

Kindergarten Overall Expectations

Belonging and Contributing (BC)

Demonstrating Literacy and Mathematics Behaviours (DLMB)

Problem-Solving and Innovation (PSI)

Self-Regulation and Well-Being (SRWB)

Overall Expectations	BC	DLMB	PSI	SRWB
2. Demonstrate independence, self-regulation, and a willingness to take responsibility in learning and other endeavours				X
8. Develop movement skills and concepts as they use their growing bodies to move in a variety of ways and in a variety of contexts				X
9. Demonstrate literacy behaviours that enable beginning readers to make sense of a variety of texts		X	X	
10. Demonstrate literacy behaviours that enable beginning writers to communicate with others		X	X	
13. Use the processes and skills of an inquiry stance (i.e., questioning, planning, predicting, observing, and communicating)			X	
15. Demonstrate an understanding of numbers, using concrete materials to explore and investigate counting, quantity, and number relationships		X		
23. Use problem-solving strategies, on their own and with others, when experimenting with the skills, materials, processes, and techniques used in drama, dance, music, and visual arts				X
29. Demonstrate an understanding of the natural world and the need to care for and respect the environment	X			
30. Demonstrate an awareness of themselves as dramatists, actors, dancers, artists, and musicians through engagement in the arts	X			
31. Demonstrate knowledge and skills gained through exposure to and engagement in drama, dance, music, and visual arts	X			

Wellness Activities

Activity One *Visualization*

Think about your breathing. Take a deep breath in and exhale slowly. Think about how you would feel floating on a soft cloud.

Picture this as your mind takes you to a favourite place or think about something that makes you happy. Listen to the pace of your breathing, and concentrate on positive and happy thoughts.

Activity Two *Living Things*

Practice posing as the following living things. Take 3 to 4 deep breaths and for each pose exhale slowly and try to let go of all thoughts in your mind as you do this exercise. What other animals can you pose like?

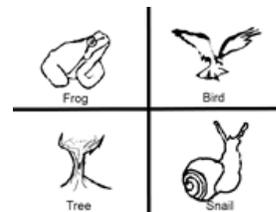


Image: TDSB



Activity Three *Daily Physical Activity*

- ❖ Move different body parts of your choice (arms, legs, neck, shoulders etc.) fast and then slow. Repeat each set five times.
- ❖ Try to move your body in any comfortable way, and “shake the sillies out” e.g., wiggling your arms, shaking your head etc.
- ❖ If there is someone to do this activity with, make up exercises and follow/ copy each other.

Activity Four *Singing*

Sing a song daily that makes you feel happy. It can be a song that you learned at school, a song that your family sings on a regular basis or a song that you’ve heard on the radio or television and you really enjoy singing it.

How does the song make you feel? Try performing it with actions, in front of someone, softly or loudly.

Wonders and Discoveries



Source: TDSB

1. What do you see?

I notice ...
I observe ...
There is a ...
It looks like ...

2. What do you think?

I think ...
I infer ...

3. What do you wonder?

I am wondering ...
Who ...
What ...
Where ...
Why ...
When ...

Wonders and Discoveries

▶ LANGUAGE

- ❖ Label the picture above using words that you know.
- ❖ Tell a story about this picture. Share your story.
- ❖ Write a sentence from the story you just shared. Use words from the word list to help you.
- ❖ Draw a picture of what you think happens next in this story.

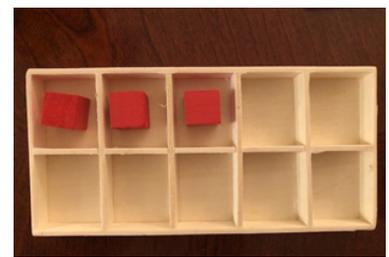
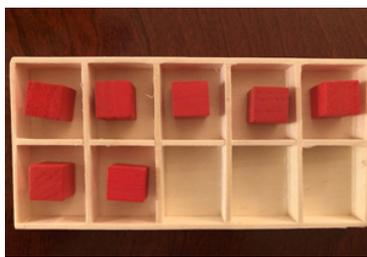
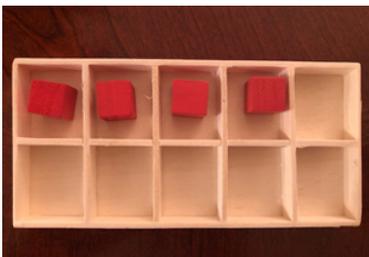
French Immersion: Use French words you know to label your picture. Use the sounds you hear in the word.

WORD LIST

I	and
the	is
at	we
to	love
a	like
in	go
me	it
mom	she
dad	he
my	said
am	they

Source: TDSB, 2000, Teaching Children to Read and Write, Toronto, ON: Toronto District School Board, Library and Learning Services.

▶ MATHEMATICS



Source: TDSB

Imagine that each cube you see above is a flower.

- ❖ How many flowers do you see?
- ❖ How many empty spots do you see for flowers to be added?
- ❖ How many more flowers do you need to make 10 for each picture?
- ❖ Draw, write or show your thinking.