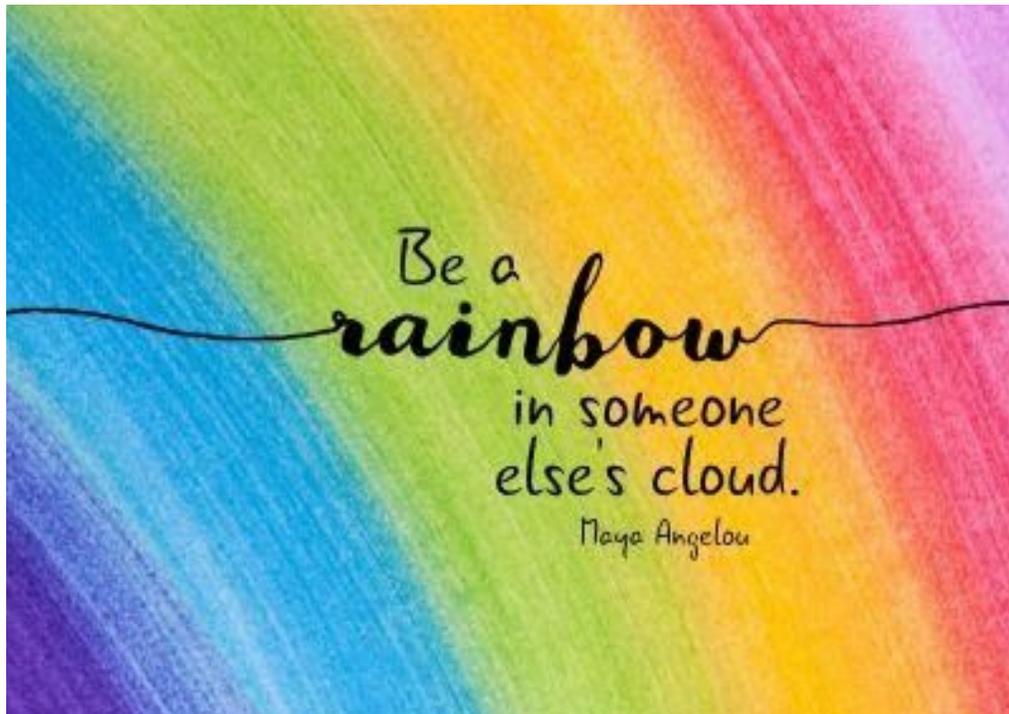


# Early Childhood Distance Learning Materials



Toddlers  
Week #10  
June 22-26, 2020

# Table of Contents

<b>Home Learning Bingo Board</b>	3
<b>Social Emotional Development &amp; Social Systems Cognitive Activities</b>	4
<b>Language, Literacy &amp; Communication Activities</b>	7
<b>The Arts &amp; Sensory Activities</b>	10
<b>Mathematics and Science Activities</b>	12
<b>Music and Movement Activities</b>	14

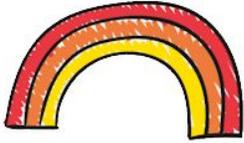
## Home Learning Bingo Board

**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!

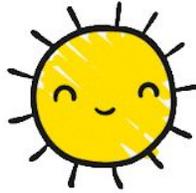
<b>L</b> Literacy	<b>E</b> Exercise	<b>A</b> Arts	<b>R</b> Regulation	<b>N</b> Numbers
Go to youtube and read 'Brown Bear, Brown Bear'	Talk about what colors healthy foods can be	Make your own playdough	Blow bubbles. Deep breathe in-soft breathe out	How many different color birds can you see on a walk?
Talk about what letter your names start with	Learn a new dance	Use your homemade paint and mix them and see what colors they make	Go to youtube and search 'The Color Monster'	Go on a walk and find 4 white cars, 3 black cars and 1 yellow car
Play "Simon Says"	Go for a color hunt around your house	Make your own paint	Snuggle on the couch together and watch a movie	Use a marker to measure different things around the house
Read your child's favorite book	Make an obstacle course in your house or on the playground	Talk about what colors make up a rainbow.	Use your feelings chart from the packet to talk about how you are feeling	Count the number of items used at dinner time
Learn a new song about colors	Play Red Light Green Light	Use chalk outside	Watch the movie "Inside Out" and talk about the different feelings	Do a puzzle

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.

Blessing Manifesting

Cultivate interests and hobbies.

<b>Activity #1 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Calm Down Yoga	Gross Motor, Emotional Regulation/Breathing Exercises	Calm Down Yoga Card (below)
<b>Activity/Lesson Description</b>		
Take this time to take a much needed breath and relax with your children. Take the time to do each movement and label them with the name on the paper, this helps your child really get into motion. While doing each movement take 4-5 breaths and really stretch and feel the movements.		

