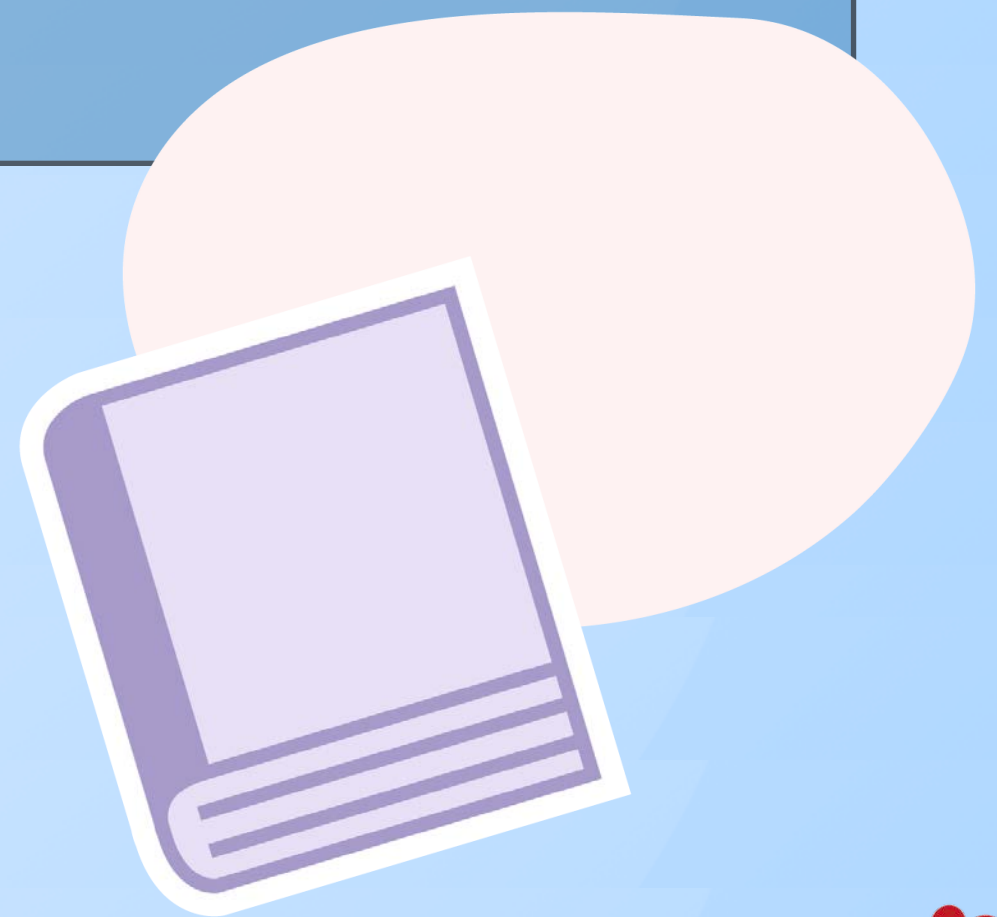
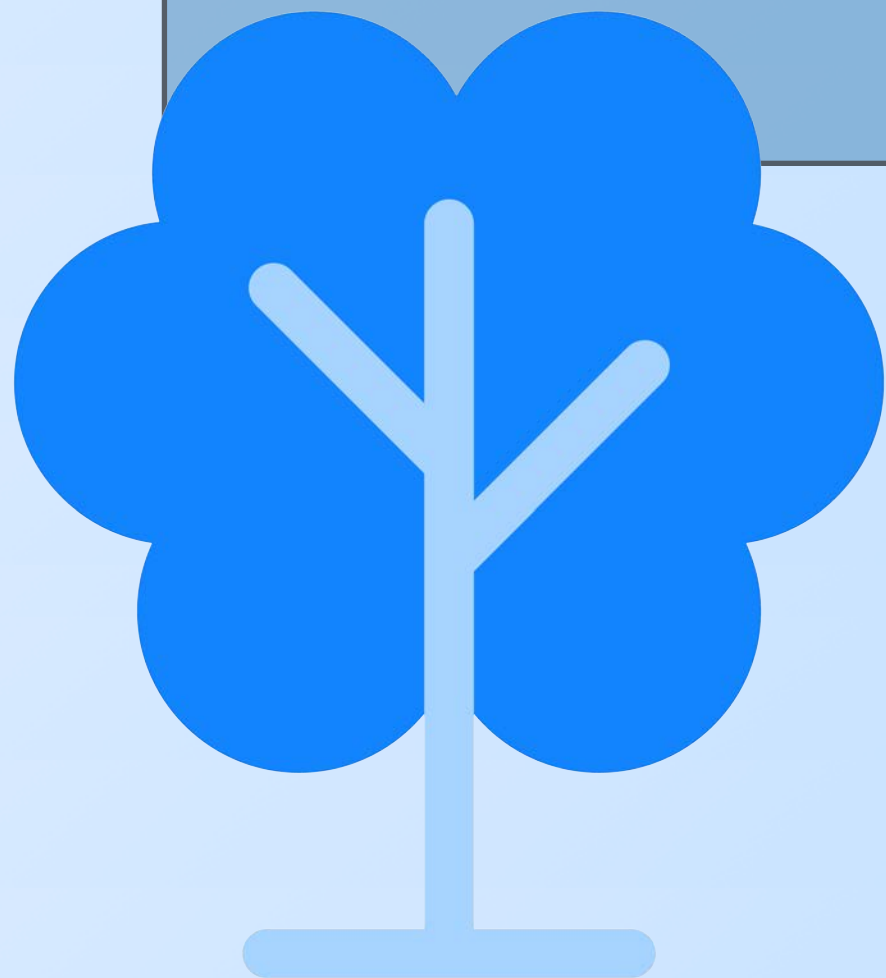




