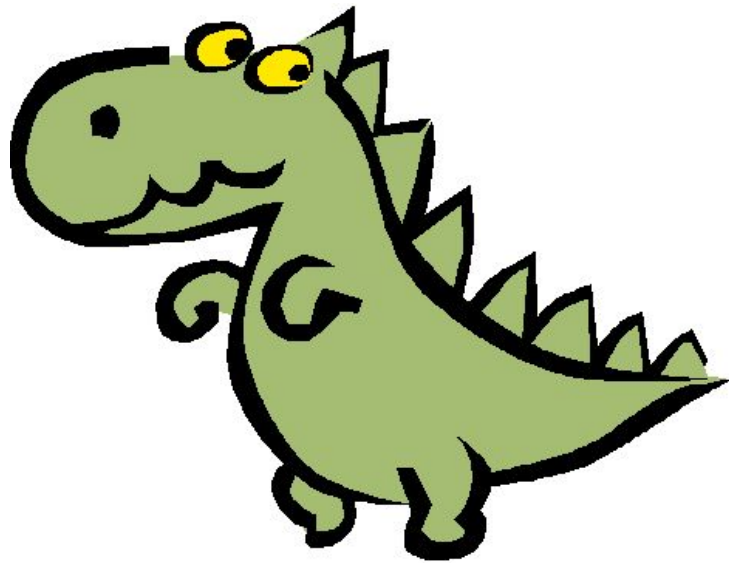


Early Childhood Distance Learning Materials



Toddlers
Week #14
July 20-24, 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!

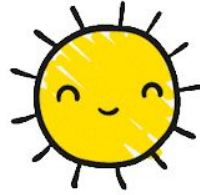
L Literacy	E Exercise	A Arts	R Regulation	N Numbers
Learn different animals sounds	Make an obstacle course in the living room	Play hide and go seek as a family	Lay outside on a blanket and watch the clouds-what do they look like	Go on a shape hunt around the house and talk about them
Take a few books outside and read them on a blanket	Bring a stuffed animal for a walk	Do the actions to "Itsy Bitsy Spider"	Take BIG dinosaur breathes and blow them out	See how many different colors you can find of cars outside
Go onto the computer and look at different dinosaurs and try to say their name	Go for a walk around a park in your neighborhood	Have your child help you prepare dinner for the night	Practice STAR breathing. S mile, T ake a deep breath, a nd R elax. Fill up your belly like a balloon and slowly let it out. Do this 3 times	Count how many pterodactyls (birds) you can see on a walk
Read your child's favorite book	Play outside in the water	Go to youtube and listen/dance to 'We Are the Dinosaurs	Blow bubbles slowly	Count from 1-10 with your child
Go on youtube and read/listen to "Stomp Dinosaur Stomp"	Go on a walk and see all the T-Rex (squirrels) around your neighborhood	Have a dance party with the whole family	Help your child learn to self-regulate-when appropriate	Practice the word/sign for more. Help them understand what it means

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
Calm Down Yoga	Gross Motor, emotional regulation/breathing exercises	Calm Down Yoga Card (in packet)
Activity/Lesson Description		
Take this time to take a much needed breath and relax with your child. Take the time to do each movement and label them with the name on the paper. This helps your child really get into the motion. While doing each movement, take 4-5 breaths and really stretch/feel the movements.		

Activity #2 Title	Learning Goal/Objective	Materials
Singing and Dancing	Builds self-esteem, fosters connection and cooperation, promotes brain development	Eye contact, playfulness, presence
Activity/Lesson Description		
YouTube Video: If You're Happy		

Activity #3 Title	Learning Goal/Objective	Materials
Play Dough Faces	Fine Motor, Emotional Recognition	Play Dough
Activity/Lesson Description		
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 them feel that way.		

CALM DOWN YOGA FOR KIDS



I am strong.



I am kind.



I am brave.



I am friendly.

