Early Childhood Distance Learning Materials

Younger Preschool
Week #4
May 11 - 15, 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!

<table>
<thead>
<tr>
<th>L</th>
<th>E</th>
<th>A</th>
<th>R</th>
<th>N</th>
</tr>
</thead>
<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><strong>M T W R F</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **L** Literacy: Read 15 minutes with your child
- **E** Exercise: Have a family dance party!
- **A** Arts: Draw a picture of what you are doing today
- **R** Regulation: Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times
- **N** Numbers: Count 1 to 20

- **L** Literacy: Use handwriting sheet to write name
- **E** Exercise: Create an obstacle course in your home and run it 5 times
- **A** Arts: Make up a new song
- **R** Regulation: What did you do to show kindness? Draw a picture
- **N** Numbers: Find items in your house you can make patterns with. Can you make an AB pattern?

- **L** Literacy: Retell main events in your favorite book
- **E** Exercise: Find color freeze dance on Youtube and dance to it
- **A** Arts: Use objects from around your house to create a new art project
- **R** Regulation: Choose a job that you can do today to help your family
- **N** Numbers: Complete one lesson from the math packet

- **L** Literacy: Complete one lesson from the literacy packet
- **E** Exercise: Go outside and practice skipping, hopping on two feet, galloping, and running.
- **A** Arts: Complete one lesson from the Arts packet
- **R** Regulation: Help your child make a daily schedule that you can put up in your house
- **N** Numbers: Find shapes in your house and draw them on paper

- **L** Literacy: Name some words that rhyme with: cat, dog, bed, map
- **E** Exercise: Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down do, tree pose
- **A** Arts: Use scissors to practice cutting paper in straight lines and zig zag lines
- **R** Regulation: Help your child identify a space to go to help them feel calm.
- **N** Numbers: Find a block and use it to measure your bed, a table, and a chair. How many blocks tall are they?

- **L** Literacy: Use a magazine to cut out the letters of your name and glue them to a piece of paper
- **E** Exercise: Draw a picture of what foods give you energy.
- **A** Arts: Play your favorite song and clap to the beat
- **R** Regulation: What toy or animal helps you calm down when you’re feeling upset? Draw how they help you.
- **N** Numbers: Count how many forks and how many spoons are in your house. How many all together?
## Daily Check-In

Tell me how you're feeling today?

<table>
<thead>
<tr>
<th>Day</th>
<th>Shape to Make</th>
<th>Color of Crayon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Make a CIRCLE</td>
<td>BLUE</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Make a TRIANGLE</td>
<td>RED</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Make a SQUARE</td>
<td>ORANGE</td>
</tr>
<tr>
<td>Thursday</td>
<td>Make a CLOUD</td>
<td>PINK</td>
</tr>
<tr>
<td>Friday</td>
<td>Make A SHAPE OF YOUR CHOICE</td>
<td>GREEN</td>
</tr>
</tbody>
</table>
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.
- 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>Practicing Manners</td>
<td>Learning to be kind, show respect</td>
<td>An enthusiastic and positive outlook</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Be sure to say please and thank you to people around you. Offer to help (help carry the groceries, pick up your toys), take turns.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Feelings Flashcards</td>
<td>Identifying emotions</td>
<td>Paper, markers or crayons</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Draw and write feelings on the flashcards and try to make the same emotion on the card or look at the emotion and name it.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
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<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay Calm...Blow Bubbles</td>
<td>How to regulate our strong feelings.</td>
<td>Bubbles (or your finger!)</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Practice deep breathing by blowing bubbles or using your finger, gently blow out the “birthday candles”

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<th>Activity #4 Title</th>
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<tbody>
<tr>
<td>All By Myself or Still Practicing Chart</td>
<td>Recognizing what you can do by yourself or asking for help on the skills you are still working on.</td>
<td>Paper, markers, pencil, or crayons. A can-do attitude!</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description!**

Make a chart with All By Myself on one side and Still Practicing on the other side. Come up with activities you can do by yourself (tracing, putting work away, holding a pencil, etc) and things you are still practicing (zipping coat, washing hands, etc).
<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guess What's Inside</td>
<td>Practice taking turns</td>
<td>Box or bag, an item to place into box or bag.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

