



Save the Children.

AT-HOME LEARNING MADE EASY: RESOURCES FROM SAVE THE CHILDREN

GRADES 2-6



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WEEK 1

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING



Monday

Create a vocabulary booklet by folding paper together.

Set aside for when you begin to read. Select something to read – this can be an online book, chapter book, newspaper, magazine or article. While reading, look for 1-3 new words that are interesting to you. Write these new words in your booklet, one word per page. After reading, write what you think each word means and draw a picture to match. Share your new words with an adult or someone special to you. Save your vocabulary booklet to use for the rest of the week!

Tuesday

Keep growing your vocabulary booklet!

Select something new to read or continue reading from yesterday. While reading, look for 1-3 new words that are interesting to you. Add these new words into your booklet. After reading, write what you think each word means and draw a picture to match.

Wednesday

How many new words have you learned?

Let's add more to your vocabulary booklet! Select something new to read, or continue reading from yesterday. While reading, look for 1-3 new words that are interesting to you. Write these new words in your booklet. After reading, write what you think each word means and draw a picture to match. Share your new words with an adult or someone special to you. You now have a new vocabulary booklet!

Thursday

Read a story or view an online read aloud.

Use toys, blocks and items around your house to build a scene from what you read!

Friday

Read to someone special!

Choose a favorite story to read to an adult, family pet or stuffed animal. Try reading your story over the phone to other family members or friends.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: WRITING



Monday

Create a graphic organizer or story map to highlight the main ideas and details you learned about in what you read.

Highlight one main idea that helped you learn something new!

Tuesday

Write a letter to a friend or someone that you haven't been able to talk to in a while.

Share with them about your week and ask them about their week. Have a family member help you mail it or to send it by email or a photo text message.

Wednesday

Select an activity you really like to do.

Write out directions on how to complete that activity. (Examples include: making cookies, playing a video game, playing a sport, etc.) Share with someone in your house to see if they can follow your directions in completing the activity!

Thursday

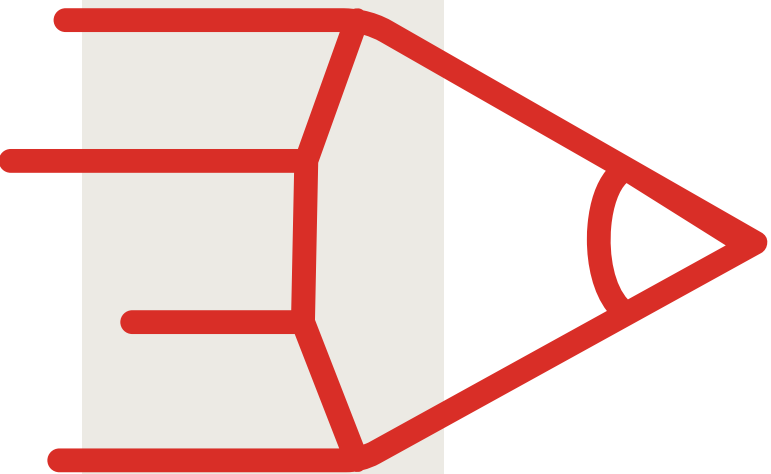
Create, draw, and write 3 cards to people who you think need some lifting up or some care.

Ask a family member if they could mail your cards for you or drop them off when it's safe to do so. Consider hospitals, nursing homes or homeless shelters.

Friday

Create a brochure about your favorite book or topic!

Include an overview about it, why you like it, and why someone should read the book or be interested in the topic. Be sure to include drawings or illustrations!



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH & STEM



Monday

MATH

Show how many ways you can make the number 100. You can use number words, tally marks, pictures and numbers.

RECOMMENDED RESOURCE

Virtual tour:
[San Diego Zoo](https://www.sandiegozoo.org/virtual-tour)

Tuesday

STEM

Make a Rocket.

Materials needed: 1 balloon, 1 straw, tape, a long piece of string (10-15 inches long). Tie one end of the string to a chair, doorknob or other support. Put the other end of the string through the straw. Pull the string tight and tie it to another support in the room. Blow up the balloon (but don't tie it). Pinch the end of the balloon and tape the balloon to the straw. Let go to Launch!

RECOMMENDED RESOURCE

Virtual tour:
[Monterey Bay Aquarium](https://www.montereybayaquarium.org/virtual-tour)

Wednesday

MATH

Go on a math scavenger hunt.

How many cubes, pyramids and prisms can you find?

RECOMMENDED RESOURCE

Virtual tour:
[Walk of Mars](https://www.nasa.gov/mission/mars/overview/index.html)

Thursday

STEM

Create Different Types of Paper Airplanes.

Click www.foldnfly.com to find over 40 different types of airplanes! The only material needed is paper.

RECOMMENDED RESOURCE

Virtual tour:
[Yellowstone](https://www.yellowstone.com/virtual-tour)

Friday

MATH

Solve this number riddle:

I am a 4-digit number. One of my digits is a 5. Another of my digits is a 1. The other two digits are even numbers with a sum of 6. I am the greatest number you can make with those digits. What number am I?

Write a math riddle for your family members to solve.

RECOMMENDED RESOURCE

Virtual tour:
[Farm Food 360](https://www.farmfood360.com/virtual-tour)





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WEEK 2

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING



Monday

Help your child read about a [famous person](#), within their reading level.

Have them share 3 things they learned about that person.

Tuesday

Help your child read about a [country or place](#) they have never visited, within their reading level.

Discuss this new, faraway land with your child.

Wednesday

Select a [passage to read](#) with your child, or choose a favorite book from your home collection.

Take 10 minutes to discuss what you read with your child.

Thursday

Help your child [select a reading on an animal](#) of his or her choice.

Discuss three things your child learned – about the animal's habitat, characteristics or the sounds they make!

Friday

Help your child [select a fiction story](#) of his or her choice.

Or, listen to the story: [The Good Egg](#) by Jory John.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: WRITING



Monday

Write a letter to a friend about the person you just read about, sharing interesting facts.

Tuesday

Create a travel brochure about the location you learned about.

Wednesday

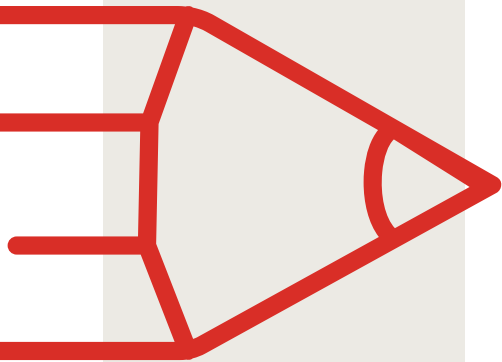
Make a list of the important information you learned.

Thursday

Draw a picture of the animal you read about and label as much as you know.
Write 3-5 facts about the animal.

Friday

Write a summary of what you read or listened to.
Write 3 ways you can take care of yourself.



PARENT AND CAREGIVER CORNER

Being a parent or caregiver can be challenging. There may be moments when your patience is tested, leaving you feeling more reactive than usual. Know that this is completely normal – and it doesn't make you any less caring or capable.

When things feel overwhelming, take a moment to reset. Breathe deeply and slowly. Remind yourself, "I'm doing the best I can. Let me center myself in peace." Take a moment to quiet your heart and find stillness within.

