



AT-HOME LEARNING GUIDE

Week of May 25, 2020

Ready to continue your journey on creating a **healthy lifestyle**? This week you'll continue to develop healthy habits and learn to manage and plan budgets.

Reflect on your habits and choose an area to **improve** like reading more or swapping your screen time with physical activity (will your family be surprised?). Then plan for how to make this habit a **reality**.

Digital Learning Tip: 

Change up your screen time! Did you know you can help your vision by frequently changing what you are looking at? Take some **“eye breaks”** during your screen time and focus on an object far away for 10–20 seconds.

CHAMPIONS[®]

This Week's Theme:

Lifestyles

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

Healthy Lifestyles: What is a Habit? Are there things you do automatically without thinking about them? Identify habits you have and how they impact your life.

Home Fitness: Whole-Body Stretch Stretching is an important practice to maintain health and prevent injury. In this activity, you'll practice a full-body stretch you can do regularly to increase overall health.

WEDNESDAY

Healthy Lifestyles: Creating a New Wellness Habit Create a plan for implementing a new habit in your life. How you will set yourself up for success?

FRIDAY

Managing Money: Save, Spend, or Give? Managing your money is an important skill. While saving is very important, it's also important to know when money should be spent. Plan a budget with this money planning activity.

Virtual Field Trip: Exploring Mars Mars is known as "the red planet" and it's the closest planet to Earth. It's been the focus of many NASA research missions. Use this digital exploration to see what the surface of Mars looks like.

TUESDAY

Healthy Lifestyles: Making New Habits Habits are the actions we take without realizing it. It can take three weeks to make a new action a habit—something you do without thinking about it. Decide on a new habit today that will improve your health!

Virtual Field Trip: San Diego Zoo Read about your favorite animals from the San Diego Zoo! Explore where they're from, what they eat, and how safe their population is.

THURSDAY

The World Around Us: A World without Nature The world is a balanced system that relies on everything around to maintain a healthy environment. Identify some important natural features and consider how life would be different without them.

Home Fitness: X-Sit Practice body control and balance as you transition from standing to sitting without using your hands or arms.

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 **All the Feels...**

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Getting Ready for the Week: Materials to Gather

Monday–Thursday:

- Paper
- Writing and drawing tools

Tuesday:

- [Link to San Diego Zoo Kids](#)

Friday:

- Aluminum foil
- Construction paper, various colors
- Paper or plastic cups (3)
- Plastic knife
- Rubber bands (3)
- Tape
- Writing and drawing tools
- [Link to Access Mars](#)

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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MONDAY

Healthy Lifestyles: What is a Habit?

Are there things you do automatically without thinking about them? Identify habits you have and how they impact your life.

Length of activity:
15 minutes



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



Level of Prep Required: Low



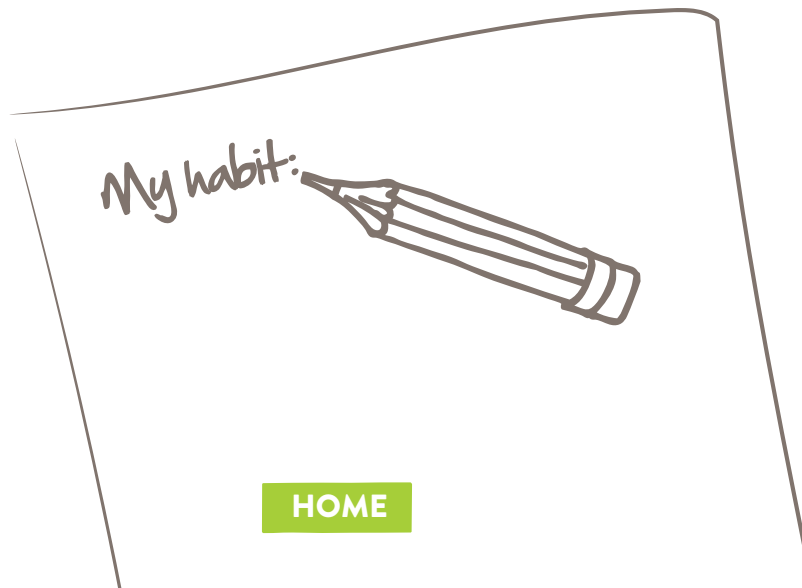
What you need:

- Paper
- Writing and drawing tools

A habit is an action that's done so often that a person does it without thinking about it. Some habits promote wellness, such as brushing your teeth twice a day or drinking a glass of water with every meal. Other habits do not promote wellness, such as having potato chips or candy every day as an afternoon snack or overeating when you feel sad.

