YOUNG PRESCHOOL
Trees and Plants
Early Childhood Distance Learning Materials
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**HOME LEARNING BABY BINGO BOARD**

**DIRECTIONS FOR EACH DAY THIS WEEK:** The goal is to do 5 activities in each area. After you complete an activity, color in the box and show it is done. The goal is to have a blackout by the end of the week with every box colored in!

<table>
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<tbody>
<tr>
<td><strong>Literacy</strong></td>
<td><strong>Exercise</strong></td>
<td><strong>Arts</strong></td>
<td><strong>Regulation</strong></td>
<td><strong>Numbers</strong></td>
</tr>
<tr>
<td>Read 15 minutes with your child</td>
<td>Have a family dance party!</td>
<td>Draw a picture of what are doing today</td>
<td>Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times.</td>
<td>Count 1 to 20</td>
</tr>
<tr>
<td>M T W R F</td>
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</tr>
<tr>
<td>Use handwriting sheet to write name</td>
<td>Create an obstacle course in your home and run it 5 times</td>
<td>Make up a new song</td>
<td>What did you do to show kindness? Draw a picture.</td>
<td>Find items in your house you can make patterns with. Can you make an AB pattern?</td>
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</tr>
<tr>
<td>Retell main events in your favorite book</td>
<td>Find color free dance on YouTube and dance to it</td>
<td>Use objects from around your house to create a new art project</td>
<td>Choose a job that you can do today to help your family</td>
<td>Complete one lesson from the math packet</td>
</tr>
<tr>
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<tr>
<td>Complete one lesson from the literacy packet</td>
<td>Go outside and practice skipping, hopping on two feet, galloping and running.</td>
<td>Complete one lesson from the Arts packet</td>
<td>Help your child make a daily schedule that you can put up in your house</td>
<td>Find shapes in your house and draw them on paper</td>
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</tr>
<tr>
<td>Name some words that rhyme with: cat, dog, bed, map</td>
<td>Do each stretch for 10 second hold and repeat 3 times: baby pose, up dog, down dog, tree pose</td>
<td>Use scissors to practice cutting paper in straight lines and zig zag lines</td>
<td>Help your child identify a space to go to help them feel calm</td>
<td>Find a block and use it to measure your bed, a table and a chair. How many blocks tall are they?</td>
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<tr>
<td>Do a leaf rubbing</td>
<td>Climb a tree</td>
<td>Make up a dance to your favorite song</td>
<td>Sit under the shade of a tree and breathe deeply</td>
<td>How many trees can you see from your window? On a walk?</td>
</tr>
</tbody>
</table>
DAILY CHECK-IN
Tell me how you’re feeling today?

- **MONDAY**: Make a CIRCLE with a **BLUE** crayon
- **TUESDAY**: Make a TRIANGLE with a **RED** crayon
- **WEDNESDAY**: Make a SQUARE with an **ORANGE** crayon
- **THURSDAY**: Make a CLOUD with a **PURPLE** crayon
- **FRIDAY**: Make A SHAPE OF YOUR CHOICE with a **GREEN** crayon
### SOCIAL EMOTIONAL DEVELOPMENT & SOCIAL SYSTEMS COGNITIVE ACTIVITIES

<table>
<thead>
<tr>
<th>ACTIVITY #1 TITLE</th>
<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tree Breath</td>
<td>Learning to Count While Talking</td>
<td>Tree Breath Template</td>
</tr>
</tbody>
</table>

#### ACTIVITY/LESSON DESCRIPTION

Breathe while point out the little trees. Breathe out while pointing at the trees.

Breathe in through your nose

**Count:**

1  2

Breathe out,

**Count:**

1  2  3
<table>
<thead>
<tr>
<th>ACTIVITY #2 TITLE</th>
<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coloring Together</td>
<td>Uses fingers and hands. Uses writing and drawing tools.</td>
<td>Large piece of paper and markers, or colored pencils, or crayons, or make a dot marker.</td>
</tr>
</tbody>
</table>

**ACTIVITY/LESSON DESCRIPTION**

Place the paper that you have on the floor and sit with your child on the floor. If you have a big piece of paper it is fine for your child to sit on the paper. Grab any drawing tool that you have and ask your child to join you. You can draw an outline of a tree, or a flower and ask your child to help you color it.

<table>
<thead>
<tr>
<th>ACTIVITY #3 TITLE</th>
<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga</td>
<td>Learning to Breathe to Calm</td>
<td>Yoga Cards</td>
</tr>
</tbody>
</table>

**ACTIVITY/LESSON DESCRIPTION**

Use these cards to practice poses and deep breathing.
# LANGUAGE, LITERACY & COMMUNICATION ACTIVITIES

<table>
<thead>
<tr>
<th>ACTIVITY #1 TITLE</th>
<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper &amp; Lowercase Letter Matching Hole Punch</td>
<td>To Identify corresponding upper and lower case letters, while also building on fine motor skills</td>
<td>Print out, Hole Puncher and Scissors</td>
</tr>
</tbody>
</table>

**ACTIVITY/LESSON DESCRIPTION**

With Parent or Independently. Cut along the outer dotted lines to make the strips easier to hand and allow kids to hole punch them. The letter bank has two lines of letters to allow more variety of letters in the bank. Kids can find the lowercase letters, in the word bank, that match the uppercase letter. Once they have found the matches they can hole punch them. When that strip is complete, they can move on to the next.
<table>
<thead>
<tr>
<th>ACTIVITY #2 TITLE</th>
<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rainbow Alphabet</td>
<td>Matching colors of the rainbow with the corresponding magnetic letter color</td>
<td>Large white paper, colored markers, colored letter magnets and tape</td>
</tr>
</tbody>
</table>

**ACTIVITY/LESSON DESCRIPTION**

With parent/caregiver OR independently.

