This Is Major Tom To Ground Control.

Older Preschool
Week #9
June 15 - 19, 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><strong>L</strong></th>
<th><strong>E</strong></th>
<th><strong>A</strong></th>
<th><strong>R</strong></th>
<th><strong>N</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>L</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>Perform 5 jumping jacks, five push ups, and five sit ups</td>
<td>Gaze at the sky together and notice the clouds. Ask your child things like, “What animal does that cloud look like?”</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 25</td>
</tr>
<tr>
<td>Use handwriting sheet to write first and last name</td>
<td>Create an obstacle course in your home and run it 5 times</td>
<td>Parents, help your young one learn the song B-I-N-G-O</td>
<td>Practice humming</td>
<td>Find items in your house you can make patterns with. Can you make an AB pattern?</td>
</tr>
<tr>
<td>Play I spy (with my little eye)</td>
<td>We’re Going on a Bar Hunt! -youtube video</td>
<td>Dramatic play / Parents, play school with your child. You play the student.</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>Math Game: I’m Thinking of a Number . . .</td>
</tr>
<tr>
<td>Guessing Game: What animal am I?</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>Using a phone, record yourself singing a song</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>Shape to Make</th>
<th>Color of Crayon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Make a CIRCLE with a BLUE crayon</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Make a TRIANGLE with a RED crayon</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Make a SQUARE with an ORANGE crayon</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Make a CLOUD with a PINK crayon</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Make A SHAPE OF YOUR CHOICE with a GREEN crayon</td>
<td></td>
</tr>
</tbody>
</table>
Social Emotional Development &
Social Systems Cognitive Activities

**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.
- Focus on articulating feelings.
- Encourage journaling and diaries.
- Encourage your child to focus on the moment.
- Establish a self-care routine.
- Recognize toxic stress events.
- Cultivate interests and hobbies.

"I am angry."
"I am sad."
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Me</td>
<td>To build self awareness, decision making, help parents recognize a child's strengths and help a child understand the point of view from others.</td>
<td>Index cards or paper, markers crayons and pencils</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Both you and the child make cards of them being a good helper or teacher.

Ask the child why he drew that picture of himself.

Give child suggestions on positive behaviors.

Let's talk about what kind of person you're being right now.

Don't forget to praise positive behavior.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let's agree</td>
<td>Child can process and see things from another person’s perspective.</td>
<td>Paper, writing tools, container/jar</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

When you and your child can’t agree on something:

Sing this tune (in the style of the song “This old man”)

You want this. I want that. Let's see where we're at.

Explain to the child why they can’t do or have at this time.

Suggest solutions like:

Maybe in an hour
Let's wait until we can include cousin/grandma so they can join our fun.

Children may still have trouble letting go of ideas. Both of you can agree on another idea and place it in the special container/jar. Then the next time a conflict or disagreement arises, go to the special container/jar to pull out ideas to diffuse the situation.
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>My night</td>
<td>Develop decision making, self awareness and empathy.</td>
<td>Theme, food, movie, games, paper or chart, green, yellow, red writing tools and other color markers.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Create chart using markers:

- **Green marker**
  - Green zone - ready to go

- **Yellow marker**
  - Yellow marker - almost ready

- **Red marker**
  - Red marker - not ready

During activities mark a child's behavior on chart and when activity is complete discuss behavior with child.

Show child marks on the chart and ask what they think.

Ask children how they would rate their behavior.

Ask children what they would or wouldn't approve.
## Language, Literacy & Communication Activities

### Activity #1 Title
- **Draw it on Your Back**

### Learning Goal/Objective
- Letter Stroke Recognition, Formation, & Tactile Perception,

### Materials
- Human Body

### Activity/Lesson Description

Here’s a fun activity that you do with your child! This exercise creates a unique tactile and movement lesson that stimulates learning in the simplest of ways!

Sit on the floor or a comfortable couch and get your child to form letters on your back using their fingers. Try to guess what letters they’re writing! Switch with your child, trace letters on their back, and challenge your child with guessing the letters you’re writing.

