



# **AMERICA SCORES**

## **Chicago**

Physical Activity and Literacy Activities To Do  
At Home

# Grades K through 2nd



Hello!

We miss seeing you at school – and we are sure that you miss being at school too!

This packet includes fun soccer and fitness, poetry, writing, and service activities that you can do with your family and friends while you are at home!

We can't wait to see you soon!

The America SCORES Chicago Team



# Day One Physical Activity

## “Rock, Paper, Scissors Extreme”

Today’s “Rock, Paper, Scissors” game is fun, interactive, and all you need is one other person and your hands!

- Players say aloud, “Rock, Paper, Scissors ... Show!”, and on the word “Show”, you reveal either a “Rock”, “Paper” or “Scissor”
- Rock beats Scissors
- Paper beats Rock
- Scissors beats Paper
- *Example:* Player 1 lost the round, who must now do 10 Jumping Jacks. Continue playing “Rock, Paper, Scissors” and repeat the exercise after each round.
- Play until someone has performed 50 total Jumping Jacks.



*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of playing “Rock Paper Scissors Extreme”! We will be doing a raffle once school starts! We’d also love to share your Rock, Paper, Scissor skills on Facebook, Instagram, and Twitter! You can:*

- *Email it to us at [info@chicagoscores.org](mailto:info@chicagoscores.org)*
- *Text it to Coach Jess at (224) 801-2365*

# Day Two Literacy Activity

## "Self Portrait"

### Overview

Today, you will listen to and read a poem. After, you will use drama and movement to express the meaning of a poem, and your favorite part in the poem. Lastly, you will draw a Self-Portrait answering questions about good health and how to maintain a healthy lifestyle.

### Warm-Up

- Read the poem *Naming Things* below.
- Share your favorite part after the poem is read.
  - a. For example: "My favorite part was when the poet called the umbrella 'Big Al' because it made me think about what I would name my own umbrella."
- Now, act out the poem (for example: pretend to be holding an umbrella when saying "... and your umbrella, Big Al")

### ***Naming Things***

*I love to give things names.*

*I think I'll call you Hal.*

*I'll also call your sweater Fred  
and your umbrella, Big Al.*

*I can't stop naming things.*

*I name everything I see.*

*My baseball's name is Sherman  
and my bat's named Woe S. Me.*

*My shoes are Brett and Bart.*

*My socks are Rick and Rack.*

*My jeans are Walkin' Willie  
and my T-shirt's named Bo Jack.*

*My eyes are Moose and Juice.*

*My feet are Stan and Fran.*



*Finally, the other day,  
my mother sat me down.  
She said, "You must stop naming  
everything you see in town."*

*I promised I would stop it.  
Then I named her necklace Bud.  
So now I have a new name of my own  
... MUD!*

