

# 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?

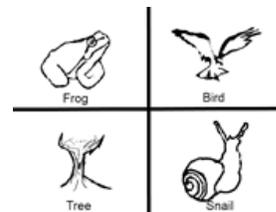


Image: TDSB



## 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 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 **Treaty Poem**.

When you make a *promise* to take care of the land, you are being a friend to the land.

- ❖ Draw a picture of how you *promise* to take care of the land. For example, you can draw yourself picking up garbage.
- ❖ Write words or sentences to explain your picture. Use words from the word list below to help you.

### Word Play:

- ❖ Identify the words from the “word list” that you can find in the Treaty Poem.
- ❖ Write and cut out the letters below. Move the letters around to create the word promise.

e	o	m	s	p	r	i
---	---	---	---	---	---	---

- ❖ Create other words using the same letters. What other words can you make?

### 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.

### Treaty Poem

By: Melissa MacLennan

A treaty is a promise,  
a promise to share.  
It's important to keep promises,  
to show that you care.

A promise of friendship,  
and sharing the land.  
To share food and water,  
and always lend a hand.

First people shared this land  
long ago, so we are all  
Treaty people and this I know.

Source: MacLennan, M (2017). Treaty Poem. Toronto, ON.

# Wonders and Discoveries

## MATHEMATICS

### Exploration 1



Source: TDSB

- ❖ Look at the picture of the shells. What patterns do you see? Explain to someone.
- ❖ Create a pattern using items from your home.
- ❖ Draw your pattern and label it (e.g., big, small, big, small).

### Exploration 2



Source: TDSB

- ❖ Count the total number of shells in the picture.
- ❖ Write this number. Write this number in words (e.g. 10 = ten).
- ❖ Count the big shells and count the small shells separately.
- ❖ Use the words “more” or “less” in a sentence to describe the number of big shells compared to the number of small shells. Share it with someone.

Can you use number words in French?  
Remember “plus que” and “moins que”