



Early Childhood Distance Learning Materials



Younger Preschool

Week #10

June 22-26, 2020

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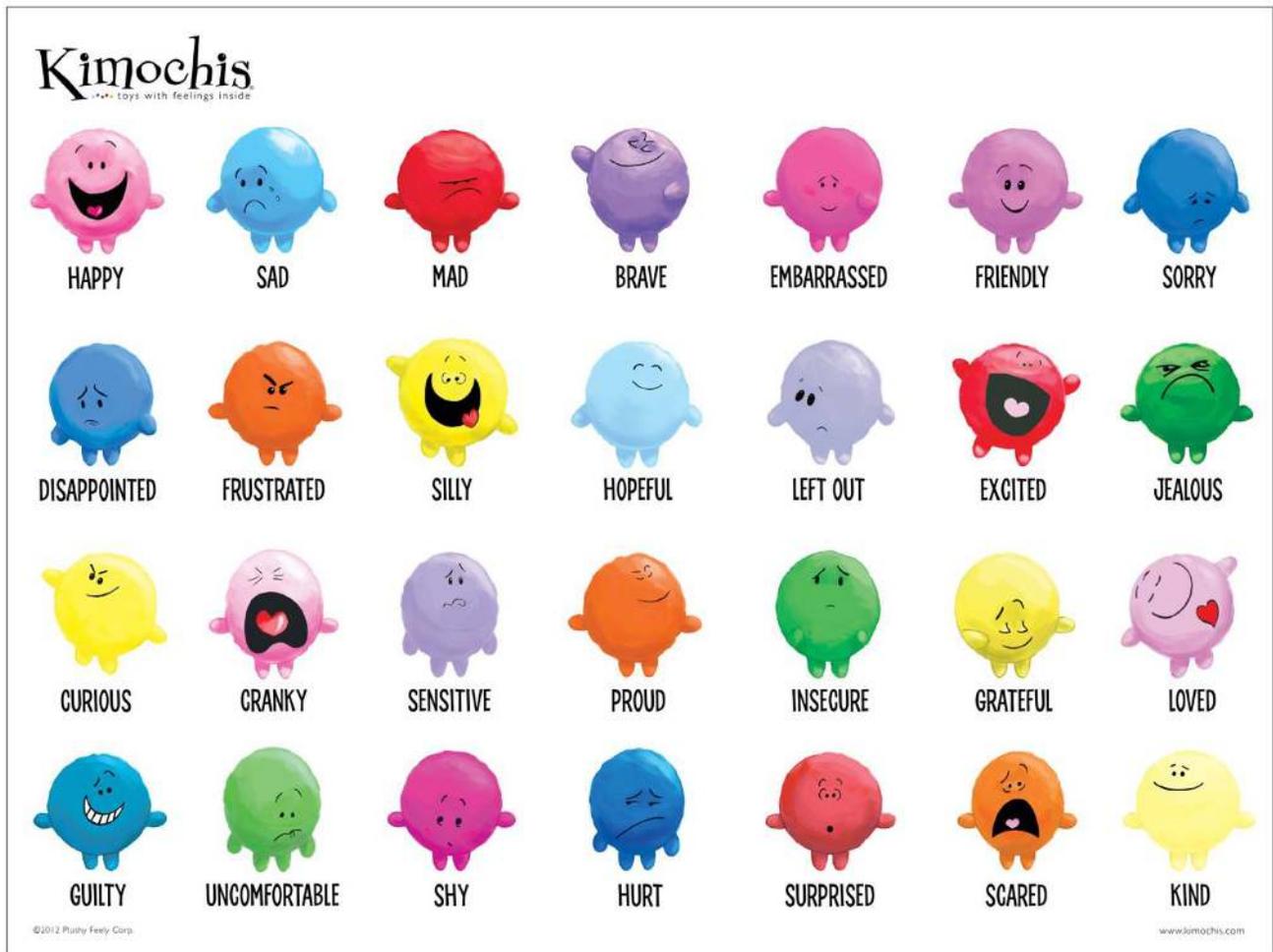
Home Learning Bingo Board

