



# Early Childhood Distance Learning Materials



Older Preschool

Week #11

June 29 - July 3, 2020

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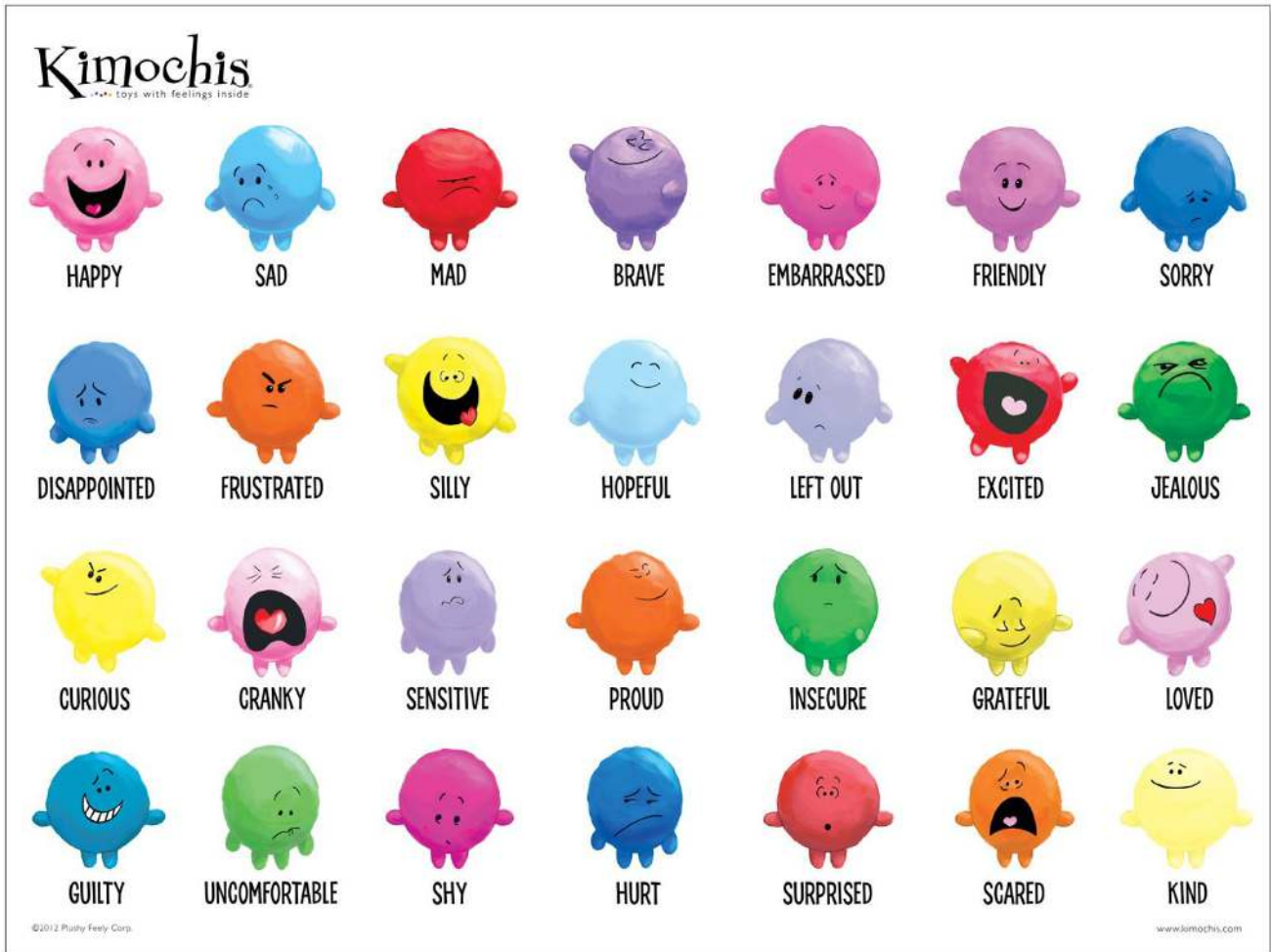
## Home Learning Bingo Board

