



AT HOME LEARNING GUIDE

Week of May 18, 2020

This week's activities focus on developing **healthy lifestyles** for life! Take ownership of your physical health while social distancing.

You'll identify a variety of **physical activities** that can help you stay active during your time at home. They include experiences that will help you understand the value of **healthy eating** and planning out a week's menu. Your family will appreciate your help and you'll learn how good it feels to lend a helping hand! Also, you'll continue learning about **energy conservation** by creating a sculpture made from...**TRASH!**

Digital Learning Tip:

Remember, we're all in this together! Lean on your friends and family and set up times to **digitally connect**, share fun activities, and present projects or work that you've been doing at home.

CHAMPIONS[®]

This Week's Theme:

Self-Care

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

Staying Healthy Activities A to Z Being physically active is important for your health! Explore different activities to keep you active during your time at home.

Home Fitness: Beanbag Toss

Create your own version of this "old school" game, then have fun playing!

TUESDAY

Staying Healthy: Select a Serving Eating the right amount of food is an important part of maintaining a healthy lifestyle. Practice identifying healthy portion sizes using the recommended suggestions.

Virtual Field Trip: Son Doong Cave The Son Doong Cave is the largest cave in the world and it's located in Vietnam. Explore this cave through 3-D visuals.

WEDNESDAY

Staying Healthy: Make a Menu Learning to plan meals for the week is an important skill to develop for a healthy lifestyle. In this activity, try to plan a week of meals and snacks that meet recommended nutritional quantities.

THURSDAY

Puzzles and Games: Key Vocabulary Word Games We all know playing games is a lot of fun, but did you know that playing and creating games help you learn to problem-solve? In this activity, you'll create a word search using terms from journalism concepts you learned about over the past couple weeks.

Home Fitness: Cobra Pose Use stretches like this yoga pose to keep healthy while you learn at home.

FRIDAY

Creative Arts: Sculptures from Trash Continue exploring the concept of energy conservation by creating a sculpture made from...**TRASH!**

Virtual Field Trip: Mount Everest Unlike the caves in Tuesday's virtual field trip, Mount Everest looms above the planet as the highest peak. Explore the mountain with this digital exploration.

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 **Who Are the Helpers?**

At Home Learning Guide – School-Age Children

Week of May 18, 2020

Getting Ready for the Week: Materials to Gather

Monday:

- Paper
- Writing and drawing tools
- Beanbags or soft items such as folded socks
- Large cardboard box
- Markers
- Scissors (for adult use only)
- Yarn or masking tape

Tuesday:

- Paper
- [Select a Serving Sheet](#)
- Select a Serving Answer Sheet
- Writing and drawing tools

Wednesday:

- [One-Week Menu sheet](#)
- Paper
- Writing and drawing tools

Thursday:

- Blank word search
- Writing and drawing tools

Friday:

- Child-size scissors
- Clean trash
- Glue
- Masking tape
- Paint cups
- Paintbrushes
- Tempera paint, various colors (or [make your own paint](#))
- Writing and drawing tools

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

At Home Learning Guide – School-Age Children

Week of May 18, 2020

MONDAY

Staying Healthy: Activities A to Z

Being physically active is important for your health! Explore different activities to keep you active during your time at home.

Length of activity:
10 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:

- What does being active mean to you?
- Being physically active for at least 60 minutes a day is important for your health now and as you get older.
- Think of 2 or 3 physical activities you enjoy. Remember, physical activities don't have to be sports but can be any activity that gets you up and moving.
- On a piece of paper list each letter of the alphabet down the side of the page from A to Z.
- Try to think of a physical activity for each letter in the alphabet to show all the types of activities that can be done at home. Then try a few!



HOME

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Week of May 18, 2020

MONDAY
(continued)

Home Fitness: Beanbag Toss

Create your own version of this “old school” game, then have fun playing!

