

Early Childhood Distance Learning Materials



Younger Preschool
Week #9
June 15-19, 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					
Read 15 minutes with your child <div style="border: 1px solid black; display: inline-block; padding: 2px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="width: 20px; height: 20px;">M</td> <td style="width: 20px; height: 20px;">T</td> <td style="width: 20px; height: 20px;">W</td> <td style="width: 20px; height: 20px;">R</td> <td style="width: 20px; height: 20px;">F</td> </tr> </table> </div>	M	T	W	R	F	Have a family dance party!	Draw a picture of what you are doing today	Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times	Count 1 to 20
M	T	W	R	F					
Use handwriting sheet to write name	Create an obstacle course in your home and run it 5 times	Make up a new song	What did you do to show kindness? Draw a picture	Find items in your house you can make patterns with. Can you make an AB pattern?					
Retell main events in your favorite book	Find color freeze dance on Youtube and dance to it	Use objects from around your house to create a new art project	Choose a job that you can do today to help your family	Complete one lesson from the math packet					
Complete one lesson from the literacy packet	Go outside and practice skipping, hopping on two feet, galloping, and running.	Complete one lesson from the Arts 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					
Name some words that rhyme with: cat, dog, bed, map	Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down do, tree pose	Use scissors to practice cutting paper in straight lines and zig zag lines	Help your child identify a space to go to help them feel calm.	Find a block and use it to measure your bed, a table, and a chair. How many blocks tall are they?					
Use a magazine to cut out the letters of your name and glue them to a piece of paper	Draw a picture of what foods give you energy.	Play your favorite song and clap to the beat	What toy or animal helps you calm down when you're feeling upset? Draw how they help you.	Count how many forks and how many spoons are in your house. How many all together?					

Daily Check-In

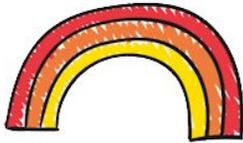
Tell me how you're feeling today?



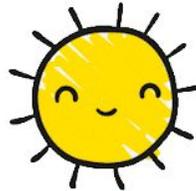
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

Social Emotional Development &
Social Systems Cognitive Activities

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



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
My Space	Self awareness, spacial awareness, environmental awareness	Paper, pencils/crayons
Activity/Lesson Description		
<p>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?</p>		

