Early Childhood Distance Learning Materials

Toddlers
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>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 flash light dance party!</td>
<td>Draw a picture of an astronaut</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>Write your child's name, practice name recognition.</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>How many circles can you find in your home?</td>
</tr>
<tr>
<td>Name some words that rhyme</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>Look through a magazine and search for all the letters in your child's name.</td>
<td>What healthy foods can you find in your home?</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>Set the table. How many forks? How many spoons? How many cups? Etc.</td>
</tr>
</tbody>
</table>
# Daily Check-In

Tell me how you’re feeling today?

<table>
<thead>
<tr>
<th>Day</th>
<th>Make a</th>
<th>With a</th>
<th>Crayon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>CIRCLE</td>
<td>BLUE</td>
<td>Crayon</td>
</tr>
<tr>
<td>Tuesday</td>
<td>TRIANGLE</td>
<td>RED</td>
<td>Crayon</td>
</tr>
<tr>
<td>Wednesday</td>
<td>SQUARE</td>
<td>ORANGE</td>
<td>Crayon</td>
</tr>
<tr>
<td>Thursday</td>
<td>CLOUD</td>
<td>PINK</td>
<td>Crayon</td>
</tr>
<tr>
<td>Friday</td>
<td>A SHAPE OF YOUR CHOICE</td>
<td>GREEN</td>
<td>Crayon</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.
- 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."
### Activity #1 Title
**Relax under the stars**

**Learning Goal/Objective**
Regulate emotion

**Materials**
Blanket
Flashlight

**Activity/Lesson Description**
Find a fun, relaxing place outside.
Put out your blanket on the ground
Encourage your child to lay on his/her back looking up in the sky and talk about what you see - clouds, stars, the moon, etc.

### Activity #2 Title
**Mood Board**

**Learning Goal/Objective**
Express emotion
Express emotion through art

**Materials**
Tag Board
Drawing paper
Markers
Clear contact paper

**Activity/Lesson Description**
- Create a Mood Board similar to the one you see in the picture above. To make the facial features sturdier for your child's play, cover them with clear contact paper.
- Your child can create and play on their own, making their own faces.
- You can use this to do activities with your child, talking about and naming body parts, as well as emotions depending on the faces they create.
- Ask your child, “How do you feel today? Are you feeling happy? Can you make a happy face?”
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>If Your Happy and You Know it Movement Song</td>
<td>Puts words to emotions Plays with others</td>
<td>Words to song below</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Here is a song from YouTube you can have fun with too..

**If You’re Happy and You Know it**

```
Movement Song
Tune: If You’re Happy and You Know It

If you’re happy and you know it, clap your hands.
If you’re happy and you know it, clap your hands.
If you’re happy and you know it, and you really want to show it,
If you’re happy and you know it, clap your hands.

Variations:
If you’re excited and you know it, jump up and down...
If you’re angry and you know it, stomp your feet...
If you’re sleepy and you know it, take a nap...
If you’re sad and you know it, cry your tears...
If you’re silly and you know it, shake all over...
If you’re scared and you know it, hide your eyes...
If you’re hungry and you know it, rub your stomach...
If you’re quiet and you know it, sit right down. Shhh!
```
## Language, Literacy & Communication Activities

### Activity #1 Title

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read a book</td>
<td>Listen/respond with interest</td>
<td>Pete the Cat Out of this World</td>
</tr>
<tr>
<td></td>
<td>Awareness of print/pictures, Recognize and understand pictures or symbols can be “read” by others and have meaning</td>
<td>Pete the Cat: Out of this World</td>
</tr>
<tr>
<td></td>
<td>Demonstrate interest and involvement with books and other printed material</td>
<td>Aliens Love Underpants</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Aliens Love Underpants</td>
</tr>
<tr>
<td></td>
<td></td>
<td>How to Catch a Star</td>
</tr>
<tr>
<td></td>
<td></td>
<td>How to Catch a Star - A Stop Motion Short Film</td>
</tr>
</tbody>
</table>

### Activity Lesson Description

Whether reading a book with your child or using an electronic device, talk about what you see and what you hear. When looking at a book on an electronic device, pause it at certain places and ask your child questions. For example, “Can you find the moon?”