### Activity #2 Title
- **Good Night Moon Phonics Match**

### Learning Goal/Objective
- Literature, Phonics, & Fine Motor Skills

### Materials
- Scissors & glue (or tape)
  - Goodnight moon by Margaret Wise Brown, Grandma Annii's Storytime

### Activity/Lesson Description

Below is a cut & paste phonics match worksheet to go along with the book "Goodnight Moon" by Margaret Wise Brown. Read the book or watch the video via the link provided.
Goodnight Moon Phonics

Phonics Starting Sound Match

Cut out the letters and match to the starting sound of each picture.

L
P
R
C
K
H
M
S
B
W
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>I Spy...A Rhyme</td>
<td>Phonological Skill of Rhyming</td>
<td>This activity can also be played inside the home or outside. It makes a great car game!</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Explain to your child that there are rhyming things all around you. Then say that you will give her a clue, & she needs to find the object in the room that rhymes with the clue word. The clue should be a one-syllable word.

**Adult:** I spy, with my little eye...something that rhymes with **bear**.
**Child:** [looking around] ...I don't know.
**Adult:** Well, what are you sitting on?
**Child:** A **chair**?
**Adult:** Yes, a **chair**. Does that rhyme with **bear**?
**Child:** Say the two words together.
**Child:** **Bear**...**chair**.
**Adult:** Do they rhyme?
**Child:** Yes!
**Adult:** Yes, **chair** rhymes with **bear**.

If a child struggles to find something that rhymes with your clue, narrow her search to a smaller area:

**Adult:** I spy, with my little eye...something that rhymes with **hook**.
**Child:** [looking around] ...I don't know.
**Adult:** Look at the table. Do you see something on the table that rhymes with **hook**?
**Child:** A **book**!
Name ____________________________
Can you write the names of all 9 planets? ____________

Mercury ____________________________
Venus ____________________________
Earth ____________________________
Mars ____________________________
Jupiter ____________________________
Saturn ____________________________
Uranus ____________________________
Neptune ____________________________
Pluto ____________________________
Find the Letters
Trace the letters. Then color in the circles that have the letters you traced.

Ss is for sun

s A x O
b N S l s
S a O R
B j S H s
q o s R
n S Q o q
Space Ship Color Guide:

A - Blue  B - Orange  C - Red  D - Yellow  E - Green

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## The Arts & Sensory Activities

### Activity #1 Title
Planet drawing

### Learning Goal/Objective
shapes, small motor, colors and planets

### Materials
Paper plate, circle object, markers, crayons, or paint

### Activity/Lesson Description
Trace different size circles overlap some to create the planet look. Color them to resemble planets.

What can we find in outer space?

What do you think it's like on the moon, sun and planets?

What would happen if we traveled to outer space?

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper plate sun</td>
<td>Colors, emotions, shapes, small motor</td>
<td>Paper plate, markers/crayons, glue, straws, and scissors</td>
</tr>
<tr>
<td></td>
<td>skills</td>
<td></td>
</tr>
</tbody>
</table>

### Activity/Lesson Description
Have the child paint/color the entire plate yellow and create a face with markers, crayons, macaroni, beans, or yarn.

Ask your child about the emotion on the sun face?

Ask your child what makes them feel that way?

What color is the sun and shape of the plate?
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day and Night art</td>
<td>Concepts of day and night, how sun affects light and dark, introduction to calendars, timing and small motor</td>
<td>Paper plate, blue paint/marker black paint/marker, brush, paper, scissors, and glue</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Have your child draw a sun and moon on paper. Cut them out and place them on the side.

Draw a line in the middle of the paper plate, have child paint ½ black and the other ½ blue, then have child glue moon on black and sun on blue.

Discuss the difference between night and day.

Ask a child to tell you some things we do in day, but not night and things we do at night, but not day.

