# Table of Contents

- Home Learning Bingo Board 3
- Daily Check-In 4
- Social Emotional Development & Social Systems Cognitive Activities 5
- Language, Literacy & Communication Activities 8
- The Arts & Sensory Activities, Music & Movement 13
- Mathematics and Science Activities 16
- Handwriting Activities 21
# 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**

- Read 15 minutes with your child
- Use handwriting sheet to write name
- Retell main events in your favorite book
- Complete one lesson from the literacy packet
- Name some words that rhyme with: cat, dog, bed, map
- Use a magazine to cut out the letters of your name and glue them to a piece of paper

**E**  
**Exercise**

- Have a family dance party!
- Create an obstacle course in your home and run it 5 times
- Find color freeze dance on Youtube and dance to it
- Go outside and practice skipping, hopping on two feet, galloping, and running.
- Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down do, tree pose
- Draw a picture of what foods give you energy.

**A**  
**Arts**

- Draw a picture of what you are doing today
- Make up a new song
- Use objects from around your house to create a new art project
- Complete one lesson from the Arts packet
- Use scissors to practice cutting paper in straight lines and zig zag lines
- Draw a picture of what foods give you energy.

**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
- What did you do to show kindness? Draw a picture
- Choose a job that you can do today to help your family
- Help your child make a daily schedule that you can put up in your house
- Help your child identify a space to go to help them feel calm.

**N**  
**Numbers**

- Count 1 to 20
- Find items in your house you can make patterns with. Can you make an AB pattern?
- Complete one lesson from the math 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
- Find a block and use it to measure your bed, a table, and a chair. How many blocks tall are they?
- 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>

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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.
- Recognize toxic stress events.
- Cultivate interests and hobbies.

"I am angry." "I am sad."
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Space</td>
<td>Self awareness, spacial awareness, environmental awareness</td>
<td>Paper, pencils/crayons</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Build your own special place. Using small pieces of paper, create cards with your child that include things that people have in our own personal space. This doesn't have to be limited to objects, include people, nature, sounds, smells, etc. Have your child pick from the cards what they want in their personal space. Explore why they chose what they did and what kind of space they want to create. What sort of feeling do they want to have in their space? Who do they want to share it with? What is the space for? Where will it be?

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smashing moon rocks</td>
<td>Smashing moon rocks is a fine motor activity, children are working on their small muscle movement.</td>
<td>1 cup of flour, 1 cup of water, whisk, cotton balls, foil, grey paint, cooking sheet, metal spoon.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Whisk together the 1 cup of flour with the 1 cup of water. Add in a small drop of paint to change the mixture to a grey color. Dip cotton balls into the mixture and place them onto a cookie sheet lined with foil. Place into an oven at 300 degrees for 45 minutes. And let your child smash the creation!

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bathing in space</td>
<td>Develop questioning and predicting skills as well as observing, sorting, and recording/communicating</td>
<td>Tub, water, large and small objects</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Have your child bring objects into the bathtub (or any large container). Use a variety of objects of all sizes, shapes, and forms. Discuss gravity with your child and have them guess if the objects will sink or float.
<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>What would you wear in space?</td>
<td>Building vocabulary and problem solving.</td>
<td>Pictures of space suits, summer clothing, winter clothing.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Ask your child “what would you wear in space?” Show them the pictures and ask why they chose that clothing and how they think it helps astronauts in space.

<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feelings</td>
<td>Awareness of feelings and how to express emotions/feelings.</td>
<td>Journal and pencil</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Ask your child “What do you like about living on Earth?” “What are your favorite things on the planet (could be people, places, things)?” “What can we do to keep our earth clean?” Write down your child’s responses and have your child rewrite their answers as part of their journal.
Language, Literacy & Communication Activities

I Took the Moon for a Walk

Carolyn Curtis and Alison Jay
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listen to the book “How to catch a star”</td>
<td>Problem solving, building listening skills, ability to retell a story.</td>
<td><a href="http://www.youtube.com/watch?v=_3oQcKxE-cK">www.youtube.com/watch?v=_3oQcKxE-cK</a></td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Listen to the youtube audio of “How to Catch a Star”. Ask your child questions about the story. If you want, you can record your child’s answers on paper. Ask open ended questions (who, what, when, where, why) to really get your child thinking!

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
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</tr>
</thead>
</table>

**Activity/Lesson Description**

Have your child draw/create their own alien. After they make their own alien, ask them lots of questions about their alien and record their answers either on their drawing or in their journal.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Salt writing</td>
<td>Ability to recognize and record letters.</td>
<td>Tray and salt</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Use your finger and write the letter “S” for space in the salt. Discuss the sound that the letter S makes and different words that start with S.
Literacy Independent Practice Activity #1

Directions: Color pictures and cut out. Staple together to make a book. Read the book together!
Race to Space Colors

Directions: Color the astronauts and rockets the correct colors.

red
blue
orange
green
yellow
pink
purple
Name ______________________  

**Space Walk**  

**Beginning Sounds**

Directions: Draw a line from each picture to the correct beginning sound.

- "p" with a rocket
- "c" with a character
- "m" with a planet
- "a" with a car
- "s" with a star
- "r" with a cloud
- "s" with a space rock
## The Arts & Sensory Activities, Music & Movement

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ice Planet Exploration</td>
<td>Sensory play, small motor</td>
<td>Smaller sized toys, a container to freeze water in (milk carton), Water/squirt bottle</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Fill the container 1/3 with water and drop in whichever toys you and your child pick. Put it in the freezer for 1-2 hours. Do the same thing for the 2nd and 3rd portion of the container adding new toys each time (This is to prevent all the toys from floating to the top before it is all frozen). Once it has frozen you can take your child on an adventure to an ice planet!