Draw a rainbow on a larger piece of paper and tape it down to a table or a magnetic surface (like the refrigerator or a cookie sheet). Have your child match the color of the rainbows with the corresponding letter colors.
# Activity #3 Title

<table>
<thead>
<tr>
<th>Activity</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter Collage</td>
<td>Letter Recognition, Fine Motor Skills and Spatial Awareness</td>
<td>Letter Collage Page of Letter T, found materials (leaves, twigs, bark, etc.) and Glue</td>
</tr>
</tbody>
</table>

## Activity/Lesson Description

With parent/caregiver

The letter T stands for Trees! Take a walk with your child to look for leaves, twigs, bark, or any other tree related items and use them to fill the blank space in the T using glue.

Color or draw inside the letter. Then see if you can cut it out!
The Letters Of Literacy 2017
Early Childhood Distance Learning Materials
Y r przyizyw
yrstuvowzy
Z xezilpszie
szieglpuzii

The Letters Of Literacy 2017
LANGUAGE, LITERACY & COMMUNICATION
INDEPENDENT PRACTICE
DIRECTIONS: Read / Listen to these books

The Tiny Seed by Eric Carle
https://www.youtube.com/watch?v=5z76OqjF6fU&feature=youtu.be

Lola Plants a Garden by Anna McQuinn
https://youtu.be/f01WcOO8vbM

Planting a Rainbow by Lois Ehlert
https://www.youtube.com/watch?v=sti3PXBeVag

A Tree is Nice by Janice May Udry
https://youtu.be/YnpO1EpfDT4
## The Arts & Sensory Activities: Music & Movement

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make your own instrument: Rainstick</td>
<td>Explores dance and movement. Uses fingers and hands.</td>
<td>Cardboard roll, Beans or rice, Decorative tape (optional), or you can use paint or markers for decoration. Duct tape</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Decorate the tube. Add the beans or rice. Tape the ends with duct tape, and enjoy the sound with your child.
<table>
<thead>
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</tr>
</thead>
<tbody>
<tr>
<td>Dance</td>
<td>Demonstrate Balancing Skills</td>
<td>Computer or Phone</td>
</tr>
</tbody>
</table>

**ACTIVITY/LESSON DESCRIPTION**

Play the song "If I were a Tree" by Jason Mesches following this link [If I Were A Tree (Tu B’shevat Song)]. Ask your child to follow your movements.
### ACTIVITY #3 TITLE
<table>
<thead>
<tr>
<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Seed</td>
<td>Learning how trees and plants start to grow. Using their oral skills and creative expression to sing along.</td>
</tr>
</tbody>
</table>

### ACTIVITY/LESSON DESCRIPTION

“Here’s a little seed, in the dark, dark ground.”
Hold left hand on top of right hand - right hand is in a ball.
“Out comes the warm sun, yellow and round.”
Stretch out both hands to represent the sun.
“Down, comes the rain, wet and slow.”
Hold hands close, and charade the hands down to represent the rain falling down.
“Up comes the little seed, grow, grow, grow!” Hold both hands together and spout them up.

---

**Little Seed**

Tune: I’m a Little Teapot

Here’s a little seed
In the dark, dark ground.

Out comes the warm sun,
Yellow and round.

Down comes the rain,
Wet and slow.

Up comes the little seed,
Grow, grow, grow!

[Source: NuttinbutPreschool.com]
### Activity #4 Title: Blooming Paper Flowers

**Learning Goal/Objective:** Demonstrates knowledge of the characteristics of living things. Counts. Uses fingers and hands.

**Materials:**
- Copy paper
- Container of water
- Scissors
- Markers

#### Activity/Lesson Description

Start by cutting out some paper flowers, then colored them with markers. Fold the flower petals into the center. You don’t want to fold them tightly, just a loose fold or they won’t open. Do not press the creases too tight. Fill a plastic container with a few inches of water. Place the fold flower into the water. The paper will absorb the water causing it to open the petals.