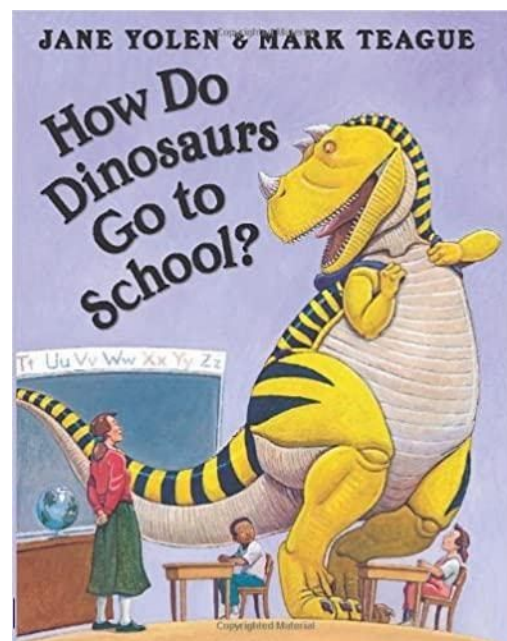
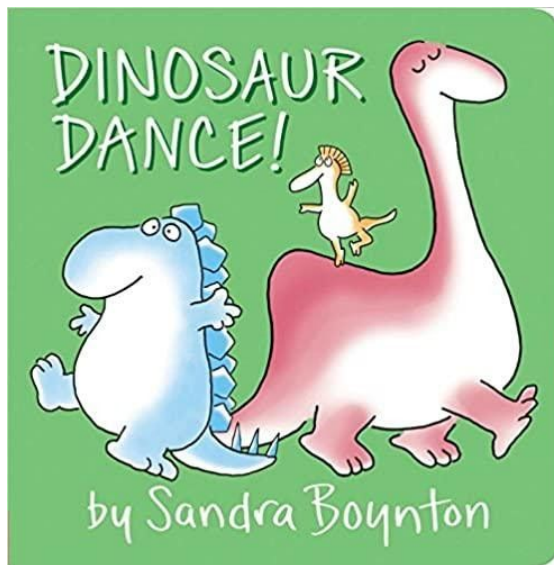


I am wise.



Childhood 101 & Kids Yoga Stories

Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
The Dinosaur Who Lost His Roar	Building a foundation in literacy	YouTube Video: The Dinosaur Who Lost His Roar - Give Us A Story!
Activity/Lesson Description		
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
Chitter Chatter	Building Vocabulary	Your Voice
Activity/Lesson Description		
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.		


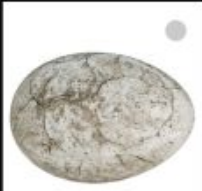



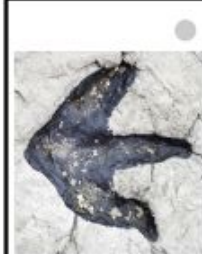


Activity #3 Title	Learning Goal/Objective	Materials
Dinosaur Words	Building Vocabulary, Early Letter Recognition	Word Card Printouts (in packet)
Activity/Lesson Description		
Cut out the Dinosaur words and talk about them.		

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

Activity #5 Title	Learning Goal/Objective	Materials
Playdough Letters	Fine Motor, Early Letter Recognition, Vocabulary	Play Dough