Length of activity:
10 minutes



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



Level of Prep Required: Medium

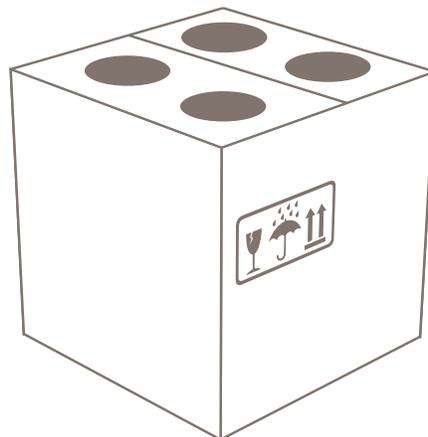


What you need:

- Beanbags or soft items such as folded socks
- Large cardboard box
- Markers
- Scissors (for adult use only)
- Yarn or masking tape

What You'll Do:

- Ask a grown-up to help you cut several holes in the cardboard box, large enough for the beanbags or soft items to fit through.
- Then, clear an open area and place the box at one end of the area.
- Mark three separate lines on the floor with pieces of yarn or masking tape, each a different distance from the box.
- Try tossing three beanbags or soft items, one at a time, into the holes in the cardboard box.
- Start from the line closest to the box. Once you've tossed a beanbag into one of the holes, toss a beanbag from the second line.
- Continue tossing the beanbags until you've tossed beanbags into the holes from each tossing line.



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Week of May 18, 2020

TUESDAY

Staying Healthy: Select a Serving

Eating the right amount of food is an important part of maintaining a healthy lifestyle. Practice identifying healthy portion sizes using the recommended suggestions.

Length of activity:
10 minutes



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



Level of Prep Required: Low



What you need:

- Paper
- [Select a Serving Sheet](#)
- Select a Serving Sheet Answer Sheet
- Writing and drawing tools

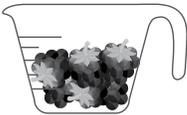
What You'll Do:

- Healthy eating is an important part of physical wellness! Healthy eating means eating a variety of foods from the fruits, vegetables, grains, proteins, and dairy groups each day.
- It's recommended you eat the following amounts of food each day:
 - ❑ 3–4 half-cup servings of fruit
 - ❑ 6–8 half-cup servings of vegetables
 - ❑ 5–6 ounces of protein (meat, poultry, seafood, beans, peas, eggs, nuts, seeds, and processed soy products)
 - ❑ 5–8 ounces of grains (wheat, rice, oats, cornmeal, barley, or any other cereal grain)
 - ❑ 3 cups of dairy (milk, many foods made from milk, and calcium-fortified soy, cashew, and almond milk)
- Look at the [Select a Serving sheet](#) and circle the images you think represent the recommended servings of each food group.
- When you've finished, check your responses against the answer sheet found at the end of this guide.

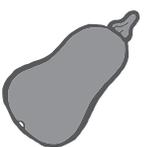
Select a Serving

NAME: _____

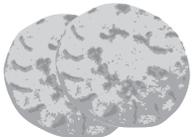
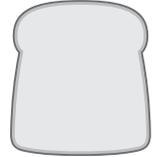
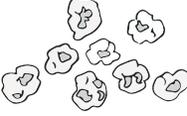
Circle each picture that shows one ½-cup serving of fruit.

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| ¼ of an orange | 3 bananas | ½ of an apple | 16 grapes | 3 strawberries | ½ cup of raspberries |

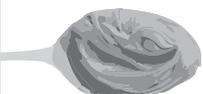
Circle each picture that shows one ½-cup serving of vegetables.

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 1 squash | 1 carrot | 2 celery stalks | 1 small tomato | 1 ear of corn | 1 head of broccoli |

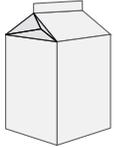
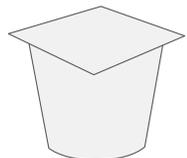
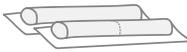
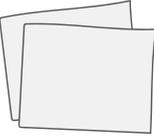
Circle each picture that shows one 1-ounce serving of grains.

| | | | | | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| 2 tortillas | 1 slice of bread | 12 crackers | 3 cups of popped popcorn | 1 package of instant oatmeal | 1 bagel |

Circle each picture that shows one 1-ounce serving of protein.

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 1 tablespoon of peanut butter | 1 chicken drumstick | 1 egg | 1 large steak | 1 slice of turkey sandwich meat | 12 almonds |

Circle each picture that shows one serving of dairy.

| | | | | | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| 1 cup of milk | 1 pudding cup | One scoop of ice cream | 1½ string cheeses | 1 squeeze-tube of yogurt | 2 slices of American cheese |

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TUESDAY

(continued)

Virtual Field Trip: Son Doong Cave

The Son Doong Cave is the largest cave in the world and is located in Vietnam. Explore this cave through 3-D visuals.

