



# Spring 2020 SOGO@HOME Adventure

## Week 16 - Info sheet for Parents

### P is for Park

This page contains the lesson plans and goals for “Week 16: P is for Park journal page. You will find the goals included in this page. If you have any questions please email us at [squirts@sogoadventurerunning.com](mailto: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 challenge is about memory and recall. Discuss the different activities that can be done in different types of parks. It might be interesting to talk about how some places call parking lots, car parks. Ask your child(ren) what their favourite activity to do in a park is, and have them draw or write about it.

## Neighbourhood Challenge

- 1) Print the punch card.
- 2) Search for local nature parks (some ideas are Confederation Park, Ralph Klein Park and Fish Creek Park). Choose one that your family would like to explore.
- 3) Discuss landmarks, and have your child mark them on the punch card. Landmarks are things in our environment that stand out and we can use to describe where we are or where we want to go.
- 4) Find the items in order on your punch card. You can walk or run. Use observation skills and practice looking around/noticing things in your environment as you are moving.
- 5) Follow trails that aren't paved and practice walking on uneven and/or muddy ground.

At SOGO Adventure Running, we use hand punches (similar to a hole punch). Each control flag has a hand punch attached to it, and each has a different pattern. This tells us which control point (landmark/flag) we have visited. You can use a hole punch that you have, or stickers or a marker to mark the landmarks on the punch card as you arrive at them. This helps develop those writing muscles.