Early Childhood Distance Learning Materials

Toddlers
Week #5
May 18 - 22, 2020
Table of Contents

Home Learning Bingo Board 3
Daily Check-In 4
Social Emotional Development & 5
Social Systems Cognitive Activities
Language, Literacy & Communication Activities 8
The Arts & Sensory Activities 18
Mathematics and Science Activities 23
Music and Movement Activities 30
**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>Literacy</td>
<td>Exercise</td>
<td>Arts</td>
<td>Regulation</td>
<td>Numbers</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 10</td>
</tr>
<tr>
<td><strong>M</strong></td>
<td><strong>T</strong></td>
<td><strong>W</strong></td>
<td><strong>R</strong></td>
<td><strong>F</strong></td>
</tr>
<tr>
<td>Draw a circle 3 times!</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>Talk about 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 and galloping</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 5 things you see while on a walk</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>How many blocks does it take to make a tower?</td>
</tr>
<tr>
<td>Use a magazine to point out and find letters in your child’s name.</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?</td>
<td>Count how many forks and how many spoons you have after you set the table for a meal?</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>Crayon Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Make a <strong>CIRCLE</strong></td>
<td><strong>BLUE</strong></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Make a <strong>TRIANGLE</strong></td>
<td><strong>RED</strong></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Make a <strong>SQUARE</strong></td>
<td><strong>ORANGE</strong></td>
</tr>
<tr>
<td>Thursday</td>
<td>Make a <strong>CLOUD</strong></td>
<td><strong>PINK</strong></td>
</tr>
<tr>
<td>Friday</td>
<td>Make A <strong>SHAPE OF YOUR CHOICE</strong></td>
<td><strong>GREEN</strong></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.
- Recognize toxic stress events.
- Cultivate interests and hobbies.
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blowing Bubbles</td>
<td>Imitate adult actions and words. Takes turn in an activity</td>
<td>Bubble solution and bubble wand</td>
</tr>
<tr>
<td></td>
<td>Uses trial and error to figure things out.</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

With your child take turns using the bubble wand to blow bubbles. Talk about taking turns.
If you are outside let the wind make bubbles and talk about the wind. Sometimes, when blowing bubbles, it doesn't work. Talk about how you can try again.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do you feel?</td>
<td>Imitates adults behaviors</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Begins to show awareness for own feelings.</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Imitate and put a name to feelings. Smile and say, I feel happy. How do you feel? Begin with using simple and more common emotions, Happy, Sad, Angry...
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wave to your neighbor</td>
<td>Begins to show social etiquette by watching the adults around them.</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Take a walk around your neighborhood. When you see someone give a friendly wave and ask your child to wave too and/or say Hello. Talk about why you are doing this and what it means to be friendly.
## 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>Books about Weather</td>
<td>Expand vocabulary while book is read to them and you discuss the illustrations. Finds details in favorite picture books.</td>
<td>Books about Weather found in your home or on YouTube.</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Helpful Reading tips:
Use voices/props, let your child turn the page, talk about what you see in the illustrations, play games; find the dog, where is the sun? etc.)

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rain name craft</td>
<td>Beginning name recognition. Begin to learn letters in the child’s name. Rain comes from clouds</td>
<td>White paper, Light blue paper, Dark blue paper, Glue stick, Marker, string</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

- Cut out a cloud shape from the white paper and write your child’s name on it.
- Glue the cloud shape onto the dark blue piece of paper
- Cut our raindrop shapes from light blue paper for each letter in your child’s name
- Write each letter on each raindrop to spell out your child’s name
- Talk to your child, “This is your name” say their name. Spell out their name to them pointing to each letter.
- Use the string, like shown in the picture and attach the raindrops to the cloud to spell out their name.
- Use this finished activity throughout the day and week repeating that this is their name and spell out their name with them pointing at each letter.
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
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</tr>
</thead>
</table>
| Go for a walk and talk about the weather. | Outside large motor activities.  
Expand vocabulary.  
Use descriptive words. |                                   |

**Activity/Lesson Description**

While going on a walk with your child talk about what you see and discuss what the weather is like. Sunny, cloudy, hot, cold. I see a puddle. Is the puddle wet or dry?

