

Early Childhood Distance Learning Materials



Toddlers
Week #11
June 29-July 3, 2020

Table of Contents

Home Learning Bingo Board	3
Daily Check-In	4
Social Emotional Development &	5
Social Systems Cognitive Activities	5
Language, Literacy & Communication Activities	9
The Arts & Sensory Activities	12
Mathematics and Science Activities	16
Music and Movement Activities	19

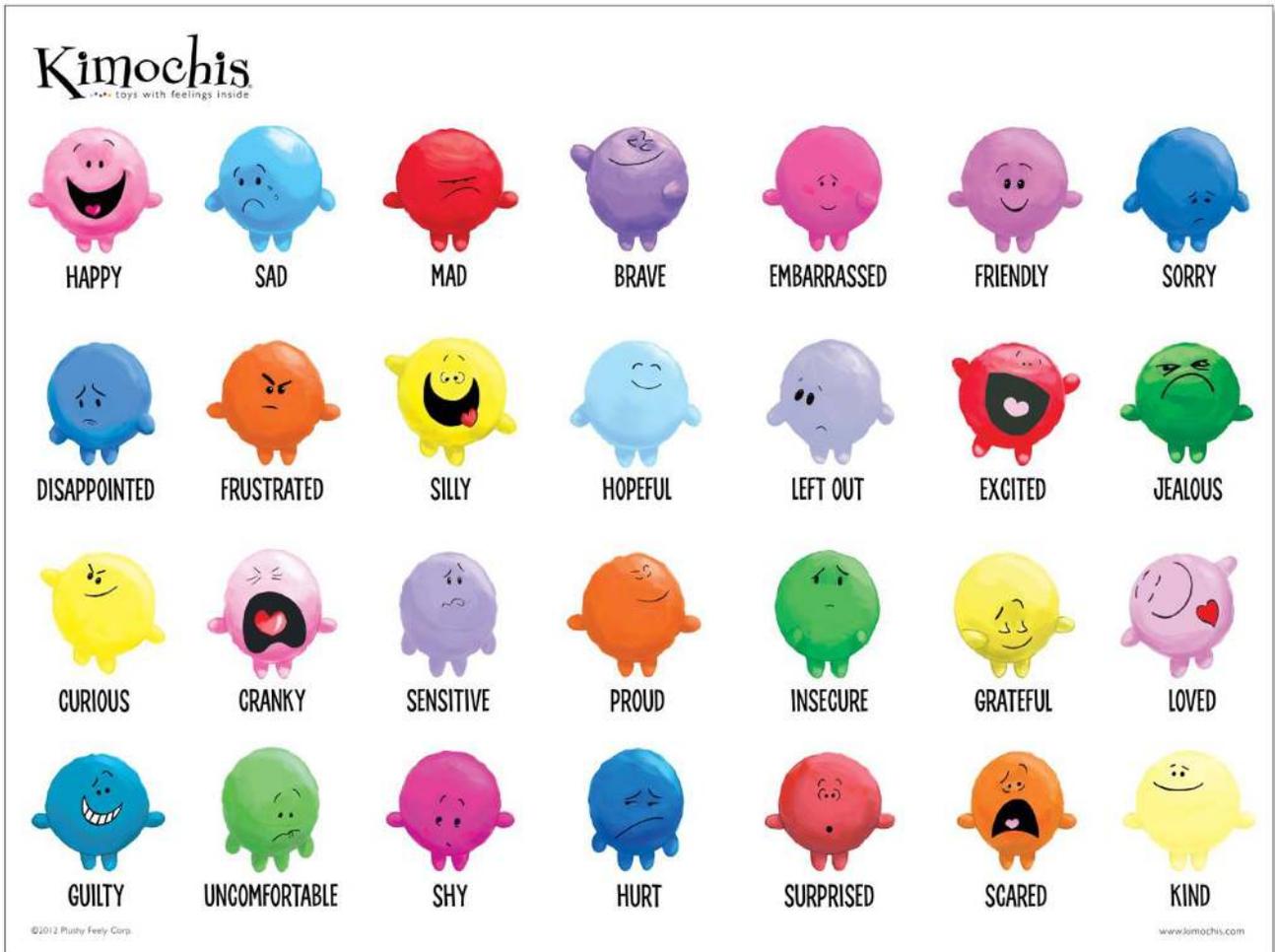
Home Learning Bingo Board

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;"> <tr> <td style="padding: 2px;">M</td> <td style="padding: 2px;">T</td> <td style="padding: 2px;">W</td> <td style="padding: 2px;">R</td> <td style="padding: 2px;">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?					
Dance when you hear a bird chirping.	Pretend to be a tree. Put your arms out and sway like you are a tree in the wind.	Sing your favorite song.	Hug your pillow.	Count how many toys you have.					