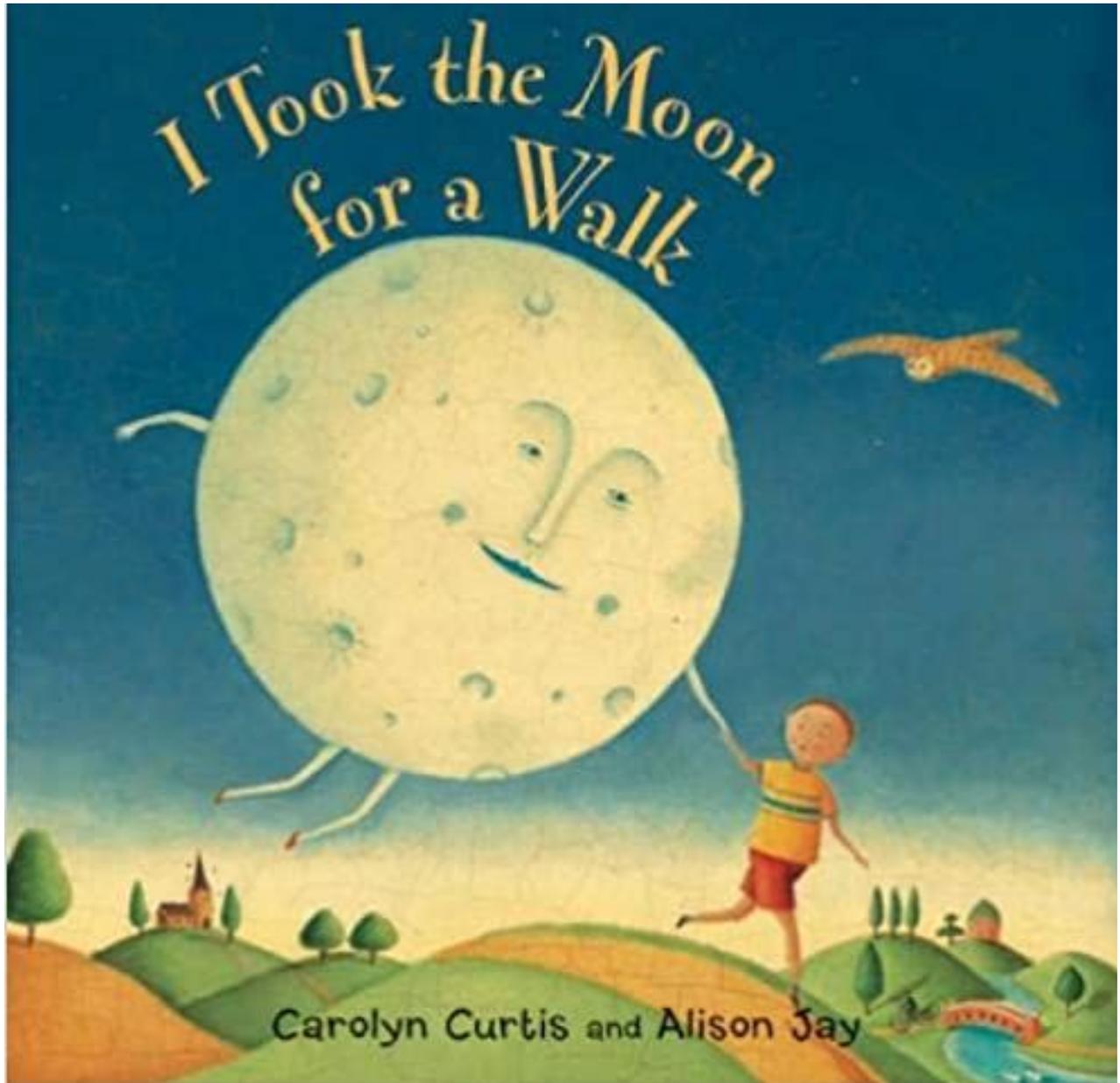
Activity #2 Title	Learning Goal/Objective	Materials
Smashing moon rocks	Smashing moon rocks is a fine motor activity, children are working on their small muscle movement.	1 cup of flour, 1 cup of water, whisk, cotton balls, foil, grey paint, cooking sheet, metal spoon.
Activity/Lesson Description		
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

Activity #3 Title	Learning Goal/Objective	Materials
Bathing in space	Develop questioning and predicting skills as well as observing, sorting, and recording/communicating	Tub, water, large and small objects
Activity/Lesson Description		
<p>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.</p>		

Activity #4 Title	Learning Goal/Objective	Materials
What would you wear in space?	Building vocabulary and problem solving.	Pictures of space suits, summer clothing, winter clothing.
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.		

Activity #5 Title	Learning Goal/Objective	Materials
Feelings	Awareness of feelings and how to express emotions/feelings.	Journal and pencil
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



Activity #1 Title	Learning Goal/Objective	Materials
Listen to the book “ How to catch a star”	Problem solving, building listening skills, ability to retell a story.	www.youtube.com/watch?v=3oQcKxE-ck
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!		

Activity #2 Title	Learning Goal/Objective	Materials
Listen to “Aliens love Underpants” read out loud	Constructive thinking, fine motor, building language and back and forth conversation.	Aliens Love underpants - Books Alive! Read Aloud book for kids Journal/piece of paper and colored pencils/ markers/ crayons.
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.		

Activity #3 Title	Learning Goal/Objective	Materials
Salt writing	Ability to recognize and record letters.	Tray and salt
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

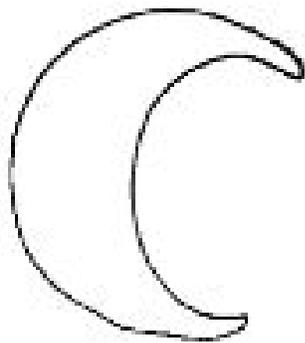
Directions: Color pictures and cut out. Staple together to make a book. Read the book together!

