

Practical Life / Self Care

- Continue with the Gratitude Jar. Here are some pictures of what others have created to give some inspiration ☺



November

PRACTICAL LIFE BINGO

Here's how to play:

Choose a square and complete the practical life activity. Fill in the date the work was completed. Write a response in your work journal for at least one activity each week. If able, please include photos, draw pictures, or include anything creative to show when/where/why/how you completed the activity. Ask an adult for help, guidance, and materials when needed. Students may need support/supervision/a lesson on how to complete the activity. Families are encouraged to participate in the process. Good luck!

November 6th National Nacho Day! Make nachos and be the one to slice the toppings or add the fixings!	Make a harvest salad- count how many colors you add in with each ingredient?	Visit a library or bookstore. Find a corner and sit to read a book there.
Make place cards for everyone in your house. Use these all month at dinner or for your harvest feast.	Do a random act of kindness for someone in your life. A random act of kindness can be something as easy as saying something nice, holding a door or being helpful at home.	Go outside. Look for an animal. Observe how it moves or behaves. Add this observation to your Nature Journal.
Make a dried seed pod arrangement or art project.	Free Space	Bundle up in warm gear and walk a nearby trail with your family.
Read a book to your dog, your mom, your sister or pet bird.	Learn the words to <i>Over the River and Through the Woods</i> by Lydia Child and the Canadian folk song <i>Land of the Silver Birch</i>	Make a poster or placemat of all that you are thankful for:)

- Use tools! (i.e. hammer, screwdriver, wrench, etc.). The wrist motions needed to use these tools are great for developing a child's fine motor skills!
 - Ideas: bird house, hammer into a plank of wood, twist nuts and bolts together.
 - Think about the necessary safety gear you may need, such as safety glasses.

