

Week: 4 (April 20th-April 24th)

Theme: Five Senses

Week 4 Five Sense Flipgrid Videos <https://flipgrid.com/f6b02195>

MONDAY

Question of the Day: How many of the five senses can you name?

<p>Reading</p> <p>Listen to the read aloud, <u>My Five Senses</u> by Alik and <u>Smell</u> Maria Rius</p> <p>Name the five senses.</p>	<p>Letters & Sounds</p> <p>Have someone read you these words: tap, sip, pop, cut, set, men, bug</p> <p>You say the middle sound (NOT letter!)</p>	<p>Math</p> <p>Choose several different smells. Survey your family about which is their favorite (or least favorite). Graph your results.</p>
<p>Fine Motor</p> <p>Help do some cooking or baking. What does it smell like when it's baking/cooking?</p>	<p>Art or Sensory</p> <p>Have someone find some items that have an odor (vanilla, laundry soap, pepper, pickle juice). Put on a blindfold and see if you can guess what you smell!</p>	<p>Gross Motor</p> <p>Do a smell walk. What smells can you smell?</p>

TUESDAY

Question of the Day: What do you love to touch?

<p>Reading</p> <p>Listen to the read aloud, <u>Touch</u> Maria Rius</p> <p>What are you touching right now?</p>	<p>Letters & Sounds</p> <p>Write your words on a bumpy surface with your finger. Write them on a smooth surface. Which was easier?</p>	<p>Math</p> <p>Trace numbers onto the palm of someone's hand while their eyes are closed. Have them tell you the number you made. Switch places. (Number 0-31 or beyond??)</p>
<p>Fine Motor</p> <p>Make your own texture board. Take some cardboard or paper. Put small blobs of wet glue and pour in different things (salt, flour, glitter). When it is dry feel the different textures. Share with us!</p>	<p>Art or Sensory</p> <p>Find 5 small things that feel different. Put them into a pillowcase or hat. Can you reach in and guess what each object is?</p>	<p>Gross Motor</p> <p>Do a Touch Walk. Walk around your house, property. What do you feel? How many different "feels" can you feel? What words would you use to describe what you are feeling?</p>

WEDNESDAY

Question of the Day: If you could have super vision as a superpower, how would you use it?

Reading Listen to the read aloud, <u>Sight</u> by Maria Rius Where are places you use your eyes?	Letters & Sounds Find a flashlight and a dark place. Practice your letters/sounds/sight words using the flashlight.	Math Have someone “flash” groups of numbers to look at. Try to say the number of the items you see.
Fine Motor Close your eyes, then open them. Have an adult time you for 5 seconds. Name all the things you see in that time. Make a list in your notebook (either drawing or writing) of what you saw. Try it again. Is it more or less?	Art or Sensory Look closely in a mirror at your pupil (the black spot in the center of your iris). What do you notice? Turn the light off so it is dim, but allow some light in the room (hallway light on or use a flashlight). Look at your pupil. What do you notice now? Can you guess what your pupil does? (Allows light in to see)	Gross Motor Use your whole body to make the letters of the alphabet. Can you get a family member to help you?

THURSDAY

Question of the Day: Close your eyes. What sounds do you hear?

Reading Listen to the read aloud, <u>Sound and Hearing</u> by Catherine Veitch What sounds do you like to hear? What sounds do you not like to hear?	Letters & Sounds Read your words quietly. Read your words loudly.	Math Count with your ears! Have someone drop small items in a mixing bowl (no more than 15). Count how many you hear. Are you right?
Fine Motor How many sounds can you make with your fingers? (snapping, tapping etc.)	Art or Sensory Get creative to find out what makes different sounds in your area! Example: use different utensils on different pots/pans. How are they the same? Different? Fill glasses with varying depths of liquid. Tap gently or rub a wet finger around the rim of the glass. What do you hear?	Gross Motor Play freeze dance. Have someone play some music. Dance when the music is playing. When they pause the music, FREEZE. Cont.

FRIDAY

Question of the Day: Which of the five senses do you think you use the most? Why?

Reading Listen to the read aloud, <u>Taste</u> by Maria Rius What is your favorite food? What food do you dislike?	Letters & Sounds Make a word web about what we taste--salty, sweet, bitter, sour. Give an example for each type of taste.	Math Look at the food in your pantry/cupboard. Sort some of the items by shape: cylinder, rectangular prism, sphere, cube.
Fine Motor Draw a poster teaching someone about the senses.	Art or Sensory With someone's help, try to find something to taste that is bitter, sweet, salty, and sour. What did you like? What did you not like?	Gross Motor Play outside for 30 mins. Before you come in, think of the ways you used your senses.





Other Things to Try This Week:

Sight Poke holes into a piece of paper to spell a word or make a picture. Shine a light underneath the paper to see it light up. (A pushpin works well.)	Touch Write your words in wet glue. Let them dry. Take another piece of paper to put over your words and use a crayon to make a rubbing. What does it say?	Hearing Put your hand on a speaker/radio. Play the sound quietly. What do you feel? Now turn up the music (if no one is sleeping!). What do you feel now? Why do you suppose this is?
Taste Ask a family member to set up a taste test for you. Can you tell what you are tasting while blindfolded?	Look for books in your house that have touch and feel items. Describe the different textures.	Bake different cookies with your adult. Talk about the senses you are using throughout the process.