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
Have your child write their name with different color chalk	Go on a walk and find 4 white cars, 3 black cars and 1 yellow car	Make your own paint	Use your feelings chart from the packet to talk about how you are feeling	Go for a color hunt around your house
Learn a new rhyming song about colors	Play Red Light Green Light	Draw a picture of your favorite color monster from the book	Blow bubbles. Deep breathe in-soft breathe out	How many different color birds can you see on a walk?
Find words that begin with the same letter as their name	Talk about what colors healthy foods can be	Make your own playdough	Snuggle on the couch together and watch a movie	Measure items around the house with a marker
Go to YouTube and read 'Brown Bear, Brown Bear'	Make an obstacle course in your house or on the playground	Use your homemade paint and mix them and see what colors they make	Watch 'Inside Out' and talk about how it made you feel	Count the number of items used at dinner time
Play "Simon Says"	Learn a new dance	Talk about what colors make up a rainbow.	Go to YouTube and search 'The Color Monster'	Make an ABAB patterns with household items

Daily Check-In

Tell me how you're feeling today?

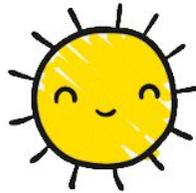


Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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.

Blessing Manifesting

Cultivate interests and hobbies.

Social Emotional Development & Social Systems Cognitive Activities

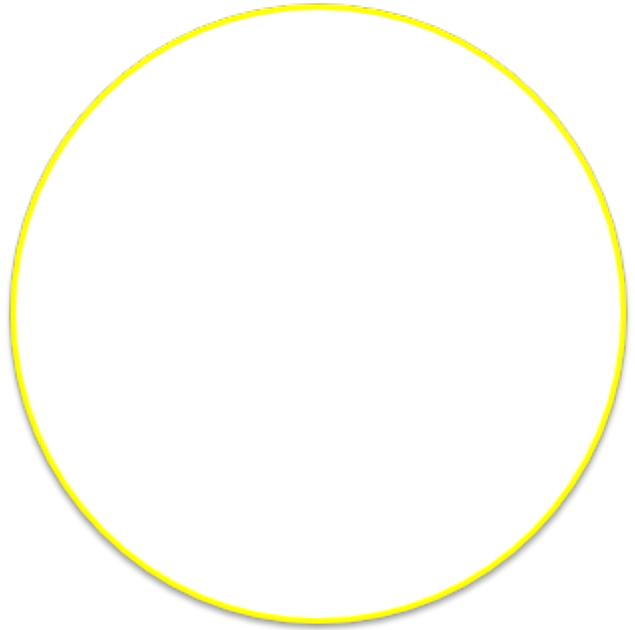
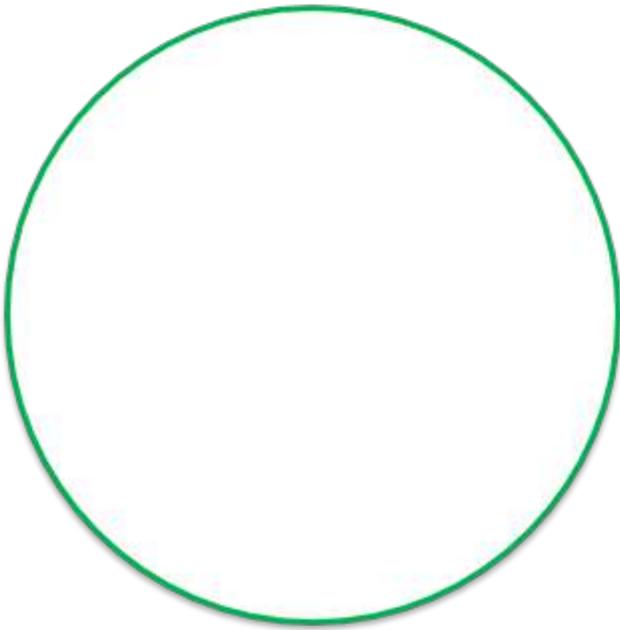
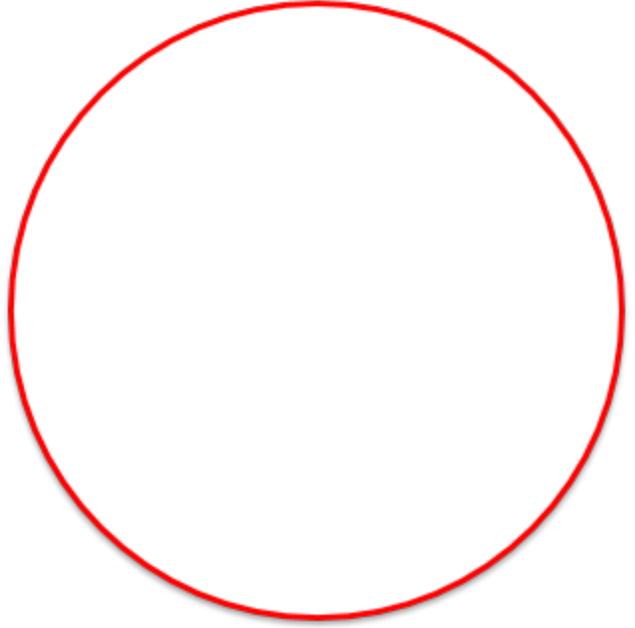
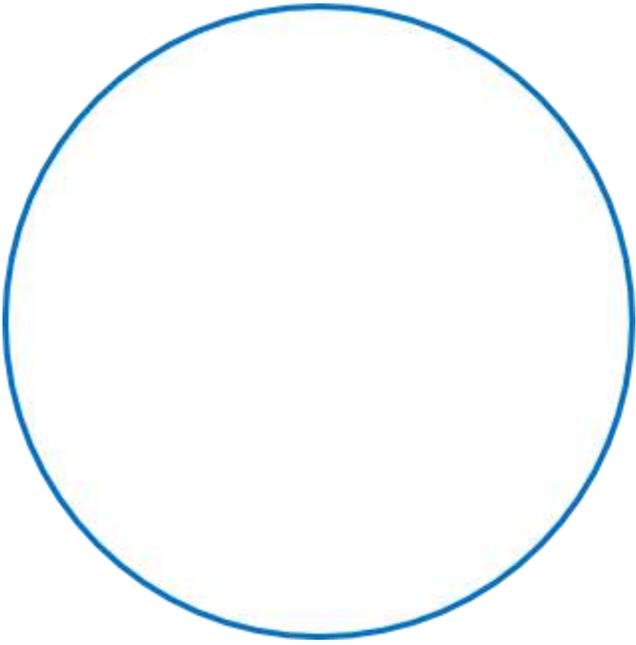
Activity #1 Title	Learning Goal/Objective	Materials
Daily Check-in	Recognizing feelings	Use the daily check-in chart on page 4
Activity/Lesson Description		
Each day take a minute to talk about how you are feeling and ask your child how they are feeling. Maybe even multiple times a day, talk about different things your child may be feeling.		