<b>Activity #2 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Singing and Dancing	Builds self-esteem, fosters connection and cooperation, promotes brain development	Eye contact, playfulness, presence
<b>Activity/Lesson Description</b>		
Feel free to watch this “If You’re Happy and You Know it” sing-along video or sing any songs you and your child enjoy!  <a href="https://www.youtube.com/watch?v=l4WNrvVjiTw">https://www.youtube.com/watch?v=l4WNrvVjiTw</a>		

<b>Activity #3 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Play Dough Faces	Fine Motor, Emotional Recognition	Play Dough
<b>Activity/Lesson Description</b>		
Talk about emotions with your children and show them what each emotion might look like, such as happy, sad, mad. You can talk to your child through each emotion and what may make someone feel that way.		

# CALM DOWN YOGA FOR KIDS



I am strong.



I am kind.



I am brave.



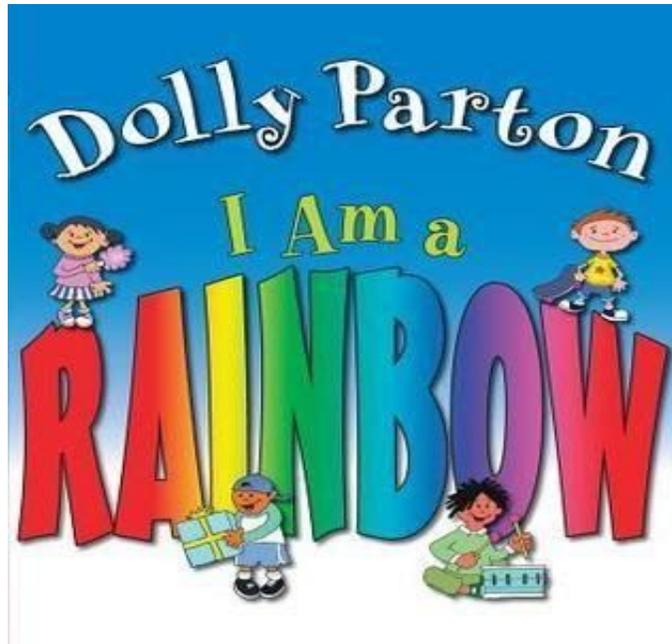
I am friendly.



I am wise.



## Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Brown Bear Brown Bear	Building a foundation in literacy	<a href="#">Brown Bear, Brown Bear, What Do You See Read Aloud</a>
<b>Activity/Lesson Description</b>		
Read or listen to this story and talk about all the different colors that you see while reading it.		

Activity #2 Title	Learning Goal/Objective	Materials
Let's Talk About It	Building Vocabulary	Your Voice
<b>Activity/Lesson Description</b>		
Talk about the everyday activities (diaper changes, cleaning, cooking, etc) you usually think about silently. This will help your child learn vocabulary and patterns of speech.		

<b>Activity #3 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Color Words	Building Vocabulary, Early Letter Recognition	Color Card Print Out (below)
<b>Activity/Lesson Description</b>		
Cut out the Color Word Cards and talk about them with your child. Do you see any of these colors in the room? What about outside? At the store?		

<b>Activity #4 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Letter Hunt	Vocabulary, Gross Motor, Early Letter Recognition	Your feet and a few written letters
<b>Activity/Lesson Description</b>		
Write a few letters of the alphabet on a piece of paper and then walk around your house, the neighborhood, etc. to see what letters your child can find in the environment outside. Talk with them about what each letter is and see if they can spot any other letters anywhere else		

<b>Activity #5 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Playdough Letters	Fine Motor, Early Letter Recognition, Vocabulary	Playdough
<b>Activity/Lesson Description</b>		
Using playdough, shape the dough into different letters of the alphabet. Then have them try to do the same. Try both lower and uppercase letters! This will also help build communication skills and fine motor.		



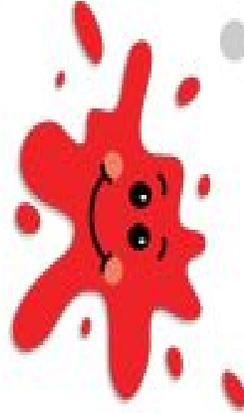
yellow



orange



pink



red

# The Arts & Sensory Activities



Activity #1 Title	Learning Goal/Objective	Materials
Color Scrape Painting	Gross/Fine Motor, Vocabulary	Paint and Paper Small Piece of Cardboard
<b>Activity/Lesson Description</b>		
Put your paint on the piece of paper in a pattern or just at random and take your flat piece of cardboard and scrape it across your paper and talk about what happens.		