## **Lesson**

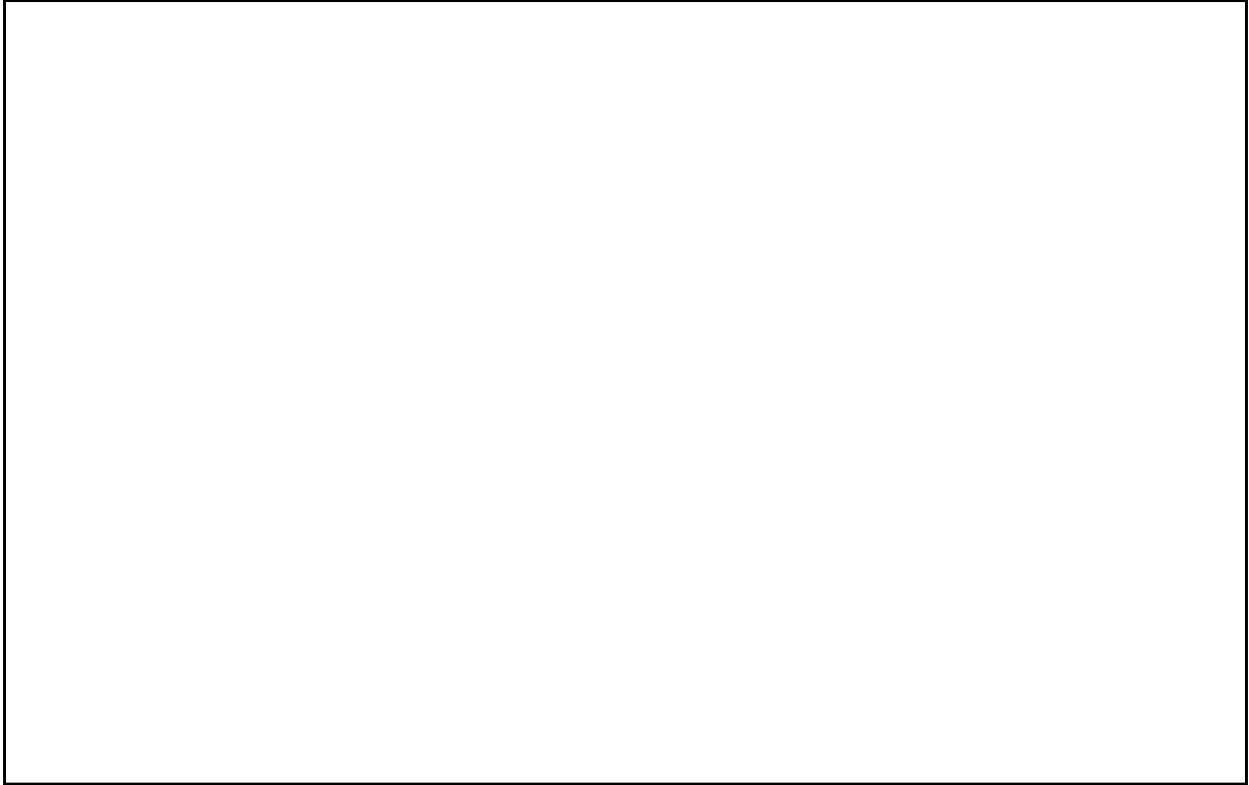
- Create a Self-Portrait by answering the questions and drawing your answers in the box:
  - a. What is your name and what grade are you in?
  - b. What are you going to do this week to keep your body healthy?
  - c. What foods should you choose to eat?
  - d. What sports or games should you play?
  - e. Why should you keep your body healthy?
- If you can, write out your answers in the lines below the box so you can remind yourself how to stay healthy!

*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Self Portrait"! We will be doing a raffle once school starts! We'd also love to share your writing skills on Facebook, Instagram, and Twitter! You can:*

- Email it to us at [info@chicagoscores.org](mailto:info@chicagoscores.org)
- Text it to Coach Jess at (224) 801-2365



# Self-Portrait



---

---

---

# Day Three Physical Activity

## “People to People”

### **Overview:**

Today’s activity will be focusing on teamwork and communication with a partner. This activity is important because it practices collaboration among partners and allows you to think on-the-spot and under pressure -- which you will have to do in life!

This game should only be played with the people you have been staying home with.

### **How to Play:**

1. Have players stand in pairs and spread out as much as possible throughout the space.
2. A Leader will call out “front to front” and partners should face each other.
3. The Leader should then call out a few more instructions from the examples below. The partners should follow what the Leader says.
4. After 4-5 different calls, the Leader should shout “CHANGE” and the players will run, find a new partner, and stand in the position of the last direction called.

Example directions:

- back to back
- elbow to elbow
- side to side
- toe to toe
- finger to finger
- knee to knee
- hand to hand

The directions also don’t have to be the same thing! You can mix it up:

- back to elbow
- shoulder to knee
- hip to toe

Get as creative as you can with your directions!



