

Early Childhood Distance Learning Materials



Toddlers
Week #12
July 6-10, 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!

<p style="text-align: center;">L</p> <p style="text-align: center;">Literacy</p>	<p style="text-align: center;">E</p> <p style="text-align: center;">Exercise</p>	<p style="text-align: center;">A</p> <p style="text-align: center;">Arts</p>	<p style="text-align: center;">R</p> <p style="text-align: center;">Regulation</p>	<p style="text-align: center;">N</p> <p style="text-align: center;">Numbers</p>
<p>Read 15 minutes with your child</p> <div style="border: 1px solid black; display: flex; justify-content: space-around; padding: 2px;"> M T W R F </div>	<p>Have a family dance party!</p>	<p>Draw a picture of what you are doing today</p>	<p>Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times</p>	<p>Count 1 to 20</p>
<p>Use handwriting sheet to write name</p>	<p>Create an obstacle course in your home and run it 5 times</p>	<p>Make up a new song</p>	<p>What did you do to show kindness? Draw a picture</p>	<p>Find items in your house you can make patterns with. Can you make an AB pattern?</p>
<p>Retell main events in your favorite book</p>	<p>Find color freeze dance on Youtube and dance to it</p>	<p>Use objects from around your house to create a new art project</p>	<p>Choose a job that you can do today to help your family</p>	<p>Complete one lesson from the math packet</p>
<p>Complete one lesson from the literacy packet</p>	<p>Go outside and practice skipping, hopping on two feet, galloping, and running.</p>	<p>Complete one lesson from the Arts packet</p>	<p>Help your child make a daily schedule that you can put up in your house</p>	<p>Find shapes in your house and draw them on paper</p>
<p>Name some words that rhyme with: cat, dog, bed, map</p>	<p>Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down do, tree pose</p>	<p>Use scissors to practice cutting paper in straight lines and zig zag lines</p>	<p>Help your child identify a space to go to help them feel calm.</p>	<p>Find a block and use it to measure your bed, a table, and a chair. How many blocks tall are they?</p>
<p>Use a magazine to cut out the letters of your name and glue them to a piece of paper</p>	<p>Draw a picture of what foods give you energy.</p>	<p>Play your favorite song and clap to the beat</p>	<p>What toy or animal helps you calm down when you're feeling upset? Draw how they help you.</p>	<p>Count how many forks and how many spoons are in your house. How many all together?</p>

Kimochis
toys with feelings inside



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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

Activity #1 Title	Learning Goal/Objective	Materials
Mountain Rising	Start the day with mindfulness.	None
Activity/Lesson Description		
<p>When you wake your child up for the day, have them stand up and imagine they are a mountain rising up from the ocean. Have them raise up their arms slowly, when they can't stretch anymore, have your child hold the position for a moment. Have your child breathe in and out while pretending that nothing can hurt them because they are an immovable mountain!</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Animal Dance	Get the wiggles out before you rest.	None
Activity/Lesson Description		
<p>Before nap or bedtime, have your child stand up to dance with you. Silently dance together making silly faces and animal moves. Now freeze for a moment and then begin to dance again. Dance until your child is tired and wants to rest.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Happy Hum	Using your body to calm yourself down	None
Activity/Lesson Description		
<p>Have your child sit down and breathe in deeply. When they breathe out, have them hum. Do it again. Breathe in deep, breathe out hum. Model for your child if necessary. Have your child press their hands on their or your chest to feel the vibration the body makes on the breath out. Tell your child to imagine that the hum is calming their heart. Do as many times as needed.</p>		

Language, Literacy & Communication Activities

Activity #1 Title	Learning Goal/Objective	Materials
<u>The Feel Good Book</u> By: Todd Parr	Enhance Emotional Development	YouTube Link: The Feel Good Book
Activity/Lesson Description		
Open link and listen and act along with the story.		

Activity #2 Title	Learning Goal/Objective	Materials
<u>I Like Myself</u> By: Karen Beaumont	Celebrate Differences	YouTube Link: I Like Myself
Activity/Lesson Description		
Open link and listen and act along with the story.		

Activity #3 Title	Learning Goal/Objective	Materials
<u>Happy to be Nappy</u> By: Bell Hooks	Celebrate Differences	YouTube Link: Happy to be Nappy
Activity/Lesson Description		
Open link and listen along with the story.		

Activity #4 Title	Learning Goal/Objective	Materials
<u>Rainbow Fish</u> By: Marcus Pfister	Self esteem builder/learning to share	YouTube Link: Rainbow Fish
Activity/Lesson Description		
Open link and listen along with the story.		