My Book of Space Words

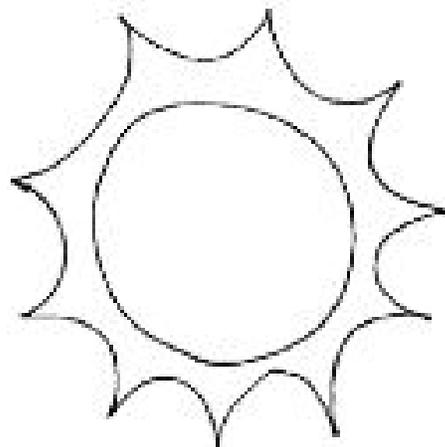


Earth

Name _____



Moon



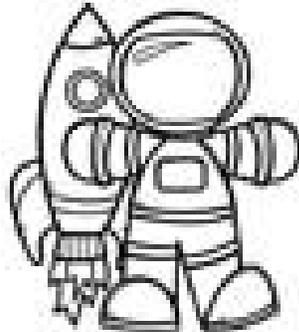
Sun



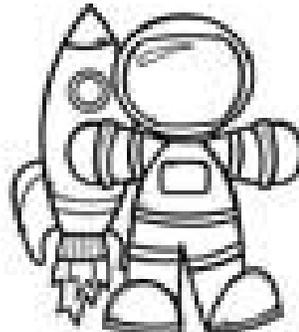
Name _____

Race to Space Colors

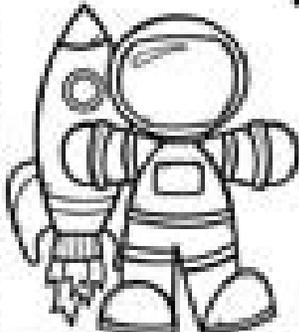
Directions: Color the astronauts and rockets the correct colors.



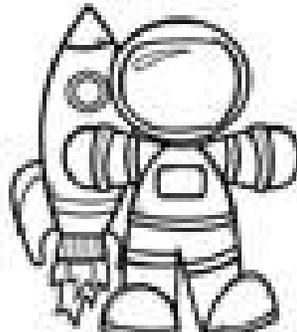
red



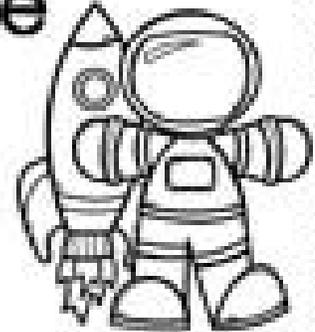
blue



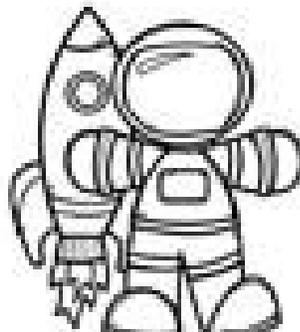
orange



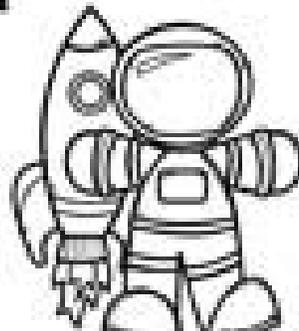
green



yellow



pink



purple

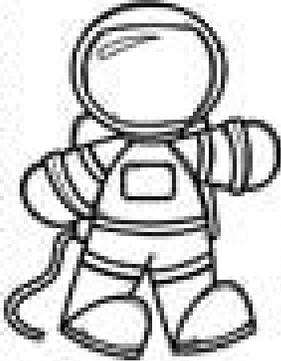
A Planning Playtime product. © 2018 by Amy Hillier

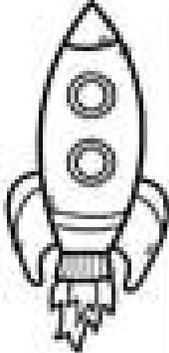
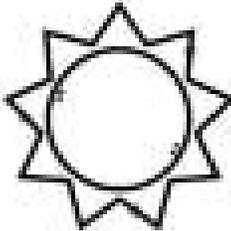
Name _____

Space Walk

Beginning Sounds

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



p		c	
m		a	
s		r	
r		s	

The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Ice Planet Exploration	Sensory play, small motor	Smaller sized toys, a container to freeze water in (milk carton), Water/squirt bottle
Activity/Lesson Description		
<p>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!</p> <p>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?</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Alien Space Goo	Sensory awareness, small motor development	Elmer's glue (8oz), Food coloring, Mixing bowl, Saline Solution (1.5-2Tbsp), Baking Soda (1Tbsp)

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 1/2 tsp salt.**

Activity #3 Title	Learning Goal/Objective	Materials
Walk like an astronaut	Gross motor movement, role play	Your imagination

