



Spring 2020 SOGO@HOME Adventure

Week 20 - Info sheet for Parents

T is for Triangle

This page contains the lesson plans and goals for “Week 20: T is for Triangle journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Connect the controls dot to dot

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).

Counting from 1 to 6. Count out loud together. Point to the numbers as you count.

Notice that each control is at or on a landmark, discuss what makes this a landmark.

- 1) Picnic Table
- 2) Playground
- 3) Open field
- 4) Tree
- 5) Tennis court
- 6) Corner of the parking lot

Orienteering @Home Challenge

Please print the orange and white orienteering flags. Have your child cut them out, this builds writing muscles in their hands and helps them practice cutting skills. You can label the flags with numbers, letters or animals. It might be helpful to attach string or a popsicle stick to the flags to help keep them in place.

Each of you draw a map of your space (preferably outdoors) focusing on the landmarks in your environment, such as a table, large tree, swing set, trampoline, water line/hose bib, steps, etc. Draw a triangle for start, and 6 circle for where you put the control flags, a double circle for the finish. Have the person who made the map put the cut out orienteering flags at each of the controls marked on the map. Now have the other person find them.

Make it as easy or challenging as your family wants. Have fun!

If you printed and laminated the control flags please feel free to use those flags again for this lesson.