



AT HOME LEARNING GUIDE

Week of May 11, 2020

Deciding how to craft a message is an important skill you'll use often as you grow. This week you'll work on developing a **purpose** or **intention** behind a message and use a variety of methods for **sharing** that information.

You can use techniques like written messages, visuals, and brochures as you practice sharing an opinion or stance in different ways. The goal of this week's messages is making sure the message is **clear** and **easily shared** without relying on a lot of explanation to get the point across.

Digital Learning Tip:

Work, school and personal time all seem to run together when you're home all day. It's important to **spend time with your family** playing games, helping with cooking, or reading a story to a sibling or adult. These moments help keep your bond with your family strong and are also valuable opportunities to express your emotions!

CHAMPIONS

This Week's Theme:

SHARING KNOWLEDGE

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

The Power of Words: Help-Wanted Ads

There are many ways for people to share information and seek goods and services from their community. In this activity you practice creating an ad for a service or product that could meet your needs.

Home Fitness: Around the World Keeping active is an important part of having fun and staying healthy! Practice your fine motor skills, and your hoop skills!

WEDNESDAY

Visual Expression: Photojournalism Visuals can add rich detail to written stories. Powerful images can increase the number of readers an article receives, and some stories can be told completely through visuals. In this activity, create a story using a series of images to replace the writing.

FRIDAY

Saving the Planet: Energy Conservation

There are many ways we use and receive energy. Conserving energy is helpful for the planet and keeps energy costs down for your family. In this activity explore conservation strategies and make a plan for saving energy at home.

Virtual Field Trip: Buckingham Palace The royal family of England live at Buckingham Palace. This website provides background information on the family and an opportunity to explore some of the ornate rooms in the palace.

TUESDAY

The Power of Words: Sell it in 20 Words or Less

Objects have different value for different people. From Craigslist to eBay and other social media marketplaces, there are many ways for people to sell their items directly to others. In this activity, try creating a sales ad for an item that you think would be of interest to others.

Virtual Field Trip: Houston Zoo The Houston Zoo in Texas has webcams for a variety of exhibits, showcasing animals and their habitats for people to see from home during their closure.

THURSDAY

Puzzles and Games: Coin Combination Learning the values of currency is an important skill. This activity explores the various combinations of coins that can be used to create a single amount.

Home Fitness: Balancing Your Body's Weight Home learning can leave you feeling sluggish! Using physical activities and stretches, like this balancing exercise, can keep you healthy as you shelter in place.

FOR PARENTS/FAMILIES: FOCUS ON SOCIAL AND EMOTIONAL LEARNING

Help your child develop important social-emotional skills by working on your family project! The new prompt for this week focuses on **Flexible Mindsets**!

At Home Learning Guide - School-Age Children

Week of May 11, 2020

Getting Ready for the Week: Materials to Gather

All Week

- Paper
- Writing and drawing tools

Monday:

- [Digital advertisement templates](#)
- Basket or cardboard box
- Foam ball or ball of crumpled newspaper
- Five objects that can be used to mark a spot (shoes, pieces of papers, etc.)

Tuesday:

- Internet

Wednesday:

- Clear tape
- Old magazines
- Digital camera (optional)

Thursday:

- Coins

Friday:

- Internet

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

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Week of May 11, 2020

MONDAY

The Power of Words: Help-Wanted Ads

There are many ways for people to share information and seek goods and services from their community. In this activity you practice creating an ad for a service or product that could meet your needs.

Length of activity:

15 minutes



Level of Engagement

Required by Adult: Low



Level of Prep Required: Low



What you need:

- [Digital advertisement templates](#)
- Paper
- Writing and drawing tools

How many different places can you think of where advertisements or help wanted ads are posted?

The traditional newspaper has a classified section but now there are endless online sites and community boards that can be used by people looking to buy things or offer services (like Craig's List, Facebook, etc.) Can you think of advantages and disadvantages of using a newspaper vs. an online site? Discuss with your family.

