

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?

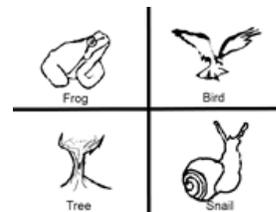


Image: TDSB



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

Look at the picture of the snail above:

1. What do you see?	2. What do you think?	3. What do you wonder?
I notice ... I observe ... There is a ... It looks like ...	I think ... I infer ...	I am wondering ... Who ... What ... Where ... Why ... When ...

Wonders and Discoveries

▶ LANGUAGE

- ❖ Read **The Growing Wonders Book**

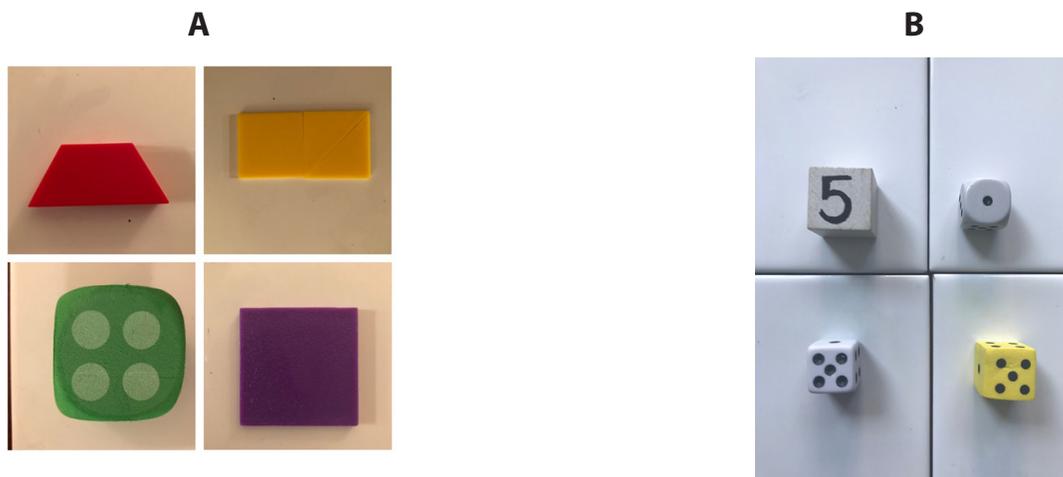
Word Play:

- ❖ Play a game of “I Spy” using the words in the story (e.g., “I spy a word with two letters. What could it be?”). Take turns playing this game with someone.
- ❖ Play a rhyming game: “I’m thinking of a word that rhymes with bat. What can it be?” Answer: “sat”. Take turns asking someone to guess a rhyming word using the words in the story. A rhyming word sounds the same as another word but has a different beginning sound.

In the French story:

- ❖ find the words that rhyme with each other.
- ❖ which words have the sound ‘i’ like ‘nid’?

▶ MATHEMATICS



Source: TDSB, Inspired by Which One Does Not Belong

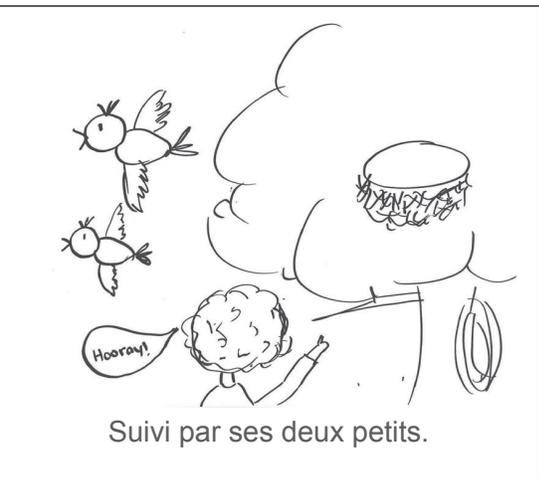
- ❖ Look at the images above.
- ❖ Think about which object does not belong in (A). Talk to someone about the reasons it does not belong.
- ❖ Think about which object does not belong in (B). Talk to someone about the reasons it does not belong.
- ❖ Look for objects in your home and find three objects that have something the same and one object that has something that may be different. The similarities that objects share are called attributes, (e.g. colour, size, shape, texture, position, length).
- ❖ Have someone in your home guess which one out of the four objects does not belong.

The Growing Wonders Book



Source: TDSB

The Growing Wonders Book

Une merveille	
 <p>Dans un arbre je vois un nid.</p>	 <p>Et là, un petit oiseau tout gris.</p>
 <p>Il tient deux beaux œufs au chaud.</p>	 <p>Et puis – quelque chose de nouveau!</p>
 <p>Le grand oiseau s'envole du nid,</p>	 <p>Suivi par ses deux petits.</p>

Source: TDSB