Remove the ice block from the container. Using spoons, forks, and warm water in a spray bottle, pick apart your ice block and remove hidden treasures. Make up a story with your child as you dig deeper. What sort of things will you discover hidden in your planet? How did those things get there?
## Activity #2 Title

**Alien Space Goo**

<table>
<thead>
<tr>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sensory awareness, small motor development</td>
<td>Elmer's glue (8oz), Food coloring, Mixing bowl, Saline Solution (1.5-2Tbsp), Baking Soda (1Tbsp)</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Add glue and food coloring to a bowl. Squeeze the bottle of glue into a bowl. Add your food coloring if desired, and stir until combined.

Then mix in 1 Tablespoon of baking soda and 1 1/2 Tablespoons saline solution and mix until combined. If it’s too sticky, add 1/2 Tablespoon more saline solution at a time. The more you add, the thicker it will be. The less you add, the slimier it will be!

Knead the slime. Using your hands, knead the slime until it holds together. It will be wet and gooey at first, but just keep kneading until it all comes together.

Store slime. Store slime in a container with a lid or in a zip lock bag. The slime is best to play with on a place mat.

*Note: If you don't have saline solution you can make your own by mixing 1 cup of water with ½ tsp salt.*

## Activity #3 Title

**Walk like an astronaut**

<table>
<thead>
<tr>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gross motor movement, role play</td>
<td>Your imagination</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

This activity works best when you are out on a walk, but can be done anytime you are outside or need to get rid of some excess energy.

While walking, pick different ways an astronaut would walk. Bounce up and down like you're on the moon, pretend gravity is intense and it is hard to lift your legs, run fast like you're taking off on a rocket ship, walk like an alien etc. Ask your child for ideas and have fun!
<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a telescope</td>
<td>Fine motor development</td>
<td>Toilet paper roll, Markers, paint.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

*Use a disposable toilet paper roll and have children paint it or color it with their designs.*

*When done use any end to look out of it. Try looking out the window at night and see if you see stars!*  

<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shape space rocket</td>
<td>Shape recognition &amp; hand-eye coordination</td>
<td>Construction paper, and Scissors.</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

*Cut out the following shapes:*
  - 3 squares
  - 2 rectangles
  - 1 circle
  - 1 trapezoid
  - 3 triangles

*Have children create their own spaceship.*
# Mathematics and Science Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Star Count</td>
<td>Practice counting skills by putting stars in the sky</td>
<td>Paper, tape, scissors</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Practice your child's counting skills by putting stars in the sky. Cut at least 5 star shapes out of paper (your child can color these before or after). Put tape on the back of the stars. Have your child count as they put a star on the wall/couch/"sky". Adjust the number of stars according to your child's ability. You can also put any number of stars in the “sky” yourself and have the child count and give you the correct number. For extra credit have them match the amount of stars with the corresponding written number!

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>How far is the Moon?</td>
<td>Explore size and distance, introduce near/far terms</td>
<td>Your Feet!</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Measure the distance between two objects by walking from one to the other. You can ask your child how far away something is and have them guess before “measuring”. Assist your child in counting their steps to the object. Was it far or near?

Pick a new object, will it be closer or farther than the last object (more or less steps). Note the size of objects when they are far away. Is it big or small? Once you've arrived, how big is it? Did it get bigger or smaller? If they are able, have your child guess how far away some other things are that aren’t in the room. How far away is the store or even the moon?
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crater Counters</td>
<td>Counting, sensory, small motor</td>
<td>Playdough, dice, golf ball</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Look at a picture of the moon with your child. Notice the craters and ask your child how they think they got there. Explain that the craters on the moon are caused by lots of asteroids crashing into the moon.

Lay out a chunk of playdough. This is the moon! You will be making the craters on the moon’s surface. Have your child roll the dice and help them count the dots, then have your child make the same number of craters on the moon’s surface using the golf ball (a fist or any other ball also works just fine).
Name: ____________________________

8 Eight
Trace the number 8. Color the pictures.

8 8 8 8 8 8
Space Race Tracing

Directions: Trace the lines. Color the pictures.
Rocket Number Order

Directions: Cut and paste the missing rockets in order.
## Handwriting Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tracing Space Shapes</td>
<td>Practice fine motor skills by tracing</td>
<td>Pencils/crayons, worksheets</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Have your child trace the pictures and letters. Check that your child is gripping their pencil correctly. If not, show them how to do so. If they are having trouble following the line, try guiding their hand first and then have them do it independently. If they would like to do more, have them pick a color/new color and trace again making a “rainbow”.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tracing Space Words</td>
<td>Develop fine motor skills, writing, and letter recognition</td>
<td>Paper/Coloring sheets, pencils/crayons</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

First read through each letter of a word. Then have your child trace the word. Depending on their level of focus, you can have them say the letter as they write it, or go back and read through the letters again. Say the word when they are finished. Stickers can be rewarded for doing letters/words independently or at all! If they can do this easily, have them write the word (not trace) on lined-paper.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
</table>

### Activity/Lesson Description

This works best integrated into the child's routine such as before/after a daily task (breakfast, tooth brushing, lunch etc.) Have your child sit down and write and/or trace their name. Reward them with a sticker, toy, or favorite activity. Remember that it is most important that they are trying and practicing. The letters do not have to be perfect and they should be celebrated and encouraged to simply try their best. Their little muscles are still developing and learning!
Solar System

Earth
Venus
Neptune
Jupiter
Mars
Saturn
Mercury
Uranus
Uranus
From our point of view, space is actually a vast empty area. The distance from one planet to another is really HUGE.

Trace the lines from the Sun to the planets.
Trace and color the sun.