



Together Is My Favourite Place to Be

Grades K-2


A young child flourishes when they are with the people they love. Spending more time with family and loved ones provides opportunities to share and enjoy new experiences together. This package includes some activities that will help your family grow together.

To complete the activities, you will need a notebook and paper, crayons, markers, storybooks and other available creative materials.

Introduction

Choose what you would like to do each day from the following. Be sure to check off activities in the Activity Checkers at the end of this document!

What's your Story?



Round Robin
Grab Bag
Picture Stories
Storytelling

Mother Earth



Outdoor Detective
Rock-On!

Food for Thought!



Yummy or Yucky?
Let's Make Lunch!

Exercise Bingo



Let's Bingo
Let's Journal

Mother Earth

Nature provides people with the things that you need for a healthy and happy life. First Nations people have a deep respect and relationship with nature, referring to it as “Mother Earth.” We all have a lot to learn from Mother Earth.

Activity: Outdoor Detective

Take a walk with your child or look around the backyard for nature examples. If possible, record sounds you hear on your walk or in your backyard:

Play “I Spy”.

Make guesses on what is making any noise(s) you hear.

When you get back inside, encourage your child to create/draw something from the natural world.

- *Write down what you saw and heard outdoors.*
- *Create a nature collage (using old magazines).*
- *Build a nature scene. Use mixed materials such as Lego, blocks, felt and feathers, crayons markers, etc.*
- *Write and illustrate a story with the main character being something from nature (such as a bird, tree, chipmunk, insect, etc.). Each page could begin, “If I Was an..., What Would I Do?”*
- *Or, you could write a story en français. For example, « Si j’étais un... .., que ferais-je? »*



When you’re exploring nature, remember to:

Leave no trace of your visit

Make no damage, leave no litter.

Be a respectful observer

Watch and listen, but don’t do anything that might harm the plants and animals or prevent them from living their lives uninterrupted.

Gather with great care

Only handle plants and animals that you know to be safe.



Mother Earth

Activity: Rock On!

Find a container you could use to collect some rocks. Then, take a walk together in the backyard or nearby to look for some interesting rocks. Select a variety of good size rocks—ones that are not too big and not too small—ones big enough to display a word or a few words.

Choose a favourite rock, clean it with soap and water and let it dry. Use markers or paint to create a picture or print your positive message on the rock. Put the date on the opposite side.

Share pictures, journal entries and stories with friends and family.



Discover the characteristics of rocks using the following activities. Record your thoughts in your notebook when you're done.

- *Guess which rock? Child closes their eyes and you put a rock in their hand. Which one is it? Describe how each rock feels.*
- *Investigate the weights of the different rocks by holding one in each hand. Look at the different colours and shapes of rocks.*
- *Think of three positive messages that would make someone happy. Select your favourite.*

Mother Earth

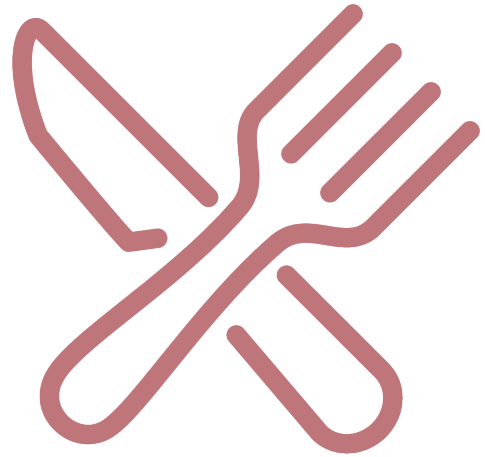
Read **The Stone Medicine People** with your child.

You may include the following discussions/actions:

- What is the story about?
- What are some First Nations traditions mentioned in the story?
- What do you think about the pictures? What colours are used? Compare the style of pictures to another storybook. How are they similar? How are they different?
- Identify the words “Mother Earth” in the story.
- Think of 10 things that are considered part of “Mother Earth”. Print and illustrate your favourite ones.
- Add the French word for each nature object you named.
- The **Ni'gweg Collective** is a collection of stories told in the Mi'kmaq and Wolastoqiyik language. Watch one of the videos and select a word you would like to learn. Can you print it? Can you pronounce it?

Food for Thought!

Making food and eating together is a great way to celebrate life with your family and loved ones.



Activity: Yummy or Yucky?

Help your child with the following activities:

- Illustrate one meal per day in a journal. Label each part.
- Use words to describe taste and texture.
- Rate each meal.
- Share your journal.