<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
</table>
| Weather Words Vocabulary  | Work on adding new words to vocabulary.  
Begins to put 2 or 3 words together to make short sentences | Pictures of:  
Sun, cloud, rainy day, storm , rainbow, umbrella, boots  
P. 20 and 21 of the packet |

**Activity/Lesson Description**

Look for pictures/images on tablet or computer and have your child practice saying what they see. Or use the pictures provided below. Use the pictures to talk about what you are seeing. Have your child tell you what they see.

<table>
<thead>
<tr>
<th>Activity #5 Title</th>
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<th>Materials</th>
</tr>
</thead>
</table>
| Colors in a rainbow       | Color recognition.  
Follows simple directions | Things around the house.  
Picture of a rainbow |

**Activity/Lesson Description**

Look at and have your child name the colors they see in the rainbow. Help them, if needed. Add to the activity and after naming a color have them find an item in your home that is that color. Example: Red. Yes! The rainbow has the color red. Can you find a toy that has the color red? Go and get one of your toys that has the color red on it. And, you continue doing the game as long as your child is interested substituting other colors.
reading at home

Twenty minutes a day is all it takes to develop key reading skills. Here are six strategies you can use to build a better reader!

1. Create reading rituals and read together every day.
2. Talk about the pictures and ask questions.
4. Read with expression. Use silly voices and make the pages come alive.
5. Help your child find words he/she knows as you read.
6. Read favorite books again and again!
Here are some links to virtual versions of our favorite books!

**Little Cloud By: Eric Carle**

https://www.bing.com/videos/search?q=little+cloud+by+eric+carle&view=detail&mid=2Bcloud%2Bby%2Berica%26FORM%3DHDRSC3

**Cyril the Lonely Cloud by Tim Hopgood**

https://www.bing.com/videos/search?q=weather+books+for+kids&view=detail&mid=741665FE3887A39DFD2C741665FE3887A39DFD2C&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dweather%2520books%2520for%2520kids%26qs%3DMMM%26form%3DQBVDMH%26sp%3D1%26ghc%3D1%26pq%3Dweather%2520books%26sc%3D8-14%26cvid%3D8A588B62F28040BC86AD8FCE619220A5

**The Rain Came Down by: David Shannon**

https://www.bing.com/videos/search?q=weather+books+for+toddlers&view=detail&mid=B0AB4B245812F4410537B0AB4B245812F4410537&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dweather%2520books%2520for%2520toddlers%26FORM%3DHDRSC3

**One Rainy Day**

https://www.bing.com/videos/search?q=weather+books+for+toddlers&view=detail&mid=D3767929818A6FC6D15AD3767929818A6FC6D15A&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dweather%2520books%2520for%2520toddlers%26go%3DSearch%26qs%3Dds%26form%3DQBVRMH

**Cloudy Day, Sunny Day by: Donald Crews**

https://www.bing.com/videos/search?q=sunny+day+books&view=detail&mid=481CA13A155622E565A1481CA13A155622E565A1&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dsunny%2520day%2520books%26qs%3DMM%26form%3DQBVBMH%26sp%3D1%26ghc%3D1%26pq%3Dsunny%2520day%2520books%26cvid%3D3DB115626C0E6F43F9925135729CC5F40F
Sunny day

Cloudy day

Rainy day

Windy day
CLOUD
Directions: Use these pictures to talk about the weather (Like Activity 4!). Or, let your child use them to make a collage.

Help your child color the picture, then make up a silly story about a sunny day!
The Arts & Sensory Activities
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
</table>
| Cloud/shaving cream sensory | Sensory exploration  
Use descriptive words  
Prewriting skills making marks,  
lines and shapes.                       | Shaving cream   |

**Activity/Lesson Description**

Spray a little shaving cream onto a flat surface. Your child can explore using fingers and hands. Explore with your child. Encourage them to talk about what they feel, what they are doing.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
</table>
| Mr. Sun (painting)     | Mixing 2 colors to make one color  
Creative exploration                                                      | Large piece of paper  
Paper plate  
Yellow paint  
Red paint  
Paint brush  
glue                      |

**Activity/Lesson Description**

1. Glue the paper plate to the middle of the large piece of paper.
2. Have your child begin painting the paper plate using the yellow paint using a paint brush.
3. With your child add a little bit of red paint to the yellow, talking about what you are doing, make orange and have them paint some more.
4. Using the child’s hands make yellow/orange handprints around the paper plate to make the sun’s rays.