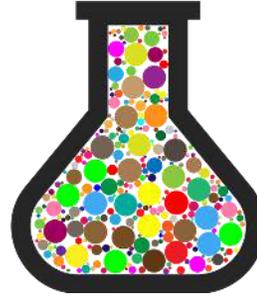
Activity #2 Title	Learning Goal/Objective	Materials
Rainbow in a Bag	Gross/Fine Motor, Vocabulary	Paint OR Hair Gel and Food Coloring, Ziploc Bag, Tape
<b>Activity/Lesson Description</b>		
Put your paint in a Ziploc bag and close it tight then put tape over it. You can put in on a window or just leave it on the table. You then play around with it with your fingers.		

<b>Activity #3 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Color Sponge Painting	Gross Motor, Cognitive Development, Vocabulary	Sponge, Paint, and Paper
<b>Activity/Lesson Description</b>		
Put your paint on the sponge in a pattern (or at random) and paint on the paper. I like to squish it on at first and then rub it after a while.		

<b>Activity #4 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Rainbow Rice	Sensory, Fine/Gross Motor, Dumping and Filling	Rice, Food Coloring, Cups and Spoons
<b>Activity/Lesson Description</b>		
To dye your rice: combine 1 Tablespoon of vegetable oil, food coloring (drops to your liking), and rice. Let dry and then put the dyed rice in a bin for your child to explore!		

<b>Activity #5 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Playdough	Sensory, Fine/Gross Motor, Vocabulary	Playdough
<b>Activity/Lesson Description</b>		
Simply playing with playdough can spike some really great conversation and creativity.		

# Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Skittles Science	Vocabulary	Skittles, Plate, Water
Activity/Lesson Description		
Place your skittles around the inside of a plate in a circle. Poor water gently around the edge and watch. What you will notice is the colors will start to run into the middle together.		

Activity #2 Title	Learning Goal/Objective	Materials
Magic Milk	Vocabulary, Observation, Dumping and Pouring	Food Coloring, Dish Soap, Cotton Balls, Plate, Milk (2% or Whole)
Activity/Lesson Description		
<ul style="list-style-type: none"> <li>● Pour some milk into a shallow dish or bowl until the milk covers the bottom.</li> <li>● Add some drops of food coloring to the milk. You can use a variety of colors, just be sure to add 3-4 drops of each color.</li> <li>● Add a drop of dish soap onto a cotton ball and throw it into the center of the milk.</li> <li>● Watch in amazement as the colors dance across the surface of the milk.</li> </ul>		

Activity #3 Title	Learning Goal/Objective	Materials
Color Sorting	Color Sorting, Color Names, Fine Motor, Vocabulary	Fruit Loops, Cups, Fingers
Activity/Lesson Description		
Place 1 piece of fruit loop cereal in each cup and ask your child to sort the other fruit loops in the corresponding cups. Encourage your child to use their pincer grasp to help work on their fine motor skills as well as color sorting.		

Activity #4 Title	Learning Goal/Objective	Materials
Color Mixing Science	Colors, Sensory (Ice), Vocabulary, Fine Motor	Ice Cube Tray, Food Coloring, Cups
<b>Activity/Lesson Description</b>		
<p>Fill an ice cube tray with water and a few drops of food coloring in each section. Place in the freezer for 1-2 hours. Once they are frozen, drop a few of them in a cup and watch the colors mix. Talk about what color your child thinks it will turn into.</p>		

Activity #5 Title	Learning Goal/Objective	Materials
Color Changing Flowers	Observation Skills, Vocabulary	White flowers (cut at the bottom), Clear Cups, Water, and Food Coloring
<b>Activity/Lesson Description</b>		
<p>Cut the stems of the flowers to have about 5 inches below the flower left.  Fill cups with water and 10 drops of food coloring.  Place the flower in the cup and watch as the color begins to soak into the pedals.  Talk about what your child thinks will happen.</p>		

## Music and Movement Activities



Activity #1 Title	Learning Goal/Objective	Materials
Sound Exploration with Glasses	Gross Motor, Observation Skills, Vocabulary	Glass Cups, Spoon, Food Coloring
<b>Activity/Lesson Description</b>		
Fill each glass cup with a different amount of water and a few drops of food coloring. Once the cups are filled have the child gently tap the side of the glass and listen to the different sounds of each glass.		

Activity #2 Title	Learning Goal/Objective	Materials
Creative Movement	Gross Motor, Rhythm	Color Scarves
<b>Activity/Lesson Description</b>		
Dance around with Rainbow Scarves. Talk about the beat and the high notes and low notes.		

Activity #3 Title	Learning Goal/Objective	Materials
Color Hop	Gross Motor, Memory Skills, Vocabulary	Color Paper
<b>Activity/Lesson Description</b>		
Cut out different color pieces of paper into circles or different shapes. Turn on some music (or don't) and have your child hop on all the different colors. Start by saying "Jump on Red, Jump on Green, Jump on etc."		