<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LIFE SKILLS</strong></td>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
</tr>
<tr>
<td>Start the day with a morning routine. Have your child: make the bed, brush teeth, wash up, get dressed, prepare breakfast (together), do dishes (together), get ready to learn!</td>
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<td><strong>LITERACY/ LANGUAGE DEVELOPMENT</strong></td>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
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<tr>
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<td>Print letters on several clothespins that correspond to the picture. Have your child match the letters to learn to spell that item. (See photo)</td>
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### SPEECH AND LANGUAGE

**Bunny Cakes** by Rosemary Wells  
*Play the YouTube video every day for 4 days and follow the daily instructions.*

**Comprehension:** Ask your child these questions. Give your child the answers if he or she needs help.

- Who are the characters in the story? (Max, Ruby, grocer, gramma)
- What kind of cake does Ruby want to make? (angel surprise cake with raspberry-fluff icing)
- What happens when Max tries to help Ruby? (Max breaks the eggs and spills the milk and the flour)
- Where does Ruby send Max to get the eggs, milk, and flour? (grocery store)
- How does the grocer know what Ruby needs? (He reads what Ruby has written on the list)
- How does Max finally get what he wants? (He draws pictures and scribbles on the list)

**Play – Bunny Cakes** by Mercer Mayer (on Youtube)

**Don’t forget to read along if you have the book!**

**Retelling:** Ask your child these questions. Give your child the answers if he or she needs help.

- Can you tell me the story back?
- What happened at the beginning?
- What happened in the middle?
- What happened in the end?

**Vocabulary:** Ask your child what these words mean. Give your child the meanings.

- Max and Ruby are baking in the kitchen. Can you tell me 2 other rooms in a house or apartment?
- Ruby felt “frustrated” when Max dropped the eggs. You feel “frustrated” when things don’t go just how you thought they would. Have you felt frustrated before? Parents can share an example.

**Early Reading:** Ask your child the following. Give the answers if they need help.

- “bake” and “cake” rhyme. “rake” also rhymes with “cake”. Can you think of other words that rhyme with “bake, cake, rake”? (lake, break, steak, fake, shake, take, make)

**Take a look at the Speech and Language Activities:**

**Speech and Language this week**

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### MATH

**At home activity:** Calendar Routine

**Math fun – Bouncing Sums**

- Cover a beach ball with numbers (use a permanent marker or sticky labels).
- Toss the ball to one student and have
1. **Math fun** – Have your child place empty bottles into a case. This task is a good life skill.

2. **Math fun** – Make a task where your child must place one button (or other small item) into a jar. The lid must then be screwed on the jar.

3. **Math fun** – Have your child sequence UNO cards on a mat that you have set up (the mat is not necessary, but is good for some of the students). You could also use regular playing cards.

4. **Math fun** – Shape Recognition – for those students working on recognizing shapes. Here are some activities that can help with that!

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<tr>
<td>Plan and cook lunch for today. Choose a recipe from a book, magazine, or online. Read the recipe with your child and assist them to gather all of the ingredients for the recipe. Be sure to practice diligent hand-washing procedures!</td>
<td>- 20 minutes on Zorbitz, mPower, IXL or another site listed in the NUMERACY WEBSITES listed at the bottom of this document.</td>
</tr>
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<td><strong>Laundry and Clothing Skills</strong> – Being responsible for one’s own laundry and clothing can seem daunting at first for many, but learning and practicing these useful skills is a great method to develop independence and a sense of ownership over one’s appearance.</td>
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</tr>
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<td><strong>Brushing your Teeth</strong> Learn how to, when to and why we brush our teeth. Read along and answer the questions as we learn the importance of brushing our teeth!</td>
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<td><strong>Phone Skills</strong> – This is a skill that your child will need to have in order to communicate effectively over the phone. Along with being practical, learning these skills will aid in your child’s ability to keep themselves safe</td>
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**Challenge:** Use fractions, decimals, or a mix of negative and positive integers.

**Online activity:**
- 20 minutes on Zorbitz, mPower, IXL or another site listed in the NUMERACY WEBSITES listed at the bottom of this document.

**Math fun** – Make a task where your child touches the number that her right thumb touches. She tosses it to the next student, who does the same and then adds his number to the first. Continue for five minutes and record the sum. Each time you play the game, add the sum to a graph. On which day did you reach the highest sum? The lowest?

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**Math fun** – 1:1 Button and top per jar

**Math fun** – Make a task where your child must place one button (or other small item) into a jar. The lid must then be screwed on the jar.

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**Math fun** – 1:1 Bottles into carton

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Skill-building steps and activities that you can assist your child with include:
Provide instruction on sorting clothes into different types of loads
Explain measuring detergent and using the washing machine and dryer
Demonstrate how to iron and provide supervised practice.

From the website: https://researchautism.org/daily-living-skills/

Here is a blog from Regis College that talks about Daily Living Skills and the importance of teaching our children these skills. It also outlines important teaching tips such as chaining, task analysis, prompting, etc.
https://online.regiscollege.edu/blog/11-tips-for-teaching-activities-of-daily-living/

Additionally, practicing on the phone helps to teach basic social skills as well as encourage independence. This skill is especially important because it’s likely that it will be necessary for a job your child may hold in the future.