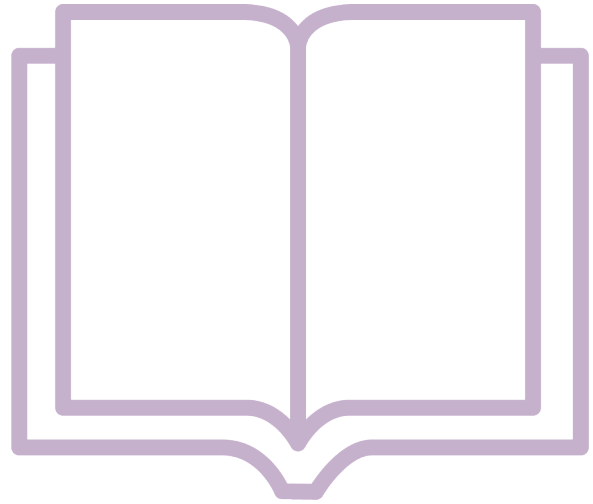
Activity: Let's Make Lunch!

- Begin by reviewing recipes and sharing your likes and dislikes.
- Identify the common characteristics of a recipe.
- Decide what you want for lunch!
 - Organize thoughts on the steps you need to do to make, for example, a sandwich.
 - Make and eat sandwiches together.
 - Print and illustrate the recipe for the sandwich. Include sequencing words such as, “first”, “next”, “then”, “after that” and “finally”.

If your child is interested in cooking in the kitchen, have them create their own recipe book that allows them to easily add recipes as they expand their skills.

What's Your Story?

Stories are central to developing a child's reading, listening and oral language skills. Here are some fun activities for the family that will engage your child in stories.



Activity: Round Robin Story

Retell a familiar fairy tale together as a family, taking turns. Add some funny twists!

Have your child recount three or four main events of the story, and then illustrate them in sequence: the beginning, middle and end.

Draw pictures to represent what happened in the beginning, middle and end. The pictures can help to organize the retelling of the story.



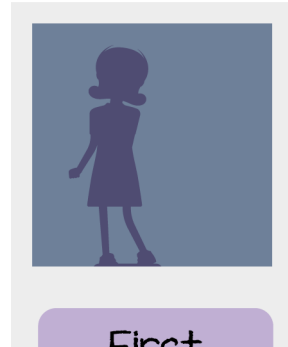
What's Your Story?

Activity: Picture Stories

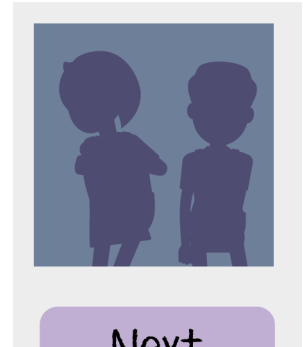
Gather some pictures from books/magazines/photo albums and put in a container from where they will be drawn.

Taking turns, each family member takes a picture from the container, putting the pictures in the order they were selected.

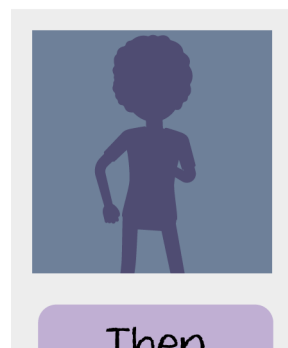
Create a story using the words “first”, “then”, “next”, “then” and “finally”. Have your family write the story down together to retell later.



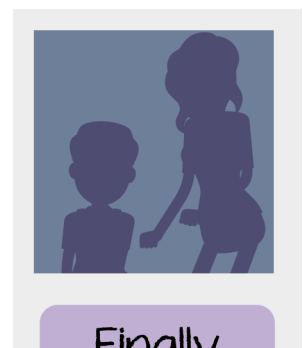
First



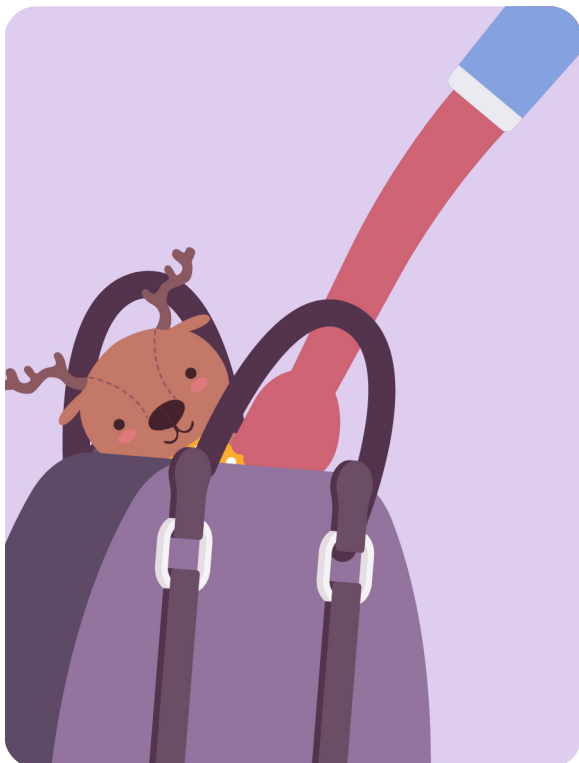
Next



Then



Finally



Activity: Grab Bag Story

Fill a bag with small objects such as toy animals and other favourite toys.