**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! Get ready...get set...LEARN!

<b>L</b> <b>Literacy</b>	<b>E</b> <b>Exercise</b>	<b>A</b> <b>Arts</b>	<b>R</b> <b>Regulation</b>	<b>N</b> <b>Numbers</b>					
Read 15 minutes with your child  <div style="border: 1px solid black; display: inline-block; padding: 2px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="padding: 2px;">M</td> <td style="padding: 2px;">T</td> <td style="padding: 2px;">W</td> <td style="padding: 2px;">R</td> <td style="padding: 2px;">F</td> </tr> </table> </div>	M	T	W	R	F	Have a family dance party!	Draw a picture of what you are doing today	Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times	Count 1 to 20
M	T	W	R	F					
Use handwriting sheet to write name	Create an obstacle course in your home and run it 5 times	Make up a new song	What did you do to show kindness? Draw a picture	Find items in your house you can make patterns with. Can you make an AB pattern?					
Retell main events in your favorite book	Find color freeze dance on Youtube and dance to it	Use objects from around your house to create a new art project	Choose a job that you can do today to help your family	Complete one lesson from the math packet					
Complete one lesson from the literacy packet	Go outside and practice skipping, hopping on two feet, galloping, and running.	Complete one lesson from the Arts packet	Help your child make a daily schedule that you can put up in your house	Find shapes in your house and draw them on paper					
Name some words that rhyme with: cat, dog, bed, map	Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down do, tree pose	Use scissors to practice cutting paper in straight lines and zig zag lines	Help your child identify a space to go to help them feel calm.	Find a block and use it to measure your bed, a table, and a chair. How many blocks tall are they?					
Make a book with blank paper bound with a staple	Eat a rainbow of fresh fruit and vegetables	Paint the sidewalk with water and a paintbrush	Go on a nature walk	How high can you count? Can you count backwards?					

# 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 **PINK** crayon

**Friday**

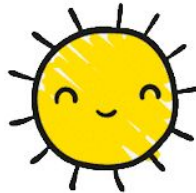
Make **A SHAPE OF YOUR CHOICE** with a **GREEN** crayon

Social Emotional Development &  
Social Systems Cognitive Activities

# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.



Practice self-care for yourself to set the standard.

Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

<b>Activity #1 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Shaving Cream Faces	Fine Motor Skills, Sensory Development, Emotion Identification	Shaving cream
<b>Activity/Lesson Description</b>		
<p><b>Spray a thin layer of shaving cream on the surface of a table or tray. Using fingers or other tools, draw faces in the shaving cream. Discuss the faces and the feelings associated with them. Discuss what we do when we feel this way.</b></p>		

<b>Activity #2 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Create a bird feeder	Fine Motor Skills	Toilet paper roll, string, peanut butter, seeds/rice/nuts, spatula or knife
<b>Activity/Lesson Description</b>		
<p><b>Pour seeds, nuts, or rice onto a plate or tray. Attach a string through the paper roll and knot it. Using a knife or spreader, apply peanut butter to the toilet paper roll and roll the toilet paper roll around in the feed. Hang on a tree branch or railing outside. Discuss how birds eat and what sorts of birds you'll see.</b></p>		

<b>Activity #3 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Create a Summer Book	Fine Motor Skills, Literacy, Letter Recognition	Paper, art materials
<b>Activity/Lesson Description</b>		
<p><b>Working together, draw and/or write about favorite summer activities or new ones you want to experience. Discuss different places and experiences available only in summer.</b></p>		

<b>Activity #4 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Mirror Play	Emotional Development	Mirror
<b>Activity/Lesson Description</b>		
<p><b>Using a mirror, practice silly faces, serious faces, all kinds of faces and discuss the feelings associated with those feelings.</b></p>		

Activity #5 Title	Learning Goal/Objective	Materials
Self-Skills	Self Regulation, Community Helpers	Below sheet

**Activity/Lesson Description**

Continue actively practicing handwashing, brushing teeth, and assigning age-appropriate chores/jobs.