Skill-building steps and activities that you can assist your child with include:
- Practice what to say, how to ask who is calling, and taking a message
- Memorize, write down, or program important phone numbers into the phone to assist them with contacting people

From the website: https://researchautism.org/daily-living-skills/

<p>| SCIENCE/SOCIAL STUDIES | Go to PebbleGo: <a href="https://site.pebblego.com/modules/5/categories/0">https://site.pebblego.com/modules/5/categories/0</a> (User ID: greateressex Password: library) Read/listen the module entitled “In my town”. There is an activity to complete if appropriate. Watch the video clip and ask questions: Where is the video taken? Is this your town? Can you spot items that are also in your town? | Go to Scholastic: <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a> Pick a grade level and complete the story and activities that correspond to that story. Complete section - Week 3, Day 11 | Go to PebbleGo: <a href="https://site.pebblego.com/modules/5/categories/0">https://site.pebblego.com/modules/5/categories/0</a> (User ID: greateressex Password: library) Click on: Social Studies/My World. Read/listen the module entitled “In my Continent”. There is an activity to complete if appropriate. Watch the video clip and ask questions: What is shown in the video? What is in the centre of the video? What can you tell me about this video from what you’ve learned? | Go to Scholastic: <a href="https://classroommagazines.scholastic.com/support/learnathome.html">https://classroommagazines.scholastic.com/support/learnathome.html</a> Pick a grade level and complete the story and activities that correspond to that story. Complete section - Week 3, Day 12 | Go to PebbleGo: <a href="https://site.pebblego.com/modules/5/categories/0">https://site.pebblego.com/modules/5/categories/0</a> (User ID: greateressex Password: library) Click on: Social Studies/My World. Read/listen to the module on “In my World”. Complete activity if appropriate. Watch the video clip and ask questions: Where does the video start? What is going on in this clip? What do you feel when you watch this video? |
| SOCIAL SKILLS | Please continue with any Social Story that is already working well. Feel free to continue using sites listed in the previous week. This document shares some of the challenges during the Covid Pandemic: The Conversation Ball You will need a ball for this game (or something else easy to toss and catch). Have your family stand in a circle. Ask a simple question like, &quot;What is your favorite color?&quot;, and | The Mindfulness Mindfulness Sign up for a free online mindfulness class geared for all ages! <a href="https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/">https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/</a> | Mindfulness Mindfulness Sign up for a free online mindfulness class geared for all ages! Mindfulness Mindfulness Sign up for a free online mindfulness class geared for all ages! | Mindfulness Mindfulness Sign up for a free online mindfulness class geared for all ages! Mindfulness Mindfulness Sign up for a free online mindfulness class geared for all ages! | “Supporting your Children’s Social, Emotional, and Mental Health During the COVID-19 Pandemic” An article meant to help support parents to properly support their children. |</p>
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<td>Bird Feeders</td>
<td>give the ball to the first person. That person answers the question and tosses the ball to another person. When that person has the ball, he or she is allowed to talk/answer the question; otherwise, others must wait patiently. If someone catches the ball but has already given an answer, he or she must pass the ball without re-answering the question. You can build this game up to a point where the person with the ball answers the previous question and then asks a new one. This will encourage everyone to pay attention to each other as the ball is thrown.</td>
<td>These are balloons filled with rice or playdough, with faces drawn on with Sharpie markers. These are a great for identifying and discussing emotions as well as giving those little finger muscles a good work out!</td>
<td><a href="https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/">https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/</a></td>
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<td>Leaf Art Animals</td>
<td>All you need is Cheerios, pipe cleaners and some string or yarn – if you don’t have pipe cleaners you could make these with wire, twine or yarn.</td>
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<td>Magazine Rainbow Collage</td>
<td>Draw a rainbow on a large piece pf paper or cardboard. Find some old magazines, catelogues, colourful boxes that are ready to be recycyled (cereal boxes, cracker boxes, etc.) or paint samples. Search through those items for each colour of the rainbow and cut small squares of each colour – try and find different shades from different items. Glue the squares on</td>
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<tr>
<td>Painting with Q-Tips</td>
<td>All you need is paper, Q-Tips and some paint. You can draw some lines or a simple picture on paper. You can use a colouring book, but instead of colouring, you can ‘paint’ with dots. Or you can google ‘q-tip painting templates’ and find a variety of printable options.</td>
<td>These are balloons filled with rice or playdough, with faces drawn on with Sharpie markers. These are a great for identifying and discussing emotions as well as giving those little finger muscles a good work out!</td>
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<td>Paper Roll Flower Paintings</td>
<td>Use papertowel or toilet paper rolls and paint to create a work of art!</td>
<td>These are balloons filled with rice or playdough, with faces drawn on with Sharpie markers. These are a great for identifying and discussing emotions as well as giving those little finger muscles a good work out!</td>
<td><a href="https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/">https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/</a></td>
<td><a href="https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/">https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/</a></td>
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Before you hang your bird feeder search for pictures of some local birds that you might see – blue jays, robins, cardinals, etc.