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### Music & Movement Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walking on the Moon</td>
<td>Large Motor/Mindful Concepts</td>
<td><a href="https://www.youtube.com/watch?v=nFOFhkwnX7k">https://www.youtube.com/watch?v=nFOFhkwnX7k</a></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Listen to slow music & pretend you are on the moon, moving in slow motion (inside or outside activity).
<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counting Backward Blastoff</td>
<td>Counting Backward (10-0, 20-0 or 30-0) &amp; Large Motor</td>
<td>Space/area, a Human Body &amp; an Imagination</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

You & your child pretend to be space shuttles. The two of you squat on the floor & count backwards to ZERO - BLASTOFF! Jump up as high as you can.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Space Picnic</td>
<td>Large Motor, Nursery Rhymes</td>
<td><a href="https://www.youtube.com/watch?v=d85dw-AcAaU">https://www.youtube.com/watch?v=d85dw-AcAaU</a></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

In this video you pack a picnic & take a rocket into space! You land on the moon ready for a lovely day out, meeting an alien & climbing a moon mountain! We sing to the stars & enjoy lots of easy gentle yoga as we explore, being brave space cadets!
## Science and Mathematics Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Sundial</td>
<td>Scientific Observation</td>
<td>Paper plate, Straw, Crayons, Push pins, &amp; Pencil</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Put the number “12” on the top of the paper plate with crayon. Proceed with the rest of the numbers on a clock. Punch a hole in the center of the plate. Then insert the straw. Close to noon put the sundial in the sun & tack it down with push pins. The straw should cast a shadow pointing to the 12. Check throughout the day & explain to the kids how the sun helps us know the time.

![Sundial](image)

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shadow Matching</td>
<td>Visual Discrimination</td>
<td>Shadow matching worksheet below</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Draw a line from each space relation illustration on the left side of the page to the matching shadow on the right side of the page.
### Activity #3 Title

Sound Detective / Guess That Sound

### Learning Goal/Objective

Science Concepts: Sounds have a source & different objects make different sounds.

Science Skills: Listening & Describing

### Materials

Related Video: [Guess the Sound Game | 20 Sounds to Guess](#)

### Activity/Lesson Description

Open the link to “Guess the Sound Game | 20 Sounds to Guess”

Guess the sounds before the time runs out.

### Activity #4 Title

How the Sun Makes Shadows

### Learning Goal/Objective

Science skills of observing & describing

### Materials

Flashlight, Wall, & Handprints

### Activity/Lesson Description

Questions to ask - How can you make a shadow indoors?

Trace hands with wrists on plain paper. Cut out. Bend back at the wrist & place the hands on a table in front of a wall. You may have to tape the cutouts to the table to support them.

Shine a light source on the object.

Question to ask: Do you see a shadow?

Observe the shadows on the wall. Repeat the experiment with different household objects. Change the position of the flashlight (Sun) & ask your child about any changes made to the shadows as a result.

Question to ask: What happens to the shadow when the flashlight is here? What do you think will happen to the shadow if we move the flashlight here?
Math Independent Practice Activity #2

Big Dipper

1  2  3  4  5  6  7
Math Independent Practice Activity #3

Orion

www.themomentsathome.com
# Handwriting Activities

<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</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Marker, pencil, or crayon</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Draw and write about something that reminds you of outer space.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornmeal writing</td>
<td>Letter recognition, introduction to sight words, name writing, spelling, small motor and shapes</td>
<td>Tray/ground, stick, finger or q-tip</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Ask your child to spell and write his/her name.

Model letters, words, numbers, drawings, and shapes.

Have your child use a stick, finger, or q-tip to write the above in cornmeal.
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dish soap writing</td>
<td>Small motor, letter recognition, emotions, sight words, numbers, and shapes.</td>
<td>Dish soap, water, food coloring, blender/shake well and squirt bottle (use multiple squirt bottles so children can have choice of colors).</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Place dish soap inside blender/squirt bottle, water, food coloring begin blending/shake bottle mix well.

This is intended to be outside fun.

Model letters, numbers, drawings, and words on the ground - ask your child to do as you do.

Have your child call names of letters, numbers, shapes as they write.

Try and make sure there’s a bottle for each of you.
Handwriting Independent Practice Activity #1

Athame
Candles
Herbs
Moon
Oils
Runes
Wand

Aa Bb Cc Dd Ee Ff Gg Hh Ii Jj Kk Ll Mm Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy Zz
From our point of view, space is actually a vast empty area. The distance from one planet to another is really HUGE.

Trace the lines from the Sun to the planets.
Copy the Pictures

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Pencil control 2  Name: ______________

Carefully trace over the dotted lines.