

Grade Kindergarten- Thursday, May 28, 2020

Lesson

Overview: This month in Science we will be studying the human body. For this week's lesson, we are going to focus on our brain. What does our brain help us do?

Things to Know:

1. Sit with mom, dad, grandparent or guardian, or your older brother or sister to enjoy the activities.
2. You will not need to write for this task. You will not need to submit any work for today's lesson.
3. This week's lesson for Science will be a continuation of our brain.
4. Listen to the fun videos explaining parts of the brain. Today you will complete brain breaks to exercise your brain.

Explanation: We are going to listen to

Tasks	Resources
Lesson Introduction: What is our brain?	Do you remember what you learned from Tuesday about our brain? Can you name a part of our brain?
1. Learn: Click on the link and listen/watch The video all about the human brain.	Here's a fun video to get your brain moving. Make sure you are in a safe spot to move around. Get some water if you want, you will be getting your body moving. Have fun!! https://safeYouTube.net/w/OKOE
2. Do: Get some materials to	Do you have dice at home? If so, you will want to use it for this game. If you do not have one, write the numbers 1- 4 on a piece of paper. Fold them up, so you can't see them, and then randomly pick. Now pick a

<p>play our game.</p>	<p>number or roll a die to try one of these brain breaks . Can you try 3 of them? It was emailed to you parents this morning if you need to look at it bigger.</p>
<p>3. Try: Can you play this brain break game? You are exercising your brain right now.</p>	<p>Roll Die or Pick a number to see which brain break you do: If you roll or pick a #</p> <ul style="list-style-type: none"> 1- You have 1 minute to hop on one foot. How many times can you hop in 1 minute? 2- As quick as you can: tap your head-touch your shoulder-clap your hands-tap your knees- repeat this activity 4 times. 3- Stand up tall with your feet together (just like our rocket movement break from school) lean your head down to touch your ear to your right shoulder (count to 5)- now put your head straight in the center (count to 5)- now put your ear to your left shoulder (count to 5). Stand up tall. Take 3 deep breathes. Do you feel calm and relaxed? I hope so! 4- Can you walk 5 steps in 5 different ways: try- a sideways step, backward step, a hop step, a front step, a kick your leg step? Could you do it?
<p>4. Extra Practice:</p>	<p>Sit close to a family member. Can you see them using their brains? What senses are they using right now to do what they are doing? Think about it... then share your findings with your family member.</p>
<p>5. How is this assignment turned into the teacher?</p>	<p>No assignments need to be turned in with the lesson today. Please just talk with a family member about what your brain does and how it helps us every day and what we can do to exercise it. We can also “conference” about your work if you are having difficulty during my “office hours”. Thank you and have fun learning today!</p>