Hang your feeders somewhere so you can watch from the window and try and spot one or more of the birds.

your rainbow in order – Red, Orange, Yellow, Green, Blue and Purple.
**GROSS MOTOR/DAILY PHYSICAL ACTIVITY**

**BODY BREAKS** to be taken as necessary throughout the day. Choose an activity that is enjoyable. Please see table below for different ideas.

- **Frisbee** - Frisbee is a quick and easy way to get moving with a friend. Count how many times you can throw the frisbee back and forth without dropping it, and make it more of a workout by asking them to make you run for it.

- **Shake and Freeze** with these friends, see if you can keep up.

- **Beach Body Kids** - Beach Body Workouts from the Beachbody celebrity trainers – Tony Horton, Shaun T and Leandro Carvalho:
  [https://vimeo.com/showcase/6880106](https://vimeo.com/showcase/6880106)

- **Balloon Tennis** – Play tennis using a balloon and flyswatters (or your hands).

- **Skeeball** – Make a skeeball game with balls (or even crumpled up balls of recycled paper). Place signs on laundry baskets with scores. Add up who wins!

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**LITERACY WEBSITES**

- **TVO kids**
  [https://tvokids.com](https://tvokids.com)

- **Capstone ebooks**
  (Login: linkearth   Password: lovetoread)

- **PebbleGo**
  [https://www.pebblego.com/](https://www.pebblego.com/)
  (User ID: greateressex   Password: library)

- **Study Ladder**
  [https://www.studyladder.ca/](https://www.studyladder.ca/)

- **Zorbits**
  [https://zorbitsmath.com/](https://zorbitsmath.com/)

- **Splash Learn Math**
  [splashlearn.com](https://splashlearn.com)

- **TVO kids**
  [https://mpower.tvo.org/](https://mpower.tvo.org/)

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**NUMERACY WEBSITES**

- **Study Ladder**
  [https://www.studyladder.ca/](https://www.studyladder.ca/)

- **Zorbits**
  [https://zorbitsmath.com/](https://zorbitsmath.com/)

- **Splash Learn Math**
  [splashlearn.com](https://splashlearn.com)

- **TVO kids**
  [https://mpower.tvo.org/](https://mpower.tvo.org/)

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**BODY BREAK WEBSITES**

- ***Go Noodle**

- ***Yoga and Mindfulness for kids**
  [https://www.youtube.com/user/CosmicKidsYoga/?fbclid=IwAR16rAxaR5rGCgmgMA_AdLpZxdlQdyAJoCAIS1fCB35Qeog5AYrZZoIA](https://www.youtube.com/user/CosmicKidsYoga/?fbclid=IwAR16rAxaR5rGCgmgMA_AdLpZxdlQdyAJoCAIS1fCB35Qeog5AYrZZoIA)

- ***KIDZ BOP Daily Dance Break**

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**ADDITIONAL WEBSITES**

- **SPEECH AND LANGUAGE**
  - **March Activities**
  - **April Activities**
  - **April Literacy Calendar**

- **AUTISM TOOLBOX**

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**VIRTUAL FIELD TRIPS**

- **Cincinnati Zoo Animal Up Close**
  [http://cincinnatizoo.org/home-safari-resources/](http://cincinnatizoo.org/home-safari-resources/)

- **Ripley’s Aquarium of Canada – Shark Cam**

- **Tennessee Aquarium – Live-cams**
  [https://www.tnaqua.org/live-cams](https://www.tnaqua.org/live-cams)
<table>
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<th><strong>XPLORATION THERAPY</strong></th>
<th><strong>GARDENING SITES</strong></th>
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<td>The following sites have practical activities for home OT.</td>
<td><a href="https://blog.gardeningknowhow.com/top-of-the-crop/top-5-plants-seed-propagation-kids/">https://blog.gardeningknowhow.com/top-of-the-crop/top-5-plants-seed-propagation-kids/</a></td>
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**LDA–WE – TECHNOLOGY SUPPORT**

The staff at the LDAWE have been working to ensure that educators, students and their families have access to the tools they need to be successful. The LDAWE has assembled a list of **FREE learning resources and FREE Assistive Technology programs for both the Windows environment on laptops and the iOS environment on iPads.**

**LDAWE E-Learning resources**

**BOARDMAKER ONLINE**

Live Webinars, you will note the next one is April 14  
https://goboardmaker.com/pages/webinars  
Boardmaker has a free 90 day trial that parents could take advantage of if they would like to create things from home  
https://goboardmaker.com/blogs/news/boardmaker-online-working-from-home
Here are further instructions on how to log on to the: 
Boardmaker Student Centre

The Autism Helper
http://theautismhelper.com/emergency-home-school-kit/

*This resource is for students requiring a very solid schedule. They are asking for a donation of $0-$20 if you are able. There are 8 weeks of printable activities.