

1st Grade



Independent Learning Day Activities

Dear Students, Parents and Families:

The district worked diligently to provide independent learning activities for K-6 elementary students.. Please review the calendar pages for ideas and suggestions. The tasks are engaging and fun. Students may choose which activities interest them the most. These activities will not be graded, but will help maintain academic skills.

While at home, students are asked to engage in independent learning, using their time to apply the skills and knowledge they have been working on in their classrooms. Included in this booklet are the following:

- Two separate menus of learning activities are provided. These activities represent various content areas and levels of difficulty, and aim to support creativity, innovative thinking, personal wellness, and social consciousness.
- Some activities refer to a separate worksheet. These items are highlighted in **red**, and contain a reference number (e.g., "1-A") which can be found at the top of each attachment. All attachments have been provided in student packets, and are also available on the website.

You're continued partnership with the Wallkill Central School District is greatly appreciated



TOGETHER WE MAKE A DIFFERENCE

Activity Menu 1



Literacy



Math



S.T.E.M.



Social Studies



World
Language



Art and Music



Health and
Wellness

NOTE: Items in **RED** indicate an attachment contained in this booklet; items in **BLUE** indicate an online website or resource



Journaling: Use sentences and pictures to show what you did during your day off today.

Read for 10 min.



Addition: use cereal or small objects to write addition sentences. You can use the **Addition Sentences Worksheet (1-A)** to record your work.

Read for 10 min.



With help from an adult, listen to music and move to the beat.

Read for 10 min.



Look up how to say "hello" in 3 languages.

Read for 10 min.



With permission, measure three items at home, use inches and feet.

Read for 10 min.



With permission, go outside to look at your shadow. Then, go outside later in the day and see if you notice changes. Tell a grown up how shadows are formed.

Read for 10 min.



Read a story with a friend or family member. Retell the story including the beginning, middle, and end. Tell someone what you like about the story.

Read for 10 min



With permission, go play outside with a family member .

Read for 10 min



Give a compliment to everyone in your family. Write each one down.

Read for 10 min.



Play a board game with your family. After the game is done, talk about why taking turns is important.

Read for 10 min.



Write your own "calming strategy" and teach it to someone at home.

Read for 10 min.



Be a great friend by making a card for a friend. Include reasons why they are a great friend.

Read for 10 min.



Follow a recipe with someone in your family. Talk about the directions and the measurements.

Read for 10 min.



Make a homemade gift for someone. Write them a note to go with it.

Read for 10 min



Fill in the numbers to complete the **Hundreds Chart (1-B)**.

Read for 10 min.



Write four sentences about Spring. Draw pictures to match your sentences.

Read for 10 min.


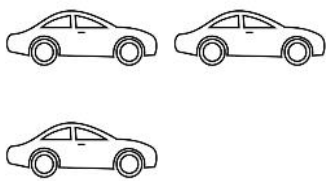
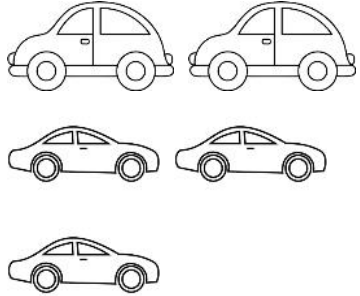
Day 1 Worksheets and Attachments



ADDITION SENTENCES WORKSHEET

(1-A)

Use objects or pictures to write your addition sentences. Write the addition sentence under the pictures.

	+		=	
2	+	3	=	5

	+		=	
	+		=	

	+		=	
	+		=	

Day 1 Worksheets and Attachments



HUNDREDS CHART

(1-B)

1				5				9	
		13				17			
	22				26			29	
			34				38		
				45				49	
51						57			
		63							70
	72				76				
81							88		
		93				97			

Activity Menu 2



Literacy



Math



S.T.E.M.



Social Studies



World
Language



Art and Music



Health and
Wellness

NOTE: Items in **RED** indicate an attachment contained in this booklet; items in **BLUE** indicate an online website or resource



Read a favorite book. Draw a picture of something that happens in the story.