YOU ARE MY SUNSHINE!

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
</table>
Paper Plate sun visor

- Pretend play while wearing the visors they made
- Scribbles
- Uses pincer grasp

<table>
<thead>
<tr>
<th>Paper plate</th>
<th>Scissors</th>
<th>Hole punch</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>string/shoelace/elastic</td>
</tr>
<tr>
<td></td>
<td></td>
<td>markers/crayons</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

- Draw a ½ moon on the paper plate and cut it out
- Child decorates the plate using whatever coloring material you have.
- Punch holes near points on each side of the moon shape
- Attach the string/shoelace/elastic fitting the visor to your child’s head.
<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee Filter Umbrella</td>
<td>Creative expression</td>
<td>• Coffee filters</td>
</tr>
<tr>
<td></td>
<td>Draws and scribbles freely</td>
<td>• Colored markers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Spray bottle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Construction paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Scissors</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Glue stick</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

1. Fold coffee filters in half.
2. Have your little one color away with the markers all over the coffee filters.
3. Spray coffee filter with spray bottle of water until fully saturated.
4. Let dry overnight.
5. Cut out umbrella handles from the construction paper.
6. Glue the two sides of the umbrella/coffee filter together.
7. And glue the umbrella handle to the umbrella!
<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
</table>
| Rain Storm Sensory Bottle | Explore the sense of sight and sound  
Uses trial and error to figure things out | ● Plastic bottle with cover  
● Cotton balls  
● Blue glitter  
● Rice  
● tape |

**Activity/Lesson Description**

- Child puts the cotton balls into the plastic bottle. Cotton balls represent the clouds
- You can add the rice (represents the sound of rain) and blue glitter
- Put the cover on and tape onto the bottle to make it more secure
- As you and your child look at the bottle and turn it upside down and around you can talk about what you see and hear
## Mathematics and Science Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counting Clouds</td>
<td>Beginning counting</td>
<td>Cotton balls</td>
</tr>
<tr>
<td></td>
<td>Lining things up in a row</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Take the cotton balls and count 1 to 10. If your child is able to count higher feel free to do that. Along with the counting activity, let the child explore the texture of the cotton balls.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weather Graph</td>
<td>Talk about what you see, hear and feel</td>
<td>Weather chart</td>
</tr>
<tr>
<td></td>
<td>Counting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Responds to simple directions</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Using the graph, talk about what the weather is like for the day. Make a mark next to the type of weather each time you talk about the weather. At the end of the week count up how many times the weather was sunny and write the number, how many times it rained and write the number, etc.
Our Weather Graph

- Sun
- Cloud
- Sun with clouds
- Clouds
- Clouds with rain
- Snowman

Graphics courtesy of mycutegraphics.com
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rain/Water Painting</td>
<td>Use descriptive words, wet/dry&lt;br&gt;Uses whole arm to move paint brush while painting in one area</td>
<td>Paint brush&lt;br&gt;Container&lt;br&gt;Water</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Outside Activity

Using water (rain) and a paintbrush let your child explore painting on surfaces. Talk about how the water makes things wet and how fast it dries.

<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Look for shapes in the sky observing the clouds</td>
<td>Basic shape recognition</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

While you are outside with your child on a cloudy day take time to look up and talk about the shapes you are seeing.

<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Windy Fun</td>
<td>Make predictions&lt;br&gt;Heavy, light</td>
<td>Objects around the house that are both heavy and light. Example: Q-tip, feather, scrap of fabric, tissue, toy car, teddy bear, banana etc.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Talk about wind. If you can, go outside on a windy day and explore what wind is before doing this activity.