### Activity #2 Title

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>What comes Next</td>
<td>Recognize patterns</td>
<td>Below Pattern Activity Sheet</td>
</tr>
</tbody>
</table>

### Activity Lesson Description

Talk about the pictures on the worksheet below. Help your child name them going along in a row and mention how they are making a pattern. At the end of the row ask your child what they think comes next.
Circle or stamp the picture that completes the pattern.
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outer Space Word Cards</td>
<td>Builds on vocabulary learning new words</td>
<td>Word Cards</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

- Make 2 copies of the below cards
- Read the words to your child and look at the pictures
- Let your child match the pictures to each other
- Ask them various questions like, “Where is the moon?” “What is this a picture of?” (pointing to the flag) etc.
<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rocket Name</td>
<td>Letter recognition</td>
<td>Black construction paper for the activity creation.</td>
</tr>
<tr>
<td></td>
<td>Name recognition</td>
<td>Various colors of paper to create the rocket.</td>
</tr>
<tr>
<td></td>
<td>Explore and use a variety of art media</td>
<td>Star stickers</td>
</tr>
<tr>
<td></td>
<td></td>
<td>White chalk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Glue</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Scissors</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

**Preparation before the activity:** Cut out square shapes, however many are letters in your child’s name (write a letter of your child’s name on each square). Cut out one triangle for the top of the rocket and 3 rectangles for the flames at the bottom of the rocket. (Look at the below picture as an example to help guide you in how to prepare the activity)

**Activity:**
- Write out your child’s name on a piece of paper to show them an example of what their name looks like.
- Say the letters that are in their name and read their name
- Use the squares that have the letters in your child’s name to match to the letters on the name on the piece of paper
- While spelling your child’s name...build the Rocket. Have fun ‘building’ the rocket before you glue on the pieces.
- Talk about the colors and shapes. “Look. J is for Jack. Your name is Jack. J is on the green square”
- Create the rocket by gluing on all the pieces.
- End by decorating the rest of the picture with sticker stars if you have them or let your child draw with white chalk to create the night sky the rocket is flying in!
Directions: Outer Space words to be used for discussion and/or games such as Matching and Memory Games.
Directions: Coloring Page. Ask your child, “What do you see?” Let them color and draw and talk about the colors they used.
Name

Trace the dotted line to help each space shuttle get to the astronaut.
# The Arts & Sensory Activities

## Activity #1 Title
Spray Bottle Galaxy

### Learning Goal/Objective
Explore and use a variety of art media  
Fine motor skills (using spray bottle)

### Materials
- Spray Bottle  
- Water  
- Yellow paint diluted in the water  
- Dark paper

### Activity/Lesson Description
Put water and some yellow paint in a spray bottle. Add a little bit of yellow paint. Spray the water and paint mixture on dark paper and watch for a galaxy to appear.

## Activity #2 Title
Telescope

### Learning Goal/Objective
Explore and use a variety of art media

### Materials
- Art media that you have around the house. Crayons, paint, markers, stickers.  
- Toilet Paper tubes

### Activity/Lesson Description
Color, paint, and decorate the tube with whatever you have. Let your child use their own creativity. When it is dry and ready, they can use it to look through at anything. Take them outside at night and look up in the sky. Pretend and ENJOY!
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starry Night Sensory Bags</td>
<td>Uses senses in exploration during play</td>
<td>Gallon storage bags</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Clear hair gel (16 oz)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Star Shaped confetti and/or glitter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Black poster board</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

- Empty the hair gel into the bag
- Add the star confetti and/or glitter into the bag
- Before sealing the bag, lay it flat and get as much air out as possible.
- Tape the black paper to one side of the bag to make the stars shine in the “Starry Night”.
- Tape the opening of the bag shut to make it more secure to avoid messes.
- Time for your child to explore and play with the bag!

<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moon Sand</td>
<td>Fine motor skills</td>
<td>Flour</td>
</tr>
<tr>
<td></td>
<td>Sensory</td>
<td>Baby Oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Large container to put the whole mixture in</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Containers to put the ‘moon sand’ in and to make molds</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

It’s easy as pie: 1/4 cup baby oil for every 2 cups of flour.
To fill a plastic container, we did 8 cups of flour and 1 cup of baby oil.
You want to mix it well to break up any balls of baby oil that form.

