

Kindergarten Science and Social Studies

Monday 4/20

Social Emotional Learning, Second Step Lesson 12 We Feel Feelings in Our Bodies

- Watch the Lesson 12 Video for Kindergarten:
<https://www.secondstep.org/covid19support/kindergarten-lessons>
- Complete the home link for Lesson 12



What Is My Child Learning?

Your child is learning to focus attention on his or her own body to figure out his or her feelings. Your child is also learning that if the feelings are uncomfortable, it helps to talk about them with an adult.

Why Is This Important?

When children realize they are having strong feelings, they can take steps to calm down to keep themselves from getting out of control.

Ask your child: What clues from your body help you figure out that you are feeling worried? Possible answers: Tummy hurts. Heart beats fast. Breathe fast. Feel hot/cold. Legs wobble.

When you are feeling worried, what can you do to help you feel better? *Second Step* answer: Tell a grown-up about your feelings.

Practice at Home

When you notice your child is starting to have strong feelings, such as worry, anger, sadness, excitement, or disappointment, ask what he or she is feeling in his or her body. For example:

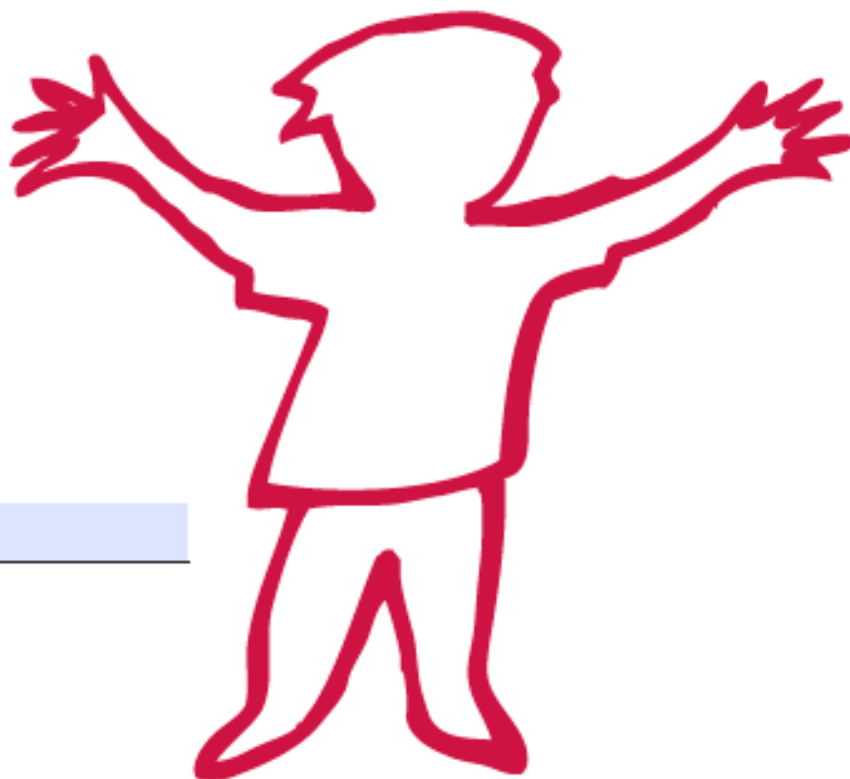
A friend just dropped your child's favorite toy and it broke. **Oh, I see that your favorite toy just broke.**

Put your hand on your tummy. What is it doing? Wait for your child to respond. **Put your hand over your heart. What is it doing?** Wait for your child to respond. **Listen to your breathing. What is it doing?** Wait for your child to respond. **Can you name your feeling?**

Activity

Help your child do the following:

1. Choose "worry" or "anger" and write it beside the body outline.
2. Identify where he or she feels this feeling in his or her body.
3. Color in those places on the outline, for example, tummy, heart, hands.



Feeling:

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)

Tuesday 4/21

Earth Day Conservation Activities

Try one or both of these activities this week to celebrate Earth Day and to think about how you can change habits at home to help the planet.

How Many Lights Are On? Graphing Activity

At breakfast, lunch, and dinner, check to see how many lights are on in the house and write down the numbers. At the end of the day, add the numbers from each mealtime together and then record the total on the graph. If you can't print, tally the total number of lights at the end of each day and compare the totals for each day at the end of the week.

Brushing Teeth Water Conservation Activity

Place a bowl under the faucet and brush your teeth for the full two minutes with the water running. Measure the amount of water in the bowl. Now compare that to brushing your teeth for the full two minutes with the water only running when necessary. Measure that amount of water and compare the two.

After completing these activities, discuss what you can do to help reduce the amount of water and electricity you use each day as a family.

How Many Lights Are On?

10					
9					
8					
7					
6					
5					
4					
3					
2					
1					
	Monday	Tuesday	Wednesday	Thursday	Friday

Wednesday 4/22

Social Studies: My House

Students will learn about different kinds of houses people live in and will draw and write about their own house.

Watch the video: <https://www.youtube.com/watch?v=69Zpr4LrvY8>

After watching, ask your child what they noticed about the different houses in the book. What made the houses different?

Each person's house is different on the outside and the inside. Think about what your house looks like and the things that make it special. Use the included page or a blank sheet of paper to draw your house and include important details. Write a sentence to tell about your house and tell about your favorite part.



Draw a picture of your home!

A large rectangular area defined by a dotted blue line, intended for drawing a picture of a home.

What are a few words that describe your home?

Write a sentence about your favorite part of your house:

Thursday 4/23

Reuse Building Challenge with Recycled Items

1. Watch this video to introduce recycling and talk about why it helps the earth.
https://www.youtube.com/watch?v=l8Kny-t_nps
2. Discuss what items you have in your house that are recyclable.
3. Help your child collect about 8-10 recyclable items from around the house. Some examples include toilet paper or paper towel tubes, small or large cardboard boxes, egg cartons, empty plastic water bottles or other plastic containers or jugs and their lids. It would also be helpful if you have access to scissors and tape, although if you don't have those materials at home, you can help your child get extra creative with how to attach the recyclables together. (poke holes and use string, cut slits to attach, etc.)
4. Choose one of the scenarios below as a prompt for reusing your collected items or create your own!
 - Build a home for a bird or other small animal that would keep them safe and comfortable.
 - Build a new toy to entertain yourself at home.
 - Build a container to take on your next nature walk to hold special items you collect.
 - You decided to take a trip to Antarctica but you forgot some important items. Build something to make your trip easier.
 - Invent something you could use while playing outside.

Name: _____

I Can Help the **EARTH!**

Directions: Fill out the chart. If you have more ideas, write them on the back of this page.



3 items I can recycle

*

*

*

2 items I can reuse



*

*

1 way I can reduce

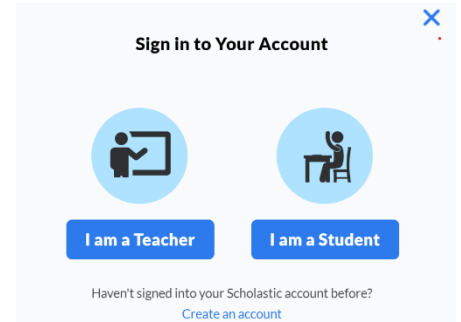


*

Friday 4/24

Scholastic News: Let's Find Out

- Click the link: <https://letsfindout.scholastic.com/>
- Click Log in
- Click "I am a Student"
- Enter the password: **tptigers1920**
- Click on "Don't Be a Litterbug!"



- From here, students can have the magazine read to them, they can watch related videos, and play a game.



- We will focus on a new magazine each week! Enjoy!