5 ★ 4 ★ 3 ★ 2 ★ 1

**SLOW DOWN & CALM DOWN**

*FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!*

5

List 5 things you can SEE 

4

List 4 things you can FEEL 

3

List 3 things you can HEAR 

2

List 2 things you can SMELL 

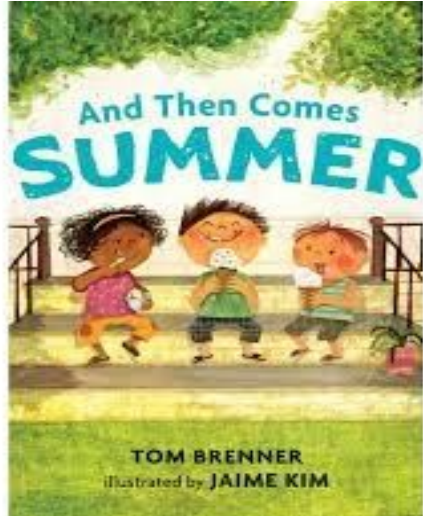
1

List something positive about yourself 😊

MAKE  
today  
COUNT

FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ☺

## Language, Literacy & Communication Activities



YouTube Link: [And Then Comes Summer by Tom Brenner](#)



<b>Activity #1 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Initial Tape Art	Letter and Name Recognition, Fine Motor Skills	Paper, painter's tape, paint
<b>Activity/Lesson Description</b>		
<p><b>Use the painter's tape to make your child's initials, explain what initials stand for and how the tape will keep the paint off of the paper, and paint the entire paper. Once dry, gently pull the tape off and see the white space!</b></p>		

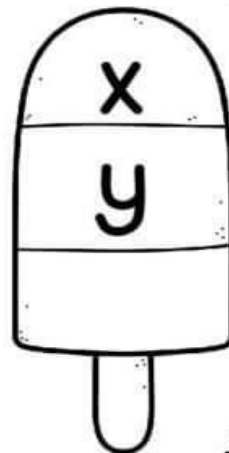
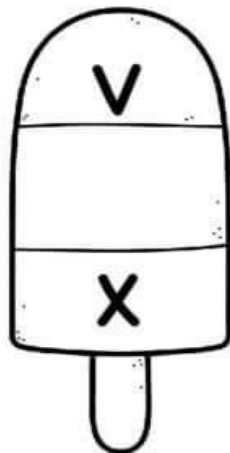
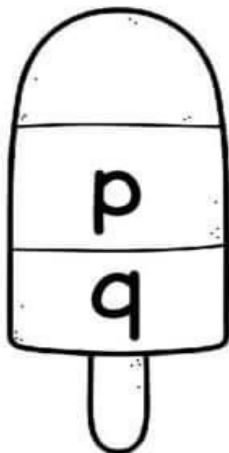
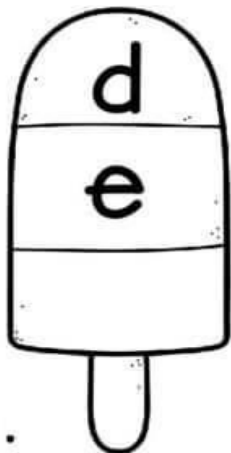
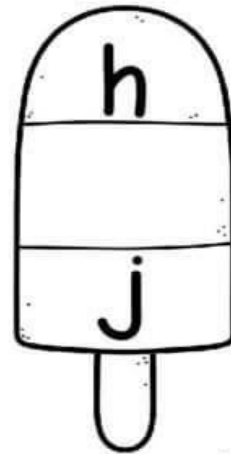
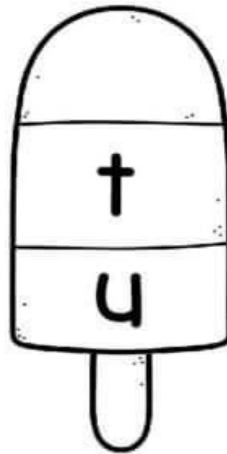
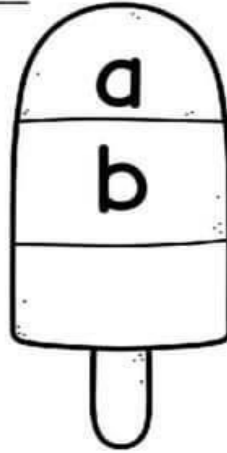
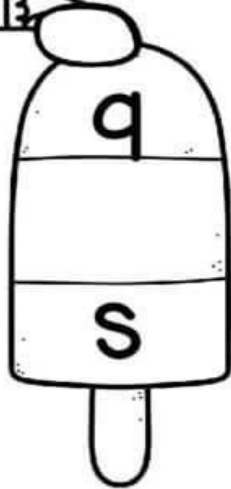
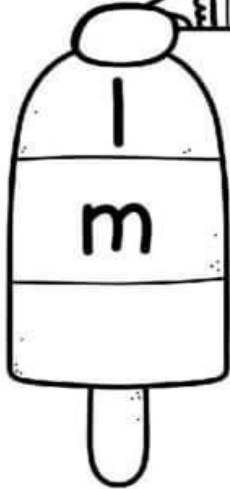
<b>Activity #2 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Journal Entry	Letter and Word Recognition, Pre-writing and writing skills	Journal, art materials
<b>Activity/Lesson Description</b>		
<p><b>Continue writing or drawing once a day in your journal. Discuss/ask questions about what is drawn or written. Assist your child as necessary with spelling.</b></p>		