Have your child shut their eyes and pick two items.

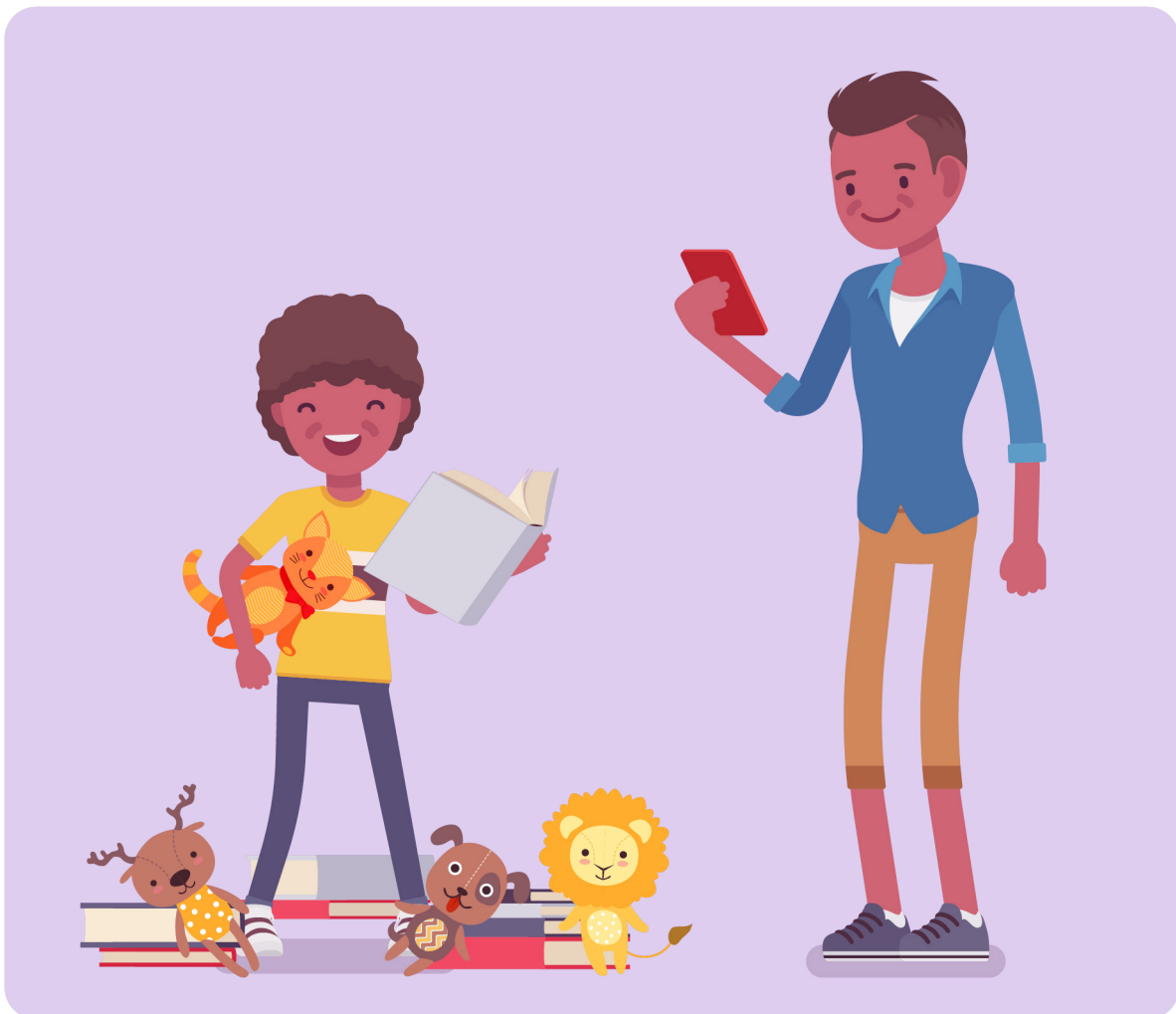
Let them choose one of the two and talk about why this toy is important to them.

Your child can sketch the toy and a family member can print it for them to retell or read back.

What's Your Story?

Activity: Storytelling

- Find a cozy and fun space to build a fort for independent reading.
- Include a variety of teddy bears and favourite books for your child to read in the fort.
- Visit the fort and have your child retell their favourite story. Model/ encourage facial expressions, gestures, and different voices used in storytelling.
- When ready, record a video of your child retelling the story.
- Play the tape back and discuss what they liked and disliked about their storytelling.
- Now, let your child record a video of you telling a story.