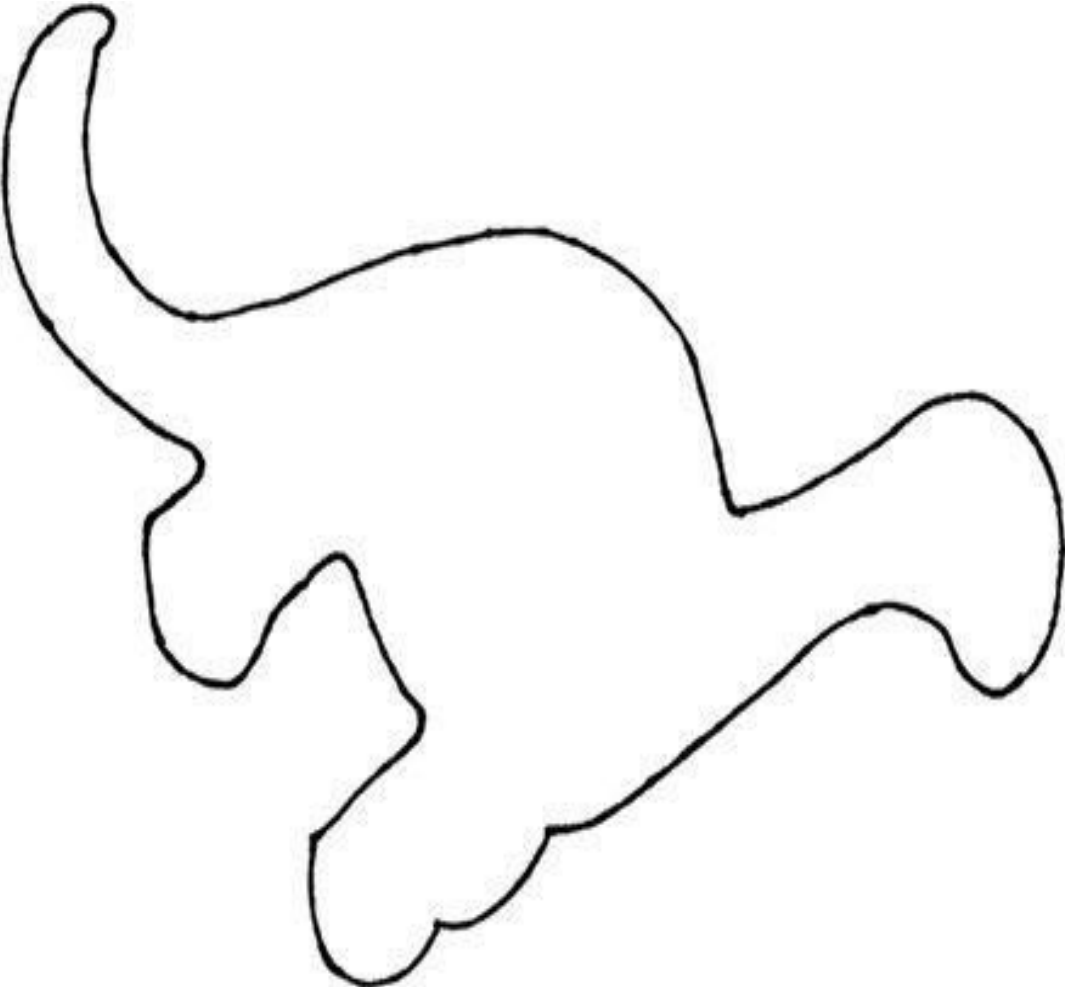
Activity/Lesson Description

Use this activity to teach your child letters of the alphabet. This will also help build communication skills and fine motor.