Provincial Outreach Program for the Early Years

www.popey.ca

Literacy Learning Menus





Learning Menu - One for Literacy



Reading to Stuffed Animals

Stuffed animals provide an engaged and patient audience for children.

Other options: read to pets, siblings, parents (*or other relatives via FaceTime, Zoom, etc.*).

Big Feelings Chat

This is a time of [BIG feelings](#).

Brainstorm feeling words and write down each word on a piece of paper or sticky note. Draw and/or make faces that go along with those feelings. Talk about how each member of the family is feeling now. Talk about how having a lot of feelings right now is okay. Listen to and acknowledge how kids are feeling.

You're the Expert

Children can write and illustrate short How-To books on things like making your bed, riding a bike, helping your family, making a healthy snack, hosting a play date, etc.

Retelling Books

Using a familiar book and a variety of props can be a wonderful way to have children retell books. Puppets, stuffies, toys, flannel boards, drawings, etc. are all useful props for retelling.

Notice the Helpers

Mr. Rogers said to *look for the helpers during scary times*.

Talk about who are the helpers right now. How are they helping?
Brainstorm a list of ways you could show thanks to helpers. Pick one idea from your list and work on it together. (*e.g. - writing a letter to a nurse or doctor*)

Being a Detective

Children can investigate an area of interest using non-fiction books, magazines and other forms of print, and share the facts they find with their family.

Listening to Books

Audiobooks or digital read-alouds take many forms now - headphones allow children to listen to the book being read while other activities may be going on at home.

Show Me Your Story

Have children draw, take photos, find pictures in magazines etc...to tell a story in pictures first.

Then, they can write the story that the pictures told. (*fiction or non-fiction*).

Tell your Story

Parents can model how to tell personal stories about real events (*e.g. a trip to the park, going to a birthday party*).

Children can tell their story ideas to their family orally before writing them down.

Snail Mail

Children can compose letters to friends or extended family members.

A great way to keep in touch with classmates, friends, and relatives.

Word Hunts/I Spy

Children can look in books, newspapers and magazines for words that have a specific feature. For example, children could look for words that start with a "b", or end with "at."
Word Hunt sheets can be created to record the words found.

see [this video example](#) - using a class word wall

Make Letters

Children can practice making letters with a variety of different media, such as markers, crayons, pencil crayons, coloured chalk, play dough, sand, cookie dough, pipe cleaners, shaving cream, jello and more.



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Learning Menu - Two

page 1



<p><u>Writing ABC books</u></p> <p>On blank pages or in blank books, write the letters of the alphabet - write 1 letter on each page.</p> <p>Add drawings, stickers, pictures, or stories that match the letter on each page.</p>	<p><u>Signs of Spring</u></p> <p>Take a walk or look outside your window and notice signs of spring.</p> <p>Draw or write down what you notice.</p>	<p><u>Letter Detective</u></p> <p>Find 5 items in your house that begin with the first letter of your name.</p> <p>Draw or write a list of what you found.</p> <p><i>Extra fun!</i> Find items in your house that <i>end</i> with the first letter of your name</p>	<p><u>Favourite Song</u></p> <p>Think of a song you like and sing or play it to a family member. Talk about it with that person.</p> <p>What do you like about the song? How does it make you feel?</p> <p>Have other family members share their favourite songs.</p> <p>Have a dance party with everyone's songs!</p>
<p><u>I Spy</u></p> <p>Play 'I Spy' with rhyming words.</p> <p>For example, say "<i>I spy with my little eye, something that rhymes with hat.</i>"</p>	<p><u>List Poem</u></p> <p>A list poem has one idea on each line.</p> <p>Write a list poem about what you see in spring.</p> <p>Give your poem a title and share it with someone in your family.</p>	<p><u>Make a 'Writing Pan'</u></p> <p>Put a drop of dish soap and a drop of water onto a cookie sheet and swirl them around with your hands to make bubbles.</p> <p>Use your finger to write your name in the pan.</p> <p>How many other words can you write?</p>	<p><u>Acts of Kindness</u></p> <p>Acts of kindness are small, nice things we can do for each other.</p> <p>· read the examples with someone - which ones can you actually do right now?</p> <p>Make a plan for one or more acts of kindness you can do this week.</p> <p>Draw a picture or write out your plan.</p>



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Learning Menu - Two

page 2



Poster Making

Create a poster for your window with a message of hope or a thank you to essential workers.