Activity #2 Title	Learning Goal/Objective	Materials
Color Hunt	Identify colors	None
Activity/Lesson Description		
Each day go on a walk (if it's nice out) and pick one color to look for. For example: pick red and see how many cars, signs, lights, etc., you see that are red.		

Activity #3 Title	Learning Goal/Objective	Materials
Colors representing emotions	Identify and name emotions	Colored drawing materials, sheet below with circles on it
Activity/Lesson Description		
Cut out the circles on the sheet below. Use different colors to represent different emotions and draw faces to match. For example the color blue for a sad face, or red for mad.		

Activity #4 Title	Learning Goal/Objective	Materials
Read I am a Rainbow	Identify and name emotions	Book I am a Rainbow or watch YouTube Read-ALoud
Activity/Lesson Description		
I am a Rainbow by Dolly Parton. Grandma Annii's Storytime		

Activity #5 Title	Learning Goal/Objective	Materials
Look at the clouds	Calming exercise	None
Activity/Lesson Description		
Go outside, look at the clouds. Talk about what they look like.		



Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Read a Book	Comprehends and responds to books	Read the book <i>Sky Color</i> by Peter H. Reynolds
Activity/Lesson Description		
If you would like to watch the book read out loud on YouTube: Sky Color		

Activity #2 Title	Learning Goal/Objective	Materials
Count syllables	Notices and discriminates discrete units of sound	None
Activity/Lesson Description		
Say your name and the name of your friends. Count how many syllables are in each person's name. An easy way to do this is put your hand under your chin and count how many times it goes down and touches your hand!		

Activity #3 Title	Learning Goal/Objective	Materials
Letter Hunt	Identifying letters	Paper, tape, writing utensil
Activity/Lesson Description		
Write letters on small pieces of paper and then tape them up around your house. Have your child explore and hunt for the letters!		

