

At Home Learning Guide for School-Age Children (5+ years old)

Week of April 27, 2020



This week, you'll continue exploring **publications!**

Now more than ever, **sharing information** is an important part of communication as we all practice social distancing. Learning from home this week, you'll discover how using all kinds of communication tools can help you share information with your readers.

While social distancing can physically separate us from our friends and families, this week's interview activity is a great way to **connect** with friends and family near and far. Whether it's face to face with a family member at home, or over a phone call or video chat, you can use interview techniques to stay connected and learn new things about the important people in your life. And if you're interested in covering the science beat, try the Exploring Inside Bubbles activity!

Journalism has come a long way as technology has advanced! **Digital communications** like video calls and messaging have made it easier to connect with sources, friends, and family! They've also played an important part in keeping us all connected during stay-at-home orders. Consider setting regular video calls or exchanging recorded messages with friends and family. They miss you as much as you miss them!

This Week's Theme:

Sharing Knowledge

What you'll find in this guide. . .

We've organized this guide by days of the week, but you can choose your own adventures and do the activities in any order.

MONDAY

The Power of Words: Letters to the Editor

Practice stating your opinions and building arguments for your point of view as you learn to write letters to news editors.

Fit and Fun: 3-D Sitting V Work on your fitness and build core strength!

TUESDAY

The Power of Words: Entertainment Calendars

Bored at home? Not anymore! Learn to create an entertainment calendar and plan fun activities for every day of the week!

Virtual Field Trip: Vermeer and the Masters of Genre Painting The way people create art is always changing and can give us a fascinating window into the past. Take this digital tour to explore artistic techniques of the past and compare them to modern art.

WEDNESDAY

The Power of Words: Interviews Listening to others is a vital skill! Try interviewing a friend or family member and then share what you've learned.

THURSDAY

Creative Currency: Heads on a Coin Art and history can be found all around us, and in the case of currency (money), they're the same thing! Explore the history of our country through currency and make your own money—with **you** as the art!

FRIDAY

We've Got Chemistry: Exploring Inside Bubbles

Everyone loves bubbles: They're a challenge to blow, mesmerizing to watch, and super fun to pop! Explore the chemistry of these marvelous floating rainbows to get your curiosity bubbling!

Virtual Field Trip: Fashioning a Nation

Explore and compare historic fashion to the runway and streetwear trends we see today.

Fit and Fun: Arm Stretches Home learning can leave you feeling a little sluggish. Keep your blood pumping with activities like these arm stretches. They'll help you stay awake, healthy, and feeling strong during these long days spent indoors.

FOR PARENTS/FAMILIES: FOCUS ON SOCIAL AND EMOTIONAL LEARNING

Social emotional learning is always important, but never more so than in challenging times like these when our ability to manage our emotions is put to the test!

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Getting Ready for the Week: Materials to Gather

Monday:

- ❑ Example of a Letter to the Editor such as [this one](#) or one from a favorite magazine or newspaper
- ❑ Paper
- ❑ Writing and drawing tools

Tuesday:

- ❑ Calendar of events sample from local news source or use [this example](#)
- ❑ Paper
- ❑ Vermeer and the Masters of Genre Painting [link](#)
- ❑ Writing and drawing tools

Wednesday:

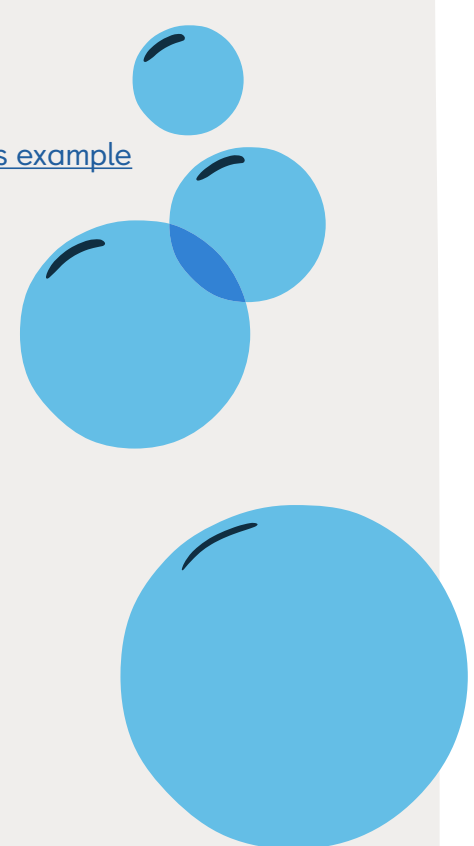
- ❑ Paper
- ❑ Writing and drawing tools

Thursday:

- ❑ Flashlight
- ❑ Paper
- ❑ Tape
- ❑ Writing and drawing tools

Friday:

- ❑ Exploring Inside Bubbles [video](#)
- ❑ Fashioning a Nation [link](#)
- ❑ Liquid dish soap
- ❑ Measuring cups and spoons
- ❑ Small mixing container
- ❑ Small plastic object such as a toy or ball
- ❑ Spoon
- ❑ Straw
- ❑ Water



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

The Power of Words: Letters to the Editor

Length of activity:
15 minutes



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



Level of Prep Required: Low



What you need:

- Sample letter to an editor such as [this one](#) or one from your local newspaper
- Paper
- Writing and drawing tools

What is a letter to the editor? It's a message written by a reader to a publication where the reader can share their ideas or viewpoint on a subject. The subject can range from current events to entertainment to politics or opinions on needs in your community. These letters are often in response to current events, or an article or story from the publication.

What do you think? Your opinions matter, and it's important to know how to express them clearly! When we know how to organize our thoughts and write a powerful letter, we can influence ideas and make meaningful changes. Practice voicing your opinion by writing letters to news editors. Let your voice be heard!

Getting ready:

- Choose a letter to the editor from a newspaper to use as a sample
- Gather your materials

What You'll Do:

- Think of a topic you feel passionate about.
- Read the sample letter to the editor you selected.
- Read the components under "Writing a Letter to the Editor" to plan your letter and explain how you feel, and why your perspective is important.
- Write a letter to the editor about an issue you feel strongly about!
- Have your family help share your letter with your network to see their opinions and responses to your letter.

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MONDAY
(continued)

Writing a Letter to the Editor

1. Begin with a salutation (for example, “To the Editor”).
2. Grab the reader’s attention with a strong first sentence (tell readers why you’re writing and make them want to read more).
3. Explain your topic (tell readers about the issue you’re writing about).
4. Explain why the topic is important (tell readers why you’re passionate about this, and why you think they should be too).
5. Give evidence (provide clear examples of why the issue is good or bad, or of the impact this issue has on the community).
6. State your opinion (make sure to say what you think should be done or give suggestions for improving the situation).
7. Sign the letter (you can sign with a first name, first and last name, or in general terms, such as “Concerned Reader” or “Curious Citizen”).

FOR YOUNGER KIDS...

Parent/Family Note: Help younger children talk through their opinions and write their letter. Then read the letter back to them to see if it reflects what they wanted to say. You can also help children to create a video blog about their opinions while still covering the list on the “Writing a Letter to the Editor” page.

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MONDAY
(continued)

Fit and Fun: 3-D Sitting V

Length of activity:
10 minutes



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



Level of Prep Required: N/A



What you need:
N/A

Muscle strength and flexibility are important for keeping your body in good working order. This activity will work your abdominal muscles (those are the muscles around your stomach).

What You'll Do:

- Lie down on the floor with your legs straight out in front of you.
- With your legs together and straight, move them up toward your head.
- At the same time, hold your arms up in the air and move your upper body toward your legs to form a V. See the examples below.
- As you do this, roll slightly backward onto your lower back. Find your balance and tighten your core muscles. Hold the position for as long as comfortably possible, then lower your arms and legs to the starting position and relax.
- If this move is tricky for you, put your hands on the ground next to your hips and raise your legs towards your head.
- Repeat the exercise ten times, holding the position for ten to 20 seconds each time.