Why are you thankful for their help?
What do you think they'd want to hear right now?

Add drawings, stickers, pictures to decorate your poster.

Letter Writing

Write a letter or make a video to:

or

- your class
- your teacher
- a friend or friends at school

What do you want to tell them?
How are you feeling?
What do you miss about being at school together?
What's great about being at home?

Share your letter (*in a way that works for your family*)

- email it to your teacher
- send your video to your teacher
 - to share with the class
- read your letter on a video call with your friends

List of Happiness

Draw or write a list of ten things that make you happy.

Choose your favourite thing to share with a family member and explain why it makes you happy.

Extra fun!

Write and draw about your favourite thing.

Make a "Favourite Things" book

Book Talk

Read a book with someone in your family.

Have a 'book talk':

- What happened in the story?
- Something new you learned
- Your opinion of the book



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Learning Menu - Three

page 1



Favourite Activities

Brainstorm some of your favourite activities - without a screen (*activities that aren't - computer, iPad, video games,...*)

Write a list and/or draw all the different activities you can do 'off screen'.

Post the list somewhere in your house for everyone to use.

Storytelling

Read a book you know to someone in your family.

Rather than reading the words, tell the story through looking at the pictures.

Leaf Person

Collect natural materials like leaves, sticks and rocks and create a "Leaf Person."

Give your leaf person a name. Draw your person and write words that describe them. (*for example - brave, shy, funny etc.*)

Write a story about your Leaf Person making a friend. Who is their friend? What games might your "Leaf People" friends like to play together?

Listen

Sit back to back with someone and listen quietly with your eyes closed for a few minutes.

List all the things you can hear.

Do you hear the same things?

This can be done inside or outside.

Washing Hands Poster

Create a mini poster to remind everyone in your family to wash their hands with soap and water for at least 20 seconds.

Decorate the poster with pictures or drawings to help everyone remember what to do when they're washing their hands.

Post the poster in the bathroom.

Go For a Walk...

Go for a walk outside - wherever you're able to.

Come up with five questions that you wondered about during your walk.

Write them down and discuss them with a family member or with a friend.

Story Rocks

Have a family member tell or read the story Goldilocks and the Three Bears.

Story Rocks: Go outside and find 4 rocks (*one for each bear and one for Goldilocks*).

Use your rocks to retell the story.

What Did You Build?

Build something with any materials you have at home:

- Lego/blocks
- Food in the cupboard
- K'nex
- Toys
- Playdoh
- Anything...

Once you're done building - label the different parts of your creation.

-use sticky notes, scrap paper, ... anything you've got.



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Learning Menu - Three

page 2

How Do You Feel?

With your family (*in your house, or family who don't live in your house*) - answer these questions:

1. How do we want to feel as a family?
2. What can we do to feel that way?

Brainstorm a list of ways you want to feel (*loved, safe, happy, playful, joyful,...*) and write them down.

Then write down some ideas for what you can do to feel those ways.

Post the list somewhere in your house for everyone to use.

You can use a feelings chart to help brainstorm your list of Family Feelings.

more details about this activity can be found [here](#)

Making Words

What happens when you add, move, or take away parts of words?

What words can you make?
Can you say those words in sentences?
Can you write those words in sentences?

See pages 4 and 5 for details and video links for 2 different ways to play *Making Words*.

To create/use letters at home:

- write letters on paper and cut them out
- write letters on sticky notes
- use alphabet magnet letters (*if you have them*)

Today Is Brought To You By the Sound...

Pick a sound as the focus for the day. For example, the sound 'S'- (*sat, snack, snake..*)

Throughout the day find objects, people, words, - anything that makes the sound of the day.

You can use beginning sounds, ending sounds or middle sounds. (*start with beginning sounds for younger kids*)

Book Buzz

What book have you read that you want to tell someone about?

Here is what you can include in your book chat:

1. Say the title & author of the book
2. Tell what the book is about
3. Talk about why you enjoyed the book.
4. Who do you think would enjoy the book and why?

Who could you tell your "Book Buzz" to?



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Learning Menu - Four

page 1



Twenty Questions

Take turns with a family member to guess something you're thinking of. You'll have 20 chances to guess correctly.

1. Player 1 thinks of a person, place, or thing *(for example - an animal)*

2. Player 2 asks 'yes' or 'no' questions. *(for example - Is it an animal?)*

3. Keep asking questions until Player 2 guesses correctly.

(for example - Does it have 4 legs? Does it live in Canada? Is it big? Is it a moose?)

