Early Childhood Distance Learning Materials

Older Preschool
Week #7
June 1-5, 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!

<table>
<thead>
<tr>
<th>L</th>
<th>E</th>
<th>A</th>
<th>R</th>
<th>N</th>
</tr>
</thead>
<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 you 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>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>
</tr>
<tr>
<td>Retell main events in your favorite book</td>
<td>Find color freeze 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>
<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>
</tr>
<tr>
<td>Name some words that rhyme with: cat, dog, bed, map</td>
<td>Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down do, 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>
</tr>
<tr>
<td>Use a magazine to cut out the letters of your name and glue them to a piece of paper</td>
<td>Draw a picture of what foods give you energy.</td>
<td>Play your favorite song and clap to the beat</td>
<td>What toy or animal helps you calm down when you’re feeling upset? Draw how they help you.</td>
<td>Count how many forks and how many spoons are in your house. How many all together?</td>
</tr>
</tbody>
</table>
**Daily Check-In**
Tell me how you’re feeling today?

<table>
<thead>
<tr>
<th>Day</th>
<th>Color</th>
<th>Shape</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Blue</td>
<td>Circle</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Red</td>
<td>Triangle</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Orange</td>
<td>Square</td>
</tr>
<tr>
<td>Thursday</td>
<td>Pink</td>
<td>Cloud</td>
</tr>
<tr>
<td>Friday</td>
<td>Green</td>
<td>Shape of your choice</td>
</tr>
</tbody>
</table>
Self-Care & Mental Health for Kids

- Share your own feelings to encourage self-awareness.
- Find social groups that help them feel like they belong.
- Set aside time for low-stress or solo activities.
- Practice self-care for yourself to set the standard.
- Encourage journaling and diaries.
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Cultivate interests and hobbies.

Recognize toxic stress events.

Blessing Manifesting
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tic Tac Toe</td>
<td>Display self-control, listen and pay attention, asks for help</td>
<td>Parent/caregiver, paper, pencil</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Give directions and play games.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaching feeling words</td>
<td>Express feelings</td>
<td>Paper, pencil, crayon</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Have the child draw feelings on paper and discuss.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports</td>
<td>Improve concentration, sleep habits, boost self confidence and produce good leadership skills.</td>
<td>Ball, rope, music, bat and catcher’s mitts and any other sport activity you enjoy as a family</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Take time to play any sport game with your child!
Language, Literacy & Communication Activities

The Tiny Seed by Eric Carle

Lola Plants a Garden by Anna McQuinn

https://youtu.be/5z76OqjF6fU

https://youtu.be/f01WcOO8vbM

Planting a Rainbow by Lois Ehlert

A Tree is Nice by Janice May Udry

https://www.youtube.com/watch?v=sti3PXBeVag

https://youtu.be/YnpO1EpfDT4
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mystery Bag</td>
<td>Letter Sounds, Beginning Sounds</td>
<td>Various small objects &amp; a paper bag</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Place three objects beginning with the same letter in a bag (such as ball, bug, and button for B). Instruct your young scholar to pull each item out of the bag and name each item. Have your scholar name the *mystery beginning letter*.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Say the New Word</td>
<td>Phonological Awareness</td>
<td>List of words &amp; “new” words</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Add a sound to the end of a word to create a new word, without any visual clues.

Your child will practice synthesizing new words and will also learn that adding a sound to a word can change its meaning.

Before starting the game, explain to the child that with some words, you can add a sound to the end and make a totally new word.

To start the game, you will say a word from the provided list and have the child repeat it. Then add the appropriate sound to the end of the word — be sure to pronounce the sound correctly. Have her tell you the “new” word that appears when she adds that sound onto the end.

Give the child a mix of words, at least one for each of the 15 listed ending sounds. Revisit this activity until you have gone through all the words and the child can “add on” all the different ending sounds.
# H7: Say the New Word

## WORD INDEX

These words are in alphabetical order, but you should present the words to your child in a random order. You do not need to use all the words, but be sure to use at least one word for each of the ending sounds listed below.