Be sure to move in and out of these exercises slowly, to prevent injury.



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TUESDAY

Voice through Language Arts: Entertainment Calendars

Length of activity:
20 minutes



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



Level of Prep Required: Low



What you need:

- Example of a calendar of events from local news source or use [this](#) example
- Paper
- Writing and drawing tools

Creating and maintaining schedules are important skills to have as you get older, and businesses depend on promoting their scheduled events to create an engaged community. In this activity you'll put your scheduling skills to the test by creating an entertainment calendar to plan out a fun week at home.

Getting ready:

- Create a seven-day calendar on a sheet of paper, leaving enough space under each day of the week to fill in information about upcoming events.
- Find a community or entertainment calendar in the newspaper or online.

What You'll Do:

- Look at the examples you've found of entertainment and activity calendars. Explore the information that the calendar includes like the type of activity and when it's happening. Is the schedule easy to read? How is the information organized?
- Think of some fun activities that your family can plan to do at home for a week. Organize your ideas into your schedule and share it with your family. The activities can include movie nights, games, a special dinner, or planning time to connect with friends and family.

FOR OLDER KIDS...

Parent/Family Note: Include a variety of events that will appeal to each member of your family. Does mom love chess? Plan a family chess tournament. Is your brother a LEGO® fan? Plan a family building night.

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TUESDAY
(continued)

Virtual Field Trip: Vermeer and the Masters of Genre Painting

Length of activity:
15 minutes



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



Level of Prep Required: Low



What you need:
[Vermeer and the Masters
of Genre Painting](#)

The way people create art is always changing and can give us a fascinating window into the past. Take this digital tour to explore artistic techniques of the past and compare them to modern art.

Go to the [Vermeer and the Masters of Genre Painting website](#).

Questions:

- Art can be used to capture a moment or express emotion. Do these art pieces remind you of any modern trends?
- In the piece *A Lady Writing*, the description talks about the palette used for the painting. What do you think the term palette means?
- What century were all of these pieces created in?
- What do all of these paintings have in common?.



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WEDNESDAY

The Power of Words: Interviews

Length of activity:
20 minutes



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



Level of Prep Required: Low



What you need:

- Paper
- Writing and drawing tools

Listening to others and being able to understand what they're telling you is an important skill. An interview is when one person asks questions of another person to share information about that person's activities, hobbies, or interests or to learn more information about a larger story.

What You'll Do:

- Find a family member or friend that would be interested in letting you interview them. You can conduct your interview in person if you live together or over a phone call or video chat if they live somewhere else.
- Once you've chosen your interview subject, think about what you'd like to learn from them. The interview can cover their hobbies, lives during social distancing, their work, or more information about their life and history. Plan 8-10 questions that relate to your chosen topic and their opinions on it.

After conducting the interview, use a narrative style of writing (that means the writing tells a story) to document the interview and share what you learned. You can also record a news video sharing what you learned.

FOR YOUNGER CHILDREN...

Parent/Family Note: Ask a family member to help you create a list of interview questions.

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THURSDAY

Creative Currency: Heads on a Coin

Length of activity:
15 minutes



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



Level of Prep Required: Medium



What you need:

- Flashlight
- Paper
- Tape
- Writing and drawing tools

Currency (another word for money) uses images of historical figures as the central artwork. On coins and paper money you can see important figures, like Alexander Hamilton or Abraham Lincoln, from the history of our country. In the activity below, you'll create a currency with **you** as the artwork!

Getting ready:

- Choose a place to do this activity where children can tape sheets of paper to a wall.

