



Spring 2020 SOGO@HOME Adventure

Week 11 - Info sheet for Parents

K is for Kids!

This page contains the lesson plans and goals for “Week 11: K if for Kids journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Drawing Challenge

Using our fine motor skills, we are practicing using our pincher grip (holding the pencil properly). We are building the muscles in our hands that we use for holding things, tying our shoes, cutting with scissors and writing among other daily tasks. This activity helps develop memory and recall skills. This activity challenge is also designed to help kids feel positive and to think about things that make them happy.

If your child does not want to draw their human friends, have them draw animal “kids”. This is a great opportunity to discuss what the proper name of animal offspring are. For example, a baby cat is a kitten, a baby cow is a calf, and a baby bird is a hatchling, but is a fledgling once it learns to fly.

Kite Challenge

You have 2 options in this activity. Option 1 is to do this as a decorative craft, make sure you hang up your art. Option 2 is to do this as an experiment and attempt to fly the kite(s) you make. We are making kites from items found around our houses. This can be mostly things found in your recycling bin, and the sticks can come from your local park.

Your kite will need some string, you can use yarn, twine, or any other string you have at home.

Your kite will need a sail. A sail can be made with newsprint (like flyers), or other types of paper. If you are doing this as an experiment, try using paper, newsprint and even a plastic bag on different prototypes of your kite.

You will need to attach your sail to the string, to do this you need 2 sticks that are as long as the paper you are using.

Your kite will need something to attach the items together. You can use glue, tape, elastics (tie the kite paper on to the ends on the sticks with the elastics) or use cuts in your paper to thread the sticks through it. If you are doing this as an experiment, try using a few different ideas on various versions of your kite.

Many kites have a tail, try adding some extra string to the end of the kite to make a tail and see if it affects how your kite flies.

If you are doing this challenge as a craft, you can use whatever items you have in your crafting supplies to decorate your kite.

K Scavenger Hunt

We are working on fine motor skills. Practice holding the pencil or crayon with pincher grip (using your thumb, first and middle fingers, rather than a fist).

Sound out the word. Slow down the sounds of the word you want to write, write the letters that you hear. Don't worry if the spelling is correct, we are focused on the sounds!

You can also just draw in this activity. Our focus here is sounds, keeping our eyes up while we explore, noticing what is around us (landscape) and memory of items we have encountered.

To make this more challenging draw the item and write the items name.

Neighbourhood Walk Adventure!

Working on gross motor skills through our movement. Try the movements below. We are working on fine motor skills by tallying the letter "K" and number "11"s we find. Tallys are a way to count in groups of 5. Draw ticks for each "K" or "11" you see.

Draw 4 ticks next to each other, and the fifth tick across the first 4.

1		6	
2		7	
3		8	
4		9	
5		10	

Try the challenges:

- Walking on only the crack
- Walking on the lines of the sidewalks.
- Walking sideways (make sure to try on both sides)
- Walk 5 steps backwards
- Hopping (10 hops in a row)
- Skipping (Skip across a driveway)
- Standing jump (stand with feet together, jump as far as you can, land with feet together)
- Create a funny walk together