Your calm will have a positive impact on your children. Remember, you're not alone on this journey!

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH & STEM



Monday

MATH

Play basketball (or any round object) and record how many baskets you make out of 10.

Write your total as a fraction.

Tuesday

STEM

Make a musical instrument using items from around your home.

How does your instrument sound?

Can you make it sound louder? Can you make it sound softer? Play your favorite tune and sing along!

Wednesday

MATH

How many letters are in your first and last name?

Write a fraction showing how many vowels are in your name.

For example, if your name is Sally, the fraction of vowels is $\frac{1}{5}$. Erik is $\frac{2}{4}$ or simplified to $\frac{1}{2}$!

Thursday

STEM

How many letters are in your first and last name?

Write a fraction showing how many vowels are in your name.

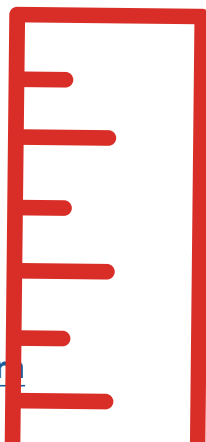
For example, if your name is Sally, the fraction of vowels is $\frac{1}{5}$. Erik is $\frac{2}{4}$ or simplified to $\frac{1}{2}$!

Friday

MATH

Let's go on a scavenger hunt!

Walk in and around your home. Look for anything that has numbers on it. Write down the object and what number(s) are on that object



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS



Monday

Flashlight

Scavenger Hunt:

Create a list of items to hide. Select someone to hide all the items. Hand out the list of items hidden, turn on the flashlights, turn off the main lights, and start the scavenger hunt! As you find each item, mark it off the list. First person to find the most items wins! You can also play this game without the flashlights – just keep the main lights on and start searching!

Tuesday

Mimic Dances:

With your family, make a circle and come up with a dance move. The next person repeats it and also comes up with a dance move. Keep on repeating each other's moves and coming up with new ones so you have a long list of dance moves you are doing together! See how many someone remembers to do in order!

Wednesday

Balloon or Beach

Ball Toss:

Blow up some balloons or beach balls and see how many times you can keep them up in the air without letting them touching the ground!



Thursday

Dance and Movement:

This [family-friendly site](#) has videos you can watch and mimic the dance moves or movements. It's about kids teaching kids some moves!

If you can't get online, challenge someone to a jumping jack contest! If there's no one to jump with you, count how many jumping jacks you can do in a row!

Friday

Happy Messages:

Go outside together and use sidewalk chalk to create a cheerful message.

Take any materials you have to create a card for a friend – write a fun message, make it colorful, creative and even a little silly if you want! See if an adult will help you mail it or give it to your friend in the near future.



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WEEK 3

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



Monday

READING

Help your child select a story to read from their bookshelf or this [digital resource](#).

Have them share a 2-minute summary of the story.

WRITING

Write an alternate ending for the passage or book just read.

Tuesday

READING

Have your child select poems to read or listen to from [this link](#).

Have your child share their favorite one and tell you why.

WRITING

Have your child write his or her own poem and read aloud.

Wednesday

READING

Select a [readers' theater script](#).

Assign parts and allow time to practice several times. Discuss key parts of the skit and the types of voices that should be used for each part.

WRITING

Using a short picture book, have your child create a readers' theater script out of the story.

Thursday

READING

Review the script chosen from the day before.

Allow everyone to practice and perform. Consider recording to share with others! Feel free to [select another](#).

WRITING

Create a report card for any one of the characters from the script read above.

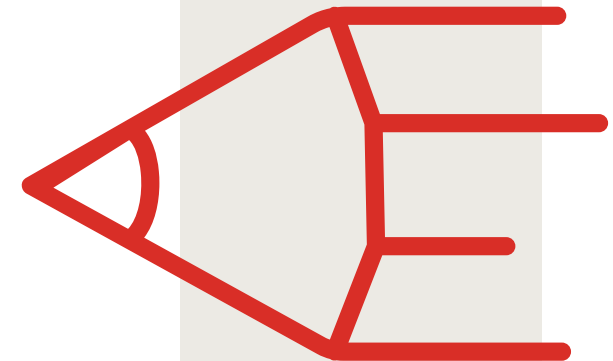
Friday

READING

Have your child select a silly [poem](#) to read. Ask them to practice reading and then perform for others.

WRITING

Have your child write a silly poem to share with others.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH AND STEM



Monday

MATH

If you counted all the eyes of all the people in your house, how many would there be?
Now multiply that number by 4. (Hint: you can use repeated addition.)



Tuesday

STEM

Build a Tower
Make a tall tower out of objects from around your house. How tall can your tower get without falling over? If your tower falls over, can you redesign it to make it taller? Can you make it wider? Challenge someone in your house to a tower building contest! Whoever builds the tallest tower that doesn't fall over wins!

Wednesday

MATH

Practice counting by 2's!
Start at 2 and end at 24. Count by 3's! Start at 3 and ending at 36. Count by 5's starting at 5 and ending at 60. Count by 25's! Start at 25 and end at 200.

Thursday

STEM

Evaporation
Materials: Plastic zipper bag, water, tape, blue food coloring, permanent marker

Decorate your bag by drawing a sun and clouds. Next, fill your bag with about an inch of water and add a few drops of the food coloring. Swirl to mix. Seal the bag and tape it on your window. Leave it and come back after a few hours to observe what happens!

Friday

MATH

Play Guess My Number
by thinking of a number between 1 and 1,000 and have your child ask yes or no questions to figure it out. They should be using math vocabulary like: greater than, less than, odd, even, before, after, etc.

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS



Monday

Window Art

Materials: Washable paint, paintbrushes or Q-tips

Directions: Using washable paint, work as a family to create beautiful pictures on the windows of your house for everyone to enjoy!

Tuesday

Obstacle Course

Materials: Masking tape, objects/furniture in your house

Directions: Create an indoor or outdoor obstacle course for your child. Have fun and get creative! Let them crawl over and under furniture, hop over cushions, and slide under ribbon or rope! Consider using masking tape to create the course boundaries and provide directions with arrows directing where to go! Then, time your child to see how fast they can complete it.

Wednesday

Mindfulness

Can you breathe with Serena the frog? From Hasbro's Be Fearless Be Kind initiative: Click on the [video](#), follow the instructions, and see if you feel more peaceful! Remember, deep breaths!

Thursday

Make Your Own Luck

Follow your dreams! It's important to have a plan in place to work towards that goal. Work as a family to set a goal and write down action steps to make it happen.

1. Write down what you want to happen/your goal.
2. Think about how you can make this happen.
3. Make a plan together on what you need to do to achieve this goal.
4. Stick to the plan and never give up!

Friday

Cooking Class

Find a child-friendly recipe that you can engage your whole family to make! You could bake cookies, make smoothies or fix a salad together.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6



PARENT AND CAREGIVER CORNER

Eventually, every child experiences tough moments that stir up frustration and resentment. In these stressful times, it's easy for them – and for us – to feel that life is unfair, especially when we look for someone or something to blame. Rather than letting these feelings take root, we can use this opportunity to guide ourselves and our children toward empathy.