Length of activity:

10 minutes



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



Level of Prep Required: Low

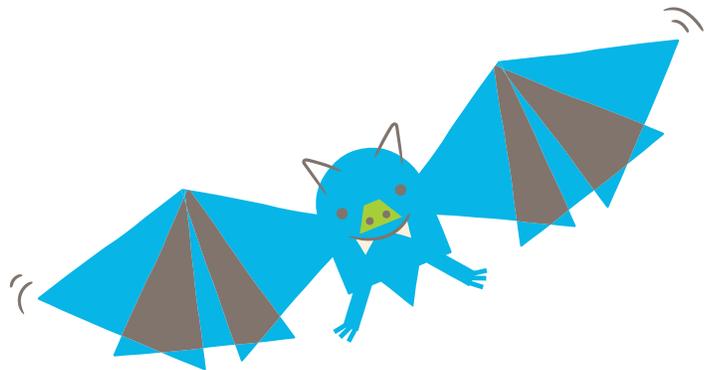


What you need:

[National Geographic Son Doong Cave webpage](#)

Questions:

- Do you think this cave has much water flow through it?
- Do you think the environment in and around this cave can support life?
- How does the rainy season impact the River Passing in the cave?



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WEDNESDAY

Staying Healthy: Make a Menu (3rd-6th grade)

Learning to plan meals for the week is an important skill to develop for a healthy lifestyle. In this activity, try to plan a week of meals and snacks that meet recommended nutritional quantities.

Length of activity:

20 minutes



Level of Engagement

Required by Adult: Low



Level of Prep Required: Low



What you need:

- [One-Week Menu sheet](#)
- Paper
- Writing and drawing tools

What You'll Do:

- Remember, it's recommended you eat the following amounts of food each day:
 - ❑ 3–4 half-cup servings of fruit
 - ❑ 6–8 half-cup servings of vegetables
 - ❑ 5–6 ounces of protein (meat, poultry, seafood, beans, peas, eggs, nuts, seeds, and processed soy products)
 - ❑ 5–8 ounces of grains (wheat, rice, oats, cornmeal, barley, or any other cereal grain)
 - ❑ 3 cups of dairy (milk, many foods made from milk, and calcium-fortified soy, cashew, and almond milk)
- Use the [One-Week Menu](#) chart to plan meals and snacks for you and your family*. Try to get close to the recommended amount of each food group each day. Estimate the amount of each food group your menu serves and write your estimate below the daily menu.
- Think about foods you enjoy and the different food groups they come from. For example, lasagna with meat sauce has protein from the meat, dairy in the cheese, vegetables in the tomato-based sauce, and grains in the lasagna noodles. You should include each of these when totaling the amount of each food group.

FOR YOUNGER CHILDREN...

Parent/Family Note: Have a younger child focus on creating a single menu or a menu for one day.

** If you or members of your family are on certain diets such as gluten free, vegetarian or diabetic, adjust the food recommendations as needed. If you don't know how, ask a family member!*

One-Week Menu

NAME: _____

Daily Menu Items:

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--------|--------|---------|-----------|----------|--------|----------|
| Breakfast | | | | | | | |
| Lunch | | | | | | | |
| Dinner | | | | | | | |
| Snacks | | | | | | | |

Servings Each Day:

| | | | | | | | |
|------------|--|--|--|--|--|--|--|
| Fruits | | | | | | | |
| Vegetables | | | | | | | |
| Grains | | | | | | | |
| Proteins | | | | | | | |
| Dairy | | | | | | | |

Recommended Daily Servings:

Fruit: 1½–2 cups | Vegetables: 3–4 cups | Protein: 5–6 ounces | Grains: 5–8 ounces | Dairy: 3 cups

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THURSDAY

Puzzles and Games: Key Vocabulary Word Game

We all know that playing games is a lot of fun, but did you know that playing **and** creating games help you learn to problem-solve? In this activity, you'll create a word search using terms from journalism concepts you learned from the past couple weeks.

Length of activity:
15 minutes



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



Level of Prep Required: Low



What you need:

- [Blank word search](#)
- Writing and drawing tools

What You'll Do: Use the grid on the next page to create your own word search. Begin by writing each vocabulary word in the grid, using one box for each letter. You can write the words in any direction—see the examples below. When you've finished adding all of the words, fill in the remaining empty boxes with random letters to complete your word search.