<b>Activity #3 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Nature Scavenger Hunt	Pre-Writing, Observation Skills	List, marker
<b>Activity/Lesson Description</b>		
<p><b>Make a list of things to be found in nature. Follow the list as you walk and explore outside.</b></p>		

Name: \_\_\_\_\_

### Popsicle Missing Letter

Add the missing letter in the blank space for each of these summer popsicles.



Literacy Independent Practice Activity #2

Name: \_\_\_\_\_

Color and trace the lowercase alphabet buckets

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Literacy Independent Practice Activity #3



Name: \_\_\_\_\_

Color, cut and paste the lowercase lemon with the correct uppercase letter cup to make some summer lemonade. Color.



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## The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Freeze Dance	Self Regulation, Gross Motor Skills	Music
<b>Activity/Lesson Description</b>		
<b>Follow along!</b> <a href="#">Freeze Dance</a>		

Activity #2 Title	Learning Goal/Objective	Materials
“Octopus”	Gross Motor Skills	Music
<b>Activity/Lesson Description</b>		
<b>Follow along with Charlotte Diamond</b> <a href="#">Octopus by Charlotte Diamond</a>		

Activity #3 Title	Learning Goal/Objective	Materials
Simon Says Dance	Self Regulation, Observation, Gross Motor Skills	Music of your choice
Activity/Lesson Description		
Using the music of your choice, take turns creating a dance move and mimicking each other's dance moves		

Activity #4 Title	Learning Goal/Objective	Materials
Build a fort	Gross Motor Skills, Creativity, Engineering	Blocks, pillows, chairs
Activity/Lesson Description		
Using blocks, pillows, chairs, or blankets, create a fort to read stories or play pretend under.		