What You'll Do:

- Today you will write a help-wanted ad requesting help with something. Think about what tasks or other things you would like help with, such as chores, homework, or learning a new skill or hobby.
- Look at the [digital advertisement templates](#). These are standard sizes for online ads, shown in pixels. Choose a size that will work best for your ad.
- As you create your ad, include details like the subjects at school or any chores at home you would like help with. You should also include what form of payment the person will receive for helping. · Write more than one! Draw or paste in pictures to catch the reader's attention.
- Show your family the ads you created and see if you can get a family member to respond to one of your ads!

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MONDAY

(continued)

Home Fitness: Around the World

Keeping active is an important part of having fun and staying healthy. Practice your fine motor skills, and your hoop skills.

Length of activity:

20 minutes



Level of Engagement

Required by Adult: Low



Level of Prep Required: Medium



What you need:

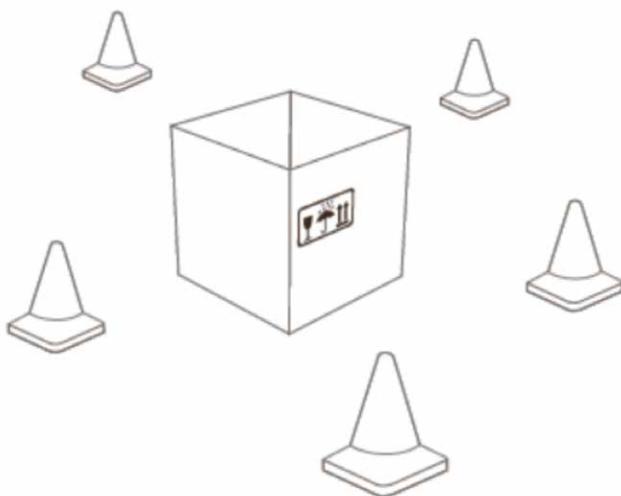
- Basket or box
- Foam ball or ball of crumpled newspaper
- Five cones or objects to be used to mark spots (shoes, pieces of papers, etc.)

Getting ready:

- Clear an open area and place the basket or cardboard box at one end of the space.
- Designate five shooting locations with the cones.
- Choose warm-up and cool-down routines before implementing this activity.

What You'll Do:

- The object of this game is to make a basket from each marker.
- Play begins when you shoot a basket from the first marker. If you make the basket, move to the next marker and attempt to make the next basket.
- Try moving the markers to different distances or angles.



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Week of May 11, 2020

TUESDAY

The Power of Words: Sell it in 20 Words or Less (3rd – 6th Grade)

Objects have different value for different people. From Craigslist to eBay and other social media marketplaces, there are many ways for people to sell their items directly to others. In this activity, try creating a sales ad for an item that you think would be of interest to others.

Length of activity:

20 minutes



Level of Engagement
Required by Adult: Medium



Level of Prep Required: Low



What you need:

- Paper
- Writing and drawing tools

What You'll Do:

- Today you'll write a classified ad to sell an item of your choice, but your ad needs to be 20 words or less. Potential buyers don't want to read a lot of unnecessary words, so use language that grabs their attention!
- Think about what details you should include in the ad, such as the item name, cost, and what the buyer should know about the item. Include pictures. Honesty is important! Make sure to describe the item accurately.
- Ask an adult family member if you can post your ad—with their guidance. Don't do this on your own! A trusted adult can help you navigate an online site and stay safe. Never give out contact information without an adult in your family approving.
- **Tip:** It is often best to use the online site's messaging system, so you don't need to use a phone number or house address until you know it is a legitimate sale.
- Think about how selling something during a pandemic changes how you do things. What do you have to consider to stay safe?
- **Bonus:** write down the best practices and guidelines to stay safe when selling items and share them with your family.

FOR YOUNGER CHILDREN...

Parent/Family Note: Turn this into a discussion about reducing clutter and the number of toys and other material possessions they own. Help them decide on what they want to give away or sell. Ask them to describe the item accurately and how they have enjoyed it in the past.

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Week of May 11, 2020

TUESDAY

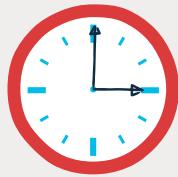
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Virtual Field Trip: Houston Zoo

The Houston Zoo in Texas has webcams for a variety of exhibits, showcasing animals and their habitats for people to see from home during their closure.

