



# Spring 2020 SOGO@HOME Adventure

## Week 25 - Info sheet for Parents

### X is for You!

This page contains the lesson plans and goals for “Week 25: Y is for You 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/Writing 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.

If your child chooses to write, focus on the sounds word make rather than the proper spelling. During early literacy we are working on letter-sound associations.

## Y is for Yoga!

We are working on our gross motor skills. This is a mini Yoga sequence designed by Coach Chandra (RYT 200, RCYT) to get us moving while staying in our homes. This is a great activity for you to do as a family. Get up, get moving and stretch. Take time and move away from the screens. This yoga sequence will help our bodies and our minds feel focused, and calm. Letter Y helps us focus on our breathing, which lowers blood pressure, helps concentration and provides kids with tools to use during stressful situations.

*Safety:* Yoga should never hurt! If a pose pinches or burns, that is your body’s way of telling you to back off. Move back out of the pose the way you got into it.

## Y is for Yard! 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

circles 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.*

## **Y is for Yellow! 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 Klein Park. We are using our observation skills to find things that are yellow. This is a good opportunity to discuss seasonal changes, and how plants protect themselves in the winter. Look for different types of things that are yellow, and have your child answer the journal questions. Once again we are focused on pincher grip and letter sounds.