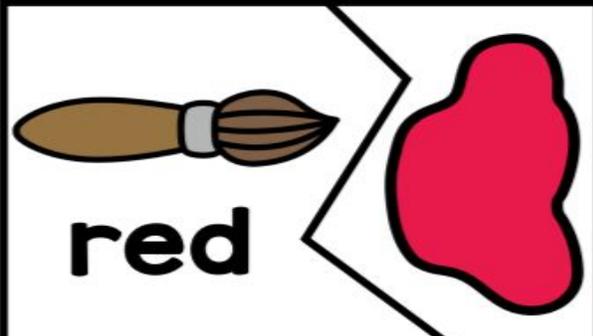
Literacy Independent Practice Activity #1

Directions: Make a grocery list together. Come up with some items that you need to make supper one night and write them down. Or draw things you need.

Grocery List:

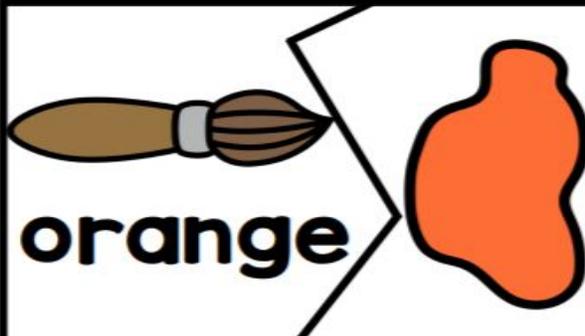
Literacy Independent Practice Activity #2

Directions: Cut out and cut apart, match color to word.



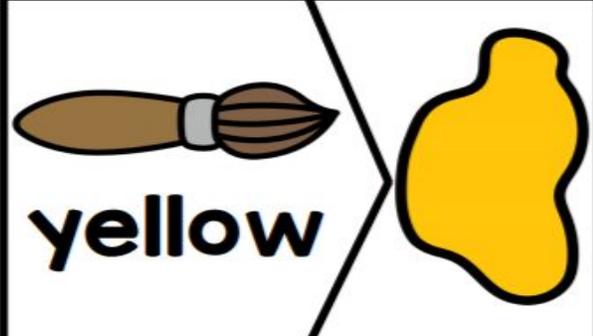
red

A card featuring a paintbrush on the left and a red blob on the right. The word "red" is written in bold black letters below the paintbrush.



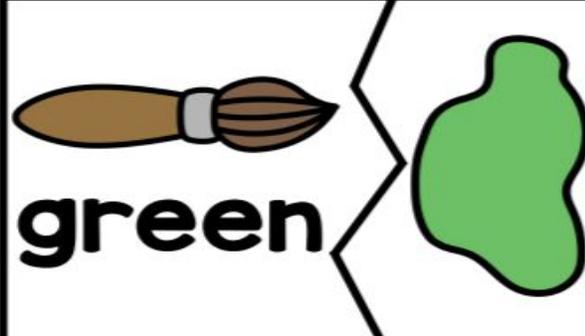
orange

A card featuring a paintbrush on the left and an orange blob on the right. The word "orange" is written in bold black letters below the paintbrush.



yellow

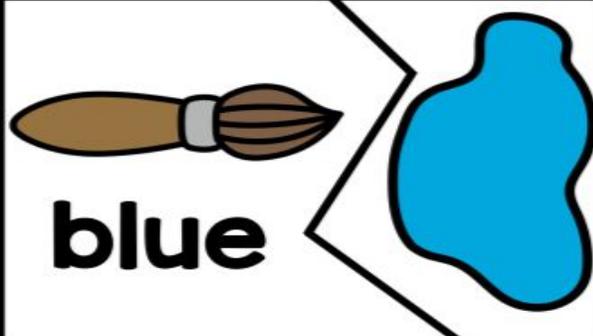
A card featuring a paintbrush on the left and a yellow blob on the right. The word "yellow" is written in bold black letters below the paintbrush.



green

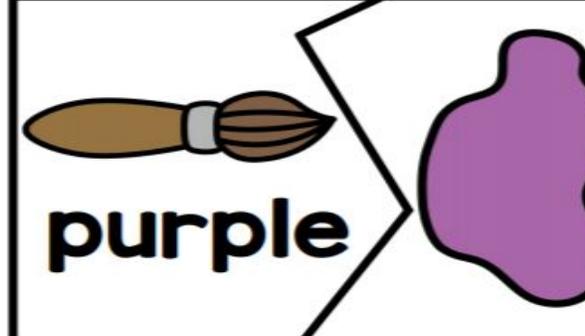
A card featuring a paintbrush on the left and a green blob on the right. The word "green" is written in bold black letters below the paintbrush.

