

Early Childhood Distance Learning Materials



Toddlers

Week 4

May 11th - 16th, 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!

L Literacy	E Exercise	A Arts	R Regulation	N Numbers					
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="width: 20px; height: 20px;">M</td> <td style="width: 20px; height: 20px;">T</td> <td style="width: 20px; height: 20px;">W</td> <td style="width: 20px; height: 20px;">R</td> <td style="width: 20px; height: 20px;">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?					
Use a magazine to cut out the letters of your name and glue them to a piece of paper	Draw a picture of what foods give you energy.	Play your favorite song and clap to the beat	What toy or animal helps you calm down when you're feeling upset? Draw how they help you.	Count how many forks and how many spoons are in your house. How many all together?					

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

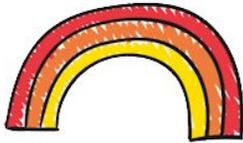
Make a **CLOUD** with a **PINK** crayon

Friday

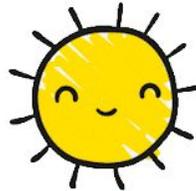
Make a **SHAPE OF YOUR CHOICE** with a **GREEN** crayon

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.

Activity #1 Title	Learning Goal/Objective	Materials
Water Play	Water play allows children to calm down and focus their thoughts and feelings.	Water, in a shallow container or bath tub. Cups for filling and other toys your child enjoys.
Activity/Lesson Description		
Place warm water in the tub or shallow bucket, bubbles optional. Allow the child to play in the water for 5-15 minutes. Ask your child reflective questions: “how do you feel?” “is the water warm or cold?” “what was your favorite thing today?”		

Activity #2 Title	Learning Goal/Objective	Materials
Car Massage	Relax child, bond with parent	Toy cars
Activity/Lesson Description		
Rub cars up and down child’s and parent’s body, talk to the child about how it feels.		

Activity #3 Title	Learning Goal/Objective	Materials
Stop and Go	Helping the child build self regulation skills.	Toy Cars
Activity/Lesson Description		
Have your child begin to push a car around the room. After a few seconds say “stop” and have your child stop moving the car. Wait a few more seconds and say “go” then have your child begin to move the car around the room again. Repeat this a few times. Ask questions like “where do cars drive?” “how do cars help us?”.		

Language, Literacy & Communication Activities

Activity #1 Title	Learning Goal/Objective	Materials
<u>Press Here Book</u> By: Herve Tullet	Engage child in literacy through and interactive experience	Youtube/ Phone, Computer or Tablet
Activity/Lesson Description		
Open link and listen and act along with the story: https://youtu.be/H_EdcZgmFYY		

Activity #2 Title	Learning Goal/Objective	Materials
<u>Little Blue Truck</u> By: Alice Shertle	Engage child in literacy through and interactive experience	Youtube/ Phone, Computer or Tablet
Activity/Lesson Description		
Open link and listen and act along with the story: https://youtu.be/QZjUPQViV9g		

Activity #3 Title	Learning Goal/Objective	Materials
Car Writing	Building Vocabulary and Word Recognition	Toy cars and other materials like blocks.
Activity/Lesson Description		
Take Cars and/or Blocks and place them in the shape of a C. Say to the child, “car starts with C” Sound out the letter, ask the child to point to the letter. Continue with other letters if child is interested.		

Activity #4 Title	Learning Goal/Objective	Materials
Car Tracing	Building vocabulary and emerging writing skills	Paper, Crayons and/or markers
Activity/Lesson Description		
Write CAR largely on a piece of paper. Have your child try to trace over the lines or just have child free “write” or draw all over the paper.		

Activity #5 Title	Learning Goal/Objective	Materials
Twinkle Twinkle Traffic Light	Building vocabulary and rhyming skills.	None
Activity/Lesson Description		
<p>Look at the child and repeat the rhyme. Repeat rhyme throughout the week until the child can say it with you.</p> <p>Twinkle, twinkle traffic light Round the corner shining bright. Red means stop, green means go, And yellow means go very slow. Twinkle, twinkle traffic light Round the corner shining bright.</p>		