What You'll Do:

- Tape a sheet of paper at eye-level on a wall and then stand sideways in front of the paper.
- Shine a flashlight toward the side of your head to create a shadow on the paper.
- Ask a family member to help trace your shadow, creating a silhouette of your head with as many details as possible. You may need to adjust your position or move the flashlight closer or farther away to make the shadow more crisp.
- Draw a circle around your head and create the face side of a coin by adding details and color.

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THURSDAY
(continued)

Fit and Fun: Arm Stretches

Length of activity:
10 minutes



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



Level of Prep Required: N/A



What you need:
N/A

Home learning can leave you feeling a little sluggish. Keep your blood pumping with activities like these arm stretches. They'll help you stay awake, healthy, and feeling strong during these long days spent indoors.

What You'll Do:

Stretching your biceps and triceps (the muscles that make up your upper arms) improves your flexibility and helps prevent injuries. The biceps are found in the front of your arms between your elbows and shoulders and the triceps are the muscles on the back sides of the same parts of your arms.

- To stretch your **biceps**, stand tall with your feet slightly wider than shoulder width apart. Be sure your knees are slightly bent. Clasp your hands together behind your back and gently pull your arms up. Hold the stretch for a few seconds, lower your arms, and release your hands. Repeat this stretch three to five times. See the example on the [next page](#).
- To stretch your **triceps and shoulders**, stand tall with your feet slightly wider than shoulder width apart. Be sure your knees are slightly bent. Place your hands on the small of your back, palms facing out, and elbows bent. Gently pull your elbows forward toward the front of your body. Hold the stretch for a few seconds, and then return your arms to a relaxed position. Repeat this stretch three to five times. See the example on the [next page](#).
- To stretch your **triceps**, raise one arm above your head and bend your elbow like your trying to scratch a spot on your upper back. Use your other hand to gently pull your elbow toward your head. Hold the stretch for a few seconds, and then return your arms to a relaxed position. Repeat this stretch three to five times. Switch arms and repeat the stretch. See the example on the [next page](#).

Doesn't that feel great? Be sure to move in and out of stretches slowly to avoid injury.

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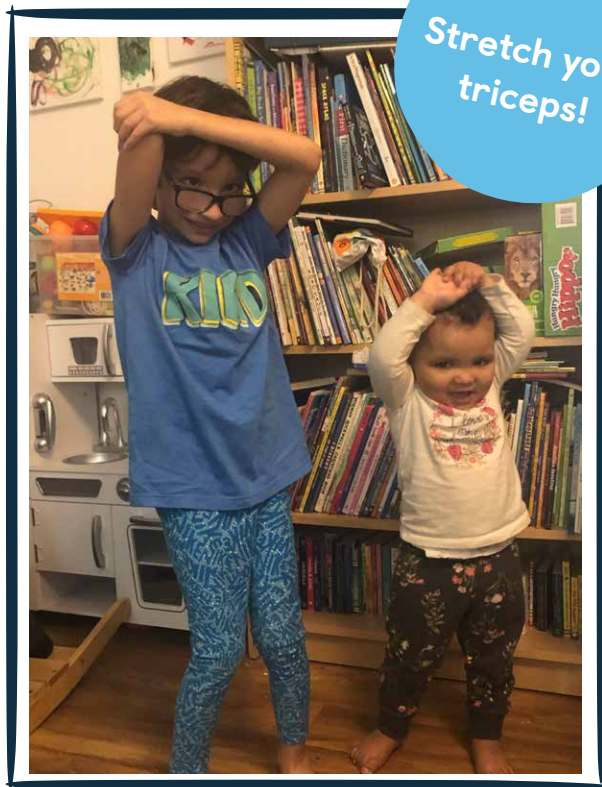
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Stretch your
biceps!



Stretch your
triceps and
shoulders!



Stretch your
triceps!