Activity/Lesson Description

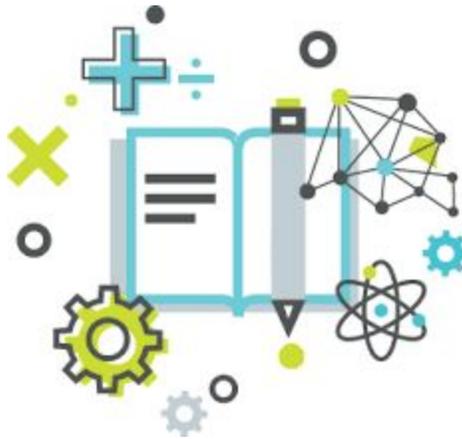
This activity works best when you are out on a walk, but can be done anytime you are outside or need to get rid of some excess energy.

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!

Activity #4 Title	Learning Goal/Objective	Materials
Make a telescope	Fine motor development	Toilet paper roll, Markers, paint.
Activity/Lesson Description		
<p>Use a disposable toilet paper roll and have children paint it or color it with their designs.</p> <p>When done use any end to look out of it. Try looking out the window at night and see if you see stars!</p>		

Activity #5 Title	Learning Goal/Objective	Materials
Shape space rocket	Shape recognition & hand-eye coordination	Construction paper, and Scissors.
Activity/Lesson Description		
<p>Cut out the following shapes:</p> <ul style="list-style-type: none"> 3 squares 2 rectangles 1 circle 1 trapezoid 3 triangles <p>Have children create their own spaceship.</p> <div style="text-align: center;">  </div>		

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Star Count	Practice counting skills by putting stars in the sky	Paper, tape, scissors
Activity/Lesson Description		
<p>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!</p>		

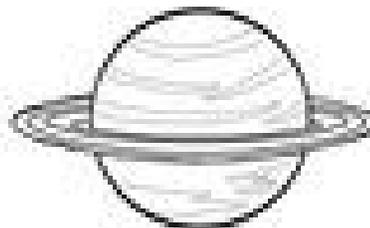
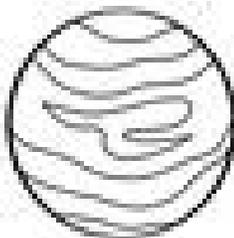
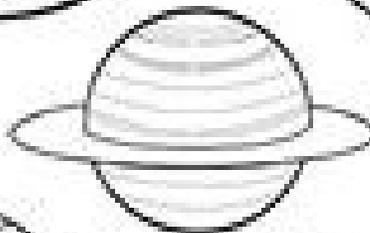
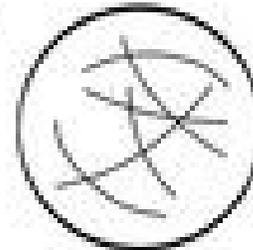
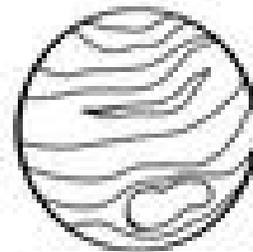
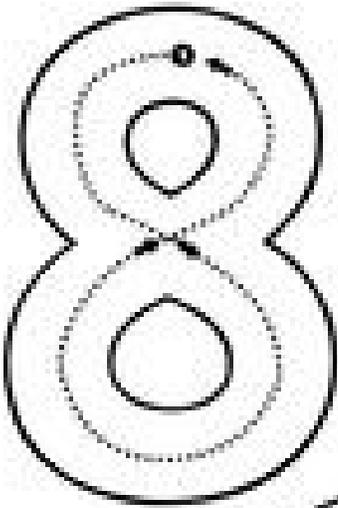
Activity #2 Title	Learning Goal/Objective	Materials
How far is the Moon?	Explore size and distance, introduce near/far terms	Your Feet!
Activity/Lesson Description		
<p>Measure the distance between two objects by walking from one to the other. You can ask your child how far away something is and have them guess before "measuring". Assist your child in counting their steps to the object. Was it far or near?</p> <p>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?</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Crater Counters	Counting, sensory, small motor	Playdough, dice, golf ball
Activity/Lesson Description		
<p>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.</p> <p>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).</p>		

Name: _____

8 Eight

Trace the number 8. Color the pictures.