 skull	 egg	 bone	 dinosaur
 volcano	 footprint	 skeleton	 fossil

The Arts & Sensory Activities



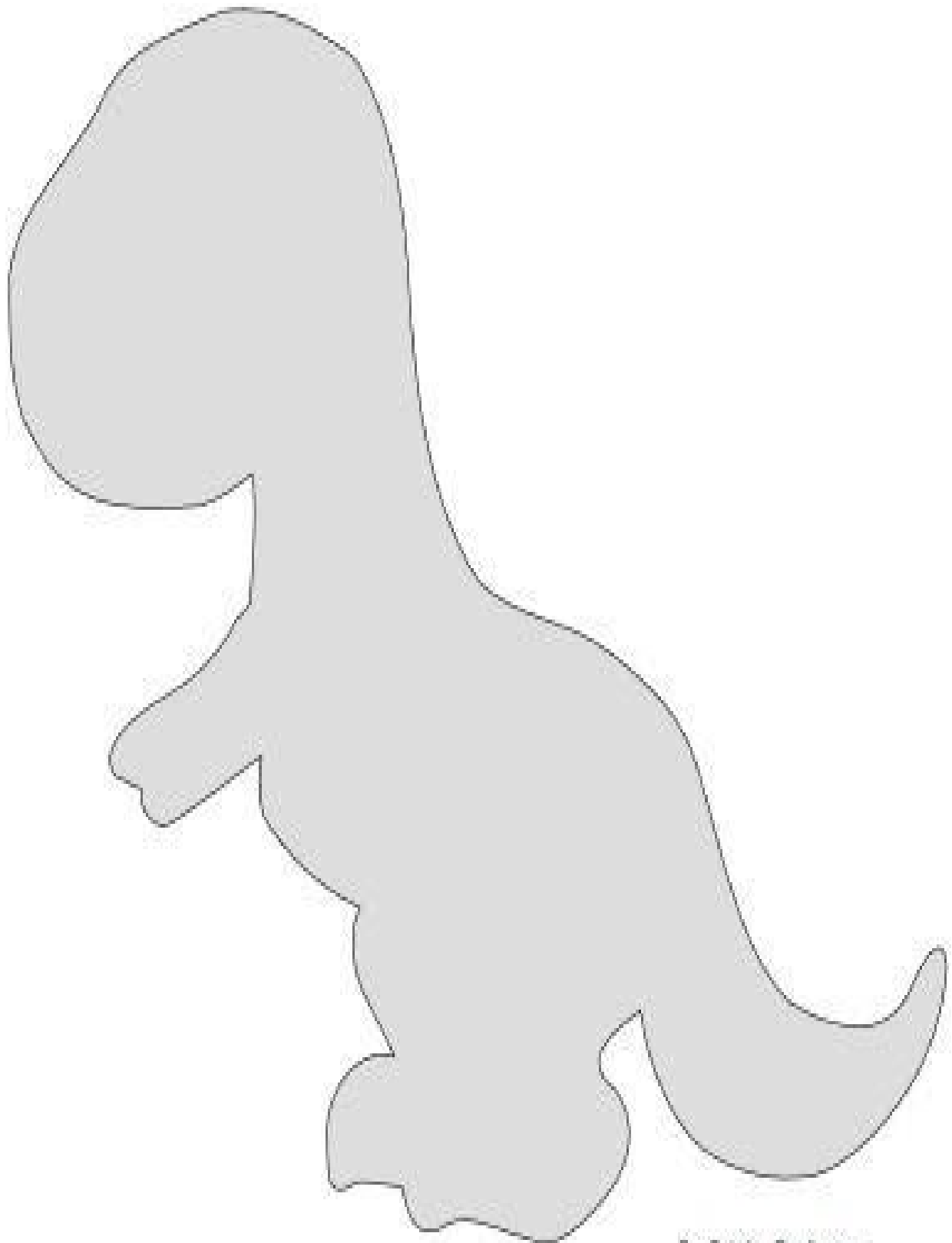
Activity #1 Title	Learning Goal/Objective	Materials
Dinosaur Coloring	Gross/Fine Motor, Vocabulary	Crayons, Markers, Template
Activity/Lesson Description		
Cut out the below dinosaur template and color/decorate your very own dinosaur!		
		

Activity #2 Title	Learning Goal/Objective	Materials
Dinosaur Eggs	Gross Motor, Vocabulary	½ cup water, 1 cup corn starch, food coloring, pan
Activity/Lesson Description		
Mix together your ingredients and form balls “eggs” in your child’s hands. Let your child explore with the texture. Talk to your child about how it feels and what it looks like.		

Activity #3 Title	Learning Goal/Objective	Materials
Printed Dinosaur	Gross Motor, Vocabulary	Legos, Paint, Template
Activity/Lesson Description		
Cut out your template and let your child make prints on the dinosaur template. Draw an eye on it once finished and dry.		

Activity #4 Title	Learning Goal/Objective	Materials
Dinosaur Nest	Sensory, Fine/Gross Motor, Dumping and Filling	Sticks, Leaves, Grass, Mud, Water
Activity/Lesson Description		
Go for a walk outside and find items that your child wants to use to build a dinosaur nest.		

Activity #5 Title	Learning Goal/Objective	Materials
Play Dough	Sensory, Fine/Gross Motor, Vocabulary	Play Dough
Activity/Lesson Description		
Simply playing with play dough can spike some really great conversation and creativity.		