Create Your Own Museum (or Zoo)

Make a museum filled with different kinds of animals. You can build your animals with play-doh, use stuffies, animal figurines, or drawings) and then label them.

You can also add a few facts about each animal - describe their appearance, diet, habitat, babies, etc.

Then take your family on a tour of your museum!

Cut Up Sentences

Write **1** or **2** sentences on a piece of paper.

Cut the words out of the paper, so all the words are on separate pieces of paper.

Mix up the words.

Put the sentences back together and read the sentences to a family member.

Kindness Messages

Collect smooth, small stones and paint them. *(if you can)*

Write kind and positive messages on the rocks. Think about what kind of message would brighten up someone's day.

Go for a walk with a family member and place these stones for others to find.

Ideas for kindness messages can be found [here](#)

Label a Picture

Look out your window and draw a detailed picture of what you see.

Label as many parts of your picture as you can.

Decide who you would like to show your picture to.

A New Ending

Think about one of your favourite stories.

How did it end?

How could it have ended differently?

Talk through different ideas for a new ending to the story you picked.

Write, draw, and/or act out your new ending.

Name Puzzle

Write your name. Cut each letter out.

Mix the letters up and put the letters back together to spell your name.

See if you can make other, smaller words with the letters of your name.

Try to do the same activity with names of your family members or friends.

Water Investigation

What do you think will happen when you pour a cup of water on your sidewalk, deck, or driveway?

Write your predictions down on a piece of paper.

Conduct the experiment by pouring a cup of water and noticing:
-what happens to the water?
-how does the surface change?
-how long does it take for the water to dry?
-what else do you notice?

Compare your prediction with your observation.



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Learning Menu - Four

page 2



What's Your Superpower?

Did you know everyone has a superpower?

Do you know what yours is?

Most superpowers are things you do every day, like being kind, helping someone, or saying thank you.

Read superhero books or comics and think about how superheroes use their powers to help.

Draw or write about **your** superpower and draw yourself as a superhero.

Decide who you'd like to share your super writing and drawing with.

If You Know...

Words we know - or parts of words we know - can help us read and write new words.

How can a small word you know help you to make, read, and write new words?

See page 4 for details and a video link to play *If You Know...*

To create/use letters at home:

-write letters on paper and cut them out

-write letters on sticky notes

-use alphabet magnet letters
(if you have them)

What Am I Grateful For?

Have a daily discussion this week and share -

"What are you grateful for today?"

Everyone writes down what they're grateful for that day. Keep all the 'gratitude notes' in a jar or container.

Read through the gratitude notes when you need them!

This can be done with family in the house &/or through virtual connections.

Focusing on positives can help us feel happier (especially when there is a lot of change or unknowns.)

Would You Rather...

What would you rather do?

-go to the doctor or the dentist?

-have a pet lion or alligator?

-go on a rollercoaster or a waterslide?

Choose one question (or think of a new one).

Decide what you would rather do.

List out your reasons for your choice.

Talk and/or write about your choice.

Try and persuade other people that your choice is the best.



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Learning Menu - Five

page 1



Word Family Poems

Write a list of words that sound the same - words from the same word family, or words that rhyme.

Write out each word on a post-it note or small pieces of paper.

Move the pieces of paper around to make poems. Add words in between the rhyming words so your poem makes sense.

You can watch this [All About Word Families video, including a Word Family poem](#)

What Can You Do With a Box?

Brainstorm all the different things that could be done with a box.

What could you build? What could the box be?
What could you do in the box?

If you have a box at home, build something, and let your imagination take you to lots of places!

If you don't have a box, draw what you would build with a box and label all the different features of your invention.

Create Your Own Comic

Think of a short adventure (maybe you're a superhero!)

Draw pictures to show what's happening, and use speech bubbles when your characters are talking to add more detail to your adventure.

You can create your own comic paper by folding a blank paper into two or four sections.

Spring Scavenger Hunt

Either from your window, or on a walk with your family, see if you can find:

- 5 different kinds of plants, trees or flowers, and
- 5 different animals in your neighbourhood

You can take pictures of what you find, or draw and label what you saw once you're back home

More details about this activity, and a printable checklist you can use, can be found [here](#)

Create a Grocery List

Create a grocery list by asking members of your family what they might need.

You can also look in your fridge and in your cupboards for ideas.

Share your list with your family members.

Tree House

Have you ever thought about having a tree house?
What would it look like?

Draw a picture of your perfect tree house and label all the important parts.

Create a Card

Think about a special woman in your life. Create a card for that person by folding a piece of paper in half and drawing a picture on the front of the card.

Next, write inside the card, "Five things I love about you:" and make a list of those 5 things.

Animal Research

What animal are you interested in learning more about?

Think of an animal and write down 3 questions you have about that animal.

Find a book (or a few books!) to see if you can find the answers to your questions.



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Learning Menu - Five

page 2



What's Your Tip?

Sometimes we have feelings that are hard to feel. When we feel that way, it's good to have some ideas, or strategies, to feel better.

