dairy

Fruits

Habit

Proteins

Relax

Routine

Stress

Vegetables

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What do these words mean to you?

Active:

Dairy:

Fruits:

Habit:

Proteins:

Relax:

Routine:

Stress:

Vegetables:

FRIDAY

(continued)

Virtual Field Trip: Palace of Versailles

The Palace of Versailles was built in 1631 for the King of France Louis XIV and is renowned as one of the most artistic structures ever built. Take this virtual tour to see the grandeur of an old court and see some of the items on display throughout the building.

Length of activity:
15 minutes



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



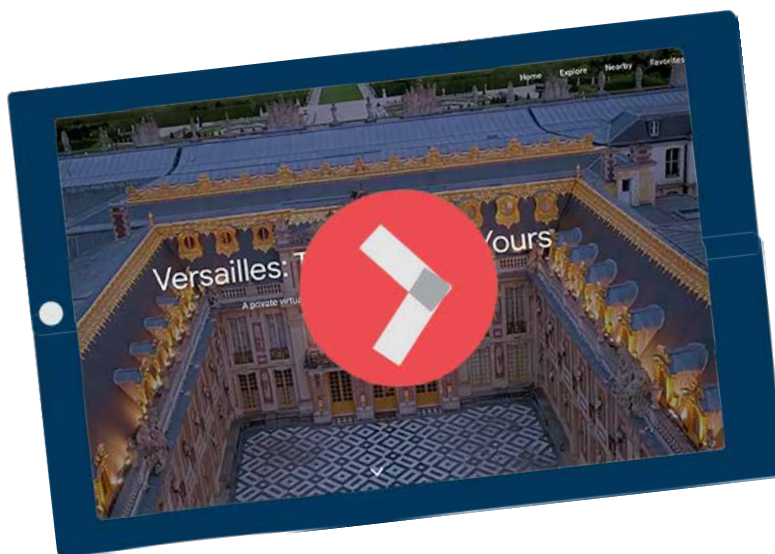
Level of Prep Required: Low



What you need:
[Versailles: The Palace is Yours
website](#)

Questions:

- What effect do you think the frequent use of glass and crystal had on the hallways when lit with candles and flames?
- Using the controls, you can look out of the windows, how much maintenance do you think the art of the landscaping takes?
- What art or exhibit did you find the most interesting to view?



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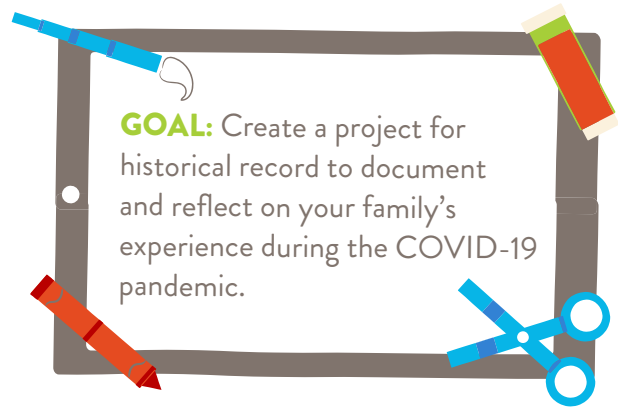
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Family Project

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

For the past few weeks, your family has been working through the first six themes of your family project. This week, we invite your family to explore the theme **Flexible Mindsets**.

Try this! →



Flexible Mindsets Have you ever heard the phrase, “When life gives you lemons, make lemonade”? That’s a great way to think about growing a flexible mindset. We can’t control certain things about life but we can control how we react to a difficult or surprising situation. Life during COVID-19 has required everyone to make sacrifices or adjustments so we can help not just our family and neighborhood, but the whole world. What does the word sacrifice mean to you? Can your family identify a surprising or positive outcome from the sacrifices they have made?

Add another layer to your family project that represents the sacrifices your family has made during the last few months.

Note: In case you missed it, we released our [Stay-at-Home Story: A Champions Family Project](#). 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! There are many project suggestions that require little fuss and are easy to weave into your regular day.

If you 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 prompts below as conversation starters 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?

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Kindergarten–2nd Grade Answer Key

R	O	U	T	I	N	E	H	D	V
E	G	U	A	D	T	D	S	A	E
L	K	S	B	O	U	A	R	F	G
A	C	T	I	V	E	I	I	R	E
X	C	R	R	H	X	R	V	U	T
J	I	E	S	E	F	Y	U	I	A
P	L	S	L	H	A	B	I	T	B
O	E	S	M	V	A	M	K	S	L
W	F	T	I	E	Y	I	C	R	E
A	Q	P	R	O	T	E	I	N	S

3rd-6th Grade Answer Key