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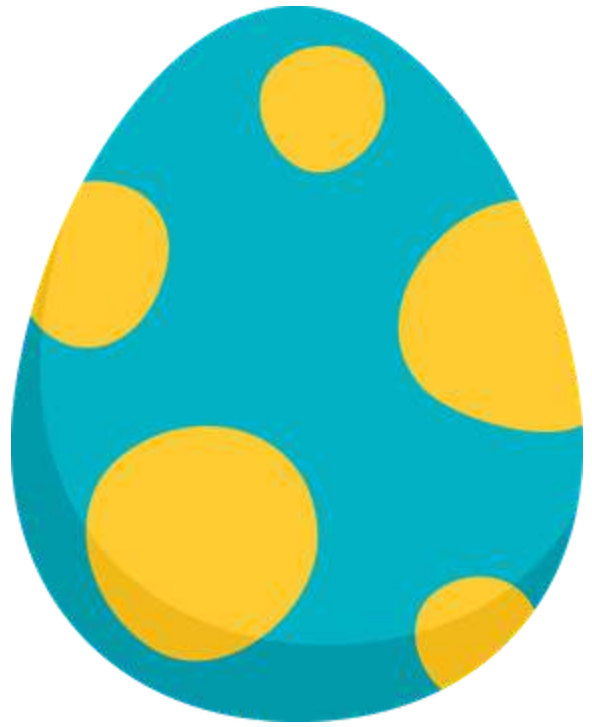
Mathematics and Science Activities

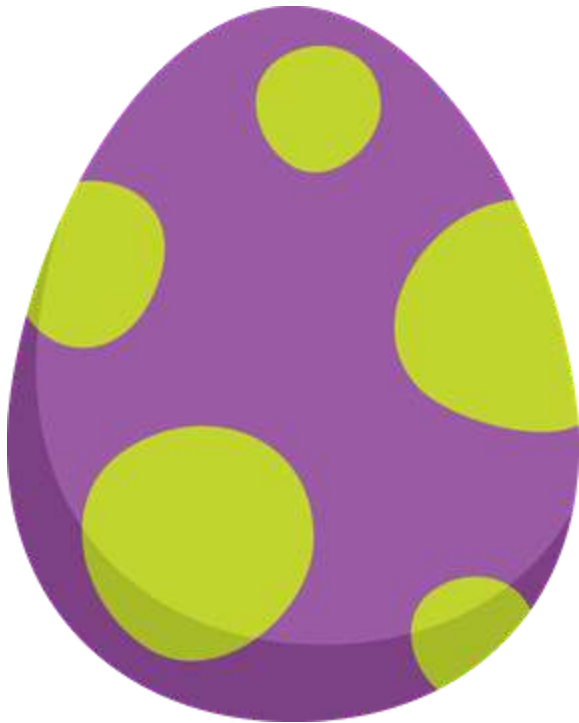
Activity #1 Title	Learning Goal/Objective	Materials
Salt Dough Fossils	Fine Motor, Vocabulary	1 cup salt, 1 cup flour, 1/2 cup warm water
Activity/Lesson Description		
<p>Combine flour and salt together in a medium sized bowl. Then, add water and mix. Knead with your hands until you have a ball of dough. After making dough, roll out a small ball and press down with the palm of your hand. Have the child press small dinosaurs into the dough, but gently enough that the dinosaur does not go all the way through the dough. Remove the dinosaur after pressing to reveal a “dinosaur fossil.” Bake in a 350 degree oven until the dough starts to turn brown. This may take 30-60 minutes depending on the size and thickness of the dough.</p>		