What are some ways that you can feel better when you're not feeling so great?

Ask friends and family what some of their tips are for feeling better on a not so great day.

Draw, write, have a puppet show, make postcards, or make a video sharing all the tips you heard.

Who's Your Role Model?

Role models are people we look up to. They do things that help others, and do things that we respect.

They might be people that we don't know. (like doctors, nurses, or other helpers)

Who do you look up to?

What do they do that you like or admire?

Write a note or letter to a person you admire.

You can also draw a picture, take photos, make a video, make a puppet, and/or make a play-doh model of the person you chose.

Watch the Characters

Have you ever noticed how characters change as you read through a story?

Pick some of your favourite stories with fun characters, and read through the stories again.

How did the characters change throughout the story?

Did their feelings change?

Did they learn something new?

Did they change because of something another character did?

Talk about how different characters changed in your stories with anyone you'd like.

A Galaxy Far, Far Away

Have you ever watched a movie, read a book, or a comic that was on another planet, or in outer space?

Places in outer space - real, or imaginary, are filled with so many possible ideas - because you can make up anything you'd like!

Pretend you're on another planet. What adventures would you have?

Who would be there with you?

Would there be other creatures on your planet that would be part of your adventure?

Draw and write an outer space adventure.

It can be a story, a comic, a cartoon, a video, a play, a puppet show - anything you'd like.

Share your adventure with a friend.



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Learning Menu - Six

page 1



Play a Feelings Game

Play a feelings game with a family member by taking turns acting out different feelings and guessing what they are.

Afterwards, talk to a caring adult about the feelings you have been having lately.

You're Awesome!

Ever thought about all of the things you're good at?

Make a list of all of the things you're good at. Ask friends and family to add to your list of strengths.

Cut out each of your strengths, and make a chain. Keep your chain, and re-read your list of strengths whenever you feel you need to remember them.

More details about this activity, sample strengths you can use, and a video can be found [here](#)

Spring Senses

What do you notice when you go for a walk or look out your window? Spring is everywhere!

Write or draw what you see, hear, and smell that remind you it is spring.

Write a Haiku Poem

Haiku is a form of Japanese poetry, usually written about nature. Haikus are very short; they only have three lines.

The first line has 5 syllables, the second line has 7 syllables, and the last line has 5 syllables. Play around with words and syllables to create your own haiku. Here's an example:

Pink cherry blossoms
Look like cotton candy clouds
Sitting in the trees

Here's a [brainstorming & planning sheet](#) and a short [video](#) about haiku poems.

Sound of the Day

Pick a sound as the focus for the day.

For example, the sound /d/ (like dog, donut..)

Throughout the day find objects, people, words, - anything that makes the sound of the day.

Take pictures or draw a picture of each thing you find with the sound of the day.

Make a sound book, movie or story at the end of the day.

Share Kindness

Think of 3 people who have helped you or made you feel special.

Write each of them a letter or an email to share kind words, thanks, or compliments.

Think about how you feel when you are remembering the kindness of others and what it feels like to say kind words to others.

Create a Recipe

Find a recipe at your house or online. Do you notice how the ingredients are listed first and then the steps explaining how to make the recipe?

Come up with a recipe for making mud pie. Make sure you have at least 3 ingredients and 3 steps explaining how to make your recipe.

Share your recipe with a family member.

Animal Characters

Read some fiction books about animals who act like people.

Think about:

- What makes these animal characters fun?
- What do they wear?
- Where do they live?
- Do they use human tools like cards or phones?
- How would you describe their personalities?



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Learning Menu - Six

page 2



Shapes in the World

Have you ever noticed that shapes are everywhere in our world?

For example - a TV, computer, flower box, and a picture frame - are all rectangle shaped.

Pick a shape you know (circle, square, triangle...) and try to find that shape in everyday objects.

As you look for your shape in the real world, take pictures, videos, draw and/or write about it.

After you've found several examples of your shape in the world, share your collection - and teach others all about your shape!

More details about this activity can be found [here](#)

Saying Hi, Staying Safe!

Lots of times when we say hi to friends, teachers, or family who don't live at our house, we will:

- give a hug
- high five
- pound it

Right now, we need to find new ways to say hi and stay safe.

Make a poster with some new ways to say 'hi' to people, like:

- elbow tap
- foot bump
- air high five

More details about this activity, and others, can be found [here](#)

Break It Up

When you're reading, and you get to a word you don't know, how do you try to figure out the word?

One way (or strategy) is to break up the word - look at what letters and sounds are in the word, read part by part, and then put it altogether.

Then check - does it sound right - does it make sense in the sentence?

Practice using this strategy as you read your books this week.

Make a Picture In Your Mind

First, think of something you would like to write about.

- Where is your story?
- Who is in your story?
- What happens in your story?

Next, as you think about the different parts of your story, close your eyes, and imagine your story coming to life - like a movie.

Now draw the picture to go along with the movie you made in your head.

Last, write your story!