Teaching our children empathy at a young age is a powerful way to help them navigate difficult emotions. Hasbro's [BE FEARLESS BE KIND](#) website quotes [an insightful article](#) from the **Making Caring Common** project at Harvard: "Empathy begins with the capacity to take another perspective; to walk in another's shoes... Empathy includes valuing other perspectives and people. It's about perspective-taking and compassion." These words remind us that empathy is about understanding others' feelings and responding with kindness.

As parents and caregivers, we're our children's first teachers. Modeling empathy in our own actions helps build secure and trusting relationships. Treat others with kindness, demonstrate self-care and encourage your children to perform acts of compassion. It's important to remember that everyone is facing challenges we may not see – from job loss to personal grief or anxiety. Encouraging our kids to be fearlessly kind prepares them to face life's challenges with grace and understanding.



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GRADES 2-6

WEEK 4

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



Monday

READING

Select a passage or story to read from your bookshelf or this [digital resource](#).

WRITING

Select three words to describe one of the characters you just read about. Explain why those words were selected using details from the story.

Tuesday

READING

Select a [historical fiction passage](#) to read. Share three important events from what you read.

WRITING

Create a chronological timeline of events based on the historical fiction passage you read today.

Wednesday

READING

Select a [fable](#) to read. Discuss the lesson or moral of the story

WRITING

Write your own fable – be sure to include a lesson or moral.

Thursday

READING

Select a [passage](#) and read about someone from an important event in American history.

WRITING

Write a letter to a friend and share information about the event or person you just learned about.

Friday

READING

Have your child select and read a [passage](#) about a hero.

WRITING

Write about your favorite hero. Read it aloud to a family member.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH AND STEM



Monday

MATH

Counting change.

Gather up as much change as you can find around your home. Sort the coins. Count and add up how much you have. Estimate your money to the nearest whole dollar. How much more money would you need to reach the next 10?

Tuesday

STEM

A cloudy day.

Look outside your window. Draw the clouds you see with crayons or a marker or make them out of cotton balls and glue them to a piece of paper. Look up the different types of clouds and find the ones you made. What kind of cloud did you make?

Wednesday

MATH

Keeping time.

Use a piece of paper to keep a time journal for the day. Each time you start a new activity, write down the time and the activity. Then, estimate what time you will finish that activity. Record the time you finish. How much time did it take you for each activity?

Thursday

STEM

Veggie fun.

Materials: 3-4 different types of cut vegetables (ask an adult to help!), 3-4 cups of water, food coloring

Directions: Put 5 drops of the same food coloring into each cup of water. Cut different vegetables. Put one piece of vegetable in each cup. After some time, observe what happens. Which vegetables absorbed food coloring? Which vegetables did not? Why do you think that happened?

Friday

MATH

Math wars.

Using a deck of cards play the game of war – but add a math twist! Remove all face cards so that you just have the 2-10 cards remaining. Both players draw a card and multiply the two numbers together. The first one to get the correct answer wins the round!

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS AND MORE



Monday

Rainbow bubbles.

Materials: empty plastic water bottle, duct tape or a rubber band, a sock, dish soap and food coloring (optional, for the rainbow effect)

Directions: Cut off bottom of the bottle and slide sock on. Secure sock with duct tape or rubber band. Pour dish soap in bowl with a little water and mix. For rainbows, put drops of food coloring on the sock-covered end of bottle. Dip the sock end in the dish soap/water. Gently blow through top of bottle to make bubbles!

Tuesday

Breathing meditation.

Do you ever feel nervous or anxious? Or as if you can't focus? To help, try out our friend Mallika Chopra's activity, [Breathing Meditation](#). With a parent or adult, click on the link, listen and follow the exercise. It takes just 2 minutes, so try it every day!

Wednesday

Yoga poses!

Can you do the "warrior pose?" Or the "dancer pose?" What about the "child pose?" Try 5 or more yoga poses and see if you can hold each one for 30 seconds.

Thursday

Put on a play.

With your siblings or on your own, write a short story that you can act out in words or songs! Pick out clothes and materials for costumes and to create a background set. Ask your parents or caregivers to watch as the audience. Maybe they can film it to show to your family members who may be far away!

If you don't want to create your own play or musical, ask your parents to help you find one that you can practice and then act or sing!

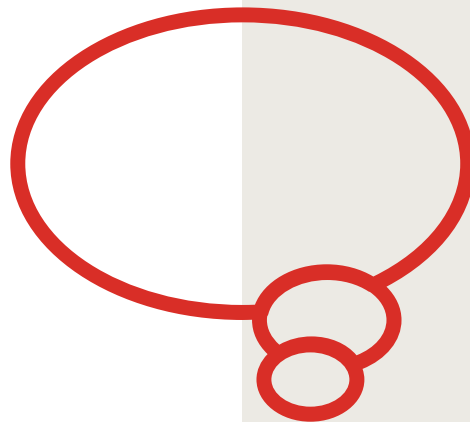
Friday

Indoor recess!

Check out [this video](#) for some fun ideas – and get moving in your home! Or, make a fort from blankets and chairs for a quiet, private space where you can read, draw or play on your own!

Family drawing.

Learn how to draw cute animals by watching [this video](#). Or, draw a family picture. One family member starts by drawing something that makes them happy. Then you pass it around 3 times for each family member to add to the drawing. Admire the masterpiece you created together!



WEEKLY LEARNING ACTIVITIES: GRADES 2-6



PARENT AND CAREGIVER CORNER

It's never too early to start learning. Education isn't reserved for the classroom, and it doesn't have to feel like work – because LEARNING IS PLAY! As Tony Wagner explains in his book, *Creating Innovators: The Making of Young People Who Will Change the World*, “play leads to passion, and passion leads to purpose.”

Here are some fun ways to get your kids off their screens and engaged in learning:

Elementary (Grades 2-6):

1. **STEM Activities:** Introduce basic coding or engineering projects with age-appropriate kits. Platforms like Scratch can teach the basics of programming.
2. **Encourage Problem-Solving:** Use real-life situations to practice math and logic, such as calculating grocery prices or figuring out how much time you'll need to complete a task.
3. **Creative Arts & Music:** Let your child explore musical instruments, painting or drawing. Creative outlets help develop emotional intelligence and problem-solving skills!
4. **Cultural Exploration:** Explore different countries, traditions and languages together. This teaches open-mindedness, global awareness and respect for all people.



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GRADES 2-6

WEEK 5

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



CELEBRATING 100 YEARS OF U.S. POSTAL AIRMAIL SERVICE

Monday

READING

What was the Pony Express? Click [this link](#) to learn all about it.*

WRITING

Pretend you will interview someone who works on the Pony Express. What questions would you ask? How might he or she answer? Record your thoughts.

Tuesday

READING

Read about [Hugh Finlay](#) and his duty in delivering mail during early colonial America.*

WRITING

Using [this link](#), create a letter similar to the ones written during the American Revolution.*

Wednesday

READING

Why didn't Benjamin Franklin have to [pay for mail](#)? Read and find out!*

WRITING

Write a letter to a friend using colonial handwriting. See [some examples](#) and learn how!*

Thursday

READING

Read and learn about what a [letter seal](#) is and why it was used.*

WRITING

Pretend you are living during colonial times. Write a letter sharing about your daily life. Using the link above, create your own family seal on the letter.