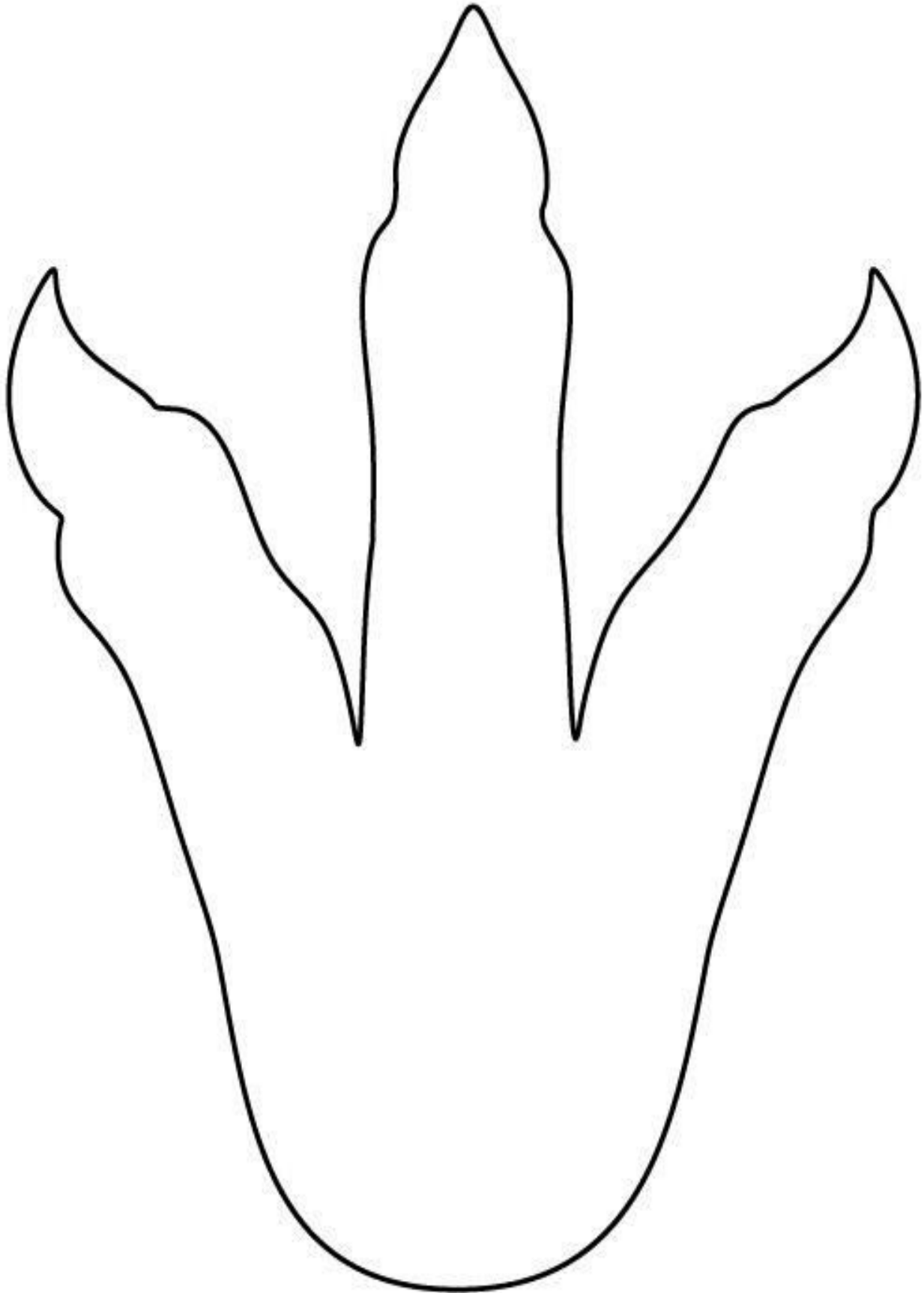
Activity #2 Title	Learning Goal/Objective	Materials
Egg Counting	Counting, Color Sorting	Egg Template, Voice
Activity/Lesson Description		
<p>Cut out the dinosaur eggs and have your child color them. Set them out and help your child count them.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Color Matching	Color Sorting, Vocabulary	Egg Templates
Activity/Lesson Description		
<p>With the dinosaur egg templates have your child match the eggs with the same colors. Talk about what color they are and what they look like.</p>		

Activity #4 Title	Learning Goal/Objective	Materials
How many Dinosaur Feet?	Counting, Gross Motor, Vocabulary	Dinosaur Foot Template
Activity/Lesson Description		
<p>Cut out the foot template and walk around with your child to count how many feet to.... the bathroom, the door, the sidewalk, etc.</p>		







Music and Movement Activities



Activity #1 Title	Learning Goal/Objective	Materials
Dino Rap	Vocabulary, Gross Motor	YouTube Link Below
Activity/Lesson Description		
StoryBots Dinosaur Songs: T-Rex, Velociraptor & more Learn with music for kids Netflix Jr		

Activity #2 Title	Learning Goal/Objective	Materials
We are the Dinosaurs	Vocabulary, Gross Motor	YouTube Link Below "We Are The Dinosaurs" by The Laurie Berkner Band (20th Anniversary Edition)
Activity/Lesson Description		

Activity #3 Title	Learning Goal/Objective	Materials
Dino Songs	Vocabulary, Counting, Gross Motor	YouTube Link Below
Activity/Lesson Description		
Dinosaur Songs CoComelon Nursery Rhymes & Kids Songs		