Read for 10 min



Practice “Mindful Eating.” Use the **worksheet (2-A)** to think about how your snack tastes, sounds, feels, and smells.

Read for 10 min.



Learning About Each Other - use the **Interview Sheet (2-B)** to learn about someone in your family and their favorite things about Spring.

Read for 10 min



Create a kindness calendar. Fill in the **Kindness Calendar (2-C)** to plan a week’s worth of kindness activities to complete. Share your completed calendar with a family member.

Read for 10 min



Let’s Get Moving! Find a comfortable space in your house and follow the instructions on the **Let’s Get Moving Worksheet (2-D)**.

Read for 10 min



Help someone with a chore around the house.

Read for 10 min.



Go around your house and count the windows and doors. Are there more windows or doors? Write the number of doors and windows you have. Circle the one that has more.

Read for 10 min.



Draw what you are doing at five different “-o’clock” times during the day when the minute hand is on the 12. (ex.: 9:00, 2:00)

Read for 10 min.



Create a “How to be a Good Friend” book. Using blank paper, use words and pictures to show how you can be a good friend.

Read for 10 min.



Practice counting from 1-12. Find objects around your house and count them. If you want, draw pictures of the 12 items.

Read for 10 min.



Use materials from around your house to make spring flower (ex.: paper towels, tin foil, cotton swabs)

Read for 10 min.



Use your 5 senses to describe something in your home. (see, taste, smell, touch, hear)

Read for 10 min.



Landscape Out Your Window - draw a picture of what you see from your window. Use **worksheet (2-E)** for guidance.

Read for 10 min.



Explore instruments and online with help from an adult. Is there an instrument you would like to learn how to play?

Read for 10 min.



Self-Portrait: Look in a mirror and draw a self-portrait. Include as much realistic detail as possible.

Read for 10 min.



With help from an adult, make a healthy snack to enjoy. Talk about what makes it a healthy choice.

Read for 10 min

Day 2 Worksheets, Writing Prompts and Attachments








MINDFUL EATING

(2-A)



When you practice mindful eating, think about how your food tastes, sounds, feels and smells. Practice mindful eating as you enjoy a piece of fruit.

Write or draw your reflections below.

 Taste?	 Look?	 Smell?	 Feel?	 Hear?

What did you notice that you hadn't noticed before?

Draw a picture of the fruit and all the people or things that it needed to grow.



Use the questions below to learn about someone's favorite things about winter? Record the answers.

1. What is your favorite Spring outdoor activity?

2. Can you share a special Spring memory?

3. What are other reasons you enjoy Spring?

Day 2 Worksheets, Writing Prompts and Attachments



KINDNESS CALENDAR

(2-C)



kindness
MATTERS

Day of the Week	I will show kindness by
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	



Find a comfortable place in your house and do the exercises listed below.



Push-Ups

Get in a push-up position with your arms straight and elbows locked. Try holding yourself in this position for 90 seconds.

Shoulder Tap

While in the push-up position, try to touch your right hand to your left shoulder, then your left hand to your right shoulder. Repeat 24 times.

Ab Crunches

Lay on the floor and do 30 abdominal crunches.

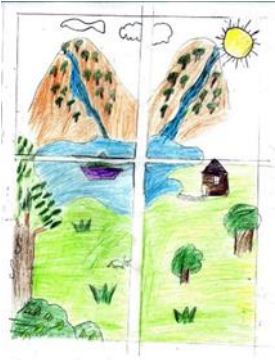
Repeat this entire routine one more time.

Day 2 Worksheets, Writing Prompts and Attachments



LANDSCAPE FROM YOUR WINDOW

(2-E)



Use materials of your choice (crayons, pencils, paint, clay) to create a picture of the view from your window. What do you see? What is happening? How can you tell? What details can you include in your artwork to describe what you see? Find a creative way to show what is happening outside your window.