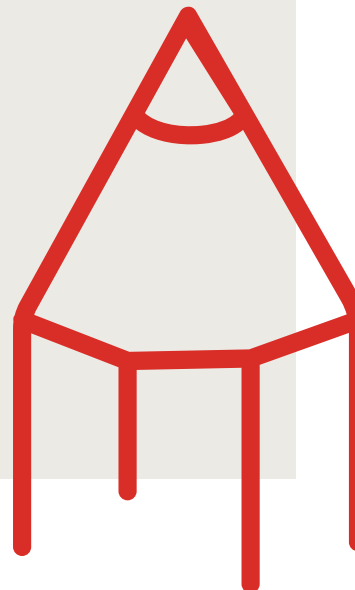
Friday

READING

Have you ever heard about [postmen of the skies](#)? Read and learn about these American heroes.*

WRITING

Locate one of the famous [postmen of the skies](#). Create a short biography, with details about their life and the role they played in mail service.*



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH AND STEM



Monday

MATH

Board game math.

Play your favorite board game with a math twist! Play the game as usual, but before each turn, players must answer an addition, subtraction, multiplication or division fact before they can take their turn. If they get it wrong, help them solve the problem.

Tuesday

STEM

Design a maze.

You can use any materials you have easily available at home.

You can also draw a maze and have someone solve it.

Wednesday

MATH

Graphing answers.

Create a question to ask 10 friends or family members and survey them. Create a bar graph to represent your data. Which answer had the most votes? Which answer had the least votes? How many more voted for one answer than another answer?

Thursday

STEM

Slime fun.

Materials: shampoo, cornstarch, food coloring (optional), water

Directions: Combine $\frac{1}{2}$ cup of shampoo with $\frac{1}{4}$ cup of cornstarch. Mix well. Add 3 drops of food coloring. Slowly add 1 tablespoon of water and mix. Slowly add 5 more tablespoons of water and mix well. Knead for 5 minutes.

Friday

MATH

Bean counting.

Using an old egg carton, write the numbers 1-12 inside the cups. Place 2 beans or small items inside, close the lid and give it a shake. Open it back up to see which 2 numbers the beans landed on. Multiply those numbers together. Or subtract the numbers. Make it harder by adding more beans!

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS AND MORE



Monday

Karaoke.

It's time to get your singing on! It doesn't matter whether or not you can sing well, just get out there and have some fun! Pick a song you like and learn the lyrics. You can also turn on the radio and sing along to a song you like. Or you can go to [KidzBop](#), pick a song and read the lyrics as you sing along!

Tuesday

Taking responsibility.

Try out our friend Mallika Chopra's mindfulness activity. Make a list in three categories of what you can do to take care of yourself, others or your environment: Make the list in 3 categories:

- Easy: Things you can do by yourself
- May need help: Things you can do with some help
- One day: Things you can't do today, but you aim to achieve in the future.

Taking charge helps you realize how you matter, what you want to accomplish, and what you can do to support yourself and others.

Wednesday

Sign language.

Have you ever learned any American Sign Language (ASL)? There are more than 1 million people who use ASL every day to communicate with others. Look up the signs to learn how to greet someone and say your name. [Click here](#) to start learning and watch helpful videos!

Thursday

Helping others.

Seek out a way to help someone today. Maybe it's calling a friend. Maybe it's helping your family cook a meal. Perhaps it's tutoring someone in a subject they are learning or want to learn. Perhaps it's caring for a younger sibling. Whatever it is, know that when you offer help, you add thoughtfulness and care to your family, community and world!

Friday

Being alone.

Lately, do you have feelings of being alone? It's okay to sometimes have alone time! Listen and practice [this breathing exercise](#) from our friend Mallika Chopra and learn what you can do when you're by yourself. The exercise takes just two minutes, so try it every day!



WEEKLY LEARNING ACTIVITIES: GRADES 2-6



PARENT AND CAREGIVER CORNER

When kids get stuck in a negative headspace, parents and caregivers can help shift their mindset. One effective approach is “cognitive reframing,” which involves assessing the situation and consciously redirecting your child’s thoughts.

Encourage them to reflect on questions like, “What’s going well right now?” or “What am I grateful for?” This simple exercise helps children remember the positive aspects of their lives, even during difficult moments.

By modeling this process yourself, you show that it’s okay to feel frustrated – but we also have the power to change our focus. The more you practice together, the easier it becomes to find balance and embrace gratitude, problem-solving and kindness.

Then, it’s time for fun!

FAMILY

Let’s build. Get creative with different-sized marshmallow and toothpicks. Can you make shapes? Letters? Towers? Afterwards, add chocolate and graham crackers to make s’mores over a fire, in the oven or in the microwave!



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GRADES 2-6

WEEK 6

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



Monday

READING

Read about the best inventions of 2024 at [this link](#).

WRITING

Design an invention you want to create and why it might be needed by others. Consider drawing a diagram with labels.

Tuesday

READING

Read all about a [domino designer](#)!

WRITING

Describe how you might create your own domino design. Consider drawing the shape of your design.

Wednesday

READING

Read all about Max, the boy [who created a robot](#) to do all of his chores for him!

WRITING

Invent your own robot. What would it be able to do? Include a drawing.

Thursday

READING

Read about [Amira's love of music](#) and how it connects her to her family.

WRITING

Select three adjectives to describe Amira. Why did you choose these words? Be sure to take time to write your thoughts and reflections.

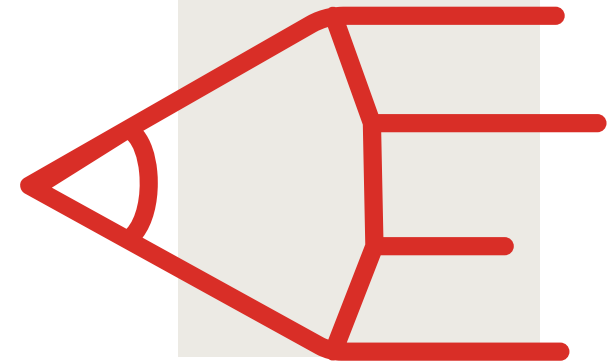
Friday

READING

How do towns get their names? Read [this article](#) to find out!

WRITING

Make a list of the items that make your hometown special. If you could rename your town, what would you name it instead? Why?



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH AND STEM



Monday

MATH

Round numbers.

Write your phone number. Round your phone number to the nearest:

- Hundred
- Thousand
- Ten thousand
- Hundred thousand
- Million

Tuesday

STEM

Night sky art.

This is an activity for when the sun sets. Go outside with a trusted adult and look up at the night sky. Draw what you see on a piece of paper. It might be the moon or stars!

Challenge: Make what you see out of Play-Doh or cookie dough. Later, with an adult, you can bake and then eat your treat!

Wednesday

MATH

Twisted Tic-Tac-Toe.

Play the game with a math twist! Draw the board out as usual, but this time, put in multiplication or division facts. Each player must solve the fact before they can claim the space.

Thursday

STEM

Egg-stra salty.

For this activity you will need 2 half-full glasses of water, 2 fresh eggs and 10 heaping teaspoons of salt. Stir 10 teaspoons of salt into one of the glasses. Stir until the salt has dissolved. Leave the other glass with fresh water only. Now place an egg into each glass. Do both eggs float? Do they behave the same way? Describe what you see.

Friday

MATH

Math rhymes.