Activity #5 Title	Learning Goal/Objective	Materials
Sleeping Song	Self Regulation, Gross Motor Skills	N/A
Activity/Lesson Description		
Sing the Sleeping Song and play along! YouTube Video: <a href="#">Sleeping Bunnies   Nursery Rhymes   By LittleBabyBum!</a>		

## Mathematics Activities



Activity #1 Title	Learning Goal/Objective	Materials
Counting Watermelon Seeds	Number Recognition, Color Recognition, Grouping	Watermelon, Paper Towel
<b>Activity/Lesson Description</b>		
<p><b>After your watermelon exploration, set the seeds aside on a paper towel. Separate the seeds and count how many seeds you have. How many white seeds? How many black seeds?</b></p>		

Activity #2 Title	Learning Goal/Objective	Materials
Count/Catch Butterflies/Bugs	Number Recognition, Counting, Observation	A mason jar
<b>Activity/Lesson Description</b>		
<p><b>Count the butterflies/roly-polys/or bugs you see on your nature walk. If possible and safe, gently catch them in a mason jar to study them for a few minutes. Release them back to their home.</b></p>		

Activity #3 Title	Learning Goal/Objective	Materials
Dandelion Counting	Counting, Observation	Dandelion
<b>Activity/Lesson Description</b>		
<p><b>Pick a dandelion flower. See if you can count all the buds before you blow them. Blow and try to count them as they fly.</b></p>		

Math Independent Practice Activity #1



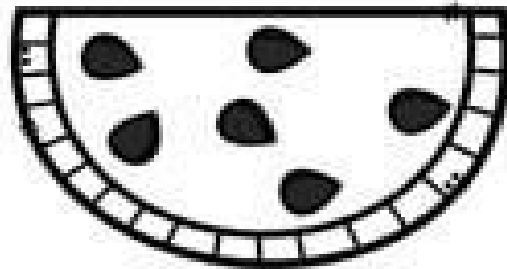
Name \_\_\_\_\_

# Seed Counting

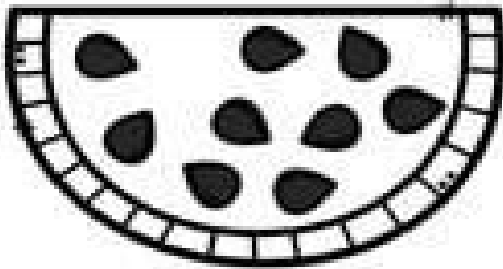
Directions: Count the seeds. Circle the correct number. Color the pictures.



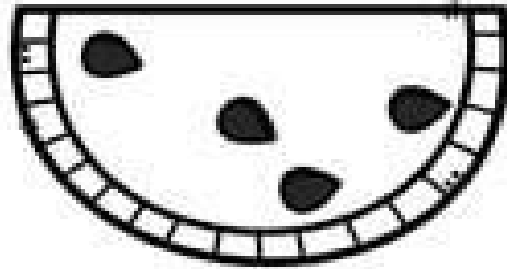
3      4      5



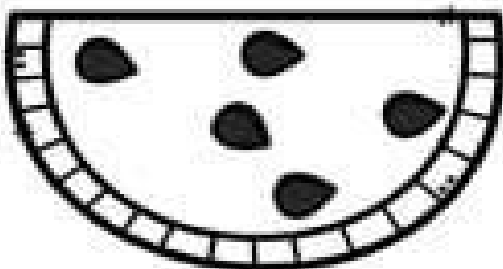
7      6      8



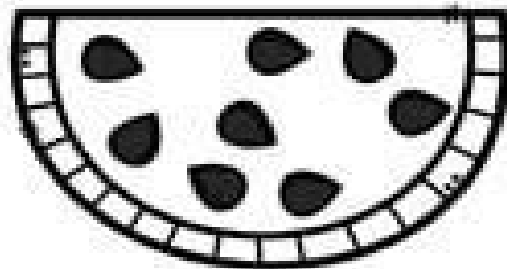
9      8      10



3      5      4



6      5      4



8      10      9

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Math Independent Practice Activity #2