What You'll Do:

- Write down one of your habits. It may be related to eating, sleep, physical activity, sedentary activity, or everyday routines.
- Now decide if your habit improves wellness, does not improve wellness, or does not affect your wellness either way. Ask your family's opinion if you aren't sure.
- Write how this habit impacts your daily life. How will it impact your life over the next five years? Is this a habit you want to maintain over several years or replace later?



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MONDAY
(continued)

Home Fitness: Whole-Body Stretch

Stretching is an important practice to maintain health and prevent injury. In this activity you'll practice a full-body stretch that can be used regularly to increase overall health.

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:

- You will perform a stretch that involves positioning your body so your abdominal and back muscles will work to hold the stretch. The abdominal muscles are the ones along the front of the body, below the chest.
- Lie on your stomach with your legs stretched out behind you and your arms stretched out in front of you.
- Stretch your upper body by lifting your hands and arms off the ground.
- Then, stretch just the lower body by lifting your legs.
- Ready for the Superman stretch? Lift your feet, legs, hands, and arms off the ground at the same time—like you're a superhero flying in the sky. Hold the stretch for as long as you can. Don't hold your breath! Continue to breathe while stretching.
- After you've held the stretch for as long as you can, let your body relax. How many seconds were you able to hold that pose?
- Try it again. How long can you hold the stretch the 2nd or 3rd time? Did you improve?
- Repeat the stretch ten times, or for as long as you can participate comfortably.
- See the [next page](#) for examples of this stretch.

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

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TUESDAY

Healthy Lifestyles: Making New Habits (K-2nd grade)

Habits are the actions we take without realizing it. It can take three weeks to make a new action a habit—something you do without thinking about it. Decide on a new habit today that will improve your health!

Length of activity:
15 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:

- Write about or draw pictures of one action you would like to become a habit, like doing your homework as soon as you get home, reading for 20 minutes before bed each night, or cleaning up your bedroom each day.
- Sometimes a new habit can be something you do to replace an unhealthy habit. For example, a new habit might be selecting a piece of fruit or raw vegetables each day for an afternoon snack instead of potato chips or candy. Or do an exercise or stretch every 30 minutes you're on a screen instead of just sitting still.

FOR OLDER CHILDREN...

Parent/Family Note: In addition to selecting an action you'd like to become a habit, interview family members about their habits. See if you can persuade one or two to pick up a healthy habit too!

Or make it a family project and decide on one habit the entire family will work on together.

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TUESDAY
(continued)

Virtual Field Trip: San Diego Zoo

Read all about the types of animals in the San Diego Zoo. Explore your favorites—Where they are from? What do they eat? How safe is their population?

Length of activity:
10 minutes



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



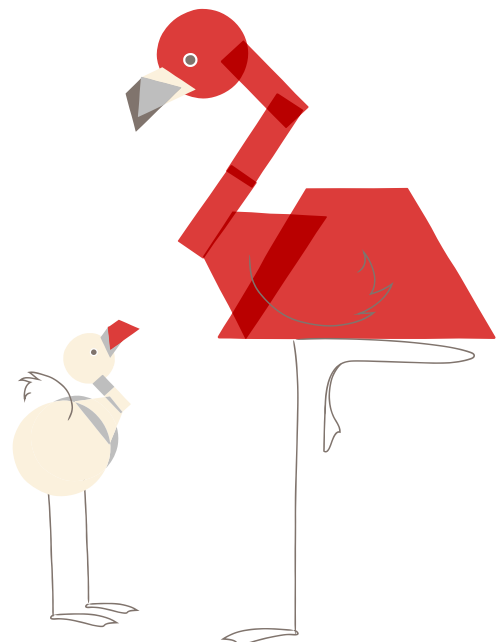
Level of Prep Required: Low



What you need:
[San Diego Zoo Kids
web page](#)

Questions:

- Where is the Komodo Dragon from?
- How large is the Arctic Fox compared to you? Can you measure how tall it would stand?
- The California Sea Lion measures up to 8 feet in length! How does this compare to the length of your bed? Could a Sea Lion fit in your bed?