Write a rhyme, song or rap about how to multiply or divide numbers – for example, 4 times 8, 32 birds on a gate!

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS AND MORE



Monday

Country cooking.

Pick a country that you want to visit. Next, look up a food item or dish that is traditionally eaten in that country. Then, find a simple recipe for it. For example, if you choose the country France, then a traditional dish is crepes with cheese and ham. Ask your family members to help you find the ingredients and make the dish at home!

Tuesday

Listen and breathe.

Lay down, if possible, outside on a blanket. As you lay there, focus on the different sounds you hear. Maybe you won't hear anything, and that's okay. Inhale breaths in for 3 seconds, and then exhale. Count to three in your head. See if you can do all of this for 5 minutes straight without stopping or starting something else. Afterward, notice your mind and heart. How do they feel? How is your heart beating? Do you feel more relaxed?

Wednesday

American Sign Language.

[Look up signs](#) and learn how to ask, "How are you?" and to reply with the signs, "Good," "Bad" and "Thank you."

Thursday

Greetings!

Continue researching the country that you selected on Monday. Look up three greeting words in the language spoken in that country and learn how to say them. If the country you chose speaks English, then look up what other words they use in English to say "hello" and "goodbye" and to greet one another!

Friday

Happy time.

Sit comfortably in a room with no distractions and little or no noise. Close your eyes and breathe in and out slowly. Next, think about a time when you felt really happy. If you cannot think of one, then imagine a time when you will be happy. Think about what you SEE, what you HEAR, what you SMELL, and even what you TASTE in this happy time. Think about who is there. Open your eyes and notice your other feelings. You can write them down or draw them. When you feel upset, you can look at your words or drawing to help you feel better and remember your happy time.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6



PARENT AND CAREGIVER CORNER

Supporting Emotional Well-being at All Ages

For Parents and Young Children (Prenatal-2 years)

Whether you're expecting a baby or already caring for a little one, it's natural to experience stress and uncertainty. Remember: Taking care of yourself is good for your child, too.

Reducing stress supports your own well-being and your baby's development. So, take breaks when you need to – breathe deeply, relax and connect through touch and soothing words. Focus on providing reassurance, physical affection and quality time to help your child feel secure and calm.

For Young Children (Kindergarten – 1st Grade)

At this age, children may start experiencing more complex emotions like confusion, sadness, frustration or loss. As parents, we can encourage open conversations about these feelings.

Reassure your kids that it's okay to be upset. Grief is an inevitable part of life – even for young children –and it's essential to recognize and validate their emotions.

Activities like drawing, talking or playing help children process in healthy ways. Remind them that when things feel uneasy or uncertain, you'll learn and grow through these challenges together.

For Older Children (2nd Grade – 6th Grade)

As children grow older, they become more aware of the challenges around them. They may experience grief – whether it's missing out on time with friends, losing a loved one or other disruptions.

Grief often shows up as frustration, sadness or confusion. It's important to encourage children to express these feelings openly and without judgment. Acknowledge that grief is a normal part of life, and help your kids understand it's okay to feel this way. Encourage them to engage in coping activities like journaling, art and mindfulness.

Grief is complicated, but with the right guidance, children can learn how to navigate and grow from it. By validating their emotions and offering support, you're building their resilience and emotional intelligence.



Save the Children.

**AT-HOME LEARNING MADE EASY:
RESOURCES FROM SAVE THE CHILDREN**

GRADES 2-6

WEEK 7

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



Monday

READING

Like skateboards?
Read all about the [different types](#) and their history.

WRITING

Which skateboard design do you like best? Why? Provide key details in your response.

Tuesday

READING

Superheroes!
If you like superheroes, check this out! Explore the history of [Marvel Comics](#) and learn interesting facts about each character.

WRITING

Who is your favorite superhero? Create a brochure sharing this character with all the reasons why he or she is your favorite!

Wednesday

READING

Sergeant Stubby.
Read about a [great American hero](#) who was a dog!

WRITING

Using Sergeant Stubby as a character, write a fiction story about a hero saving the day.

Thursday

READING

Star Wars.
If you're a fan, this is for you. Read all about [the robots](#) who played a key role in the series.

WRITING

Which Star Wars movie or character is your favorite? Why? Provide some details in your writing. Don't like Star Wars? Explain why not!

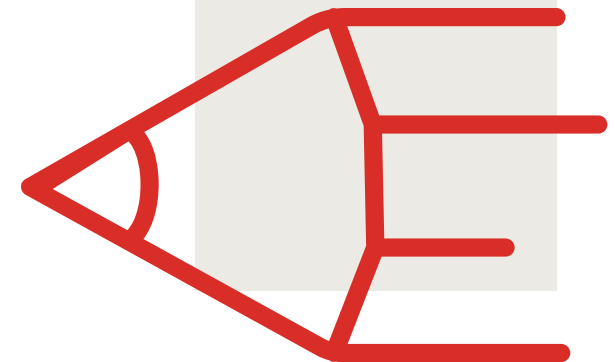
Friday

READING

Earth Day.
Did you know the 50th anniversary was on April 22? How did you celebrate? Explore its origins, posters and buttons to commemorate [this day](#).

WRITING

Create a poster to inform others about Earth Day or inspire them to participate.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH AND STEM



Monday

MATH

Double down.

Play this game.
Materials: 4 dice, timer, paper and pencils.
Directions: Set a timer for 5 minutes. Each player gets two dice and when the timer begins, they begin rolling. When they get a double they yell "double down!" and record the fact (can be addition or multiplication). When the timer is up, they add up all their sums and the player with the highest amount wins.

Tuesday

STEM

Floating raft.

Directions: Walk around your yard or house. Look for items such as sticks, string, tape or aluminum foil. Using the items you find in your treasure hunt to create a raft. You can even use a piece of paper to make a sail! Test your design in a tub or sink full of water. Does it float? If not, what can you do to make it float?

Wednesday

MATH

Mealtime fractions.

Help your child develop a deeper understanding of fractions by letting them help with serving sizes at meal time. Allow them to help portion the servings onto plates to represent equal parts. Can they think of a fraction to represent each plate?

Thursday

STEM

Marshmallow tower.

Materials: 100 mini marshmallows, toothpicks and a tape measure. Directions: Using the materials, build the tallest tower you can. Practice your math skills by counting out the marshmallows and measuring your tower when complete. How tall is your tower? Can you make it taller?

Friday

MATH

Dice war!

You'll need two dice for each player. Players roll both dice at the same time and multiply their numbers together. The player with the highest product wins the round. Keep track of each win and play until someone has won 10 rounds.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS AND MORE



Monday

Indoor snowball fight.

Take socks and roll them up into balls – they're now "snowballs." Set up a snowball fight in your home, or preferably outside!

Tuesday

Mindfulness.

Love to remember fun things that happen to you? Play a game called "Remember When?" Include sensory memories in your writing, such as when you had a fun thing happen to you:

What did you see?
What did you smell?
What did you hear?
What did you taste?

Share your story with a friend or family member. This activity has been adapted from The Goldie Hawn Foundation MindUP.

Wednesday

Sign language.

Look up the signs to learn how to say where you live and your age. Keep practicing the alphabet and greetings, too! You can use [this website/app](#) to download visuals and videos!

Thursday

Spring cleaning.