The first person should put an item in the box or bag. The other person has to guess what’s inside by touching the item. You might have to give a hint! Take turns and remember, **NO PEEKING!**
Language, Literacy & Communication Activities

**Activity #1 Title**
Yo soy el Rey y el rey dice
Detente (stop) & Sigue (Go)
( I’m the King & the king says Stop or Go game )

**Learning Goal/Objective**
Language comprehension, Leadership skill, follow directions, expand vocabulary

**Materials**
Your imagination!

**Activity/Lesson Description**
Say it English or say it in Spanish. Child says “I’m the king” and says “Go” (everyone else can walk, run, or skip toward the King) the King then says “stop”, and everyone has to stop (Freeze!). Make your way to the King. Then take turns being the King with everyone who is playing!

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**Activity #2 Title**
Transportation treasure hunt

**Learning Goal/Objective**
Follow directions, speaks, engages in conversations

**Materials**
Transportation toys!

**Activity/Lesson Description**
Try to find some of the items on the list! Which one (or more) is your favorite? Why?

- Red vehicle
- Blue vehicle
- Something with 2 wheels
- Something with 4 wheels
- Something with a propeller or wings (helicopter, airplane)
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</thead>
<tbody>
<tr>
<td>Read a book</td>
<td>Use and appreciated books, phonics skill, words recognition, recalling details</td>
<td>Books: The Little Blue Truck by Alice Schertle Don’t Let the Pigeon Drive the Bus by Mo Willems, Freight Train by Donald Crews, Planes by Byron Barton</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Read or listen to these stories:
The little blue truck [https://youtu.be/sBC-7cNABXU](https://youtu.be/sBC-7cNABXU)
Don’t Let the Pigeon Drive the Bus [https://www.youtube.com/watch?v=Dljje7L9nls](https://www.youtube.com/watch?v=Dljje7L9nls)
Freight Train [https://www.youtube.com/watch?v=XSGPFwXoKMU](https://www.youtube.com/watch?v=XSGPFwXoKMU)
Planes [https://www.youtube.com/watch?v=XSGPFwXoKMU](https://www.youtube.com/watch?v=XSGPFwXoKMU)
Literacy Independent Practice Activity #1

Draw a picture of a family or friend’s car or truck!
Literacy Independent Practice Activity #2 - Transportation Yoga Poses

How many poses can you do? Try to hold them while you count to 10 out loud.

TRANSPORTATION YOGA

I am a boat.
BOAT POSE

I am a surfboard.
PLANK POSE

I am a sailboat.
TRIANGLE POSE

I am a train.
STAFF POSE

I am a motorbike.
LUNGE POSE

Transportation Yoga
PRINTABLE POSTER
Color the pictures and try to say the words in Spanish

- el autobús
- el carro
- la motocicleta
- el taxi
- el camión de bomberos
- la ambulancia
# The Arts & Sensory Activities, Music & Movement

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Listen to music and dance!</td>
<td>Learning a beat, exercise!</td>
<td>Music source or computer, awesome dance moves</td>
</tr>
</tbody>
</table>

## Activity/Lesson Description

Listen and dance to Mama Go Choo Choo  
[https://www.youtube.com/watch?v=k7x7qS08g4A](https://www.youtube.com/watch?v=k7x7qS08g4A)
<table>
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<th>Activity #2 Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Make a train</td>
<td>Shape recognition, fine motor, following directions</td>
<td>Printout (or you can draw the shapes), crayons, marker, scissors, glue or tape</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**


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</tr>
</thead>
<tbody>
<tr>
<td>Salt Tracks</td>
<td>Sensory, Fine motor</td>
<td>Cookie sheet or tray, salt (½ cup), transportation toys.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Place ½ cup of salt on the tray and use favorite transportation to make tracks in the salt. What kind of tracks does it make? What shapes can you make?