All ages Vocabulary Words:

Article
Byline
Classifieds
Headline
Journalism
Journalist

3rd–6th grade can also use the following words:

Periodicals
Product review
Service review

| | | | | | | | | | | | |
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| W | | | G | | | T | | | | | |
| K | | | | O | | I | | | | | |
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THURSDAY

(continued)

Home Fitness: Cobra Pose

Use stretches like this yoga pose to keep healthy while you learn at home.

Length of activity:
10 minutes



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



Level of Prep Required: Low



What you need:
Your marvelous body!

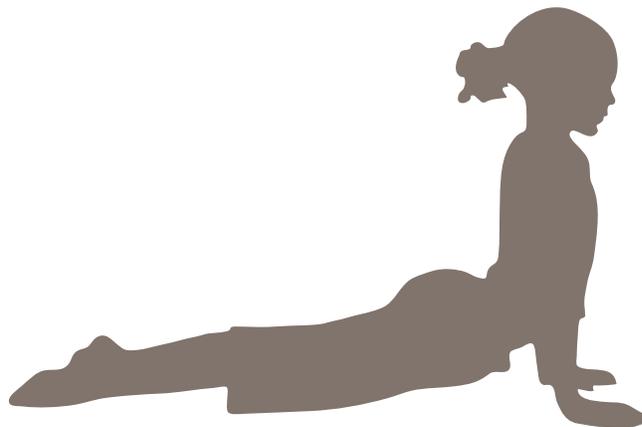
Getting ready:

- 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:

- Lie down on your front with your legs straight out behind you, your hands beside your shoulders, and your elbows at your sides. Next, inhale while slowly using your arms to lift your head and chest as high as they will comfortably go. Press your hips into the floor to support your lower back. Don't overextend this stretch. Hold the pose for several seconds while breathing in and out. Slowly lower yourself back to the floor, relax, and then repeat.
- Try to hold the pose for five to ten seconds each time. Start by performing five repetitions, increasing the length of time you hold the pose as you become familiar with it. This pose is called the "cobra pose". Can you think why?

CAUTION! Remember, you should move in and out of yoga poses slowly, to prevent injury.



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Week of May 18, 2020

FRIDAY

Saving the Planet: Sculptures from Trash

Continue exploring the concept of energy conservation by creating a sculpture made from...**TRASH!**

Length of activity:
20 minutes



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



Level of Prep Required: Low



What you will need:

- Child-size scissors
- Clean trash
- Glue
- Masking tape
- Paint cups
- Paintbrushes
- Tempera paint, various colors (or [make your own paint](#))
- Writing and drawing tools
- Collect a variety of clean paper trash, such as wrapping paper, cardboard tubes, paper bags, food boxes, and newspapers and magazines for your sculpture.
- View these Web sites for inspiration!
 - [15 Incredible Artworks Made From Trash](#)
 - [From Trash to Treasures](#)

What You'll Do:

- Use the materials you gathered along with glue, tape, paint, and writing and drawing tools to create a work of art! Be creative and use your materials to create sculptures that no one will ever guess are made of trash!
- Present your sculpture to your family. Explain that many of the materials would normally be considered trash and thrown away but you have repurposed them in a creative way.

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Week of May 18, 2020

FRIDAY
(continued)

Virtual Field Trips: Climbing Mount Everest

Unlike the caves in Tuesday’s virtual field trip, Mount Everest looms above the planet as the highest peak. Explore the mountain with this digital exploration.