<table>
<thead>
<tr>
<th>b</th>
<th>bcc / beak</th>
<th>buy / bike</th>
<th>hi / hike</th>
<th>lay / take</th>
<th>pea / peek</th>
<th>ray / rake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q</td>
<td>Q (cue) / cube</td>
<td>Glow / globe</td>
<td>Row / robe</td>
<td>Two / tube</td>
<td>Try / tribe</td>
<td></td>
</tr>
<tr>
<td>d</td>
<td>Car / card</td>
<td>Fee / feed</td>
<td>Guy / guide</td>
<td>Hi / hide</td>
<td>Pry / pride</td>
<td>Row / mad</td>
</tr>
<tr>
<td>f</td>
<td>Low / loaf</td>
<td>Say / safe</td>
<td>Scar / scarf</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>g</td>
<td>Hah / hog</td>
<td>Huh / hug</td>
<td>Lee / league</td>
<td>Row / rogue</td>
<td></td>
<td></td>
</tr>
<tr>
<td>h</td>
<td>Bar / barge</td>
<td>K / cage</td>
<td>Pay / page</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>j</td>
<td>Bay / bake</td>
<td>Bar / bark</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>k</td>
<td>Buy / bite</td>
<td>Bow / boat</td>
<td>Boo / book</td>
<td>Car / cart</td>
<td>Go / goat</td>
<td></td>
</tr>
<tr>
<td>l</td>
<td>Bow / bowl</td>
<td>Go / goal</td>
<td>Hay / hail</td>
<td>J (jay) / jail</td>
<td>Knee / kneel</td>
<td>May / mail</td>
</tr>
<tr>
<td>m</td>
<td>R (ara) / arm</td>
<td>Brew / broom</td>
<td>Cry / crime</td>
<td>Die / dime</td>
<td>Doe / dome</td>
<td>Far / farm</td>
</tr>
<tr>
<td>n</td>
<td>Bar / barn</td>
<td>Bee / bean</td>
<td>Bow / bone</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>p</td>
<td>K / cape</td>
<td>D / deep</td>
<td>Gray / grape</td>
<td>Grow / group</td>
<td>G (gen) / jeep</td>
<td>Mow / mope</td>
</tr>
<tr>
<td>r</td>
<td>D / deer</td>
<td>Fee / fear</td>
<td>Tea / tear</td>
<td>Tie / tire</td>
<td></td>
<td></td>
</tr>
<tr>
<td>t</td>
<td>Buy / bite</td>
<td>Bow / boat</td>
<td>Boo / book</td>
<td>Car / cart</td>
<td>Go / goat</td>
<td></td>
</tr>
<tr>
<td>v</td>
<td>Car / carve</td>
<td>K / cave</td>
<td>Die / dive</td>
<td>Dry / drive</td>
<td>Gray / grave</td>
<td>Grow / grove</td>
</tr>
<tr>
<td>w</td>
<td>Chew / choose</td>
<td>Day / daze</td>
<td>Free / freeze</td>
<td>Hoe / house</td>
<td>No / nose</td>
<td>Pry / prize</td>
</tr>
</tbody>
</table>

SIGHTWORDS.com
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Cake</td>
<td>Language Comprehension</td>
<td>Pencil and attached</td>
</tr>
<tr>
<td></td>
<td></td>
<td>worksheet</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Read the passage aloud three times. Read each question to your young scholar and instruct them to write their answers in the spaces provided.
The little **girl** likes to bake.

She will bake a **cake**.

She will make a **red** cake.

1. Who likes to bake?

2. She will bake a __________.
   a. cake
   b. cupcake
   c. cookie

3. What color is the cake?
Literacy Independent Practice Activity #1

Directions:

How's the Weather?

Say the name of each picture. Which letter will complete the word? Draw a line connecting the letter to the name of each picture. Then write the letter in the blank.

___ain  i

___ce  r

___un  c

___loud  s
Fill in the letters.

a  c  e
f  h  j
k  m  o
p  n  r
t  w  y
Literacy Independent Practice Activity #3

Directions:

The Four Seasons
Trace the season words, then decorate the tree to match each season.

- spring - summer -
- fall - winter -
# The Arts & Sensory Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rain cloud Painting</td>
<td>Decision making skills, shapes, pattern, designs, and small motor skills</td>
<td>Glue, cotton ball, paint/food coloring, paper, finger/paint brush</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Use your finger/brush to spread coloring across paper, glue cotton balls, and allow paint/coloring to run down paper like rain.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shaving cream clouds</td>
<td>Senses, texture and shapes weather cycle.</td>
<td>Shaving cream, stir stick, large bowl, flat surface indoors/outdoors</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Place shaving cream on the surface and make different cloud shapes.
<table>
<thead>
<tr>
<th>Activity #3 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**

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.
### Activity #1 Title

**Preschool Learn to Dance: Drip Drop Rain**

**Learning Goal/Objective**  
Self-Control, Self-Esteem, & Patterns through movement & music

**Materials**  
www.youtube.com/watch?v=3WIF98ss2Tw

**Activity/Lesson Description**

Dance along with Maria to this song about rain & weather. Build balance & coordination skills.