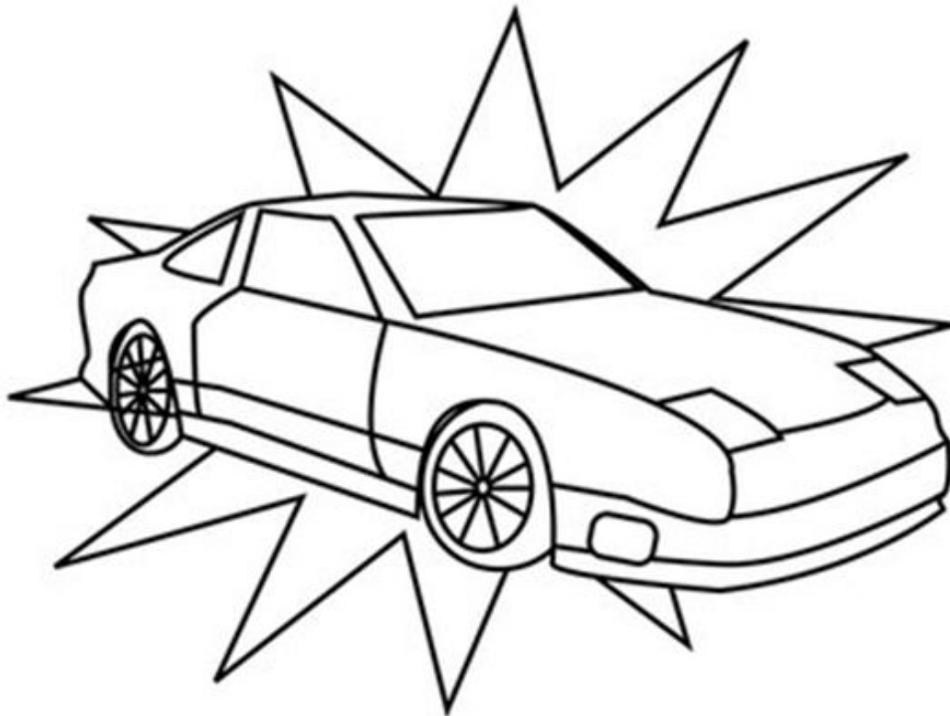
The Arts & Sensory Activities



Activity #1 Title	Learning Goal/Objective	Materials
Free painting	Expression of oneself through art, building on fine motor skills.	Paint, paper, paint brushes or fingers, q-tips work too.
Activity/Lesson Description		
Place some paint on the paper and allow the child to move paint freely. Ask questions like “what color are you using?” “are you proud of your work?”.		

Activity #2 Title	Learning Goal/Objective	Materials
Car Tracks	Expression of oneself through art, building on fine motor skills.	Paint, paper, toy cars.
Activity/Lesson Description		
Dip cars wheels into paint and have the child drive the car on paper to make car tracks. Ask questions like “what color tracks did that car make?” “what happened when you drove the car with red paint over the yellow tracks?”.		

Activity #3 Title	Learning Goal/Objective	Materials
Car Worksheet	Building fine motor skills and emergent writing.	Print out from packet and writing utensil.
Activity/Lesson Description		
Place the worksheet below in front of the child and help them trace the words. Use encouraging statements like, “I like how your working so hard”.		

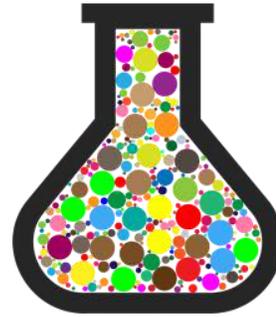


car

Activity #4 Title	Learning Goal/Objective	Materials
Play-dough	Builds hand-eye coordination.	Play-dough, plastic cutlery and child safe kitchen tools.
Activity/Lesson Description		
Place the child in a high chair or at the table and give them the playdough and materials. Encourage the child to push and pull and roll the dough in their hands and on the table. Using the kitchen tools to also poke and prod the dough. Ask questions like, "Is the playdough soft?"		

Activity #5 Title	Learning Goal/Objective	Materials
Cutting/Tearing	Building fine motor skills and exploring different textures.	Various types of paper
Activity/Lesson Description		
While carefully observing the child give them paper to cut or tear into pieces. Use encouraging statements like "wow you cut/tore the paper!" "can you cut/tear the paper again?"		

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Color Sort	Grouping objects by identifying characteristics to build early math skills.	Toy cars or other objects
Activity/Lesson Description		
Place cars on the floor in front of the child and have them put them into piles based on color. Help children by asking questions like, “what color is this one?” “is this car the same color as this car?”.		

Activity #2 Title	Learning Goal/Objective	Materials
Sink or Float	Help children create and test hypotheses. Build on scientific thinking.	Container or tub, water, cars and toys of various weights and sizes.
Activity/Lesson Description		
Gather materials, fill a container with water. Hold up a toy and ask the child “will this toy float on top of the water or sink to the bottom?” Once the child answers, drop the toy into the water and observe. Ask questions like “did it sink or float?” “was it heavy?” “was it light?”		

Activity #3 Title	Learning Goal/Objective	Materials
Sort by Size	Grouping objects by identifying characteristics to build early math skills. Vocab words Big and Small.	Toy cars or other objects
Activity/Lesson Description		
Place cars on the floor in front of the child and have them put them into piles based on size. Help children by asking questions like, “is this car big or small?” “is this car bigger than that car?” “What car is the smallest?”.		

Activity #4 Title	Learning Goal/Objective	Materials
Car counting	Number operations: One to one correspondence and number identification.	Toy cars and paper and writing utensils.
Activity/Lesson Description		
Write numbers 1-5 on a piece of paper. Count with the child and place 1 car on the number 1, 2 cars on the number 2, and 3 cars on the number 3 and so on. Until all numbers have the correct amount of cars to match the number.		

Activity #5 Title	Learning Goal/Objective	Materials
Puzzles	Problem solving skills and hand eye coordination.	Puzzles
Activity/Lesson Description		
Find a puzzle that your child can complete with or without your help. Encourage the child to find where all the pieces belong. Ask questions like “what shape is this?” “how many pieces do we have left?”		

Music and Movement Activities



Activity #1 Title	Learning Goal/Objective	Materials
Wheels on the bus	Vocabulary building and rhyming skills.	Youtube
Activity/Lesson Description		
Sing the wheels on the bus with the child. If you're not confident in your knowledge of the song here is a link to one we use in our classroom: https://youtu.be/GzrjwOQpAl0		

Activity #2 Title	Learning Goal/Objective	Materials
Dance Break	Freedom of expression through movement.	Youtube
Activity/Lesson Description		
Turn music on and dance along with the child. https://youtu.be/2UcZWXvgMZE		

Activity #3 Title	Learning Goal/Objective	Materials
Pot and Pan Drums	Listening for variations in sound.	Pots and Pans and large wooden spoons
Activity/Lesson Description		
Place pots and pans upside down in front of the child and encourage them to bang on them with wooden spoons to make music. Use statements like “can you bang the pot quietly?” “can you bang the pot fast?”.		