

Learning at Home

JANUARY 2020

Please aim to work with your child 15 minutes per night, four times per week. These activities can be adjusted to fit your schedule and can be completed on nights that work best for your family. You can challenge or support your child by adjusting the tasks as needed.

Math and literacy skills are embedded in real-life experiences and activities. A trip to the grocery store can provide a rich learning opportunity for you and your child to take part in together, regardless of their age.

Learning can begin before leaving the house, as you plan where to shop and what to shop for.

Getting Ready to Shop

Literacy Tips

- **Read recipes together**, either online or from a cookbook, and select a recipe to make.
- **Write a grocery list together.** Encourage younger children to say the words slowly so they can better hear the letter sounds. They may need to say the word many times to write most of the letters. Encourage your child to try their best and don't worry if words are not spelled perfectly.
- **Have your child copy words** from food labels or recipes when making the grocery list.

Math Tips

- **Look at flyers or a free app** such as Flipp to find the best prices for the items on your shopping list.
- **Have your child get involved.** Younger students can practice reading the prices with you, and older students can round item prices to the nearest dollar to determine the approximate cost of the shopping list.
- **Older children can solve problems** for finding the best deals. Example: Is the pack of 40 granola bars for \$10.98 at one store a better deal than 5 for \$1.88 at another?

Math at the Grocery Store

A grocery store provides many ways for children to learn. Here are some ideas from TVO's Teach Ontario:

- **Geometry (rectangular prisms and cylinders):** Ask your child to identify food items that are packaged in rectangular prisms (e.g., cereal, pancake mix) and cylinders (e.g., soup, tuna). Talk about the three-dimensional packaging. Can they find other 3D shapes?
- **Rows, columns and multiplicative thinking:** Most items at the grocery store are organized into neat "rows and columns" displays. Ask your child to estimate how many cans are on display. How many columns are there? What about rows? Can you use the number of cans in each row and column to determine how many cans there are altogether?
- **Benchmarks, estimation and money:** Estimating the cost of the total price of the items in your grocery cart is a great skill for both adults and children. An easy way to estimate is by using benchmarks of \$2, \$5, and \$10.

Use these numbers to approximate the cost of the items you will purchase. Set a budget and try to come as close to or under the budget as you can.

- **Weight measurement:** Weigh one piece of fruit and ask your child about how much a larger group will weigh. For example, one apple has a weight of about 200g. Ask your child the approximate weight of 4 apples.

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- **Sorting and organizing:**

When you return home from the grocery store, children can practice sorting and organizing items. Take turns sorting items and guessing the sorting rule.

- **Calculating mean (average):**

Keep grocery store receipts for a few months. Have your child calculate the average amount of money spent. Try having them calculate the cost by food group.



- Many items in the grocery store come in a variety of flavours or types. **Have your child look for a specific item for you by reading the labels.** For example, can they find the strawberry greek yogurt? What about shoestring fries?
- **Think about vocabulary.** Position words can be problematic for some children. Use words such as above, below, under, top, bottom and between when describing where items are. You can also introduce your child to words you may not use very often such as carton, dairy, produce or aisle.

Online supports and useful links

French as a Second Language: www.fslhomeworktoolbox.ca
Cursive writing practice sheets: www.kidzone.ws/cursive
Keyboarding games: www.typinggames.zone

Dolch Word Lists

You can use these words to play games with your child. Don't worry too much about the exact grade level listed for each section. Look for words that are just starting to become challenging for your child.

Try making two sets of cards to play Memory or Go Fish. Working with ten to fifteen words at a time makes games more fun and the words easier to learn.
<https://sightwords.com/sight-words/dolch/#lists>

Les mots de haute fréquence - High Frequency Words

Access frequently used French words at the following link:
<http://www.rainbowschools.ca/wp-content/uploads/2019/09/motsfr.pdf>

Visit rainbowschools.ca to access any of these links directly. Click on Parents. Click on Resources for Parents.

Literacy at the Grocery Store

- **Choose a letter as you walk into the store.**

As you walk through the aisles, play a game where you are looking for items that start with the same letter.

- **Have your child read the grocery list** to you.

Let them tell you what to look for next.