Activity #5 Title	Learning Goal/Objective	Materials
<u>Glad Monster Sad Monster</u> By: Ed Emberly	Recognizing feelings.	YouTube Link: Glad Monster Sad Monster
Activity/Lesson Description		
Open link and listen along with the story.		

The Arts & Sensory Activities

Activity #1 Title	Learning Goal/Objective	Materials
Body Tracing	Building Self esteem	Outdoor Chalk
Activity/Lesson Description		
Go outside and have your child lay down on the sidewalk. Trace your child's body with the chalk, then have your child draw themselves inside the outline.		

Activity #2 Title	Learning Goal/Objective	Materials
Number One Sheet	Number Recognition and fine Motor Development	Coloring sheet: https://twistynoodle.com/number-1-dots-coloring-page/ Markers or Crayons
Activity/Lesson Description		
Print the coloring sheet for your child, ask them if they know what number that is. Tell them its number 1. Have them color in the circles of the number 1 with a marker or canyon.		

Activity #3 Title	Learning Goal/Objective	Materials
Hand Print Art	Self expression	Paint, paint brushes, and paper.
Activity/Lesson Description		
Gather your materials and sit down at a table with your child. Paint your child's hand with paint and have them press it onto the paper. Repeat with the other hand.		

Activity #4 Title	Learning Goal/Objective	Materials
Draw my Face	Self expression and self esteem building	Paper, Markers or crayons.
Activity/Lesson Description		
Draw a face shape on the paper for your child and have them "draw" in their own face. Ask your child questions like, "where do you want to put your eyes, nose, ears, mouth and hair?"		

Activity #5 Title	Learning Goal/Objective	Materials
Drawing lines	Building fine motor skills.	Paper, crayons, markers or chalk (can be done outside)
Activity/Lesson Description		
Show your child how to draw lines up and down and left to right. Draw lines together with your child until you have filled the paper or sidewalk square.		

Mathematics and Science Activities

Activity #1 Title	Learning Goal/Objective	Materials
Pancake Faces	Measuring and mixing are early math and fine motor skills.	Pancake Mix, fruit or whatever you and your child would enjoy
Activity/Lesson Description		
Prepare pancakes as normal. Let your child explore with adding the ingredients and help with mixing. When you have completed making the pancakes, enjoy decorating the pancakes with the ingredients to make silly faces. Ask questions throughout the cooking and creative process. Have fun!		

Activity #2 Title	Learning Goal/Objective	Materials
Body Count	Counting and recall.	None
Activity/Lesson Description		
Ask your child “where are your ears”, help them find them and then ask them “how many do you have? Can we count them?” then help them count. Continue this with the rest of the body parts like eyes, nose, fingers, toes.		

Activity #3 Title	Learning Goal/Objective	Materials
Number 2 Sheet	Number Recognition and Fine Motor Development	Coloring Sheet: https://twistynoodle.com/2-2-2-19-coloring-page/ Markers or Crayons
Activity/Lesson Description		
Print the coloring sheet for your child, ask them if they know what number it is. Tell them it's		

number 2, Help your child trace the number two with a marker or crayon.

Activity #4 Title	Learning Goal/Objective	Materials
Number Jump	Number Recognition	Chalk
Activity/Lesson Description		
Outside with your child draw large numbers on the sidewalk with chalk. Ask your child to Jump with you to the 1, then jump with them to the 1. Repeat with different numbers up to 10.		

Activity #5 Title	Learning Goal/Objective	Materials
Snack Count	1 to 1 correspondence	Countable snacks like cut up grapes, berries, or small crackers.
Activity/Lesson Description		
When it's time to give your child their snack, have your child count with you as you place the snack in front of them. Say 1 berry, 2 berries and so on depending on the snack of choice.		

Music and Movement Activities

Activity #1 Title	Learning Goal/Objective	Materials
Head, Shoulders, Knees, and Toes.	Body awareness and Following Directions	YouTube Link: Head, Shoulders, Knees, and Toes
Activity/Lesson Description		
Follow the link provided or look up Head, Shoulders, Knees, and Toes by Super Simple Songs on YouTube. Sing the song with your child pointing to the appropriate body parts.		

Activity #2 Title	Learning Goal/Objective	Materials
Open Shut Them	Body Awareness and Following Directions	YouTube Link: Open Shut Them
Activity/Lesson Description		

Follow the link provided or look up Open Shut Them #1 by Super Simple Songs on YouTube. Sing the song with your child following along with the movements.

Activity #3 Title	Learning Goal/Objective	Materials
Follow me	Following Directions	YouTube Link: Follow Me
Activity/Lesson Description		
Follow the link provided or look up Follow Me by Super Simple Songs on YouTube. Sing the song with your child following along with the movements.		