



# POPEY @ Home

*Provincial Outreach Program for the Early Years*

## Home Learning Menu

#7





# Home Learning Menu

## for Literacy #7

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### 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.

To learn more about well-being activities, check out the PHE link on page 3.

### Outdoor Scavenger Hunt

Come up with a list of things you might find in nature or around your home (or use this [list](#)).

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.

[Read and listen to the story What If...? Then We...](#) for some ideas

### 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.

You can use this [Mood Metre](#) and this [Feelings Chart](#) to help.

Read and listen to the story [The Colour Monster](#) to see how feelings can match different colours.

### 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.

See page 3 for links to support this activity.

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

### 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](#)



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)



# Home Learning Menu

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### 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](#)

See page 4 for a Word Ladders template

### 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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# Online Resources to Support Home Learning



## Tech Tool of the Week

### [PBS Learning Media for Students](#)

Resources for the arts, health, science and math, including short [Sesame Street videos](#) on social-emotional development.

## Reading Online

[National Geographic Kids](#) - learning on many topics including info on [countries of the world](#)

[Kids World Travel Guide](#) - learn about different countries

### [PebbleGo](#)

non-fiction books  
(*animals, science, geography & dinosaurs*)

[StoryOnline](#) - read alouds by celebrities

## Digital Writing/Creation

[Toontastic 3D](#) - create your own stories - as a cartoon  
*- Apple & Android - link to app overview*

[My Storybook Creator](#) - create your own eBooks  
*- Apple only- link to app overview*

[Crayola at Home](#) - ideas for fun & creative activities

## Additional Fun!

### [Physical Health Education Canada](#)

Practical and fun health education activities for students organized into themes of physical education, healthy eating, and emotional well-being.

### [SciShowKids YouTube Channel](#)

Jessi and her robot rat Squeaks answer kids' questions and explain fun, complex science concepts for young, curious minds.



# Word Ladders