Name _____

Space Race

Tracing

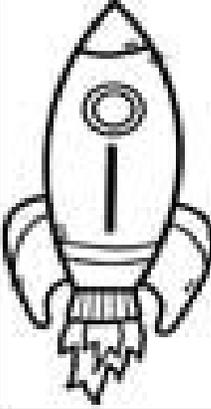
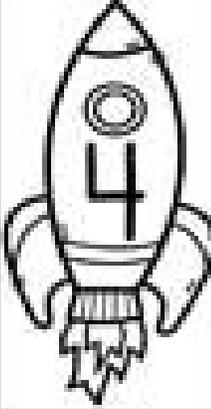
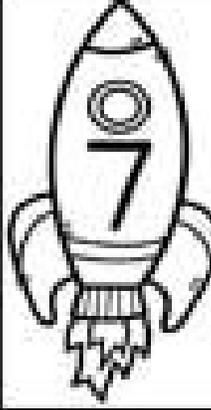
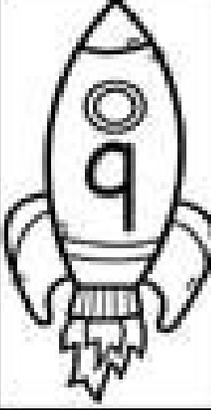
Directions: Trace the lines. Color the pictures.

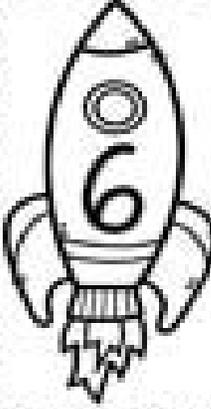
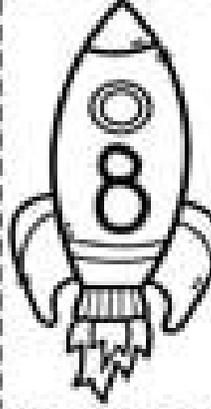
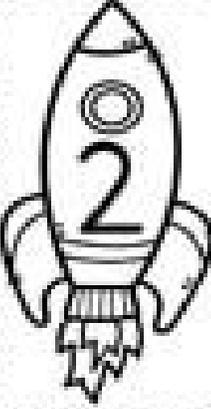
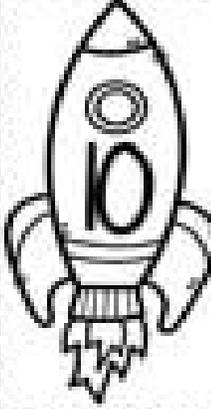
The worksheet contains five vertical paths for tracing. Each path starts with a planet at the top and ends with a rocket at the bottom. The paths are connected by dashed lines of different patterns: a zigzag, a wavy line, a straight vertical line, a regular zigzag, and a sharp zigzag. In the top left corner, there is an illustration of an astronaut on a moon holding a flag with the Earth on it.

 Rocket Name _____

Number Order

Directions: Cut and paste the missing rockets in order.