Daily Check-In

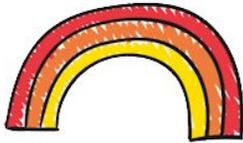
Tell me how you're feeling today?



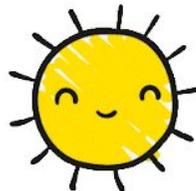
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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.

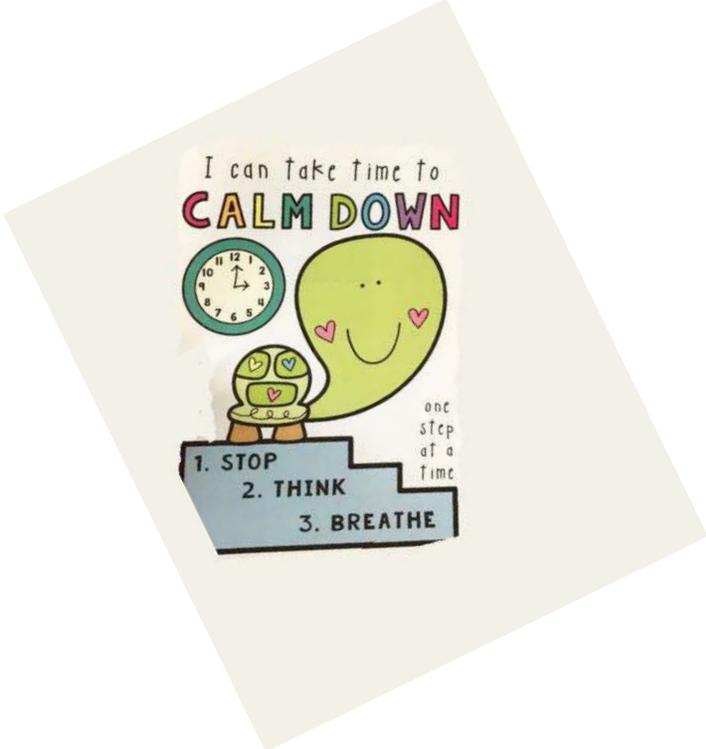
Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Activity #1 Title	Learning Goal/Objective	Materials
Take Time	Monitoring calmness and learning to feel body when calm, breathing deeply	
Activity/Lesson Description		
<p>Take a Moment to Stop, Think and Breathe</p> 		

Activity #2 Title	Learning Goal/Objective	Materials
Pom Pom water play	Sensory play builds nerve connections in the brain's pathways, play supports language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction.	<ul style="list-style-type: none"> ● Plastic sensory bin ● Water ● Miscellaneous bowls and scoops ● Pom Pom balls

Activity/Lesson Description

Set the sensory bin outside or inside and dump in all the pom pom balls. Add in some bowls and scoops and top it all off with water. You can talk to your child about texture, color, scooping, transferring, wet, dry, etc.



Activity #3 Title	Learning Goal/Objective	Materials
Bubble snake maker	Sensory processing skills: Bubbles are wet, slimy, and sticky. The physical act of blowing can be a very effective sensory-based way to help children “organize”, calm, and focus their bodies. Social and communication skills: Kids can ask or sign for “more” and establish eye contact when doing so. They can practice taking turns.	<ul style="list-style-type: none"> ● Bottle ● Scissors ● Elastic band ● Flannel, face cloth or an old sock ● Bubble mixture and water ● Glycerine ● Food colouring (optional)

Activity/Lesson Description

Find a clean, empty plastic bottle, Using a pair of scissors, help your child by cutting the bottom off the plastic bottle, cover the open end of your bottle with a piece of fabric that is similar to a washcloth or cotton sock. Secure with a rubber band to keep the fabric in place or wrap it in tape.