We're getting into warmer and warmer weather, so it's time to organize in your house! You can help your parents clean – notice how much better you feel afterwards! Or take a pile of items, toys and clothes that may be too small or not for your age anymore. See if you can have an adult help you donate them or give them to children younger than you. Or put them to the side and ask if you can have a yard sale sometime soon!

Friday

Be happy!

When you wake up in the morning, say to yourself the following intention: "I am going to have a happy day!"

Do some activities that you like, connect with a friend, show how you're grateful for the things and people you have in your life. Laugh a lot!! Listen to Pharrell's song "[Happy](#)," if you want to!

At the end of the day, before going to sleep, say or write 3 things that made you happy today and why.





PARENT AND CAREGIVER CORNER

Like adults, children experience a range of feelings – and it's important to learn how to manage them in healthy ways.

Emotions can be contagious. When we stay calm, those around us tend to feel calmer, too. Similarly, when we're anxious, they can pick up on that anxiety. This is especially true for children, who are highly attuned to others' emotions. The way we express our own feelings influences how our kids process and express theirs.

As parents and caregivers, we can teach children how to recognize and cope with their emotions. Encourage your child to express what they're feeling through words or creative outlets. Model healthy emotional expression by staying calm in challenging situations. Emphasize that it's okay to feel upset or frustrated – but we also have the power to calm down, control our reaction and approach the situation with a positive mindset.

Teaching children that emotions don't need to be overwhelming is an important step in building lifelong emotional resilience. Angela Duckworth, creator of the Character Lab, shares an insightful approach from Professor Sigal Barsades, "Notice how you are influenced by others' moods and how their reactions influence yours. Then, guide conversations towards calmness, helping young people see that positivity, care, and hope can be as contagious as negativity."

FAMILY

Make ice cream in a bag!

Ingredients: 1 gallon-size and 1 quart-size zipper bag, 1 cup milk, 1 tablespoon sugar, ½ teaspoon vanilla, 1/3 cup salt, ice

Directions: Pour the milk, sugar and vanilla into the smaller, quart-size zipper bag and close the seal. Fill the larger, gallon-size bag 3/4 full of ice, then add the salt. Place the smaller bag inside the larger bag and close the seal. Make sure you close them both tightly! Now, shake the bag hard for 5 minutes. Open the large bag and dispose of it. Rinse the small bag off with cold water before opening to keep the salt water from getting into your ice cream. Scoop into individual bowls, share, eat and enjoy your yummy hard work!



Save the Children.

**AT-HOME LEARNING MADE EASY:
RESOURCES FROM SAVE THE CHILDREN**

GRADES 2-6

WEEK 8

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



Monday

READING

Hot and cold.

Read about the hottest and coldest [places on Earth](#)! Share three new facts with a family member.

WRITING

Draw a picture of the coldest or hottest place on Earth. Use diagrams and label your picture with some facts you learned from the passage.

Tuesday

READING

What a rock!

What would you do if you found a \$7 million rock in your yard? Read [this story](#) to find out more!

WRITING

Write your version of the story! What would you do if you found a \$7 million rock in your backyard? Share with a family member.

Wednesday

READING

Thinking of summer?

Read all about [sand castles](#) and their relationship with geometry.

WRITING

Draw a picture and describe what type of sand castle you would like to build. Share with a family member.

Thursday

READING

Do you like to text your friends?

Check out [this article](#) about how texting affects your writing!

WRITING

Reflect on this article. Capture your thoughts and reactions to the article in a journal.

Friday

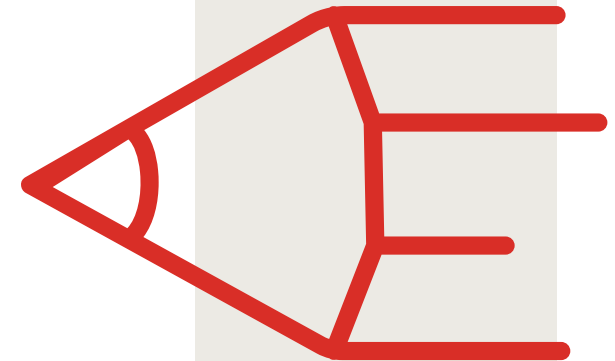
READING

Animal lover?

Read all about [the sloth](#) here! Share your favorite facts about sloths with a family member.

WRITING

Think about how a sloth walks, eats and lives. Create a poem about sloths.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH AND STEM



Monday

MATH

Design dreams.

Design your dream bedroom by drawing it out on paper. Make up the length and width of the room. Find the perimeter. Now calculate the area.

Tuesday

STEM

Solids and liquids.

Materials: box of crayons (ones you don't mind to be melted), hairdryer, piece of paper.

Directions: Hold the end of a crayon and turn your hairdryer on. Aim it at the opposite end of the crayon. Let the crayon drip onto your piece of paper. Repeat with several colors. What happens to the crayon on the paper once it cools? When is the crayon solid? When is it liquid?

Wednesday

MATH

Pick 3.

Play Pick 3 with 2-4 players and a deck of cards, with the face cards removed. Spread the cards face down in rows. Players take turns turning over 3 cards. If the player can create an accurate equation with the numbers on the cards, they can keep them. If not, they turn them over and lose their turn. For example, 2, 3 and 6 card work, because 2×3 equals six.

Thursday

STEM

Lake formations.

Materials: wax paper (1 piece), baking sheet, marker, blue food coloring, spray bottle with water.

Directions: Crumple up the piece of wax paper into a ball, and then flatten it back out. Lay it on the baking sheet. Use the marker to circle the places on it where you think water would collect. Add a few drops of blue food coloring to the spray bottle. Mist evenly over the wax paper as if it is raining. What happens? Where did the water collect?

Friday

MATH

Sort it.

Play Sort It with a deck of cards. Look for creative ways to sort by: colors, numbers, suits, face cards, odds, evens, one-digits, two-digits, etc.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS AND MORE



Monday

No-bake chocolate balls.

Mix together 1 cup uncooked oats, ¼ cup honey, ¼ cup peanut or almond butter, 2 tablespoons cocoa powder, and a pinch of salt. Then, spoon out balls on a plate. Eat right away or store in the fridge for 1 week!

Tuesday

Mindfulness.

As you walk or participate in some kind of movement outside, focus your mind on 10 things surrounding you. They could be smells, sights or physical feelings, such as the temperature or the wind. As you walk or move in whatever way you are able, take 5 minutes to be aware of your surroundings, and take some deep breaths.

Wednesday

Sign language.

Have you been practicing your sign language? It's time to add on to what you've learned! Keep on practicing the alphabet, how to say your name, age and where you live. And learn the signs for three activities that you like to do!

You can use [this website/app](#) to download visuals and videos!

Thursday

Watercoloring!

Have any dried-out or old markers? Take them and soak them in individual cups or jars of water overnight. The ink will change the water to watercolors. Then you can use the watercolors to paint whatever you like!

Or sit outside on a nice day and choose one object from nature you have spotted that you can draw.

Friday

THINK.

Think about your words to others. Before you speak to someone, practice one of the words from the acronym THINK. First, we'll focus on the letter T: "Is it True what you are about to say?" Ask yourself this question before you say something, as we should always tell the truth. Learn that your words are powerful, and they can make an impact on others!