Length of activity:
10 minutes



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



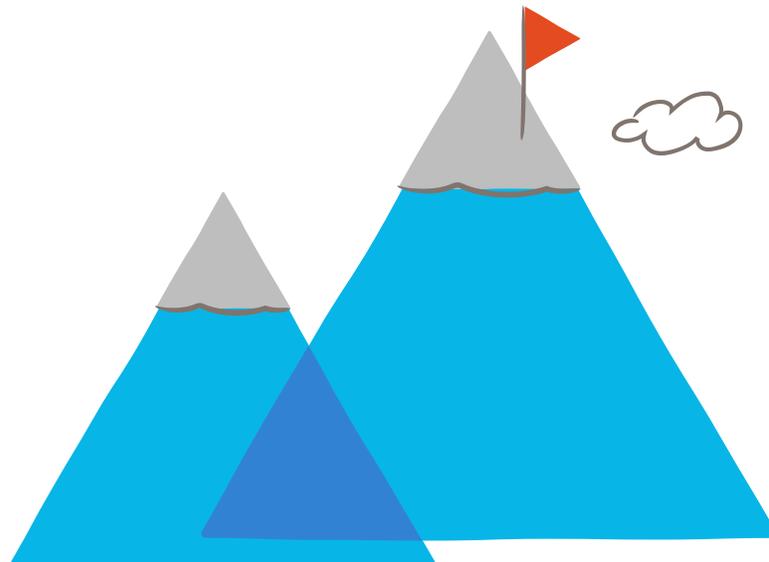
Level of Prep Required: Low



What you need:
[Trekking in and around the Everest region website](#)

Questions:

- How many hours does it take to reach Island Peak?
- Base Camp is the location hikers travel to prior to beginning their climb. When flying in, what types of planes do they need to begin their journey to Base Camp?
- Starting with the Base Camp information, it outlines the eight day trip to start the journey. How many Kilometers and hours does it say it will take to reach the Base Camp?



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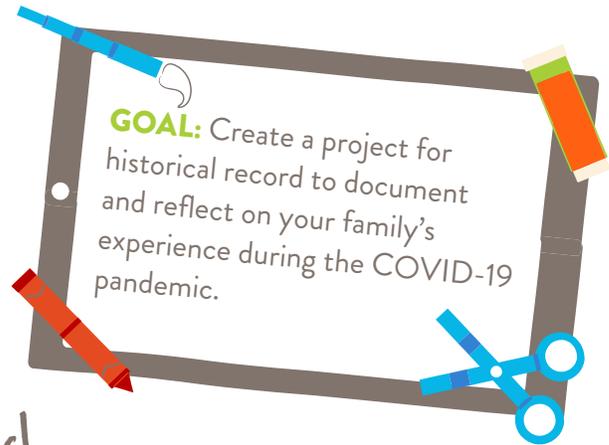
Week of May 18, 2020



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 couple weeks, your family has been working through the first four themes of your family project. This week, we invite your family to explore the theme *Who Are the Helpers?*

Try this!

Helpers

Through the last few months, your family has experienced a new way of living. As with all new and challenging situations, there are always people helping others in creative and thoughtful ways. How has your family been helped by others? How have you helped others through this crisis? Add another layer to your family project to represent the helpers in your life.

Note: In case you missed it, we released our [Stay-at-Home Story: A KinderCare 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?

Select a Serving Answer Sheet

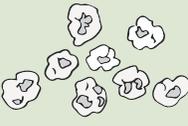
The highlighted pictures show one ½-cup serving of fruit.

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| ¼ of an orange | 3 bananas | ½ of an apple | 16 grapes | 3 strawberries | ½ cup of raspberries |

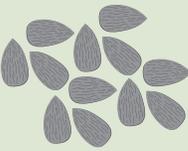
The highlighted pictures show one ½-cup serving of vegetables.

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 1 squash | 1 carrot | 2 celery stalks | 1 small tomato | 1 ear of corn | 1 head of broccoli |

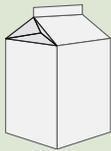
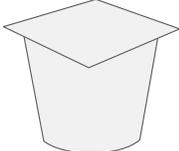
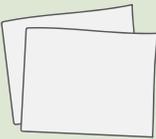
The highlighted pictures show one 1-ounce serving of grains.

| | | | | | |
|--|--|--|---|--|--|
|  |  |  |  |  |  |
| 2 tortillas | 1 slice of bread | 12 crackers | 3 cups of popped popcorn | 1 package of instant oatmeal | 1 bagel |

The highlighted pictures show one 1-ounce serving of protein.

| | | | | | |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| 1 tablespoon of peanut butter | 1 chicken drumstick | 1 egg | 1 large steak | 1 slice of turkey sandwich meat | 12 almonds |

The highlighted pictures show one serving of dairy.

| | | | | | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| 1 cup of milk | 1 pudding cup | One scoop of ice cream | ½ string cheeses | 1 squeeze-tube of yogurt | 2 slices of American cheese |