When you are ready to do the activity, collect all of the items together. Talk about how you are going to use your breath to blow and be the wind. Make predictions...Do you think the wind (your breath) can make this tissue move? Do you think the wind (your breath) can make this toy car move? Each time you and your child can blow on the object and see what happens.
**Sticky Shapes Sorting Activity**

Directions:

1. Cut large shapes from contact paper and tape sticky side out to window.
2. Cut smaller corresponding shapes out of colored construction paper.
3. Child matches the smaller shape to the larger sticky shape.

**SHAPES SORTING SUNCATCHERS**

www.happytotshelf.com
Directions: Balloons Blow in the wind. Color and count the balloons.

Color the Balloons!
### Music and Movement Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weather song</td>
<td>Have fun with songs and music</td>
<td>Pages 31-35 attached for some suggestions</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Songs and links to YouTube songs are provided. Use these or feel free to have fun with songs you already know.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dancing in the wind</td>
<td>Moves whole body</td>
<td>Scarves or pieces of fabric and/or cloth</td>
</tr>
<tr>
<td></td>
<td>Dances freely</td>
<td>Music of choice</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Outside or inside activity. You and your child can each have a scarf. Put on the music and dance pretending wind is blowing you and the scarf.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stormy weather parade</td>
<td>The difference between loud and quiet/ fast and slow</td>
<td>Pots, pans and spoons</td>
</tr>
<tr>
<td></td>
<td>Make music while marching around</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Using pots, pans and spoons you have in the house. Make your own stormy day while your child explores sounds they can make. Throughout the activity give directions such as: Can you play loud? Can you play quiet...fast, slow, etc.
“If It’s Windy and You Know It”
Tune: If You’re Happy and You Know It

If it’s WINDY and you KNOW it,
Swing and sway,
If it’s WINDY and you KNOW it,
Swing and sway,

If it’s WINDY and you KNOW it,
Then your CLOTHES
Will surely show it,

If it’s WINDY and you KNOW it,
Swing and sway!

momcats-signing-academy.com
Blow, Blow, Blow the Wind...
(Row, Row, Row Your Boat)

Blow, blow, blow the wind
Gently through the trees.
How I like a breeze!

Blow, blow, blow the clouds,
Blow them through the sky.
Watch the clouds roll by!

Nuttin' but Preschool
Mr. Sun Song
By Raffi
Oh, Mr. Sun, Sun, Mr. Golden Sun
Please shine down on me
Oh, Mr. Sun, Sun, Mr. Golden Sun
Hiding behind a tree
These little children are asking you
To please come out so we can play with you
Oh, Mr. Sun, Sun, Mr. Golden Sun
Please shine down on me
Oh, Mr. Sun, Sun, Mr. Golden Sun
Please shine down on me
Oh, Mr. Sun, Sun, Mr. Golden Sun
Hiding behind a tree
These little children are asking you
To please come out so we can play with you
Oh, Mr. Sun, Sun, Mr. Golden Sun
Please shine down on, please shine down on
Please shine down on me
I CAN SING A RAINBOW
Music and Words by Arthur Hamilton

Red and yellow and pink and green
Purple and orange and blue
I can sing a rainbow
Sing a rainbow
Sing a rainbow too.

Listen with your eyes
Listen with your eyes
And sing everything you see.

You can sing a rainbow
Sing a rainbow
Sing along with me.

Red and yellow and pink and green
Purple and orange and blue
We can sing a rainbow
Sing a rainbow
Sing a rainbow too.

www.SingBooksWithEmily.wordpress.com
5 LITTLE RAINDROPS

Five little raindrops
Plopping on the floor,
One plopped away,
And then there were four.

Four little raindrops dripping on the trees,
One dripped away, and then there were three.
Three little raindrops splashing on my shoe,
One splashed away, and then there were two.

Two little raindrops starting to run,
One ran off, and then there was one.
One little raindrop drying in the sun,
It dried up, and then there were none!
Weather Yoga
Learn about weather through simple yoga poses

KIDS YOGA STORIES
WEATHER YOGA

It is sunny.
EXTENDED MOUNTAIN POSE

It is windy.
TREE POSE

I see lightning.
CHAIR POSE

It is raining.
STANDING FORWARD BEND

It is snowing.
CHILD’S POSE

Weather Yoga
PRINTABLE POSTER