WEEKLY LEARNING ACTIVITIES: GRADES 2-6



PARENT AND CAREGIVER CORNER

Everyone feels physically, emotionally and mentally taxed at times – there's no shame in experiencing signs of mental fatigue and seeking help. Taking care of our mind is just as important as taking care of our body. Just as we'd put a bandage on a physical wound to help it heal, we can put "band aids" on our mind, too. Because when we take care of ourselves, we're better able to take care of our children.

At Save the Children, we know kids and their caregivers need healthy support systems to improve their well-being. May is Mental Health Awareness month, so we'll be providing tips and resources for taking care of your mental health. We hope you'll feel empowered to access the support you need at this time in your life. Remember, you're not alone on this journey!

[NAMI \(National Alliance on Mental Illness\)](https://www.nami.org/), America's largest grassroots mental health organization, provides year-round community resources to help millions of people build better lives.

Let the sunshine in. Going outside can improve your state of mind! Did you know that exposure to sunlight boosts serotonin levels, which can reduce the risk of depression and anxiety and enhance your emotional health?

Here's an activity that'll encourage mindfulness and healthy interactions with your children:

Check items off from the list below as you find them. Feel free to add things you might see in your neighborhood to make it more challenging!

- | | | | |
|---------------------------------------|---------------------------------------|--|---|
| <input type="checkbox"/> MAILBOX | <input type="checkbox"/> FENCE | <input type="checkbox"/> PAW PRINT | <input type="checkbox"/> A FLAG |
| <input type="checkbox"/> YELLOW HOUSE | <input type="checkbox"/> TALLEST TREE | <input type="checkbox"/> SKATEBOARD | <input type="checkbox"/> SPRINKLER |
| <input type="checkbox"/> ROSES | <input type="checkbox"/> A RED DOOR | <input type="checkbox"/> SINGING BIRDS | <input type="checkbox"/> BICYCLE |
| <input type="checkbox"/> DOG | <input type="checkbox"/> CLOUDS | <input type="checkbox"/> A FAMILY | <input type="checkbox"/> A PACKAGE |
| <input type="checkbox"/> STROLLER | <input type="checkbox"/> MOTORCYCLE | <input type="checkbox"/> BLUE CAR | <input type="checkbox"/> DELIVERY TRUCK |



Save the Children.

**AT-HOME LEARNING MADE EASY:
RESOURCES FROM SAVE THE CHILDREN**

GRADES 2-6

WEEK 9

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



Monday

READING

Chapter, chapter, read all about it!

Select a chapter book to read for the week, either from home or from these awesome digital collections by clicking [here](#) and [here](#).

WRITING

Calling all artists!

Using a comic strip approach, draw key events that happened in your selected chapter book.



Tuesday

READING

Keep on keepin' on!

Continue reading that chapter book!

Share what happens each day with a family member.

WRITING

Calling all artists, continued!

After reading, add more drawings to your comic strip. Draw a new strip when you start a new book.

Wednesday

READING

Keep on keepin' on!

Continue reading that chapter book!

Share what happens each day with a family member. If you've finished, great job! Start reading another chapter book.

WRITING

Calling all artists, continued!

After reading, add more drawings to your comic strip. Draw a new strip when you start a new book.

Thursday

READING

Keep on keepin' on!

Continue reading that chapter book!

Share what happens each day with a family member. If you've finished, great job! Start reading another chapter book.

WRITING

Calling all artists, continued!

After reading, add more drawings to your comic strip. Draw a new strip when you start a new book.

Friday

READING

Keep on keepin' on!

Finish reading that chapter book!

Share what happens each day with a family member.

WRITING

Calling all artists, continued!

After reading, add more drawings to your comic strip. Share your final masterpiece with a family member!

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH AND STEM



Monday

MATH

Guess my sort!

In this game, you will need to gather a group of objects from around your home. Then create a secret sorting rule and sort items based on the rule. Ask someone in your home to guess your sorting rule! Can you create a new rule and sort them again?

Tuesday

SCIENCE

Shadow puppets.

You will need a flashlight for this activity. Go into a very dark room with as little light as possible. Turn the flashlight on and aim it at the wall. Hold up your hand and make "bunny ears" between the light and the wall. Why does it make a shadow? Do other objects in the room make shadows besides your hand? Do any objects not make a shadow? If so, why not?

Wednesday

MATH

Fast facts!

Play Fast Facts with a partner and a deck of cards. You will need to remove all face cards. Deal out half the cards to each player and place them face-down in a stack. Both players turn over their top card at the same time. The first player to call out the product of the two cards wins the round.

Thursday

SCIENCE

Soda rocket.

You will need to be outside for this activity. This activity requires Mentos candy and a 2-liter bottle of cola or diet cola. Once outside, open the bottle. Then drop a Mentos candy into the bottle and step back very fast. What happens? Why do you think this happens? About how high did the drink go?

Friday

MATH

BAM!

Play BAM by creating 20 multiplication and division fact cards. Decorate 2 more cards with the word BAM on them. Shuffle the cards and take turns drawing one. The player must read the fact and answer. If they get it correct, they get to keep the card. If they get it wrong, they return it to the bottom of the pile. If they draw a BAM card, the player must return all of their cards to the pile.

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS AND MORE



Monday

Breathing beads.

Breathing can calm you down. Practice it by making breathing beads. Take a piece of string or ribbon and thread 5 beads or buttons. Tie off each end or tie it together to form a loop. Sit and close your eyes. Inhale slowly, and run your fingers on each bead for 1 second. Exhale, and repeat. As you breathe, practice being mindful of a feeling or a person you care for.

Tuesday

Travel the world!

If you could go on a voyage anywhere in the world, what one place would you want to visit? Find out 5 facts about that place, such as about the food, the people, the language and the sites. Next, print, draw or cut photos/words about it. Glue them onto a sheet of paper to make a collage. If you want, present it to your family or friends. Tell them why you want to go there!

Wednesday

Sign language.

Have you been practicing your sign language? It's time to add on to what you've learned! Keep on practicing the alphabet, how to say your name, age, where you live, and activities you like. This week, learn 5 signs of food that you like to eat!

You can use the following [website/app](#) to download visuals & videos!

Thursday

What makes you?

We are all different and unique. What makes you different? What makes you special? What are you good at, and what are your talents? What do you like? What makes you, "you"?

Sit quietly somewhere and write at least 10 things that make up the wonderful, unique you! Keep that list somewhere safe so you can look at it sometimes if you need a reminder of how special you are.

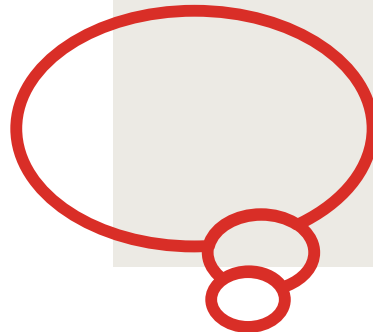
Friday

THINK.

Think about your words to others. Before you speak, practice the words from the acronym THINK. This week, let's focus on the letters "H" and "I" in THINK:

- "Is it Helpful what I will say?"
- "Is it Inspiring what I will say?"

We want to speak to help others or provide helpful information. We speak to inspire, or lift up, others and ourselves. Remember, your words are powerful – they make an impact on others!