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Learning Menu - Seven

page 1



Become a Garbage Detective

What is being thrown in the garbage and what is being recycled in your home?

For one day, count the pieces of garbage that are thrown away and the pieces that are recycled.

Talk with your family members about what you found.

To continue to learn about waste, check out the [Allan Brooks Nature Centre](#)

My New Bedtime Routine

Do you feel better when you get a good night's sleep?

Write down your bedtime routine on a piece of paper. Talk about your routine with a family member. Is there anything you can change to make sure you sleep well?

Post your routine close to your bed as a reminder.

Outdoor Scavenger Hunt

Come up with a list of things you might find in nature or around your home.

Go for a walk and mark off all the things you see on your list.

Share your list with someone else and see if they can find similar things.

What If?

What if...you could go anywhere you wanted?

What if...you could eat anything you wanted?

What if...you could fly?

Brainstorm a list of 'what if' ideas - use your imagination!

Pick your favourite 'what if' idea, and draw and write about what would happen if your idea came true.

What's In a Name?

Do you know why you have your first name?

Ask a grown-up in your family - "Why is my name _____?" or "Why am I called _____?"

Draw and/or write about the story of your name.

If a grown-up isn't sure, you can make up your own story of your name!

What Colour Are You?

When you think of a feeling, do you sometimes feel colours? Like red for angry?

Lots of people have made connections to feelings and colours.

Choose a colour and think about how it makes you feel.

Draw and write about it.

Pick a few more colours and do the same.

Travel Around the World

Find different books, magazines, websites, videos,...that explore other countries and cultures.

Think about our country and your culture. Compare those to the countries you explore.

Talk about the differences you see. Talk about what's the same.

Share about what you learned with a friend or other family members.

What's a Nice Thing to Say?

Sometimes grown-ups will say - "If you don't have anything nice to say, don't say anything at all." It can be even better to think hard about all the nice things you CAN say.

Make a list (either out loud or on a piece of paper) of nice things to say to people. For example: *please, thank you, that was very nice,...*

Then talk to other people and ask them what nice things they like to say.

You can [watch this video for 20 examples of nice things to say](#)



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Learning Menu - Seven

page 2



Wishing Well

A short way to send a nice message is to *wish someone well*.

Who would you like to *wish well to*?

- friends?
- doctors, nurses?
- store workers, cleaners?
- grandmas, grandpas, aunts, uncles or other family?
- friends? people at school?
- the world?

Wish people well by drawing, writing, taking photos, sending a video,...create something to let people know you're thinking of them.

More details about this activity, and others, can be found [here](#)

Vegetable Garden

Make a list of all the vegetables you know.

Next, do some thinking and reading about which vegetables grow above the ground and which vegetables grow below the ground.

Separate them out into a table.

For example:

Above	Below
peas beans	carrots potatoes

For more information on vegetable gardens, [click here](#)

Word Ladders

Write down a 3 or 4 letter word - for example: *make*.

See if you can change just **1** letter to create a new word - for example:

you can replace the *m* with a *b* to create *bake*.

Change one letter again, and see what you get.



Keep going, and see if you can make a word ladder of 8 or more words.

This is a great game to play with a partner!

See how to play the Word Ladders game with [this video](#)

Put Things In Order

Draw or take a picture of each step of an everyday activity you do, for example:

Washing your hands:

- turn on the water
- soap your hands
- scrub for 20 seconds
- rinse
- dry

Put the pictures or photos in order and add some key words to create a how-to poster or booklet.

Other everyday activities you could "put in order" include: making a snack, feeding your pet, doing the dishes, cleaning up your toys, playing hide and seek, or reading a book.



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Learning Menu - Eight



Act It Out!

What's your favourite story?

Lots of famous stories have been turned into mini-plays - called Readers Theatre.

You can perform a home version of Readers Theatre, where you can take a familiar and favourite story and perform a small play!

Click [here](#) for a list of Readers Theatre Scripts for developing readers to use

You Should Read This Book!

What is a great book you've read recently?

Lots of people like to share books they've read with friends.

Share about a book you've enjoyed with a friend. Make sure to include:

- title & author of the book
- what the book is about
- why you enjoyed the book
- why you think your friend would enjoy the book

Click [here](#) for an example of a book review.

What Is Your Character Thinking?

Choose a story book to read. As you read your story, think about what your character might be thinking at some important parts in the story.

Take a post-it note or a small piece of paper and draw a thought bubble with the words your character might be thinking inside.



Make Your Reading Sound Interesting

Choose a book to read to a reading buddy (a family member, a stuffy, a pet, a rock).

As you read to your reading buddy, make your story interesting by:

- making your voice sound like a character
- showing how a character feels - with your voice and face
- changing your voice throughout the story

Jot It Down

When do you see grown-ups writing?

Work with adults to try and write the same kinds of writing that they're doing.

Some formats to try together: grocery or to-do lists, journalling about activities or things to be grateful for, letters or thank you notes to family, friends, and/or community helpers.

