



Goleta Union School District

Distance Learning K-6 Menu Packets

for March 18th - April 3rd

Objective: To provide activities that students could complete independently over the next couple weeks, to maintain skills learned in school.

Important Information

- Students benefit from engaging with academic skills daily.
- Students do not need to complete all of the activities, and we recognize that not every activity is appropriate for every child. Do what feels right for your child and for your current situation.
- Teachers will be available via email or Parent Square during regular school hours. Please reach out with any questions.
- Should school closures extend beyond April 3rd, we will be moving toward more comprehensive remote learning opportunities.

Kinder Grade Social-Emotional Menu

*orally tell someone or write these in a journal or draw them

Tell about a time that you felt happy.	Act out 3 different emotions and see if someone can guess them.	Challenge yourself to close your eyes, sit in silence, and listen to your own breathing for 1 whole minute.	What are 3 things you can do when you are feeling upset or frustrated?
Practice belly breathing.	List 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, and 1 thing you can taste.	Take 5 deep, slow breaths. Each time, pretend you are smelling a flower and then blowing out a candle.	Name all of the emotions you can think of.
Talk about 5 things you are grateful for.	Read a book and discuss moments of caring or emotions of the character.	What does it take to be a good listener?	Write or draw what it means to be a good friend.
Practice sitting still for 1 minute- Notice the sounds you hear.	Tell someone about a time you felt sad.	Talk, draw, or write about a time you showed or received empathy.	Share a yoga pose or your favorite stretch, or dance move with someone.

Kinder Grade Language Menu

*orally tell someone or write these in a journal or draw them

Read with a family member.	Write or dictate a letter to someone special.	Read a book in a silly voice or retell a story in different voices, accents, or languages.	Write and/or draw a story of your choice.
Write or tell 5 words that describe you.	Read inside a blanket fort.	Tell jokes or riddles with someone.	Read a book in a comfy spot.
Write your sight words in fancy letters or different colors.	Have a family member read to you.	Come up with a list of words that rhyme. (Challenge: Use the words to write a poem.)	Write and/or draw about your favorite animal.
Read a book you think might be too hard with a family member.	Write all of the words you can think of.	Read a book to your pet or stuffed animal.	Make a list of your favorite foods.

Kinder Grade Math Menu

<p>Practice your addition and subtraction math facts.</p> <p>(Challenge: see if you can solve them automatically and with increasing speed)</p>	<p>Make a pattern with something in your home. (Challenge: see if you can make a growing pattern, a repeating pattern, or an alternating pattern.)</p>	<p>Ask someone to tell you a math story problem. Draw a picture to solve it.</p>	<p>Practice saying or writing numbers from 0 to 100.</p> <p>(Challenge: Highlight all of the odd numbers.)</p>
<p>Play a board game or familiar card game.</p>	<p>Help someone in your family make a recipe by measuring ingredients.</p>	<p>Draw a picture using at least four basic shapes. (square, triangles, rectangles, circles, etc.)</p>	<p>Roll two dice. Tell which number is greater than the other.</p>
<p>Play “eye spy” with someone, describing what you spy in detail.</p>	<p>Line up the members of your family from tallest to shortest.</p>	<p>Go on a shape hunt in your house. Name the shapes you see.</p>	<p>Count by 1s to 20, do jumping jacks as you count. (Challenge: do jumping jacks as you count.)</p>
<p>Sort some of your toys or books, or household items by color, shape, or some other attribute.</p>	<p>Count a handful of cereal or beans by grouping in bundles of tens and ones.</p>	<p>Measure something big in your house with your hand. How many “hands” long is it?</p>	<p>Count the number of shoes in your house and sort them by size, color and any other category. (Challenge: make a graph of your findings)</p>