WEEKLY LEARNING ACTIVITIES: GRADES 2-6



PARENT AND CAREGIVER CORNER: SELF-CARE IS VITAL

Self-care is essential for maintaining our well-being. It helps us regain a sense of control, stay calm and reduce stress. While self-care may look different for everyone, it's not a luxury – it's a necessary practice to nurture your body, mind and spirit.

Make self-care a priority, whether it's taking a 5-minute break or dedicating more time to yourself. Choose what works for you: alone time, a walk, a hot bath or dancing with friends – anything that's healthy, constructive and rejuvenating. This week, set a goal to practice your self-care activity daily and commit to making it a part of your regular routine.

Since May is National Mental Health Awareness Month, we're spotlighting [Mental Health America](https://mentalhealthamerica.org/), an organization with resources on how to stay mentally healthy and find mental health care. Seek out whatever support you may need. Remember, you're not alone on this journey!

Time for family fun! Choose an activity that allows everyone to relax and laugh – maybe it's being with your pets, sitting outside in the sunshine, listening to music, dancing, eating your favorite snacks or playing a sport together.



Save the Children.

**AT-HOME LEARNING MADE EASY:
RESOURCES FROM SAVE THE CHILDREN**

GRADES 2-6

WEEK 10

WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: READING AND WRITING



Monday

READING

What is Memorial Day?

Learn the [history](#) about this day.

WRITING

Design a poster!

Create a poster to celebrate Memorial Day, remembering and honoring those who have served. Hang it in a window in your house for all to see.

Tuesday

READING

Facts about Memorial Day.

[Read all about](#) this special holiday.

WRITING

Send a letter.

While Memorial Day celebrates those who have died, take time to create a thank you letter for those in the military who are currently serving in one of the armed branches of the military.

Wednesday

READING

Civil War heroes.

Read this [legend](#) about two soldiers who were courageous during the Civil war.

WRITING

Writing reflection.

Use a journal to reflect and write. What did you think was interesting about the legend? Do you think it could be true? What words would you use to describe the soldiers' actions? Use at least 3 adjectives.

Thursday

READING

Memorial Day poetry.

Select [a poem or two](#) to read about Memorial Day. Be sure to share with a family member.

WRITING

Be a poet.

Write your own poem dedicated to those who gave their life serving in the military.

Friday

READING

Real military heroes!

Read about some [real military heroes](#) we celebrate on this day.

WRITING

Design a celebration.

How would you design a celebration for Memorial Day? What would it look like? Describe in detail all of the events or activities you would plan.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: MATH AND STEM



Monday

MATH

Multiplication go fish!

Here's a math twist to the card game Go Fish! Try to get as many matching pairs as possible. To play, you will need 2 players and a deck of cards with the jacks, queens and kings removed. Aces are worth one point. Deal each player 5 cards. On your turn, ask for a matching card by giving a multiplication fact. For example, if you need an 8 ask for a 4×2 . If the player has an 8, they must give it to you. If the player doesn't have an 8, they say "go fish," and you draw a card from the deck.

Tuesday

SCIENCE

Basket weaving.

Can you use just one paper plate and one piece of paper to create a basket? This one requires a lot of planning and careful cutting. Try minimizing seams so there aren't places for your items to "leak" out. Test with marbles, small toys or blocks. Does it break or can it hold the items?

Wednesday

MATH

A head for math!

To play this game you will need 3 players and a deck of cards with face cards removed. Two players draw a card and, without looking, place it face-up on their forehead. Player 3 will tell the product of the two cards. The first player to guess their card number correctly wins the round.

Thursday

SCIENCE

Build a cooler.

Coolers are designed to keep items cold. Grab 2 bowls or containers. In each container place a cup with a piece of ice in it. Leave one container as is. With the other container, place items around the cup of ice that might help it stay cold longer. You might try cotton balls or napkins, etc. Which one do you think will keep the ice from melting the longest? Tell someone why you think this will work the best to keep the ice cold.

Friday

MATH

Make it big!

With a deck of cards, remove 10s, Jacks, Queens and Kings. Aces are worth 1 point. Each player draws 4 cards and creates a 4-digit number. The person with the largest number wins.



WEEKLY LEARNING ACTIVITIES: GRADES 2-6

ACTIVITY: BOREDOM BUSTERS AND MORE



Monday

Be proactive.

"Proactive" means to be self-motivated and to do things on your own. When you are proactive, you feel good about yourself and build confidence. And others respect you!

Do 2 things today that show you are proactive – 2 things that you do before anyone, such as your parents, ask you to do them. Next, think of 3 proactive things you could do to take care of the earth!

Tuesday

Self-portrait.

Practice drawing yourself! Ask an adult for a photo of yourself that you can fold – a school photo or recent selfie work great! – and fold it in half so you see only one side of your face. Tape it to a piece of paper. On the piece of paper, draw the other half of your face. Use pencils, markers, or anything you like to draw with. Does your drawing resemble you? If you want, remove the photo and try drawing the other side of your face.



Wednesday

Sign language.

Have you been practicing your sign language? It's time to add on even more to what you have learned! Keep on practicing the signs learned from the other lessons, such as what you like to do and to eat, your name, your age, etc. This week, practice signs for the 5 animals that you like.

You can use the following [website/app](#) to download visuals & videos!

Thursday

Just for kids!

Listen to the free podcast [The Kids Are All...Home](#) from Pineapple Street Studios. After listening, did you hear 1 or 2 really cool activities you could try at home or a snack you could make with an adult or older sibling?

Made by kids!

Make your own podcast! A podcast is a recording of a story or interview. Write your own story and then record it. Or interview a friend or family member and record it!

Friday

THINK.

Think about your words to others. Before you speak, practice the words from the acronym THINK. This week, let's focus on the last two letters "N" and "K" in THINK:

- "Is it Necessary what I will say?"
- "Is it Kind what I will say?"

We want to say what is necessary and not add on anything that could hurt others. Saying things that are kind can help you build healthy friendships. Remember, your words are powerful – they make an impact on others!

WEEKLY LEARNING ACTIVITIES: GRADES 2-6



PARENT AND CAREGIVER CORNER

This week's message is brought to you by the letter A, as in A for Anxiety. Whether we're expecting our first child or already managing a busy household, anxiety is something we all experience – sometimes, more often than we'd like.

Anxiety often arises when we face the unknown. The first step is accepting that there are things we CAN change and things we can't. Embracing uncertainty allows us to take control of our anxiety, rather than letting it control us. We can also help our children understand that anxiety is normal – it's okay to not have all the answers.

By normalizing anxiety and teaching kids to manage it, we can reduce stress on our own bodies, too. As Kaitlin Soule from the Anxiety and Depression Association of America wisely points out, "If we wait for things to be 'better,' or the perfect circumstances to work on our mental, emotional, physical, or spiritual health, we just might miss the boat." The truth is, seeking support is always an option, and you can start today.

Remember, you're not alone on this journey!

May is National Mental Health Awareness Month! That's why we're highlighting the [Anxiety and Depression Association of America \(ADAA\)](#), which offers resources on teletherapy, screenings and self-care tips. If you're looking for a mix of support and comic relief, check out the [Parent Trapped](#) podcast, which shares real-life stories about balancing work, homeschooling and family life. Additionally, the [Breathe, Think, Do](#) app by Sesame Street offers breathing exercises, mindfulness games and fun activities to help kids manage stress.