Length of activity:

15 minutes



Level of Engagement

Required by Adult: Low



Level of Prep Required: Low



What you need:

[Houston Zoo website](#)

Check out the [Houston Zoo's webcams](#).

Questions:

- The zoo has webcams for seven animals. Which animal were you most excited to explore?
- How does the habitat vary from the rhino exhibit to gorilla habitat?
- How do you think they chose the locations of the cameras?
- How does this zoo compare to a zoo you've visited?

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WEDNESDAY

Visual Expression: Photojournalism

Visuals can add rich detail to written stories. Powerful images can increase the number of readers an article receives, and some stories can be told completely through visuals. In this activity, create a story using a series of images to replace the writing.

Length of activity:

20 minutes



Level of Engagement Required by Adult: Medium



Level of Prep Required: Low



What you need:

- Clear tape
- Paper
- Writing and drawing tool
- Old magazines
- Digital camera (optional)

What You'll Do:

- Photojournalism is a type of journalism that depends on visuals to tell a story. There is typically very little written explanation; the images tell the story. Pieces like these are commonly shared in magazines and newspapers.
- You will tell a story using pictures and captions only. Use pictures from old magazines or if you have access to a digital camera and printer, take your own photos.
- After you have your images in the order you would like to tell the story, ask a family member to guess or discuss the story they see. Is it close to the story you planned to tell?

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THURSDAY

Puzzles and Games: Coin Combinations

Learning the values of currency is an important skill in life. This activity explores the various combinations of coins that can be used to create a single amount.

Length of activity:

15 minutes



Level of Engagement

Required by Adult: Low



Level of Prep Required: Low



What you need:

- Coins
- Paper
- Writing and drawing tools

What You'll Do:

- 100 pennies are equal to one dollar, and 4 quarters are equal to one dollar. What are other combinations of coins that can be used to show a dollar?
- Think of as many coin combinations as possible that add up to 100 cents or one dollar. Record each combination on paper.



Penny = 1 cent



Nickel = 5 cents



Dime = 10 cents



Quarter = 25 cents

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THURSDAY

(continued)

Home Fitness: Balancing Your Body's Weight

Home learning can leave you feeling sluggish. Physical activities and stretches, like this balancing exercise, can keep you healthy as you shelter in place.

Length of activity:

10 minutes



Level of Engagement

Required by Adult: Low



Level of Prep Required: Low



What you need:

Your body!

Getting ready:

- Clear a wide space on a carpeted area, if possible.
- Choose warm-up and cool-down routines before implementing this activity.

What You'll Do:

Today you will work your core muscles (the muscles around your abdomen) which will help strengthen your back.

- Start with your hands and knees on the floor. Your hands should be directly below your shoulders, and your head and neck should be in line with your back. Cough once to feel your core muscles tighten. Hold them in the tightened position and lift one arm off the floor, extending it straight ahead of your body. Hold this position while taking three deep breaths. Return your hand to the floor and repeat with the other arm.
- Next, stay in the position and this time extend each leg, one at a time, while balancing your body weight on the other leg and your arms. Try not to roll your pelvis when extending your legs, do this by trying to keep your hips parallel to the ground.
- Do five to ten repetitions of this exercise (one repetition includes lifting both arms and legs). When you are ready for a further challenge, raise one arm and the opposite leg at the same time, hold the position, balance your weight for three deep breaths, and then repeat with the other arm and leg. See the examples on the [next page](#).

Doesn't that feel great? Be sure to move in and out of these positions slowly to avoid injury.

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FRIDAY

Saving the Planet: Energy Conservation

There are many ways we use and receive energy. Conserving energy is helpful for the planet and keeps energy costs down for your family. In this activity explore conservation strategies and make a plan for saving energy at home.

Length of activity:

20 minutes



Level of Engagement

Required by Adult: Low



Level of Prep Required: N/A



What you need:

- [Energy Resources video](#)
- Paper
- Writing and drawing tools

Did you know...