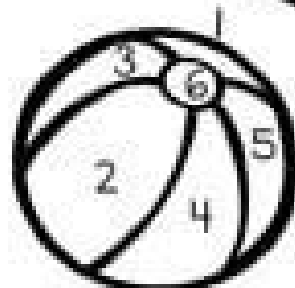
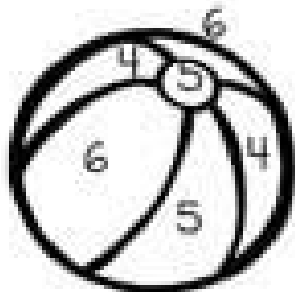
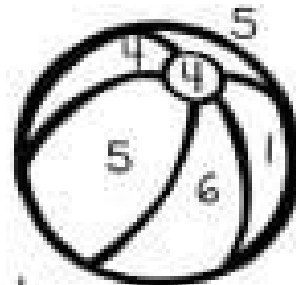
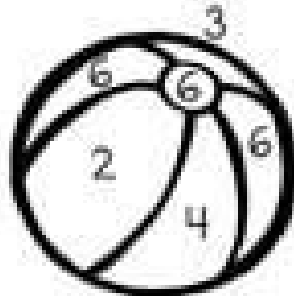
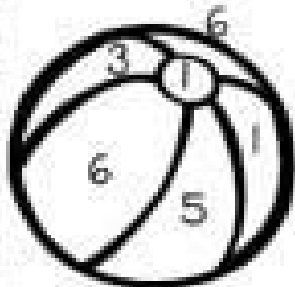
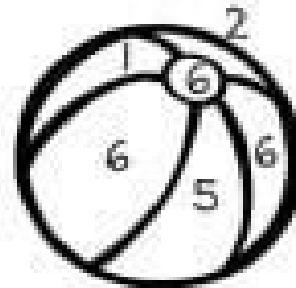
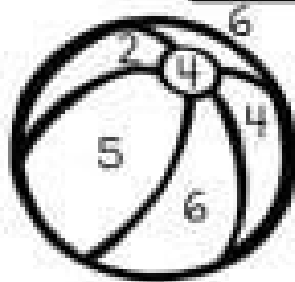
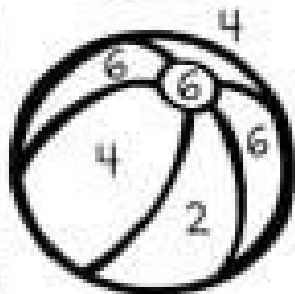


Name \_\_\_\_\_

# Beach Ball Colors

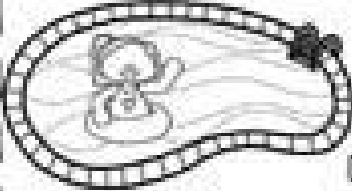
Directions: Use the code to color the beach balls.