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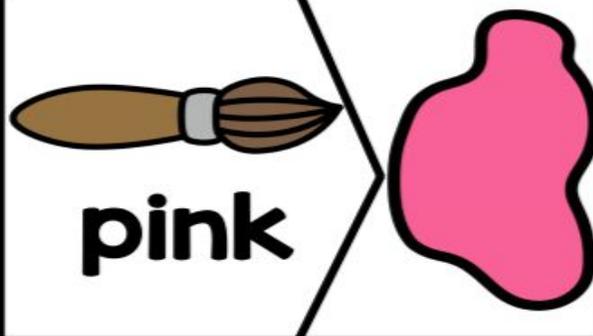
blue

A card featuring a paintbrush on the left and a blue blob on the right. The word "blue" is written in bold black letters below the paintbrush.



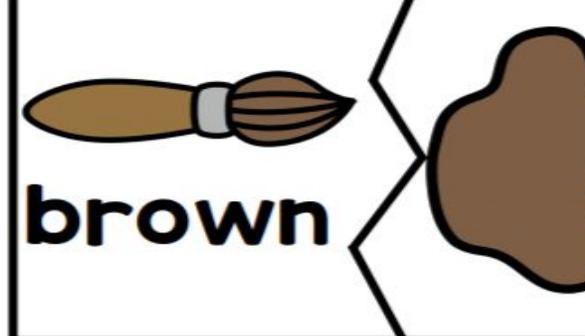
purple

A card featuring a paintbrush on the left and a purple blob on the right. The word "purple" is written in bold black letters below the paintbrush.



pink

A card featuring a paintbrush on the left and a pink blob on the right. The word "pink" is written in bold black letters below the paintbrush.



brown

A card featuring a paintbrush on the left and a brown blob on the right. The word "brown" is written in bold black letters below the paintbrush.

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Literacy Independent Practice Activity #3

Directions: Using the cards above, find something around the house or outside for each color. Write the name or draw a picture of what you found!

RED

ORANGE

YELLOW

GREEN

BLUE

PURPLE

PINK

BROWN

The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Handprint rainbow	Learn about the differences between the colors.	Red, orange, yellow, green, blue, and purple paint; a large piece of paper
Activity/Lesson Description		
Paint your hand red and put it in the paper, then wash and do orange, etc. Repeat until all the colors have been put in rainbow order on the page. OR if you don't want to use paint you could cut out handprints from paper of each color and glue them onto one bigger piece of paper or staple them together.		

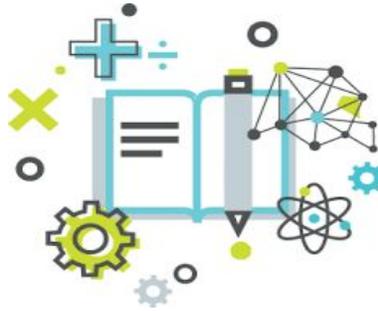


Activity #2 Title	Learning Goal/Objective	Materials
Color Freeze Dance	Listen and Move	YouTube
Activity/Lesson Description		
Use this YouTube link Color Freeze Dance or simply search for "color freeze dance". The Kiboomers-Kids Music Channel has a good one.		

Activity #3 Title	Learning Goal/Objective	Materials
Water pouring	Compares and measures	Kitchen items like bowls, spoons, cups, etc. water; bathtub; or a big bucket outside
Activity/Lesson Description		
Find different things in the kitchen that hold water such as bowls, cups, spoons, etc. Bring these items into the bathtub or sink and pour water from one item into the next. Watch what happens. You could see how much or little it splashes.		

