



Spring 2020 SOGO@HOME Adventure

Week 12 - Info sheet for Parents

L if for Laugh

This page contains the lesson plans and goals for “Week 12: L is for Laugh 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 and laugh.

Laughing Adventure

Go for a walk in your neighbourhood. Try walking in the silliest ways you can come up with. If you want more of an adventure try to make people you see laugh with your silly walks. We are using our gross motor skills to move safely and competently down the street. Try using your whole body to move.

Laughing Yoga

Laughter lowers blood pressure, reduces stress, increases muscle flexion and releases endorphins (the feel good hormone). Laughing together is a bonding experience. In this activity we are using our gross motor skills to pedal and steer our invisible bikes. We are using our imagination, which helps build problem solving skills. Our core muscles are also engaged and being used in a way that helps build balance.

For a video of Marsha Wenig (YogaKids Founder) teaching pedal laughing please go to: <https://www.youtube.com/watch?v=j5y29YByITo>

To get out of this yoga pose, roll to the side and use your hands to help you sit up slowly. For adults we practice moving slowly to avoid dizziness, for kids we practice moving slowly to work on patience and listening skills.

L Body Shapes

We are using our gross and fine motor skills to make our bodies into the shape of the letter L. Use anyway that your body moves comfortably into a letter L. You can sit on the floor with your legs out and your arms above your head, or you can use your fingers to make a small L. What else can you come up with?

Maze Challenge

Navigation is our ability to move through a space and get to our destination. One way we teach navigation is through the use of mazes. Mazes help our brains learn to read maps and identify clues about which way to travel. This activity also helps build hand muscles and develops fine motor skills. Before doing this maze with a pencil or crayon, use have your child(ren) use their finger to find their way through the maze. Practice trying to stay in the lines and use your pincher grip to get through the maze.