Exercise Bingo

Daily exercise helps to maintain physical and emotional health.



Activity: Let's Bingo

Select and complete a few activities every day from the Exercise Bingo activity card. Try to make a straight line. Record results, which may include:

- Measurements of time (seconds, hours, minutes) it took to perform an activity.
- Who wins (contests with other family members).
- Measurements of distance (metres) you achieved for an activity.
- The number of times you were able to perform an activity.



Exercise Bingo

B

Be ready for an adventure

I

Indoor activities

N

Need for Speed

G

Getting off the couch

O

Outdoor Activities

How many stairs are in your house?

Balance on 1 foot longer than your family members.

How fast can you skip from room to room.

Have a family plank contest.

See how far you can jump in 5 tries.

Take a nature hike in your yard.

Do a jumping jack for every letter of the alphabet.

How fast can you run a lap around your house?

Teach your family your favourite tag game.

See how many times in a row you can catch a ball.

How many steps does it take to walk around your house?

Jump in and out of a room in your house while counting to 10.

FREE SPACE

Do jumping jacks for 3 different commercials.

Run 1 lap around your house for every letter in your name.

Move through your house like your favourite animal.

Jog in place for 30 seconds in every room of your house.

Have a race to find the fastest person in your family.

Dance to your favorite song.

Do 3 different animal laps around your house.

Play a game of hopscotch.

Toss a ball to yourself and catch it 20 times.

How fast can you clean up your toys?

Do the number of sit-ups to match the date.

Kick a ball around the outside of your house.

Exercise Bingo

Activity: Let's Journal

Keep a journal and ask your child to write or draw pictures about their experience with Exercise Bingo.

- What was your favorite exercise?
- What was your least favorite exercise?
- How did you feel after finishing each of these exercises?
- What do you think will happen if you don't exercise each day?
- Make up three of your own exercises and have a family member do them with you.
- What exercise took you the longest time to finish and how long did it take?
- What activity took you the shortest time to finish and how long did it take?
- How many jumping jacks did you do?
- Did you do more jumping jacks or sit-ups?



Activity Checkers

Place a checkmark at the end of each activity you finished so you can celebrate all the things you've done together as a family!

Mother Earth

List the nature you saw from your outdoor experience? Use words to describe two or three things you saw. (For example, how big, what shape, is it soft or hard, etc.). Put your words into full sentences.	
Describe the noises that you heard. Use descriptive words (loud, soft, high, low, short, long, funny, sad, etc.). Listen to any sounds you may have recorded to help you remember.	
Create your nature masterpiece using available materials of your choice. Take a picture and send it to the people you love.	
Read and share stories with nature or about nature.	
Did you write a story starring a character from nature? Good for you!	
Write down your words to describe two of your favourite rocks. Use words to describe their size, how they feel, how they look, such as their shape, colour, brightness etc.).	
Describe your favourite rock using full sentences.	
Think and write down three positive words and phrases that would make someone feel good.	
Choose a rock to paint or colour and write down a positive word or phrase. Put the date on the other side of the rock. Send a picture of your rock to a friend and ask them to share with their family.	
Read The Stone Medicine People story and discuss the ways it relates to Mother Earth.	

Activity Checkers

Food for Thought

<p>Illustrate one meal that you eat each day for the week and label each part.</p> <p>Use descriptive words to describe the taste and texture of the meal.</p> <p>Write down a “rating” for each meal.</p>	
<p>Make lunch with a family member.</p> <p>Write down the steps you used to make the meal. Include sequencing words such as “first”, “next”, “then”, “after that” and “finally”.</p> <p>Share with a friend or a family member.</p>	

Activity Checkers

What's Your Story?

<p>Retell a familiar story with your family. Each person takes a turn in the telling.</p> <p>Illustrate three main events of the story using the words “beginning”, “middle” and “end”.</p>	
<p>Have a family member put a few “mystery” toys in a bag.</p> <p>Closing your eyes, take two “mystery” toys from the bag.</p> <p>Choose your favourite one and tell a story about it.</p>	
<p>Have a family member collect a number of pictures to put into a container. Each family member draws one picture out of the container and places it in the order they were selected.</p> <p>From the pictures, together create a story using the words, “first”, “then”, “next”, “then” and “finally”.</p> <p>Write the story down as a family so you can retell it at another point in time.</p>	
<p>Create a cozy reading fort and read your favourite stories to your teddy bears or other toys. Use different voices and facial expressions as you read the story.</p> <p>When you're ready, have a family member videotape your retelling of the story.</p> <p>Videotape a family member retelling a story.</p> <p>Share with friends and family.</p>	

Activity Checkers

Exercise Bingo

Select different activities from the Exercise Bingo Activity list each day. Remember to fill in the chart once you have completed the task.	
Keep a journal of your exercise activities. Write or illustrate answers to the questions from the activity.	