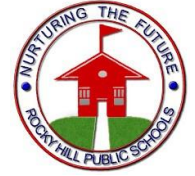


Enrichment Activity Matrix - Mid Kindergarten

Please visit the [Curriculum & Instruction](#) page of the district website for more Information.



Reading & Writing	Mathematics	Science and Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education/ Brain Break
<p>Choose a just-right book and read for at least 15 minutes.</p> <p>Don't have a book at home? Explore the activities on Jump Start Learn at Home.</p>	<p>Choose one Kindergarten activity on:</p> <ul style="list-style-type: none"> • Khan Academy • Math At Home 	<p>Extend Your Learning! Select a science topic from school. Visit NSTA or Science Fun to learn more.</p> <p>Bonus: Research a topic of your choice.</p>	<p>Be a Sugar Detective! Foods like yogurts, cereals, granola bars, sauces, dressings, and condiments are sneaky sources of sugar. The American Heart Association recommends kids should have less than 25 grams or 6 teaspoons of added sugars daily for a healthy heart.</p>	<p>Make Your Own Drum!</p> <ol style="list-style-type: none"> 1. Gather an empty carton, jar, or can. 2. Use a plastic bag or fabric to cover the top and secure it with an elastic. The tighter you pull the fabric, the better the sound. 3. Grab pencils as drumsticks and make some music! 	<p>Animal Walks! Crabwalk, inchworm crawl, snake slither, and duck walk. Practice walking this way from one room to another.</p>
<p>Read a fiction and/or nonfiction book on:</p> <ul style="list-style-type: none"> • LearningA-Z • Tumble books • PebbleGo • Epic! 	<p>Play a board game such as Monopoly Jr., Bingo, Memory match.</p>	<p>Safety Skills! Practice your phone number and address.</p>	<p>What Am I? Place a couple fruits and vegetables inside a box & have your child put his/her hand inside and try to guess what it is by feeling.</p>	<p>Draw/Paint to Music! Letting your creativity flow in response to music is a great way to let out feelings and relax.</p>	<p>Fitness in a Minute! Try performing activities for one minute: Jumping jacks, run in place, sit ups, push ups.</p>
<p>Encourage Young Storytellers! Have your child create a story from his/her own imagination. Bonus: Create pictures that go with the story.</p>	<p>Math Facts! Practice addition facts for at least 10 minutes.</p>	<p>Good Citizenship! Honesty Tell a story about when you told the truth, even though it was difficult.</p>	<p>Eating the Alphabet Taste Test! Choose a letter of the alphabet and taste fruits and vegetables that begin with that letter.</p>	<p>Musical Statues!</p> <ol style="list-style-type: none"> 1. Play music and dance. 2. Stop the music and freeze like a statue. Turn the music back on and continue dancing. 	<p>Mix It Up! Touch your elbow to your opposite knee 10 times on each side.</p>
<p>Play hangman.</p>	<p>Choose a game or printable from Greg Tang Math.</p>	<p>Let's Pretend! Pretend to be a mail carrier and deliver mail to everyone in your home.</p>	<p>Crunch Your Veggies! Snack on crunchy stuff like carrots or celery throughout the day.</p>	<p>Imagine It! Draw a picture of your favorite day.</p>	<p>Reading In Motion! Read a book while doing a wall sit up.</p>
<p>Draw and label a picture of your favorite part of a story.</p>	<p>Build jigsaw puzzles.</p>	<p>What Are You Wondering? Explore at Wonderopolis.</p>	<p>Show Off Your Brave Pose! Bonus: Draw a picture of yourself being brave.</p>	<p>Draw a new cover for a favorite book. What would you include? Why?</p>	<p>Math In Motion! Count to 10 while doing jumping jacks.</p>

- ◆ For more resources visit Cora J Belden's [Children Department](#)
- ◆ Need a new book to enjoy? Visit the [CT State Library](#). For books read aloud see the [Story time tab](#).