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WEDNESDAY

Healthy Lifestyles: Creating a New Wellness Habit (3rd-6th grade)

Create a plan for implementing a new habit in your life. How you will set yourself up for success?

Length of activity:
15 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:

- List or think about some of your habits that relate to wellness, like how you respond in a frustrating situation, the food choices you make, or how much time you spend doing sedentary activities. Share with a family member. Ask them about their habits.
- Remember, it's possible to create a new habit after approximately 21 days of performing the same action.
- Create a plan for replacing a habit that's not good for your wellness with one that is. For example, if you have a habit of going home and watching television for two hours each night, try to create a new habit like watching only 30 minutes of television each night or being active for 30 minutes before watching television.
- How will you get this accomplished? Create a plan! For example, if you're trying to decrease the amount of time you watch television, think about what program you most want to watch and set aside the time that program airs as your only time.
- Create a plan for what you would do each day for a minimum of 21 days to make the action become a habit. Use a calendar (or create a calendar) and give yourself a star or a sticker for every day you complete your habit. See if you can get 21 in a row!

FOR YOUNGER CHILDREN...

Parent/Family Note: Help a younger child define an unhealthy habit (e.g. screaming when frustrated). Have a discussion on what other actions they could do instead of screaming (e.g. hopping or touching their toes ten times). Help them write the alternative on a piece of paper. Ask them to draw a picture of what that looks like. Create a chart and have them place a sticker or a tally mark every time they replace the non-desirable habit with the desired one.

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THURSDAY

The World Around Us: A World without Nature (3rd–6th grade)

The world is a balanced system that relies on everything around to maintain a healthy environment. Identify some important natural features and consider how life would be different without them.

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 do you know about the environment? The environment is the surroundings and conditions in which a human, animal, or plant lives.

What You'll Do:

- Think about some aspect of the natural environment that you enjoy. For example, trees, flowers, insects, birds, lakes, and oceans.
- Write or draw on a piece of paper what life would be like if that aspect of the natural world were to disappear. All aspects of our natural world are important. When we do not take care of the environment, it can become damaged in ways that are sometimes irreparable.
- Make a list of ways our world would be different if parts of our environment disappeared. How many did you list? Share with a family member and see if they can add to your list.

FOR YOUNGER CHILDREN...

Parent/Family Note: Have your child select their favorite natural environment from a list you talk about or show them. Ask them why it is their favorite. Have a discussion about what would happen if it disappeared.

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THURSDAY
(continued)

Home Fitness: X-Sit

Practice body control and balance as you transition from standing to sitting without using your hands or arms.

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:

- You'll use concentration and balance to move from a standing position to sitting cross-legged without using your arms, hands, or knees for support.
- Stand with your legs together and your arms crossed in front of you. As you begin to lower yourself into a sitting position, cross your legs to support yourself.
- Take time to practice moving from a standing position to a sitting position, remember to avoid using your arms, hands, or knees for support. It may take several attempts before you're successful—that's normal.
- Ready for a challenge? Reverse the action! Go from a sitting to a standing position without using your arms or hands.



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FRIDAY

Managing Money: Save, Spend, or Give?

Managing your money is an important skill. While saving is a very important, it is also important to know when money should be spent. Plan a budget with this money planning activity.

Length of activity:
20 minutes



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



Level of Prep Required: Medium



What you will need:

- Aluminum foil
- Construction paper, various colors
- Paper or plastic cups (3)
- Plastic knife
- Rubber bands (3)
- Tape
- Writing and drawing tools

There are times when you save money, times when you spend money, and times when you give it away. That's called managing money! Learn how to do all three.

What You'll Do:

- Create small banks for your money using cups covered with aluminum-foil lids.
- Select three cups and decorate each one with construction paper and drawing tools. The cups should be labeled "Save," "Spend," and "Give."
- After the cups have been labeled and decorated, cover each cup with a small sheet of aluminum foil and secure it with a rubber band.
- Use the plastic knife to carefully cut an opening in each aluminum-foil lid. This opening will be used to drop coins or bills into the bank.
- Use your banks when sorting the money you earn or receive. Talk with your family about your decisions to save, spend, or give your money, and which situations are appropriate for each choice.

