



Spring 2020 SOGO@HOME Adventure

Week 14 - Info sheet for Parents

N is for Nest

This page contains the lesson plans and goals for “Week 14: N is for Nest” journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Adventure Walk!

In this activity we are using our gross motor skills to move our bodies as we walk through our neighbourhoods and local parks. You could expand this challenge by visiting a local nature park, such as the Bird Sanctuary or Ralph Klien Park. We are using our memory by noticing and recording the amount of nests we see. We are using our observation skills to see that not all nests are found in trees. We are using our fine motor skills by holding the pencil or crayon properly (with pincher grip). We are also practicing our early numeracy skills by using the tally method to record our data.

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.

Nest Building Challenge

At SOGO one of our goals is to become comfortable in the outdoors, and with being messy. Many preschool children find the texture of mud or having their hands dirty is uncomfortable. One of the skills

preschool and kindergarten teach is to be comfortable with different textures and feeling on our skin, this is taught through sensory play. In this activity we are learning to be comfortable with different textures and sensations. We encourage our children to experiment with the textures and sensations they feel in the mud and grass. Children release serotonin while playing in mud, this improves cognitive function. They will express creativity while strengthening their fine motor skills.

Action Song

Here is a fun song to keep moving. This song gets kids to use their locomotive skills as and adds on previous skills.

<https://www.youtube.com/watch?v=VaARsHa5GA>

Leave the Nest Game

This game is a family participation game. In this game we are working on listening and speaking (particularly focus on clarity of words and instructions) skills. We are building on gross motor skills we have previously developed by walking, flapping, and hoping.

The rules are similar to 'What time is it Mr. Wolf', or 'Mother May I'. We limit the amount of flaps (steps, using your arms as wings) to between 1 and 4 to ensure players (the birds leaving the nest) don't pass the mother bird (it). To make this game harder the person who is the Mother Bird could add in additional instructions.

- Flap backwards (1-4 flaps/steps)
- Hop (1-4 hops, like a robin looking for worms)
- Look for worms (have the birds pretend to search the ground for worms)
- Chicken step/Pigeon Step (turn toes in and take steps like a chicken or pigeon)

Additional information about nests

Here is a lovely book, with great illustrations about how robins build nests, lay eggs and how the baby bird grows in the egg.

<https://www.youtube.com/watch?v=EiM1IPrIEIY>