Cooperative Story

Do you ever get stuck when you're writing a story? Sometimes it can be easier (and fun!) to write a story with a partner.

Take turns with a friend or a family member to cooperatively write one story - as a team.

A fun way to decide how many words each partner gets to add to the story - roll a dice. For example:

Partner 1 rolls a 4 - and writes 4 words to start the story.

Partner 2 rolls a 6 - and adds 6 words to continue the story.

Keep taking turns until you finish your cooperative story.

You can [watch this video](#) for an example of how to write a cooperative story.

How Do You Write a Story?

When you start to write, what do you think about?

For example:

- how long will it be?
- where you'll write?
- who you'll write for?
- what you'll write about?

When you next sit down to write, think about some of these questions first to then come up with a plan for your writing.

Create a Story Setting

Think about a story you would like to write.

Where does it take place?
(the setting)

Draw or create your story setting out of materials you find around your house or outside. You can label the different areas of your setting.

To challenge yourself, write a couple of sentences to describe your setting.



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Connection to the Land

Imagine a place in nature where you love to go (a park, a beach, a forest, etc.) Think about how you would make sure that place stays clean and enjoyable to use.

What rules would you create to make sure you can continue to enjoy that area?

Create a "Rules of this Place" poster. Share your poster with a family member, a friend, or your teacher.

Mindful Moment

Ever have a moment when you can't focus, you're wiggly, you're sad, you're grumpy, or you just don't feel...like you?

What do you do when you feel that way?

Brainstorm a range of feelings, and work with a grown-up to come up with a list or strategies or activities to help you feel more like yourself.

Ripple Effect

Think of an act of kindness you have done - or could do - in your community (*recycling, composting, helping in a garden...*)

Think and talk with others about the 'ripple' effect your action has.

For example, because you picked up a can on the sidewalk, the person behind you didn't trip on it.

Write out what the possible ripple effect of your act of kindness could be.

See some ideas about ripple effects in a classroom [here](#)

It's Okay to Be Different

Did you know that everyone is different and special - and that's okay? In fact, it's more than okay, it's AWESOME!

Think about what makes you different - or unique. Think about: *your eyes, your nose, your hair, your hands...*different parts of your body that make you who you are.

Draw and colour yourself - using any colours you'd like - like the author and illustrator, [Todd Parr](#) does in his books.



You can also write about how you're different too!



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How Do You Belong?

Think about the different kinds of groups you belong to. (*your family, your class, your school, your hockey team...*)

Talk with a friend, a few friends, people at home or at school about how it feels to belong to those groups.

Then think about what it is like to feel left out.

Think about the difference between those two feelings, and how it feels better when we belong to a community.

Draw or take pictures of the people in the different groups you belong to.

Say Something!

What's a change you'd like to see in the world?
What's a message of hope you'd like to send to the world?
What good have you seen in the world that you'd like to share?

Think of how you'd like to use your voice and share what's in your heart.

Make a sign, poster, video, write in a journal, send a postcard...to share your message with others.

More ideas about how to share your voice can be found [here](#)

In Someone Else's Shoes

Part of building friendships is thinking about someone else - and how another person feels.

Sometimes grown-ups call this "walking in someone's shoes". It is a way to help us think about what it must be like to be another person.

Try on someone else's shoes who lives in your house. How does it feel? Does it help you to think about what it's like to be that person?
Talk about how it felt with the person whose shoes you wore.

More details about this activity, and others, can be found [here](#)

You Be You

What are some things about you that make you who you are? What are you good at, interested in, excited about?

All of your special gifts and talents make you the only you there is!

You can trace your hand on a piece of paper.

Then, to write and draw about what makes you special, you can use some of these ideas:

- what do you like to do for fun?
- what is something you're really good at?
- what's something cool you've learned - not at school?
- what's your favourite part of school or home?
- what would you like to do when you grow up - what's a dream of yours?



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Connections to Family Through Storytelling

Ask a family member to tell you a story that is important to them. It might be a story from when they were a child, a significant moment in their life, or a time that made them happy.

You will need to listen very carefully.

Next, you will tell the story back to your family member. Try to remember as many details as possible.

Book Club Buddy

Ask a family member or a friend if they want to read the same book as you. Choose a book together that you are both interested in reading.

Set up a time to talk with your book club buddy (on the phone or in person). When you talk with your book buddy you can share your favourite part, a question you have, or a prediction.

Make sure you listen carefully to your book club buddy's thoughts and opinions.

Convince Each Other

Work with a partner (or more) to discuss:

Would you rather...

-have a plane or a submarine?

-celebrate your birthday or your favourite holiday?

-shrink down to the size of an ant, or grow to the size of a tall building?

-have a water balloon fight, or go to a pool?

Choose one question (or think of a new one).

Decide what you would rather do. List out your reasons for your choice.

Talk and/or write about your choice.

Try and persuade other people that your choice is the best.