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FRIDAY
(continued)

Virtual Field Trip: Exploring Mars

Mars is known as “the red planet” and it’s the closest planet to Earth. It’s been the focus of many NASA research missions. Use this digital exploration to see what the surface of Mars looks like.

Length of activity:
15 minutes



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



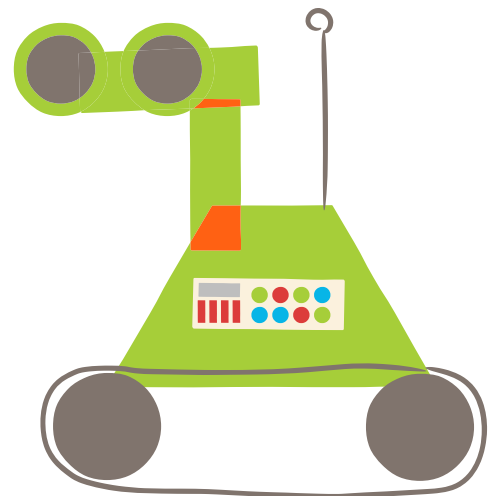
Level of Prep Required: Low



What you need:
[Access Mars website](#)

Questions:

- How many months does it take to travel to Mars from Earth? How many miles is the journey?
- Does the land on Mars resemble any type of land we see on Earth?
- How many kilometers away are the Murray Buttes from the rover landing site?
- Fun fact: Mars is often visible from Earth without a telescope! On a clear night, use your favorite star-gazing app to locate it. You may even be able to see its reddish hue! Can you see Mars from where you live?

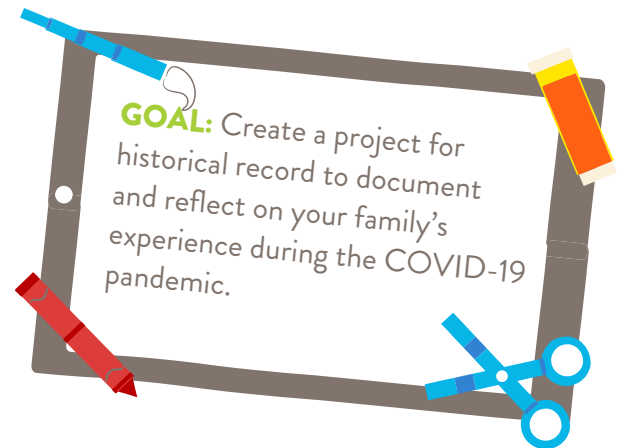


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Family Project

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



For the past couple weeks, your family has been working through the first five themes of your family project. This week, we invite your family to explore the theme **All the Feels** ...

Discuss this!

For this week's *Our Stay-at-Home Story* theme, **All the Feels**, reflect on what the words "memorial," "remembrance," and "gratitude" mean. How can your family show gratitude for our veterans and service members, our nation's greatest heroes? How can you honor those who've devoted their lives to keeping others safe?

That includes people in our communities like doctors and nurses protecting us during this pandemic. Think about how you can represent an attitude of gratitude in your chosen family project and maybe even find a way to share that thanks with the everyday heroes in your lives!

ALL THE FEELS

For many, **Memorial Day** marks the unofficial start of summer. And while it's certainly a great time to celebrate family with a barbeque or picnic, it's also important that children understand the significance this day holds for our nation and military families. Above all, today is about **honoring** and **remembering** those who've dedicated their lives to keeping our country safe.

The true meaning of Memorial Day might be a heavy concept for young children to process, especially today. The simplest way to convey its meaning is to focus on the word "memorial." Take time to pause as a family and give **thanks**. As you do, share with your children that you're honoring those who keep us safe. Today, we remember all they've done for us and our country. And especially today, that includes the brave men and women seeing us through this pandemic.

A History Lesson for School-Age Kids

Did you know... traditionally, the first Memorial Day was celebrated on May 30, 1868, at Arlington National Cemetery. But there is evidence that the first celebration was in 1865 at the Charleston racetrack, organized by a group of freed slaves. Read more about it [here](#).

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