Homemade bubble mixture:

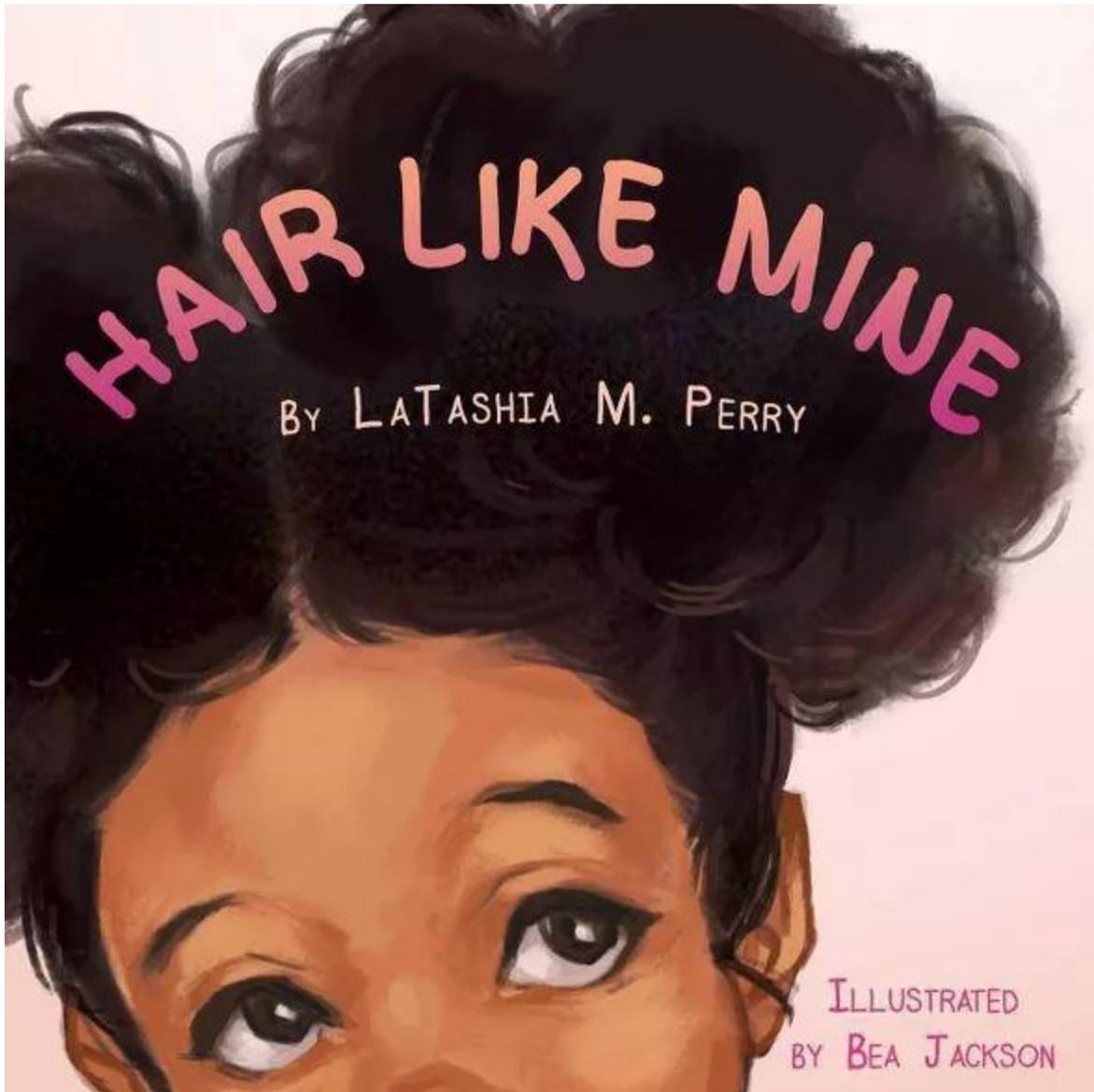
- Washing up liquid
- Water
- Glycerine (found in the baking section at the supermarket)

Mix 3 tablespoons of washing up liquid with 250ml of water (distilled water gives the best

results) and add 1 tablespoon of glycerine. This mix is best left overnight to settle before using. Place your bubble mix into a shallow bowl or plate.



Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
<i>And Then Comes Summer</i> by Tom Brenner	Learning about common summer activities while listening to the story.	<ul style="list-style-type: none"> • Access to screen (phone, computer, etc) & internet
Activity/Lesson Description		
YouTube Video: And Then Comes Summer - Read With Me Story Time		

Activity #2 Title	Learning Goal/Objective	Materials
<i>I see Summer</i> by Charles Ghigna	Promoting oral language and listening skills. To see illustrations about this wonderful book.	Youtube Access
Activity/Lesson Description		
YouTube Video: I See Summer by Charles Ghigna This short story illustrates summer and what it is about.		

Activity #3 Title	Learning Goal/Objective	Materials
Trace Squiggly lines	Literacy/Writing	<ul style="list-style-type: none"> • Sidewalk chalk • Paint brushes (big) • Water
Activity/Lesson Description		
Draw squiggly lines of chalk on the sidewalk, paint them with water to erase them. You can also draw your child's name or just the first letter of his/her name.		

Activity #4 Title	Learning Goal/Objective	Materials
Create a book with your child	Emergent literacy/ Language acquisition	<ul style="list-style-type: none"> ● Construction paper ● Needle and thread or stapler ● Stickers ● Markers or colored pencils
Activity/Lesson Description		
<p>Take out four sheets of construction paper and fold them in half. Stitch them together along the middle or just staple them. Grab a packet of stickers and some pens, and let your toddler stick and color page by page. Ask your child to tell you stories about what's happening with the images he's created, and write every word he says on the pages. You can also talk to your child about the summer season and ask him/her to draw about it or give your child pictures from magazines to create a collage!</p> <div style="text-align: center;">  </div>		

Activity #5 Title	Learning Goal/Objective	Materials
Story time	Emergent literacy/ Language acquisition	Phone or computer access
Activity/Lesson Description		
<p>Listen to the read out loud of the book “Ice Cream Summer” on YouTube: Story Time With Michele! "Ice Cream Summer" read aloud for kids! 📺</p>		

The Arts & Sensory Activities



Activity #1 Title	Learning Goal/Objective	Materials
Bubble Art	Learning to use motor skills and oral skills.	<ul style="list-style-type: none"> ● Bubbles ● Canvas ● Food Coloring ● Cups
Activity/Lesson Description		
<p>Add bubble mix in the cup Add a few drops of food coloring to each cup Blow bubbles of desired color onto the canvas</p> 		

Activity #2 Title	Learning Goal/Objective	Materials
Home Scavenger Hunt	Exploring home with their five senses. Making connections with their surroundings.	<ul style="list-style-type: none"> ● Blank paper ● Various color markers
Activity/Lesson Description		
<p>Write the name of each color and a scribble of it on the blank page. Find items around your home that match the colors.</p> 		

Activity #3 Title	Learning Goal/Objective	Materials
Chalk Ice	Promotes senses and creative expression skills.	<ul style="list-style-type: none"> ● Popsicles ● Ice Cube tray ● 1 piece sidewalk chalk ● 2 tbsp cornstarch ● 4 tbsp water
Activity/Lesson Description		
<p>Break chalk into powder Mix chalk with cornstarch Add water Pour into ice cube trays Add popsicle and freeze Have fun in the sidewalk</p> <p>Link: Chalk Ice Project</p>		

Activity #4 Title	Learning Goal/Objective	Materials
Beach Ball Painting	Promotes sensory motor skills. To be able to move the ball around.	<ul style="list-style-type: none"> ● Beach Ball ● Plates ● Paint ● Canvas
Activity/Lesson Description		
<p>Pour paint onto the plate Roll Beach Ball in paint Create art</p>		

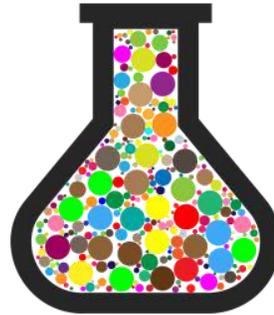
Activity #5 Title	Learning Goal/Objective	Materials
Citrus Stamp Art	Uses fine motor skills to pick up the halves of fruit and make art.	<ul style="list-style-type: none"> ● Lemons and oranges ● Paint ● Paper and paper plates

Activity/Lesson Description

Cut the oranges and lemons into halves. Provide paint on a plate and allow your child to pick up halves and dip into paint, then stamp the paper to create beautiful summer art!



Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Watermelon Counting	Uses motor and oral skills to learn to count.	<ul style="list-style-type: none"> ● Watermelon printouts with numbers on them (1-desired number) ● Black beans
Activity/Lesson Description		
<p>Draw many watermelons with a different number listed on each one (or a quick google search will come up with many options for templates for this activity). Lay your drawings or printouts out in order of numbers (you can do the biggest to smallest or the opposite to teach your child counting up or down). You will read the number aloud and then have your child place the amounts of beans on to the correct drawing/printout.</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Dinosaur Eggs	Using their motor skills the children will help the dinosaurs escape their eggs.	<ul style="list-style-type: none"> ● Balloons ● Water ● Dinosaur figurines/ small toys
Activity/Lesson Description		
<p>Fill the balloon with water and place the dinosaur inside, tie, then let freeze. After you have created your dinosaur eggs you can take them out of the balloons by cutting and then let the child try and rescue the dinosaur by playing with the ice eggs. Better done outside.</p> <div style="text-align: center;">  </div>		

Activity #3 Title	Learning Goal/Objective	Materials
Bubble Whisk	Uses fine motor skills to strengthen muscles and uses their hand/eye coordination to whisk.	<ul style="list-style-type: none"> ● Large bowls ● Whisks (all shapes) ● Dish or hand soap ● Water ● Food coloring
Activity/Lesson Description		
<p>Fill bowls about half-way with water and then add 2-3 pumps of soap with desired food coloring color. Explain how to create the bubbles (by whisking) and then give them the whisk and allow them to create colorful bubbles!</p> <div data-bbox="586 709 1005 1129" style="text-align: center;"> </div>		

Activity #4 Title	Learning Goal/Objective	Materials
I spy number tray	Counting/Numbers	<ul style="list-style-type: none"> ● Foam/plastic numbers or you can cut numbers from 0-5 out of paper. ● Any fruits or vegetables available
Activity/Lesson Description		
<p>Take a tray or a plate, or just on the table, place a number with fruits or vegetables matching the same number. If you are teaching your child number 2, match the number with two apples, or any other fruit, or veggie or toys or you can get more creative! See example below.</p>		



Activity #5 Title	Learning Goal/Objective	Materials
Classic Sink or Float Activity	Uses scientific inquiry skills to create a theory, and then test it!	<ul style="list-style-type: none"> ● Plastic tub ● Water ● Toys
Activity/Lesson Description		
<p>A classic Sink or Float activity is a great way for kids to create a theory, and then test it! Fill a tub with water and collect various items to test. You can see how we did a sink or float activity with your child's toys. Link: Sink or Float</p>		

Music and Movement Activities



Activity #1 Title	Learning Goal/Objective	Materials
Sponge Ball Fun	Promotes gross motor skills, and sensory skills.	<ul style="list-style-type: none"> ● Sponges ● Scissors ● Bucket ● Rubber bands ● Water
Activity/Lesson Description		
<p>Cut sponges into strips Tie rubber band onto the center of some pieces Submerge into bucket of water Enjoy summer fun!</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Sponge Darts	Uses gross motor skills to throw sponges toward the center.	<ul style="list-style-type: none"> ● Sponges ● Tub to hold water ● Chalk
Activity/Lesson Description		

Draw a large target on the floor and put your sponges into your tub of water. The goal is to throw the wet sponges toward the center.



Activity #3 Title	Learning Goal/Objective	Materials
Follow the Line	Uses gross motor skills and coordination skills to follow the line.	<ul style="list-style-type: none"> • Chalk
Activity/Lesson Description		
<p>Adults create a trail. This trail can have loops, turns, zig-zags, etc... and the child will have to maneuver through.</p> <div style="display: flex; justify-content: space-around; align-items: center;">  </div>		