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<th>Activity #4 Title</th>
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<tbody>
<tr>
<td>Color all the vehicles and match the pictures to the words.</td>
<td>Fine motor, word comprehension, phonics.</td>
<td>Worksheet, markers or crayons.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Color the pictures and match to the right word. Try to sound out the first letter of each word or Try to sound out the whole word!

<table>
<thead>
<tr>
<th>Activity #5 Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Shaving Cream drawing and writing.</td>
<td>Fine motor, sensory, writing skills.</td>
<td>Shaving cream, a table, fingers or paint brush.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Put shaving cream on the table. Draw your favorite transportation vehicles, make different shapes, write the words of your drawing (i.e. car, truck, etc.), your name or different letters.
Name: ________________________________

bus

car

bike

plane

ISLCollective.com
Activity #1 Title: Road Counting
Learning Goal/Objective: Counting, Number recognition, Color recognition
Materials: Chart, pencil, markers, or crayons

Activity/Lesson Description:
While in the car, taking a walk, or looking at the parking lot/out your window, tally how many blue and red cars you see. After you count how many blue and red cars you see, count them and then write the number. See attached sheet to log your answers!
Make a mark (a line, check mark, star, smiley face, or x) when you see a blue or red car, count them and write the number of cars you saw!

<table>
<thead>
<tr>
<th>Blue Cars</th>
<th>Red Cars</th>
</tr>
</thead>
<tbody>
<tr>
<td>I saw</td>
<td>I saw</td>
</tr>
</tbody>
</table>

Blue Cars

Red Cars
<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a “junk” boat</td>
<td>Planning, architecture</td>
<td>Glue, tape, markers, crayons, and anything you can find! (look in your recycle bin!)</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Make a boat from the materials you can find around the house! It can be big, small, have sails, a motor, and can be any color you want. Get creative!

Find things around the house to make a boat. You can use (or whatever you can find):

You can make any kind of boat!
**Activity #3 Title**

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Does it float or sink?</td>
<td>Making predictions - does your boat float or sink?</td>
<td>Your “junk” boat, water, bucket or bathtub</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Place your boat in the water. Does it sink or float? How long did it float? Did all of your boat go under water? Or did some of the boat stay on top of the water?

1. Did your boat float?  
   - Yes  
   - No

2. How long did your boat float? ______

3. Did some of your boat sink?  
   - Yes  
   - No

What are some of the materials you used to make your boat?
Trace the numbers

1 2 3
4 5 6
7 8 9
10
Match the vehicles to their shadow!
Color the picture by matching the numbers to the colors.

Name: ____________________

1 2 3 4 5

1 2 3 4 5

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# Handwriting Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journaling</td>
<td>Promotes emergent writing skills, letter recognition, fine motor skills.</td>
<td>Notebook or paper, pencil, markers or crayons</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Trace or write your name and draw a picture of a truck. Include a letter of your name on it and any people you want to be riding along!

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trace or write the transportation words</td>
<td>Fine motor skills, conceptual writing.</td>
<td>Worksheet, pencil, markers or crayons</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Use the sheet provided to trace or write the yellow transportation words. Feel free to add more
Write or trace the transportation words.

Car
Truck
Airplane
Boat
### Activity #3 Title
- **Learning Goal/Objective**: Fine motor, letter and word recognition
- **Materials**: Paper and pencils, markers or crayons

### Activity/Lesson Description
Take a walk with your child. While on your walk, ask questions such as: what signs do you see? What colors, letters, shapes, etc.? Make a game out of it and try to find matching signs, all the letters of the alphabet, or your favorite colors.

### Activity #4 Title
- **Learning Goal/Objective**: Fine motor, letter and shape recognition
- **Materials**: Sidewalk chalk!

### Activity/Lesson Description
Have your child draw their favorite places to eat and visit. Help them with the first letter of each place that they named.

### Activity #5 Title
- **Learning Goal/Objective**: Fine motor
- **Materials**: The following worksheet

### Activity/Lesson Description
Have your child write their name on the top of the following worksheet. Have them trace the dotted line in different patterns and stop when they get to the star. Have them use different colors.
Tracing
Trace the line. Stop when you get to the star.