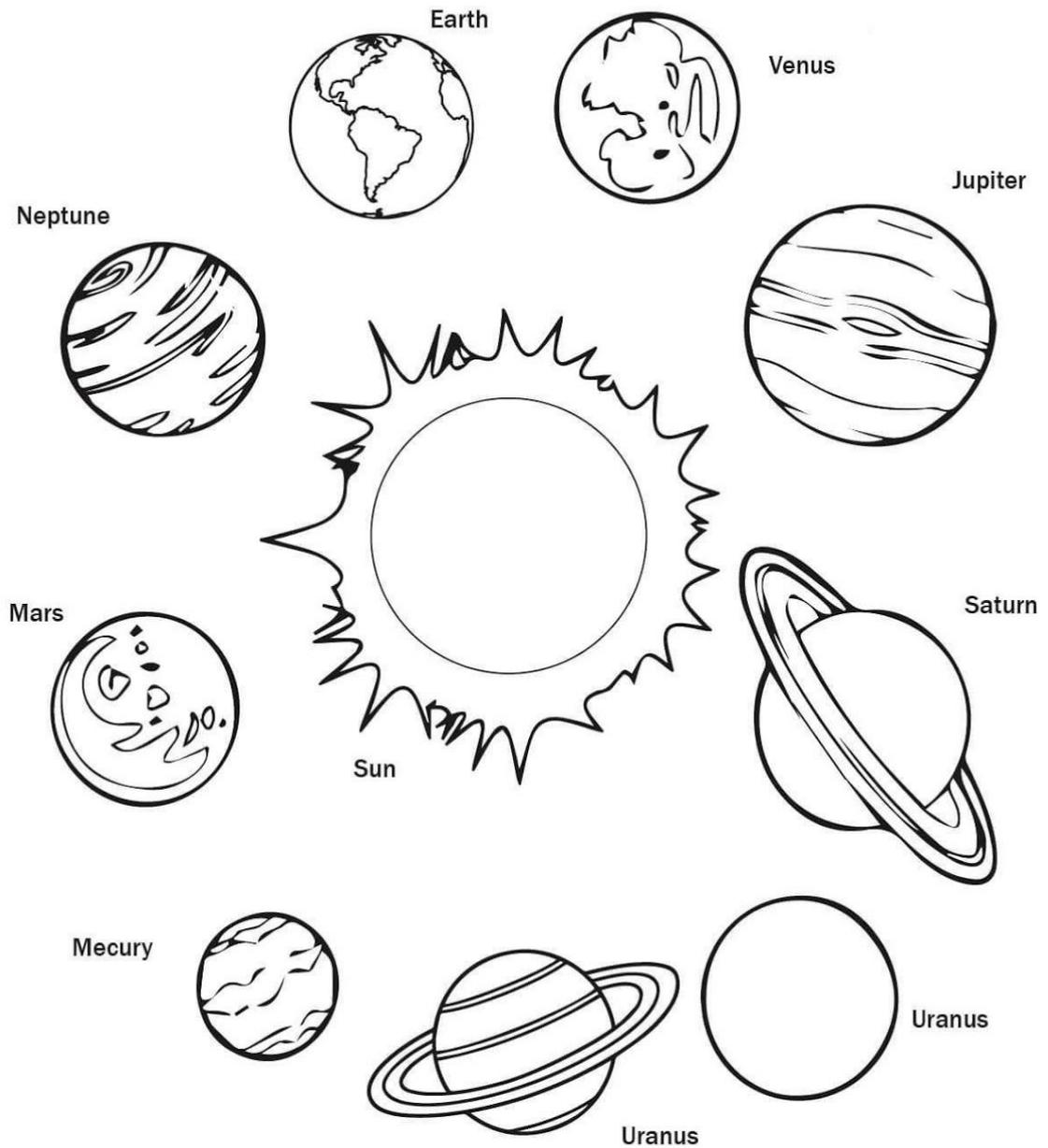
				
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Handwriting Activities

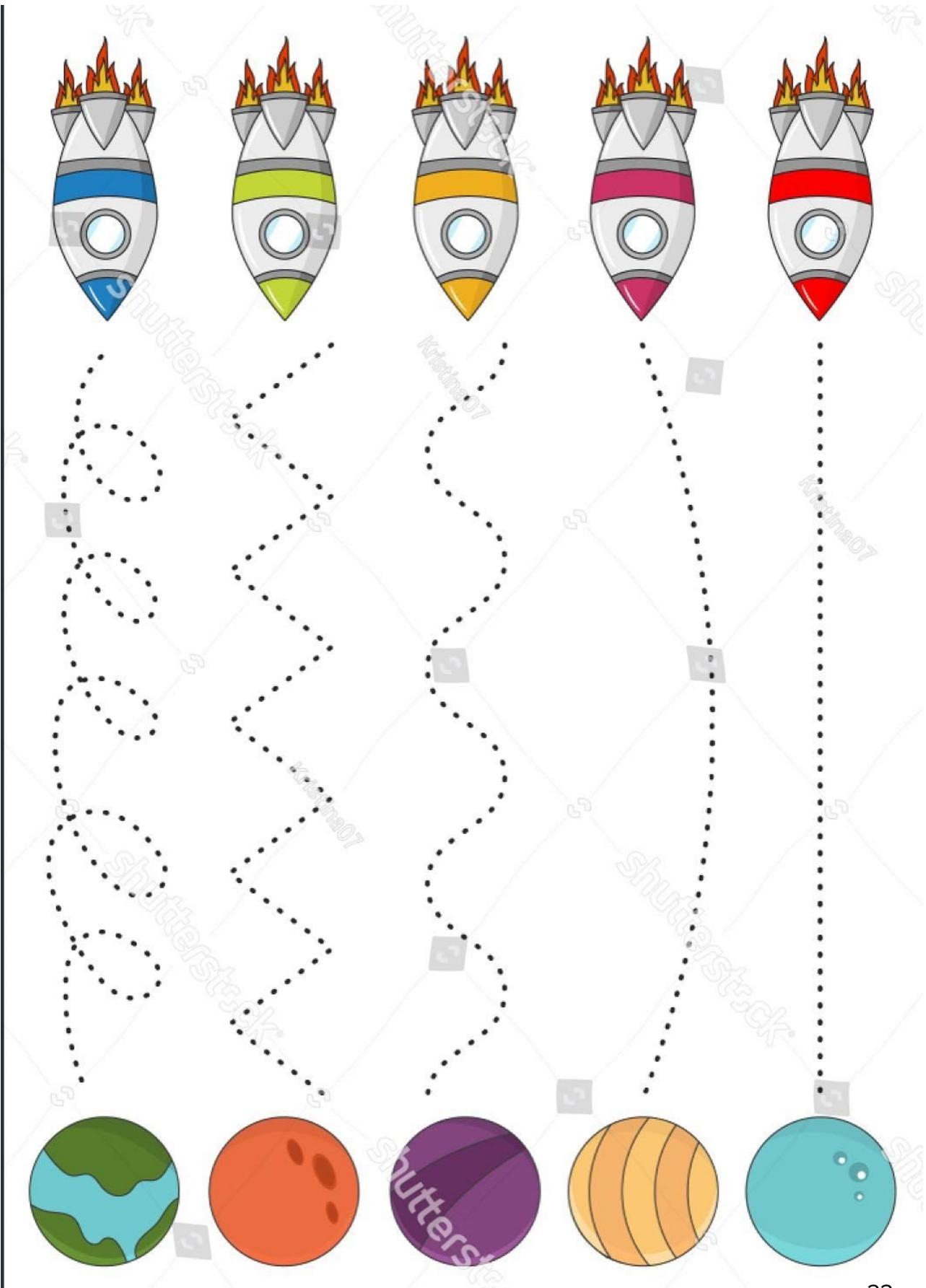
Activity #1 Title	Learning Goal/Objective	Materials
Tracing Space Shapes	Practice fine motor skills by tracing	Pencils/crayons, worksheets
Activity/Lesson Description		
<p>Have your child trace the pictures and letters. Check that your child is gripping their pencil correctly. If not, show them how to 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”.</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Tracing Space Words	Develop fine motor skills, writing, and letter recognition	Paper/Coloring sheets, pencils/crayons
Activity/Lesson Description		
<p>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.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Daily Name writing	Practice motor skills, letter recognition, and handwriting	Paper, pencil https://tools.atozteacherstuff.com/printable-handwriting-practice-worksheet-maker/ (for making printable tracing sheets)
Activity/Lesson Description		
<p>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!</p>		