Activity #4 Title	Learning Goal/Objective	Materials
Paint the sky	Explores the visual arts	Paint (watercolors would work or any homemade paint) and paper
Activity/Lesson Description		
<p>To go along with the book <u>Sky Color</u>, have your child paint the sky! Talk about how the sky can be other colors than just blue. Look up some pictures of the sunrise or sunset to show some examples.</p>		

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Mixing Playdough	Learn how different colors mix to create new colors	Playdough—at least two colors; use a playdough recipe to make your own if you don't have any
Activity/Lesson Description		
Play with the playdough for a little while and then see what happens when you mix the two colors. Talk about what happened when the two colors mixed. Did they make a new color? Did they mix easily?		

Activity #2 Title	Learning Goal/Objective	Materials
Sort by color	Sorting	Paper, scissors
Activity/Lesson Description		
Cut pieces of colored paper into squares/triangles/random shapes. Sort them by color and then by shape or size.		

Activity #3 Title	Learning Goal/Objective	Materials
Clothespin counting	Counting in sequence	Clothespins and the paper below
Activity/Lesson Description		
Use the paper below to count the dots. Cut out each row and then attach a clothespin to each dot. If you do not have clothespins you can just point to them.		

Activity #4 Title	Learning Goal/Objective	Materials
Walking Water Science Experiment	Uses scientific inquiry skills	Small plastic clear cups, paper towels, food coloring in primary colors, water. Help needed from a parent
Activity/Lesson Description		
<ol style="list-style-type: none"> 1. Place 7 cups in a row and pour water in the 1st, 3rd, 5th, and 7th cup. About $\frac{3}{4}$ full. 2. Add 5 drops of red food coloring to the 1st cup and the 7th cup. 3. Add 5 drops of yellow food coloring to the 3rd cup. 4. Add 5 drops of blue food coloring to the 5th cup. 5. Take a half sheet of paper towel and fold it in half lengthwise twice. Trim off some of the ends of the paper towel. 6. Place one half of a rolled paper towel in the 1st cup and place the other half in the cup next to it. Then another paper towel from the 2nd cup and into the 3rd cup. This continues until you have placed the last paper towel that drapes over from the 6th cup to the 7th cup. 7. Stare at the cups and watch what starts happening. Ask your child what they think will happen. You should quickly be able to see the colored water begin to crawl up the paper towel. 		

Here is a link to this experiment.

[Rainbow Walking Water Science Experiment for Kids](#)



Activity #5 Title	Learning Goal/Objective	Materials
Magic Milk Experiment	Identify colors and watch what happens when they mix	Milk, liquid food coloring, dish soap, cotton swabs, a pan of some sort to hold it
Activity/Lesson Description		
<ol style="list-style-type: none"> 1. Pour a thin layer of milk in the pan. 2. Have kids add drops of food coloring all around in the milk. 3. Then the kids will pick up a cotton swab and dip it in dish soap. 4. Then put the cotton swab in the milk – pressing it down in one spot and holding it there for about 15 seconds. 5. Here is a link to this experiment. Exciting Magic Milk Science Experiment for Kids 		

Math & Science Independent Practice Activity #1

Directions: clothespin counting

1	
2	
3	
4	
5	

Math & Science Independent Practice Activity #2

Directions: Stack blocks and count how many you can get before they fall over. Use this chart to keep track.

Round 1	
Round 2	
Round 3	
Round 4	
Round 5	

Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Squish playdough	Develop hand muscles	Playdough
Activity/Lesson Description		
Take some playdough and squish it in your hands, roll it around, see what you can do with it that is		

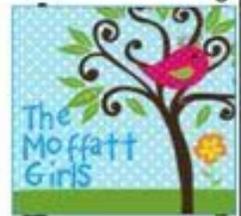
Activity #2 Title	Learning Goal/Objective	Materials
Cut along the lines	Snips pieces of paper uses wrist and finger movements	Scissors and the first sheet below
Activity/Lesson Description		
Use the first sheet below to cut along the lines.		

Activity #3 Title	Learning Goal/Objective	Materials
Draw a Rainbow	Grasping a writing utensil	Colored writing materials and paper
Activity/Lesson Description		
Using markers, crayons, colored pencils, or paint draw a rainbow using all the colors and then with help from a parent write the colors of the rainbow.		

Name: _____

Cutting Practice II

Directions: Cut on the line until you reach the STOP sign.



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Handwriting Independent Practice Activity #2

Directions: Write the letters of the colors of the rainbow.

_____ is for Red

_____ is for Orange

_____ is for Yellow

_____ is for Green

_____ is for Blue

_____ is for Violet