Early Childhood Distance Learning Materials

Toddlers
Week #11
June 29-July 3, 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!

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<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 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 20</td>
</tr>
<tr>
<td>M T W R F</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Use handwriting sheet to write name</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>Find shapes in your house and draw them on paper</td>
</tr>
<tr>
<td>Name some words that rhyme with: cat, dog, bed, map</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>Dance when you hear a bird chirping.</td>
<td>Pretend to be a tree. Put your arms out and sway like you are a tree in the wind.</td>
<td>Sing your favorite song.</td>
<td>Hug your pillow.</td>
<td>Count how many toys you have.</td>
</tr>
</tbody>
</table>

3
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.
- 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.
- Focus on articulating feelings.
  "I am angry.
  "I am sad."
- 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.

Blessing Manifesting
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take Time</td>
<td>Monitoring calmness and learning to feel body when calm, breathing deeply</td>
<td></td>
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</tbody>
</table>

**Activity/Lesson Description**

**Take a Moment to Stop, Think and Breathe**

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
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</tr>
</thead>
</table>
| 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.                      | ● Plastic sensory bin  
● Water  
● Miscellaneous bowls and scoops  
● Pom Pom balls |

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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.

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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. | ● Bottle
● Scissors
● Elastic band
● Flannel, face cloth or an old sock
● Bubble mixture and water
● Glycerine
● Food colouring (optional)

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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.
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td><em>And Then Comes Summer</em> by Tom Brenner</td>
<td>Learning about common summer activities while listening to the story.</td>
<td>● Access to screen (phone, computer, etc) &amp; internet</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

**YouTube Video:** *And Then Comes Summer - Read With Me Story Time*

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
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<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>I see Summer</em> by Charles Ghigna</td>
<td>Promoting oral language and listening skills. To see illustrations about this wonderful book.</td>
<td>Youtube Access</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

**YouTube Video:** *I See Summer by Charles Ghigna*
This short story illustrates summer and what it is about.

<table>
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<th>Activity #3 Title</th>
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</thead>
<tbody>
<tr>
<td>Trace Squiggly lines</td>
<td>Literacy/Writing</td>
<td>● Sidewalk chalk ● Paint brushes (big) ● Water</td>
</tr>
</tbody>
</table>

**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.
<table>
<thead>
<tr>
<th>Activity #4 Title</th>
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</thead>
</table>
| Create a book with your child | Emergent literacy/ Language acquisition | ● Construction paper  
● Needle and thread or stapler  
● Stickers  
● Markers or colored pencils |

**Activity/Lesson Description**

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!

![Image of a handmade book]

<table>
<thead>
<tr>
<th>Activity #5 Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Story time</td>
<td>Emergent literacy/ Language acquisition</td>
<td>Phone or computer access</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

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!**
The Arts & Sensory Activities
### Activity #1 Title
Bubble Art

### Learning Goal/Objective
Learning to use motor skills and oral skills.

### Materials
- Bubbles
- Canvas
- Food Coloring
- Cups

### Activity/Lesson Description
Add bubble mix in the cup
Add a few drops of food coloring to each cup
Blow bubbles of desired color onto the canvas

![Bubble Art Image]

### Activity #2 Title
Home Scavenger Hunt

### Learning Goal/Objective
Exploring home with their five senses. Making connections with their surroundings.

### Materials
- Blank paper
- Various color markers

### Activity/Lesson Description
Write the name of each color and a scribble of it on the blank page. Find items around your home that match the colors.

![Home Scavenger Hunt Image]
<table>
<thead>
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</table>
| Chalk Ice         | Promotes senses and creative expression skills. | ● Popsicles  
● Ice Cube tray  
● 1 piece sidewalk chalk  
● 2 tbsp cornstarch  
● 4 tbsp water |

**Activity/Lesson Description**

Break chalk into powder  
Mix chalk with cornstarch  
Add water  
Pour into ice cube trays  
Add popsicle and freeze  
Have fun in the sidewalk

Link: [Chalk Ice Project](#)

<table>
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<tr>
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</tr>
</thead>
</table>
| Beach Ball Painting | Promotes sensory motor skills. To be able to move the ball around. | ● Beach Ball  
● Plates  
● Paint  
● Canvas |

**Activity/Lesson Description**

Pour paint onto the plate  
Roll Beach Ball in paint  
Create art
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Citrus Stamp Art</td>
<td>Uses fine motor skills to pick up the halves of fruit and make art.</td>
<td>● Lemons and oranges</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Paint</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Paper and paper plates</td>
</tr>
</tbody>
</table>

**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

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<tr>
<th>Activity #1 Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Watermelon Counting</td>
<td>Uses motor and oral skills to learn to count.</td>
<td>● Watermelon printouts with numbers on them (1-desired number)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Black beans</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

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.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinosaur Eggs</td>
<td>Using their motor skills the children will help the dinosaurs escape their eggs.</td>
<td>● Balloons</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Water</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Dinosaur figurines/ small toys</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

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.
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<thead>
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</table>
| Bubble Whisk       | Uses fine motor skills to strengthen muscles and uses their hand/eye coordination to whisk. | ● Large bowls  
                     ● Whisks (all shapes)   
                     ● Dish or hand soap   
                     ● Water   
                     ● Food coloring |

**Activity/Lesson Description**

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!

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<table>
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</tr>
</thead>
</table>
| I spy number tray  | Counting/Numbers              | ● Foam/plastic numbers or you can cut numbers from 0-5 out of paper.   
                          |                               | ● Any fruits or vegetables available                                   |

**Activity/Lesson Description**

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.
<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
</table>
| Classic Sink or Float Activity | Uses scientific inquiry skills to create a theory, and then test it! | ● Plastic tub  
● Water  
● Toys |

**Activity/Lesson Description**

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](#)
# Music and Movement Activities

## Activity #1 Title
Sponge Ball Fun

## Learning Goal/Objective
Promotes gross motor skills, and sensory skills.

## Materials
- Sponges
- Scissors
- Bucket
- Rubber bands
- Water

## Activity/Lesson Description
Cut sponges into strips
Tie rubber band onto the center of some pieces
Submerge into bucket of water
Enjoy summer fun!

## Activity #2 Title
Sponge Darts

## Learning Goal/Objective
Uses gross motor skills to throw sponges toward the center.

## Materials
- 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.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
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<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Follow the Line</td>
<td>Uses gross motor skills and coordination skills to follow the line.</td>
<td>● Chalk</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Adults create a trail. This trail can have loops, turns, zig-zags, etc... and the child will have to maneuver through.