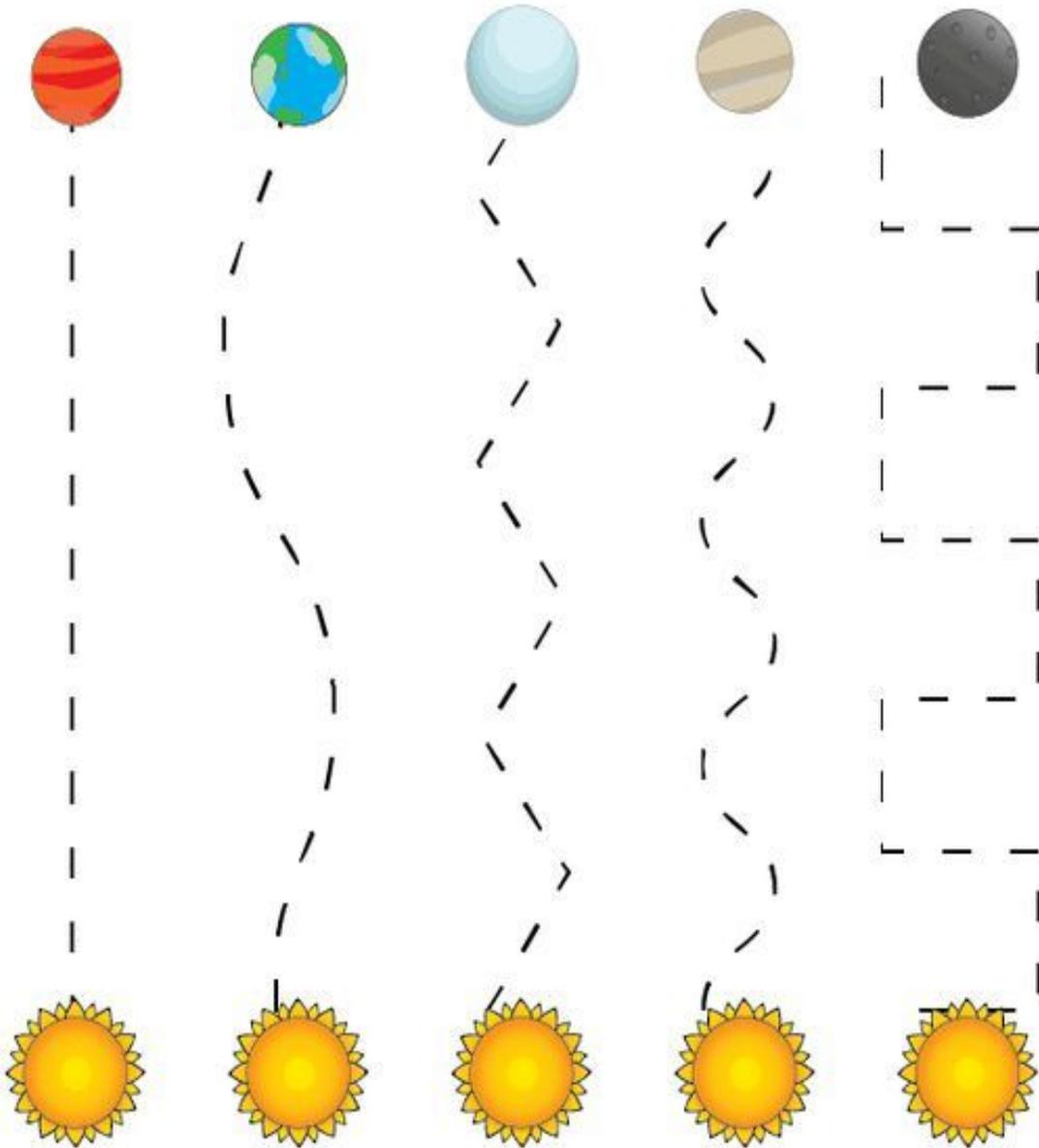


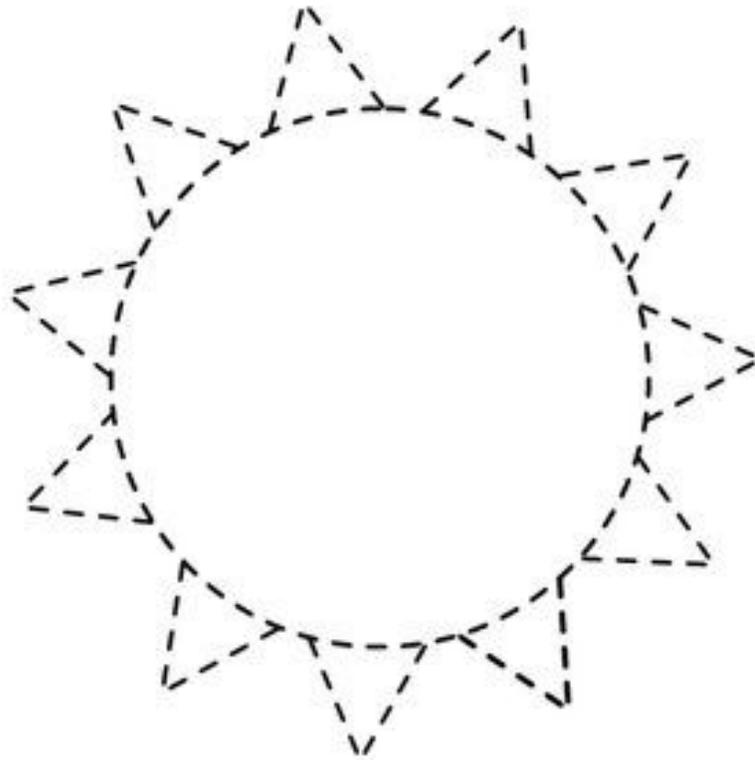
Solar System



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.





SUN

Trace and color the sun.