



# Spring 2020 SOGO@HOME Adventure

## Week 22 - Info sheet for Parents

### V is for Volcano

This page contains the lesson plans and goals for “Week 22: V is for Volcano 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)

### Volcano Maze

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. 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.

### Volcano Yoga

In this activity we are using our gross motor skills to stand firm and tall as well as to jump while landing firmly on our feet. We are engaging our core muscles and working on balance. For adults doing this with your children, engage your core muscles (make your tummy muscles do the work, contract them) while you are standing tall before you “explode” into the volcano, and keep those muscles engaged until after you are done the full sequence. We are using our imagination, which helps build problem solving skills.

Add some more movement with Dance n’ Beats Lab. This song is called “Explode Volcano”.

<https://youtu.be/pNnLCdsc11g>

Adding music helps kids retain information they have learnt and adds to their muscle memory.

### Running Adventure!

Working on gross motor skills through our movement. Try the movements below. We are working on fine motor skills by tallying the letter “V” and number “22”s we find. Tallys are a way to count in groups of 5. Draw ticks for each “V” or “22” 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	