

Spring 2020 SOGO@HOME Adventure

Week 3 - Info sheet for Parents

C is for Camouflage & Camping

This page contains the lesson plans and goals for “Week 3: C is for Camping and Camouflage” journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com.

Matching the Animals

We are continuing to work on fine motor skills. Practice holding the pencil or crayon with pincher grip just like last week.

Adventure Challenge

We are working on our gross motor skills. The texture walk is designed to get kids up and moving and working on noticing different textures.

Camping

This is designed to be similar to our agility lesson plans at SOGO. Create an obstacle course leading them to their pillow fort/tent. The course can be as long or as short as you would like! Here are some ideas of things to incorporate: jumping, crawling, high stepping, big steps, hopping on one foot, balancing etc.

This link - <https://www.cbc.ca/parents/play/view/12-ways-to-play-with-a-roll-of-tape> - has some great ideas of ways to use simple masking tape. You could make a maze or a balance beam out of tape to include in their obstacle course, or as an additional activity!