You can store it in an airtight container when not in use.
### 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, matching and looking at sizes of Moon Rocks</td>
<td>Show interest in and awareness of numbers/counting Recognize differences in size</td>
<td>Rocks</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Go on a walk outside with your child. Look for rocks and collect them. When you have a good amount, you can put them in a pile and you can do a variety of activities with them.
- Count the rocks
- Sort the rocks by size and color
- Ask, which rocks are the biggest? The smallest?
- Talk about how they feel...rough, smooth etc.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Match the Planet</td>
<td>Increase attention to detail Visual memory Recognize and recall</td>
<td>Worksheet on pg. 21</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Make two copies of the worksheet on page 21. Cut out the planets on one sheet. Use the planets that you cut out to have your child match them to the planets on the other sheet.
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flashlight Fun</td>
<td>Explore and discover light, dark, and shadows while at play.</td>
<td>Flashlight for everyone doing the activity</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Turn off the lights and turn on the flashlight  
Play with the flashlights shining them around the room.  
Talk about light and dark.  
Ask your child to do certain things...Shine your light on the chair, books, television etc.  
Talk about how light and dark together can make shadows.  
Make shadow puppets if you want.  
For extra fun, put on some music and do a flashlight dance party!

<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
</table>
| Spaceship Throw        | Fine motor/finger grasp  
Make predictions  
Follow directions    | Paper plates  
Crayons  
Stickers (if you have them) |

**Activity/Lesson Description**

Decorate a paper plate by coloring with crayons or any art materials you have on hand.  
The paper plates will be the spaceships!  
Your child will have fun ‘flying’ (throwing) their spaceship around the room.  
By playing with your child, make predictions.  How far do you think you/I can throw the spaceship?  Go stand where you think I can throw my spaceship.  How high can you throw your spaceship?
<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shape Space</td>
<td>Explore and use a variety of art media</td>
<td>Shapes such as circles, rectangles, squares, triangles, and stars of different sizes cut from different colored construction paper. Glue Bigger dark paper for the project to be created on.</td>
</tr>
<tr>
<td></td>
<td>Shape recognition</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Talk about all the different shapes and colors to work on shape/color practice and recognition.
Using the glue let your child design an outer space picture using the shapes (circle = planets, moon, sun; Stars = stars; Rectangle, square, triangle = rocket ship). Encourage your child to talk about their work and tell you what they are creating!
Directions: Have your child mark the numbers with the objects they see. Example: 2 Aliens
Astronauts to Earth
Help the astronauts get back to Earth!
## 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>Singing songs about Outer Space</td>
<td>Shows interest and participate in a wide variety of music and song</td>
<td>Online Song Links:</td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Elmo’s Outerspace Song</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Sesame Street Outer Space</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td><em>Space Song Rocket Ride</em></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Sing songs about Outerspace. Some songs are provided for you in this pamphlet. Sing and dance with your child!

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asteroid Toss</td>
<td>Gross motor, move body (arms) with purpose</td>
<td>Aluminum Foil</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baskets or Boxes</td>
</tr>
<tr>
<td></td>
<td>Hand eye coordination</td>
<td></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Crunch up pieces of foil to make small ‘asteroids’
Have your child throw them and try to get them into a basket or a box.
For those that need more of a challenge, cut a hole into a box and try to get the ‘asteroid’ into the hole while throwing.
### Activity #3 Title

**Blast Off!**

### Learning Goal/Objective

- Gross motor
- Move body
- Demonstrate large muscle and balance
- Change position and move body from place to place

### Materials

You will need a big enough space to move.

### Activity/Lesson Description

This is an activity where you act out being a rocket ship.

- You and your child crouch down on the floor
- Make yourselves as small as possible
- Count down from 10 to zero, standing up a little at a time with each number
- When you get to zero, yell BLAST OFF and fly around the room!

You can use the below poem if you want!

![Climb aboard the spaceship, we're going to the moon, hurry and get ready we're going to blast off soon, put on your helmet and buckle up real tight, cause here comes the countdown so count with all your might! 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, BLAST OFF!](image-url)
IN THE SKY

TUNE: THE FARMER IN THE DELL

The sun is in the sky
The sun is in the sky
Hot and bright it gives us light
The sun is in the sky!

The moon is in the sky
The moon is in the sky
Round and round the earth it goes
The moon is in the sky!

The stars are in the sky
The stars are in the sky
Far and bright and out at night
The stars are in the sky!
Blast Off
Like a rocket!

Soar
Like a comet!

Fall
Like an asteroid!

Twinkle
Like a little star!
Outer Space Yoga

*5 easy yoga poses for kids*

1. Shine like the SUN.
2. Glow like the MOON.
3. Glide like a SHOOTING STAR.
4. Zoom like a COMET.
5. Orbit like an ASTEROID.