Play a Word Game

Sometimes learning with a friend can make an activity easier - and more fun!

Play a word game like Scrabble or Making Words (or a game you invent together) with a family member or friend.

What did you learn while playing together? How did you help each other?



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A Book With No Words

Have you ever read a wordless book?

They are books with no words, but can still tell amazing stories...and you can use your imagination to fill in the words.

Think of a story you'd like to tell, with a beginning, middle and end. You can plan your story out on a paper or on sticky notes.

Next, begin to tell your story with pictures only.

Photo Talk

Find a photo yourself. Sit with a family member and talk about your photo.

Where were you?
What were you doing?
How did you feel?
Who was with you?

Take turns talking about the photo.
Next, take your conversation and put it on paper. Use a blank piece of paper and describe your photo using words and pictures.

Favourite Song

Think of a song you like and sing or play it for a family member or a friend.
Talk about it with that person.

What do you like about the song?
How does it make you feel?

Have other people in your life share their favourite songs with you.

Extra fun! Have a dance party!

Trading Books

Choose a book for a sibling or friend to read.

Draw or write a 1 or 2 sentences describing what the book is about.

Next, draw or write why you think your sibling or friend will like the book.

Have your sibling or friend do the same for you!

Have a chat with your sibling or friend about the books.



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Connection to Animals

Animals may be noticing the changes in human behaviour recently. They may be noticing that for a time there were not as many people gathering outside, walking in the streets, or playing on the beach. Now, people are starting to become more noticeable to animals again.

Choose an animal that lives in your area and consider what they might be thinking.

For example, a squirrel might be wondering why there were not as many families camping.

Tell a story from the perspective of an animal during COVID-19. You may write, draw, or use your voice to tell your story.
Be creative!

My Dream Park

Design your dream park on a piece of paper. Label each area.

Show your work to someone and tell them about your park by answering these questions:

Who is your park for?

What will people do at your park?

What animals will be in your park?

What will there be to play on?

What else will happen in your dream park?

Creating With Nature

What's your favourite thing you can find outside?

The leaves? The flowers? The rocks? The grass? The sticks?

Without disturbing anything (*work with a grown-up*), find some treasures from nature that you can bring inside and create some art with.

You could [put paint on a flower - and use the flower as paintbrush](#), [do a leaf rubbing with crayons](#), build or [build an inuksuk with rocks](#).

Play with different ideas, objects from nature, and materials for art that you have.

More art and nature ideas are available [here](#) and [here](#)

Your Idea Jar

Do you ever get stuck coming up with ideas?

We all get stuck sometimes. It can be coming up with something to write about, what to play, where to go...Having some strategies for thinking and brainstorming is very helpful.

Talk with your family and friends (*at home, at school, and online*) and ask them:

:What do they do when they get an idea?

:How do they 'brainstorm'?

:What helps them as they're thinking of ideas?

Keep track of the strategies you get. (*write them down or keep them digitally*). You can keep these all in 1 place, so the next time you get stuck, you've got some ideas.

Extra fun - ask each person to tell you their favourite activity - without a screen (*activities that aren't - computer, iPad, video games,...*) - keep those ideas for when you're stuck for something to do!



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Flip That Flop

Have you ever made a mistake?
Of course you have!
We all do.

Mistakes sometimes feel like we've done something wrong, but we often learn the most through mistakes.

Think about mistakes you've made and lessons you've learned. Talk through mistakes and lessons with family and/or friends (*at home, at school, and online*).

Draw and/or write about 1 mistake (*or a 'flop'*) and what you learned *because* you made the mistake. (*how you 'flipped that flop'*)

Put on a Play

Sometimes it can be fun to pretend to be someone else. Playing dress-up or acting can help us do that!

Dress-up in someone's clothes at home (*don't forget to ask!*), or make some puppets - can be pictures on sticks, using small stuffies, using socks, and more.

Use your dress-up clothes and/or your puppets to come up with a story. Ask others to join you, if you need.

Put on a performance for family and/or friends (*at home, at school, and online*).

What Would You Build?

Work with a grown-up to gather recycling from around the house (or classroom).

Begin to build something with the recycling materials.

*What did you build?
Why?*

*What changes did you make to your creation as you built it?
Why?*

Talk through your creation with someone at home, school, or virtually.

Take a Break

How do you feel when you know you need a break?

*Grumpy?
Tired?
Confused?*

It's important to know when to take a break, and to know ways to help get your brain and body back to a happier place.

Talk with your family and friends (*at home, at school, and online*) and ask them:
:What do they do when they need a break? (what are their strategies)

Keep track of the strategies you get. (*write them down or keep them digitally*). You can keep these all in 1 place, so you've got a list of strategies to use when you need a break.



This menu is designed to be like a "buffet menu" - to have **flexible** and **open-ended options**. It allows the opportunity to pick and choose, based on children's interest, feelings, materials, opportunities, schedules,...(*rather than a "to-do" list*)