## Cool Down

With your same partner, assign one person to start as the forward and the other as the defender.

- The forwards can shuffle or move in any direction while the defender has to stay in front of the forward by facing them the entire time doing the same movement.
- After 30 seconds, switch roles. After another 30 seconds, do 20 jumping jacks together as partners.

*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "People to People"! We will be doing a raffle once school starts. SCORES is using Facebook, Instagram, and Twitter, and we'd love to include your video / poem! You can:*

- Email it to us at [info@chicagoscores.org](mailto:info@chicagoscores.org)
- Text it to Coach Jess at (224) 801-2365



# Day Four Literacy Activity

## “Many Moods”

**Overview:** This activity focuses on recognizing emotions. This is important so children can learn about emotions and share how they’re feeling with one another. This activity involves an adult or older sibling and a child.

**Warmup:** Sing “If you’re happy and you know it”

If you’re happy and you know it \_\_\_\_\_

*Example:* clap your hands (\*\* clap hands twice \*\*)

If you’re happy and you know it and you really want to show it

If you’re happy and you know it \_\_\_\_\_

*Example:* clap your hands (\*\* clap hands twice \*\*)

Other Examples:

..... Stomp your feet!

..... Shout “Hooray!”

..... Slap your Knees!

..... Turn Around!

..... (Create your own)

**Lesson:**

1. The adult or older sibling should name a bunch of different items or activities to the child and see what their reactions are (don’t tell them this is what you’re doing!).
  - a. *Examples:* big dogs, popsicles, losing a game, winning a game, thunderstorms, getting in trouble, being lost, swimming, finding a dollar, crying babies
2. See what the child’s reaction is after you give examples. (The adult or older sibling may start by demonstrating one reaction. No noises or calling out stories!!).
  - a. Move quickly through the items/activities and don’t stop for discussion until the end.
3. When you’re done listing the items, ask the child to share a face they were making when three of the example words in 1a were said. (Happy? Sad? Scared? Annoyed? etc.)



4. Guide the child to express how they are feeling today. "Today I am feeling..."
  - a. Everyone handles their feelings differently so they can have different responses. For example, "Today I am happy" may result in singing, smiling, dancing, laughing, or many other actions!
5. Explain how, in life, you will feel *many* different moods and emotions and that is OKAY. We all have feelings because we are human, and we want to share our many moods and emotions with people we love and trust.

*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of you playing "Many Moods"! We will be doing a raffle once school starts. You earn a TLC ticket for each photo / video you send. SCORES is using Facebook, Instagram, and Twitter for programming, and we'd love to include your video / poem! You can:*

- *Email it to us at [info@chicagoscores.org](mailto:info@chicagoscores.org)*
- *Text it to Coach Jess at (224) 801-2365*



# Day Five Game Day

## “High Five Fun”

**Overview:** This activity involves creativity, high-fiving, and could create a lot of laughter. This is also a good way for kids to practice rhyming and making sentences.

**Warm-Up:** Come up with a list of 10 rhyming words and after each one you think of, give somebody a high five. (Ex. cat, hat, bat). You’ll then use these words to make up your own high five game, so don’t forget them!



### **Lesson:**

You’ll follow the sequence:

- High Five (give a high five)
- Down Low (give a high five lower than your hip)
- Too Slow (move your hand away so fast that the child can’t give you a high five)

Now, take the rhyming words from your warm up and try to come up with your own.

- For example:
  - High Five, on the roof (give a high five up high), you’re a goof
  - High Five, up the tide, down the slide

*Earn a virtual Teamwork, Leadership, and Commitment (TLC) ticket by sending us a photo or video of playing “High Five Fun”! We will be doing a raffle once school starts! We’d also love to share your High Five skills on Facebook, Instagram, and Twitter! You can:*

- Email it to us at [info@chicagoscores.org](mailto:info@chicagoscores.org)
- Text it to Coach Jess at (224) 801-2365