### Activity #3 Title: Nature Head

**Learning Goal/Objective:** Using creative expression and coordination to add flowers to the head as hair.

**Materials:**
- Flowers and Leaves
- Face Outline

#### Activity/Lesson Description

Talk about hair and where the hair is located on the head. Put glue on the top of the head, and then have the student put their desired hair on.
## MATHEMATICS & SCIENCE ACTIVITIES

<table>
<thead>
<tr>
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<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Window Greenhouse</td>
<td>Lifecycle of plants, STEAM</td>
<td>Seeds, Paper Towel or Cotton Ball, Ziplock bag, Tape</td>
</tr>
</tbody>
</table>

### ACTIVITY/LESSON DESCRIPTION

With Parent then Independently

Students will “plant” a seed by putting it with a moist paper towel or cotton ball into a baggie and tape it to a window. Students will be able to witness and measure the growth of their seedling over time.

<table>
<thead>
<tr>
<th>ACTIVITY #2 TITLE</th>
<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlorophyll Rubbings</td>
<td>Parts of Plants, STEAM</td>
<td>Leaves, grass, plant parts that are green, tree print out, metal spoon</td>
</tr>
</tbody>
</table>

### ACTIVITY/LESSON DESCRIPTION

Chlorophyll paintings are a fun and creative way to integrate art and science as students learn about plants, the process of photosynthesis, and how a plant makes its own food.
<table>
<thead>
<tr>
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<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>PomPom Shooters</td>
<td>Engineering, STEAM</td>
<td>• Yourself Pom poms! 1” or smaller work best (Don’t have pom poms? Cotton balls, marshmallows, and crumpled balls of paper work too.) • Pool noodle, cup, or toilet paper roll • Balloons • Scissors • Duct tape • Paper, cardboard, or card stock (for target) • Pencil, pen, or markers (for target)</td>
</tr>
</tbody>
</table>

**ACTIVITY/LESSON DESCRIPTION**

![Image of colorful craft materials](image-url)
MATH & SCIENCE INDEPENDENT PRACTICE
ACTIVITY #1

DIRECTIONS: Students will “plant” a seed by putting it with a moist paper towel or cotton ball into a baggie and tape it to a window. Students will be able to witness and measure the growth of their seedling over time.
MATH & SCIENCE INDEPENDENT PRACTICE
ACTIVITY #2

DIRECTIONS: To make the paintings:

1. Fold a sheet of white paper in half. Place several leaves between the folded paper.
2. Press firmly on the leaves between the pages and rub with a metal spoon. Avoid plastic spoons as they break when pressed as firmly as necessary.
3. It’s best not to use leaves with a waxy feel since they are harder to press and don’t release their chlorophyll easily.

Your child may find that after they start rubbing with the spoon they may want to use their fingers to rub it instead. While doing this activity, talk about the texture of the leaves, what they notice works best, and what the green in the leaves actually is.
MATH & SCIENCE INDEPENDENT PRACTICE
ACTIVITY #3

DIRECTIONS:

1. The first step is to cut the body of your shooter. If you’re using a toilet paper roll, skip this step. If you’re using a pool noodle, cut off a length about 4” long. And if you’re using a paper cut, grab a knife and an adult to do this. Carefully cut out the bottom of the cup so it’s open on both ends.
2. Grab a balloon and tie a knot in the end. Cut off about 1/4” of the tip end (away from the knot).
3. Stretch the balloon over the end of the pool noodle, cup, or toilet paper roll as far as you can, centering the knot over the hole.
4. Secure the balloon to pool noodle, cup, or toilet paper roll with duct tape.
5. This is the part where it gets really fun. Pointing away from others, insert a pom pom into the shooter, pull the balloon knot, and FIRE! If you’re using a toilet paper roll or cup, point the open end upwards towards the sky a bit for shooting. This makes the pom pom drop down into the balloon and get a bigger force. The pool noodle doesn’t need this because it has a hole in the middle that helps compress the air for greater force.
HANDWRITING ACTIVITIES

<table>
<thead>
<tr>
<th>ACTIVITY #1 TITLE</th>
<th>LEARNING GOAL/OBJECTIVE</th>
<th>MATERIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weather Tracing</td>
<td>Pre-Writing, Fine Motor Skills</td>
<td>Colored Pencils, Worksheet</td>
</tr>
</tbody>
</table>

ACTIVITY/LESSON DESCRIPTION

With parent/caregiver
Have your child trace the various weather related dotted lines with color pencils.
### ACTIVITY #2 TITLE
- **LEARNING GOAL/OBJECTIVE**: Pre-Writing, Fine Motor Skills
- **MATERIALS**: Pencils, Crayons, Markets, Stickers

**ACTIVITY/LESSON DESCRIPTION**

Each day, have your child “write” in their journal.

- Monday - Trace your hand
- Tuesday - Cover your name in stickers
- Wednesday - Draw your favorite tree
- Thursday - Draw a picture of your family
- Friday - Free Draw

### ACTIVITY #3 TITLE
- **LEARNING GOAL/OBJECTIVE**: Pre-Writing, Fine Motor
- **MATERIALS**: Worksheets, Big Pencils

**ACTIVITY/LESSON DESCRIPTION**

Independently without parent/caregiver

Use the provided worksheets to trace lines. Remember, practice matters more than perfection.
IT'S RAINING!

YES!
THE SUN IS SHINING

YES!
THE LIGHTNING IS STRIKING

YES!