- *Conservation* means to use something carefully so as not to waste, use up, or harm it. When we conserve energy, we use less energy.
- The majority of energy in the United States comes from burning fossil fuels, such as coal, natural gas, and petroleum. Fossil fuels need to be dug out or extracted from the ground and processed before they can be used for energy, and the burning of them creates air pollution. When we use them up, they are gone indefinitely. See the [next page](#) for examples of fossil fuels.
- Solar, hydro, and wind energy are examples of renewable energy resources and can be replenished. See the [next page](#) for examples of renewable energy resources.
- Learn more about both kinds of energy resources [here](#).

What You'll Do:

- Throughout the day, list ways you use energy in your home, such as for lights, televisions, video games, computers, and radios. Notice how your family uses energy as well.
- Think about things you and other family members do that waste energy.
- Ask an adult where the [electric meter](#) is located on your house; it measures the amount of energy being used. Go outside and observe how fast the disc is spinning (or observe the digital numbers if no disc is present). The faster it spins, the more energy is being used. Record your observations and share your finding with your family.
- Now, think about ways you can conserve energy examples (like keeping outside doors and windows closed when the heat or air conditioning is running, or deciding what food you want before opening the refrigerator, turning off the TV, etc.).

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FRIDAY

(continued)

FOR YOUNGER CHILDREN...

Parent/Family Note: Have younger children create reminder signs to help them remember to conserve energy. For example, they can make a sign to put by the light switch in their bedroom that reminds them to turn off the light when they leave the room.



Coal is rock that burns easily and is mined from the earth.



Natural gas is found in reservoirs trapped within the earth.



Petroleum is a yellowish-black liquid found in geological formations beneath Earth's surface.



Solar stores energy from sunlight.



Hydro transforms energy from running water.



Wind can also transform energy by moving turbines.

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FRIDAY

(continued)

Virtual Field Trips: Buckingham Palace

The royal family of England live at Buckingham Palace. This website provides background information on the family and an opportunity to explore some of the ornate rooms of the palace.

Length of activity:

15 minutes



Level of Engagement

Required by Adult: Low



Level of Prep Required: Low



What you need:

[Buckingham Palace website](#)

Check out Buckingham Palace [online!](#)

Questions:

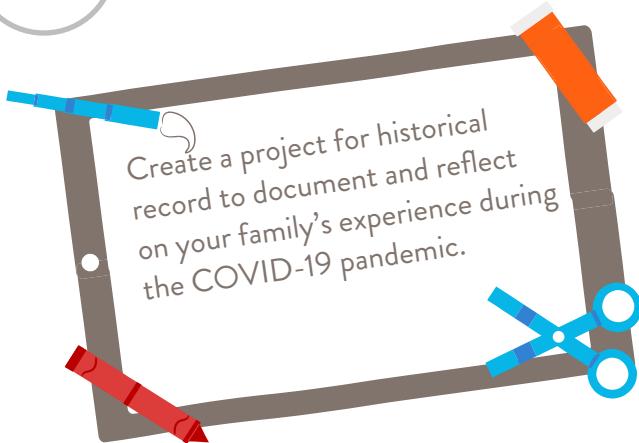
- Buckingham Palace is the official home for the royal family of which country?
- What are the colors that appear the most frequently throughout the tour?
- The royalty tends to personalize their environment. Can you design a throne you would use if **you** were the king or queen of England?

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Focus on Social and Emotional Learning



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?

As your family project takes shape, talk together about how you can add new entries to it through the lens of the project themes. Our first three themes were *All the Feels*, *Building Connections*, and *What Is Essential*. If you've worked your way through those, try exploring this week's theme: *Flexible Mindsets*.

Did your family decide on a family project idea? In case you missed it, last week 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! Each week, we'll reveal a new project prompt that explores one of the following themes:



Try this!

Flexible Mindsets

Over the past two months we've all had our flexible thinking skills put to the test. We've had to adjust to new and often challenging ways of working, playing, and learning. As you consider this theme, think of ways you can creatively express how your family has learned to be flexible during your time at home.

Digital Advertisement Templates

Banner – 468 x 60

Half-Page Ad – 300 x 600

Inline Rectangle – 300 x 250

Square – 250 x 250