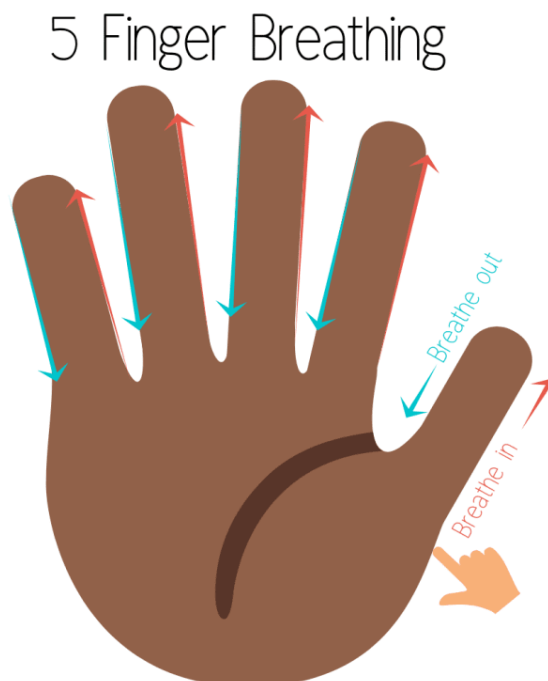
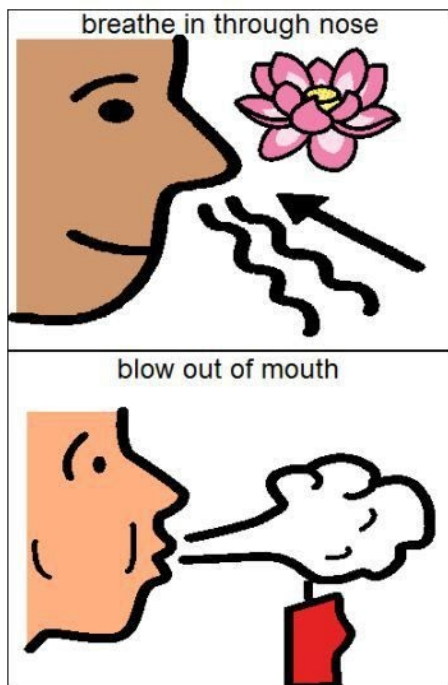
Specials This Week:

<p style="text-align: center;">Art</p> <p>Texture is how something feels. Watch this video m/watch?v=tDVS9XSqt90&t=16s then go exploring. Try to find FIVE different textures in your house or outside in your yard.</p>	<p style="text-align: center;">Music</p> <ul style="list-style-type: none">• Do the “5 Senses Sing-Along” Activity on Seesaw• Do the “My Voice Choices” activity on Seesaw• Watch the video from Mr. Resley on Flipgrid	<p style="text-align: center;">SEL</p> <p><i>With all the changes we have had recently it's important to identify how we are feeling as well as remember and practice our tools for helping manage our strong feelings. This week we are going to review our zones of regulation and coping strategies.</i></p> <p>-Check out the SEL video on flipgrid.</p> <p>-After your challenge this week is to try to teach the five finger breathing to someone in your home. (see photos at end of this document)</p>
<p style="text-align: center;">Gym</p> <p>Check back next time.</p>	<p style="text-align: center;">Media</p> <p>Did you enjoy the book I read on Flipgrid?</p> <p>Now go to the link below.</p> <p>http://albanyelem.weebly.com/grade-level-sites.html</p> <p>(media center -KDGN button)</p> <p>I will have some fun links waiting for you under the Week 4 video and activities buttons.</p>	

The ZONES of Regulation®

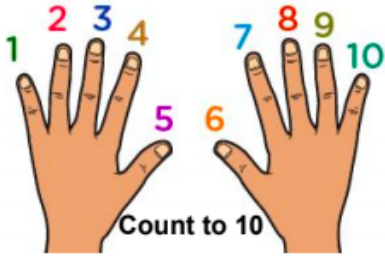
			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

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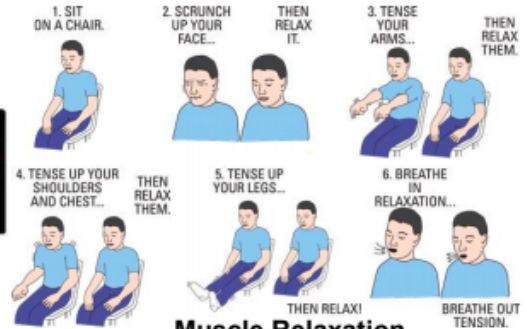
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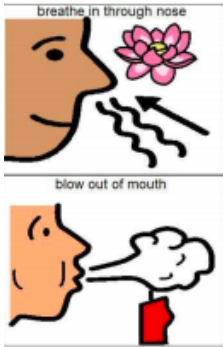
Count to 10



Talk to an adult



Muscle Relaxation



Deep Breaths

5 Finger Breathing



get a drink of water



Inner Coach

Sit and Calm



Draw or color



ask to take a break



Think happy thoughts