FRIDAY

We've Got Chemistry: Exploring Inside Bubbles

Length of activity: 20 minutes



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



Level of Prep Required: Medium



Materials:

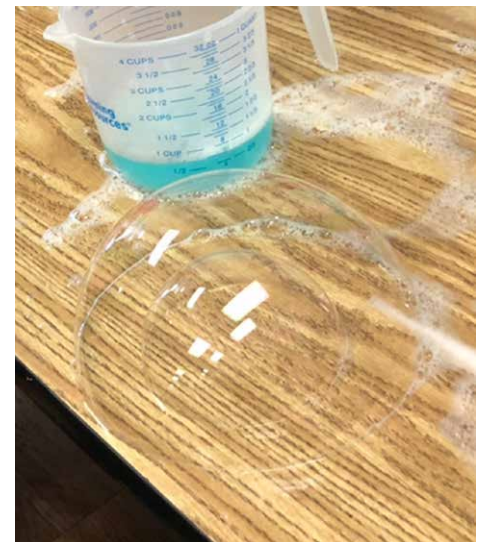
- ☐ Coffee stirrer straw or small straw
- ☐ Exploring Inside Bubbles [video](#)
- ☐ Liquid dish soap
- ☐ Measuring cups and spoons
- ☐ Small mixing container
- ☐ Small objects such as plastic toys (about an inch wide)
- ☐ Spoon
- ☐ Straw
- ☐ Water

Everyone loves bubbles: They're a challenge to blow, mesmerizing to watch, and super fun to pop! Explore the chemistry of these marvelous floating rainbows to get your curiosity bubbling!

What You'll Do:

- Watch the Exploring Inside Bubbles [video](#).
- Mix 1 teaspoon of liquid dish soap into 1 cup of water to make a bubble solution.
- Spread a thin layer of bubble solution on the table.
- Dip one end of the straw into the bubble solution in the cup.
- Blow gently through the straw to create a bubble hemisphere on the table.
- Now experiment with placing different objects inside the bubble. Try different ways of getting the objects inside the bubble without popping it!

Tip: Are the results different when you dip the object in the bubble solution before trying to put it in the bubble? What happens if you don't?



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FRIDAY
(continued)

Virtual Field Trip: Fashioning a Nation

Length of activity:
15 minutes



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



Level of Prep Required: Low



What you need:

- Colored pencils or markers
- [Fashioning a Nation](#)
- Paper

Explore and compare historic fashion to the runway and streetwear trends we see today. Check out the [Fashioning a Nation website](#).

Questions:

- Fashion changes over time and when enough time passes, trends even repeat. This exhibit explores fashion from the 1700–1900’s. Are any of the patterns or styles like what you see today?
- How would clothing like those in the exhibit impact lives today?
- Can you design a wardrobe that would mix these older fashions with styles that are popular today?
- If you were to create a fashion trend for a pandemic such as COVID-19, what would it look like?

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Focus on Social and Emotional Learning

Parenting young children through a global pandemic is probably not something you ever anticipated doing. There are a ton of emotions that come with this experience, and the emotional rollercoaster isn't limited to adults—our kids are feeling it too. In young children, stress and anxiety shows itself in a variety of ways, from sleep disruptions to emotional meltdowns to extra clinginess and attention seeking.

Watch our first episode of [Puppet Pals!](#) We introduce our favorite puppet characters, Uncle Gerald and Tootlebootle, who discuss living in a pandemic. Do you have a topic you'd like our puppets to discuss? Send your idea to education@kc-education.com!

Also, our friends at Sesame Street have a variety of materials designed to support you and your little ones through this unprecedented moment in our history. From tips for families on how to schedule the day and keep learning happening at home, to dances and meditations to help kiddos manage big feelings, check out <https://www.sesamestreet.org/caring> for strategies, resources, and much more.

Our big kids may be more aware of what's happening in the world, and while they're more able to express their emotions verbally, will still need some support in learning how to process and manage their feelings. For children PreK–6th grade, check out these free offerings from the social emotional learning experts at [Sanford Harmony](#). These materials provide a variety of strategies for learning how to recognize and express emotions in a healthy, constructive way.