### Activity #2 Title

**Sun, Rain, Wind, and Snow Song**

**Learning Goal/Objective**  
Learn about different types of weather

**Materials**  
www.youtube.com/watch?v=tfAB4BXSHOA

**Activity/Lesson Description**

Children learn songs best when they hear the entire song from beginning to end, several times. Don't break down the song into phrases to teach it. This is confusing to children. Just sing it and don't worry if they can't sing along. They are listening and will join in when they're ready.
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal Yoga For Kids</td>
<td>Holistic Wellbeing</td>
<td>Yoga Cards, Space</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

- One minute per exercise.
- Encourage the child to do the pose correctly, along with the breathing, but don’t force perfection.
- While in the pose, call out affirmation on the card.
- Take frequent little breaks in between, during which encourage meditation and being still.
- Yoga sessions can last up to 15 minutes.
ELEPHANT POSE
(WIDE-LEGGED STANDING FORWARD BEND)
I have a strong body.

CROCODILE POSE
(PLANK)
I am calm.

TIGER POSE
(CAT POSE)
I am brave.

COW POSE
(COW POSE)
I am kind.
### Activity #1 Title
100 Cheerios

### Learning Goal/Objective
Counting, Fine Motor

### Materials
Cheerios, Glue, Crayons

### Activity/Lesson Description
Have the children color the page and glue 100 Cheerios into the bowl.
Can you put 100 Cheerios in the bowl?
<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper Clip Measurement</td>
<td>Non-Standard Measurement</td>
<td>Paper clips, various objects to measure</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

We can measure all sorts of things using paper clips! Let’s try measuring some of the things around us. Stack the paper clips end to end to measure each real-life item around you. Write the number of paper clips that you used. Have a helper read the sentences with you!

- **My foot** is _______ paper clips long.
- **The length of this paper** is _______ paper clips.
- **I used _______ paper clips** to measure my **pencil**.

- **A book** measures _______ paper clips.
- **The height of my chair** is _______ paper clips.
### Activity #3 Title
**Frog Jump**

**Learning Goal/Objective**
Measurement & Large Motor

**Materials**
Painters Tape & Tape measure

**Activity/Lesson Description**

To play this game, begin by using painter’s tape to create a line on the floor and Now, have your child stand at one of the lines and jump forward as far as they can! Now mark where they landed with the painters tape. Now use the measuring tape to measure how far your student jumped. It’s that simple!

### Activity #4 Title
**Let’s Make a Pattern!**

**Learning Goal/Objective**
Pattern recognition & creation

**Materials**
Everyday household items

**Activity/Lesson Description**

How do we teach patterns? We can notice them, hear them, and physically make them. Here’s a simple progression you might want to use when you teach patterns:

- **ABAB** (red, blue, red, blue)
- **ABC** (car, truck, plane, car, truck, plane)
- **AABB** (crayon, crayon, pencil, pencil, crayon, crayon, pencil, pencil)
- **AAB** (Cheerio, Cheerio, raisin, Cheerio, Cheerio, raisin)
- **ABB** (stomp, clap, clap, stomp, clap clap)

**Simple ways to teach patterns:**

1. Notice a pattern on your child’s clothing. “Look, you have stripes today! Red, blue, red, blue
2. Make a pattern with toys.
4. Draw simple patterns using crayons.(ex. colors - red circle red circle, blue circle, red circle, red circle)
5. Use coins to make patterns.
Math Independent Practice Activity #1

Directions:

Adding Rain Drops
Add the numbers in the clouds. If you need help, count the rain drops.

5 + 6 =
9 + 4 =
7 + 5 =
8 + 3 =
On our walk we saw:
Cloud Shapes

Do these clouds look like shapes that you know? Color the clouds with the number 12.

How many clouds with the number 12 did you find?
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journaling</td>
<td>Pre-writing practice, literacy</td>
<td>Journal or paper Marker, pencil, or crayon</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Draw and write about something that reminds you of Spring.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name writing</td>
<td>Letter, name recognition, eyes, hand coordination and small motor skills</td>
<td>Paper, pencil, crayon or marker</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Write first and last name.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weather message</td>
<td>Letter recognition, reading, spelling, writing activates part of the brain that controls the ability to read.</td>
<td>Paper, pencil, crayon, or marker and parent</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Copy messages fill in the blank about the weather. Today is a ________ day.
Handwriting Independent Practice Activity #1

Directions:

Athame
Candles
Herbs
Moon
Oils
Runes
Wand
Handwriting Independent Practice Activity #2
Writing with chalk

Directions:
Take the child outside or give colored paper and allow them to create their vision.

Ask a child to write his or her name, letters and numbers.

Model what you want the child to write.

Handwriting Independent Practice Activity #3
Air Writing

Directions:
Children can use fingers, pencil, crayon, and markers to simply write in air.

Child and parent can start with a child's name, use tools or fingers, call out letters and begin writing in the air.

Spell the child's entire name and move on to single letters, numbers, and pictures.