



HOME LEARNING



The Department of Education and Lifelong Learning recommends home learning that focuses on three key areas:

HEALTH AND WELL-BEING, LITERACY and NUMERACY.

- Activities are generic in nature.
- If something is too difficult, students can move on to something else.
- There will be no testing on the activities provided here.
- Consider completing a variety of literacy, numeracy, health and well-being activities during the week.

HEALTH AND WELL-BEING

Understandably, this is a stressful time for families. It might make students feel better to plan a daily schedule together that includes time for some fun educational activities such as baking, cooking, playing games, reading aloud, playing outside, doing a craft, drawing, colouring or painting.



It might be helpful for parents to review the information from the Centre for Disease Control around managing stress and anxiety related to the Covid-19 virus. This can be found by clicking [HERE](#).

PHYSICAL ACTIVITY

All students can benefit from a minimum of 60 minutes of moderate to vigorous (heart pumping!) physical activity every day. Physical activity improves physical and mental health, including easing anxiety and depression, and improving sleep. Click on these **free** resources:



FREE PLAY

It is important for students to have free play time. This will boost their learning. Free play can take place **indoors** and **outdoors** using their existing toys and most everyday items found at home; such as recycling materials, yarn, buttons, tools, and playdough. It is important for students to have opportunities to play outdoors. A connectedness to nature is good for mental health.



LITERACY

Primary/Elementary

- Students can read and talk about their books daily.
- Parents can read aloud to their students daily.
- Students can write daily and share what has been written.
- Click [HERE](#) for some literacy tips that may be helpful.
- Click [HERE](#) for Tumblebooks, which provides many free books online, including read-alouds.

Intermediate/High School

- Students can read every day.
- Students can write every day. Suggestions include journal entries, stories, songs, poetry, blog posts, and writing about books/movies.
- There are many great topic ideas online. Click [HERE](#) to try one!
- Students can talk about their reading and writing with family and via technology with friends.

SORA

There is a **free** app called SORA that allows **all K-12 students** to borrow ebooks and audiobooks.

- SORA can be downloaded on personal devices ([App Store](#) or [Google Play](#));
- SORA allows students to also access the PEI Public Library (no library card is needed);
- SORA instructions can be found by clicking [HERE](#).



NUMERACY

Primary/Elementary

- Students can engage in activities that require problem-solving, turn-taking, active thinking, and exploration.
- Students can practice their math facts - addition, subtraction, multiplication and division.
- Click [HERE](#) for some numeracy tips that may be helpful.



Intermediate/High School

- Students can review and practice units that have already been taught.
- Students may have access to instructional materials provided by their teachers.
- If not, click [HERE](#) for some instructional videos that may be helpful in the short term.



FRENCH IMMERSION



- To promote a French environment, students can listen to French music, tv shows or radio.
- Students can write and read daily.
- Click [HERE](#) for access to Tumblebooks (choose the language in the top right corner).