1 - green	4 - red
2 - yellow	5 - blue
3 - orange	6 - white



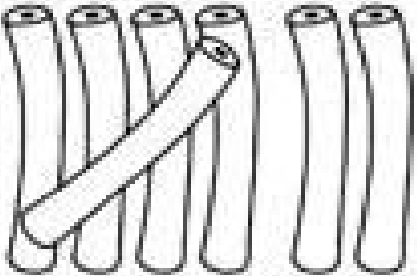
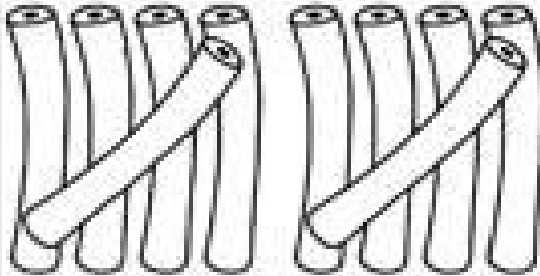
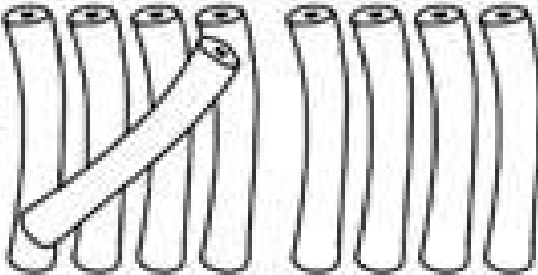
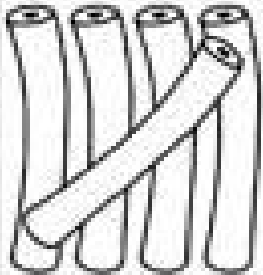
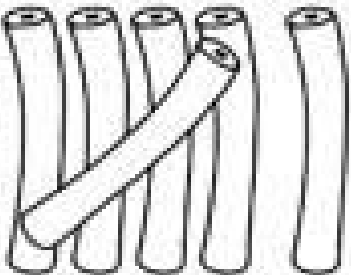
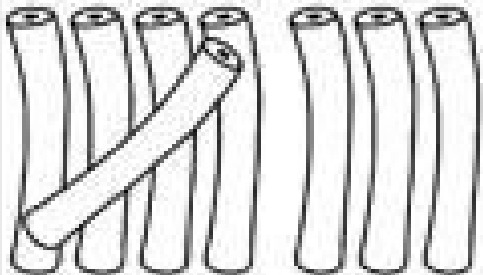
Math Independent Practice Activity #3

Name \_\_\_\_\_



# Pool Toys Tallies

Directions: Count the tallies. Color the pictures.

 <b>7 9 8</b>	 <b>9 10 8</b>
 <b>9 8 10</b>	 <b>6 4 5</b>
 <b>4 5 6</b>	 <b>10 8 9</b>

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# Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Shaving Cream Pre-Writing	Fine Motor, Pre-Writing Skills	Shaving Cream, tray, table
<b>Activity/Lesson Description</b>		
Spray a thin layer of shaving cream, and trace out names, letters, numbers		

Activity #2 Title	Learning Goal/Objective	Materials
Name Writing	Letter and Name Recognition	Paper, writing utensils
<b>Activity/Lesson Description</b>		
Continue using your journal, practicing and tracing your name		

Activity #3 Title	Learning Goal/Objective	Materials
Chalk Writing	Letter and Name Recognition	chalk
<b>Activity/Lesson Description</b>		
Practice your name using chalk outside		

Handwriting Independent Practice Activity #1

Name \_\_\_\_\_

# Sunglasses Letter Tracing

Directions: Trace the lowercase letter. Color the pictures.

A smiling sun character with a face and rays.

Row 1: Left lens contains uppercase 'A', right lens contains dashed lowercase 'a'.

Row 2: Left lens contains uppercase 'G', right lens contains dashed lowercase 'g'.

Row 3: Left lens contains uppercase 'M', right lens contains dashed lowercase 'm'.

Row 4: Left lens contains uppercase 'I', right lens contains dashed lowercase 'i'.

Row 5: Left lens contains uppercase 'T', right lens contains dashed lowercase 't'.

Row 6: Left lens contains uppercase 'B', right lens contains dashed lowercase 'b'.

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Handwriting Independent Practice Activity #2

# Tracing Patterns



Handwriting Independent Practice Activity #3

Name: \_\_\_\_\_

# Flower Garden Tracing

Directions: Help the bugs find their flowers. Trace the line from each bug to its flower. Then color the pictures.

The worksheet contains five rows of tracing practice. Each row features a bug on the left and a flower on the right, connected by a dashed line. The bugs are: a ladybug, a bee, a fly, a butterfly, and another bee. The flowers are: a daisy, a sunflower, a potted flower, a rose, and a tulip. The tracing paths are: 1) a zigzag line from the ladybug to the daisy; 2) a wavy line from the bee to the sunflower; 3) a straight horizontal line from the fly to the potted flower; 4) a wavy line from the butterfly to the rose; 5) a zigzag line from the bee to the tulip.