Early Childhood Distance Learning Materials

Younger Preschool
Week #11
June 29-July 3, 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>Read 15 minutes with your child</td>
<td>Have a family dance party!</td>
<td>Draw a picture of what you are doing today</td>
<td>Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times</td>
<td>Count 1 to 20</td>
</tr>
<tr>
<td><strong>M</strong></td>
<td><strong>T</strong></td>
<td><strong>W</strong></td>
<td><strong>R</strong></td>
<td><strong>F</strong></td>
</tr>
<tr>
<td>Use handwriting sheet to write name</td>
<td>Create an obstacle course in your home and run it 5 times</td>
<td>Make up a new song</td>
<td>What did you do to to show kindness? Draw a picture</td>
<td>Find items in your house you can make patterns with. Can you make an AB pattern?</td>
</tr>
<tr>
<td>Retell main events in your favorite book</td>
<td>Find color freeze dance on Youtube and dance to it</td>
<td>Use objects from around your house to create a new art project</td>
<td>Choose a job that you can do today to help your family</td>
<td>Complete one lesson from the math packet</td>
</tr>
<tr>
<td>Complete one lesson from the literacy packet</td>
<td>Go outside and practice skipping, hopping on two feet, galloping, and running.</td>
<td>Complete one lesson from the Arts packet</td>
<td>Help your child make a daily schedule that you can put up in your house</td>
<td>Find shapes in your house and draw them on paper</td>
</tr>
<tr>
<td>Name some words that rhyme with: cat, dog, bed, map</td>
<td>Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down do, tree pose</td>
<td>Use scissors to practice cutting paper in straight lines and zig zag lines</td>
<td>Help your child identify a space to go to help them feel calm.</td>
<td>Find a block and use it to measure your bed, a table, and a chair. How many blocks tall are they?</td>
</tr>
<tr>
<td>Find items in your house for each letter of the alphabet (ex A apple, B bathtub, C cookies etc)</td>
<td>Time your child to see how fast it takes for them to run from a chosen point to you</td>
<td>Trace your shadow with chalk outside</td>
<td>Practice Smelling the Rose and Blowing out the candle with your child.</td>
<td>How many steps does it take to get from your kitchen to your bedroom? Count them as you go.</td>
</tr>
</tbody>
</table>
Daily Check-In
Tell me how you’re feeling today?

<table>
<thead>
<tr>
<th>Day</th>
<th>Shape to Make</th>
<th>Crayon Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Make a <strong>CIRCLE</strong> with a <strong>BLUE</strong> crayon</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>Make a <strong>TRIANGLE</strong> with a <strong>RED</strong> crayon</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>Make a <strong>SQUARE</strong> with an <strong>ORANGE</strong> crayon</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Make a <strong>CLOUD</strong> with a <strong>PINK</strong> crayon</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>Make a <strong>SHAPE OF YOUR CHOICE</strong> with a <strong>GREEN</strong> crayon</td>
<td></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.

"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>Gratitude Journal</td>
<td>Gratitude, Wellness</td>
<td>Journal, Prompts</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Have your child draw a picture corresponding with one of these prompts:
- Which 2 people are you grateful for today?
- What is something you are looking forward to?
- What is something that is very special to you?
- What special talent do you have?
- What is your favorite thing to do with Mom?

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breathing Hand</td>
<td>Self Regulation</td>
<td>Hands</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Deep breathing using your hand.

![Diagram of breathing using hand]
<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simon Says</td>
<td>Self Regulation, Listening Skills</td>
<td>Use the rubric provided below</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

**SIMON SAYS**

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say “Simon Says”!

- Shake your whole body.
- Jump up and down.
- Spin around in circles.
- Do a cartwheel.
- Do a somersault.
- Wave your arms above your head.
- Walk like a bear on all 4s.
- Walk like a crab.
- Hop like a frog.
- Walk on your knees.
- Lay on your back & pedal your legs in the air like you are on a bike.
- Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

- Hold your arms out at your side and make circles with them in the air.
- Hold your arms out at your side and make circles with them in the air.
- Hop on your left foot 10 times.
- Hop on your right foot 10 times.
- Hop around like a bunny.
- Balance on your left foot for a count of 10.
- Balance on your right foot for a count of 10.
- Bend down and touch your toes 10 times.
- Reach behind you and try and hold your right foot with your left hand without falling over.
- Reach behind you and try and hold your left foot with your right hand without falling over.
- Lay on the floor and stretch out as far you can for 10 a count of 10.
- Pretend to shoot a basketball 10 times.
- Pretend to jump rope for a count of 10.
- Pretend to ride a horse.
- Pretend to milk a cow.
- Take 5 of the biggest steps forward that you can.
- Pretend to lift a car.
- Do the strangest dance you can think of.
- Scream.

[Image: www.thesmell.com]
### Activity #4 Title
- **Paint a Feeling**

<table>
<thead>
<tr>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling Identification</td>
<td>Paint, Water, Paper, Paintbrush</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Ask your child to paint a feeling (Happy, Mad, Sad, Excited, Confused, etc.)

### Activity #5 Title
- **Self Skills: Setting the table**

<table>
<thead>
<tr>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Participation, Helpfulness</td>
<td>Plates, Utensils, Napkins, Table</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Have your child help you set the table for the members of your family for a family meal. Ask who will sit where, how many plates, forks, and napkins are needed. Many children love to be the “helper”!
Language, Literacy & Communication Activities

### Activity #1 Title
Water Balloon Letter Smash

### Learning Goal/Objective
Letter Recognition

### Materials
Water Balloons, Sharpie, Chalk

### Activity/Lesson Description
Write Letters on water balloons with a sharpie. Write the corresponding letters on the sidewalk with chalk. Have your child match the letters on the balloon and sidewalk and then smash the balloon on the correct letter!
<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter Cookie Cutters and</td>
<td>Letter Recognition, Fine</td>
<td>Letter Cookie Cutters,</td>
</tr>
<tr>
<td>Play dough</td>
<td>Motor Skills</td>
<td>Playdough</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Provide Letter Cookie Cutters and Playdough to your child to explore letter shapes and work on Fine Motor Skills.

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<tr>
<th>Activity #3 Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Read a Book Everyday</td>
<td>Literacy, Story Comprehension</td>
<td>A book and a comfy place to read</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Read a book to your child every day. Take turns choosing which book to read. If you run out of books, see if you can swap books with a neighbor family!
Find the words

Draw a circle around each word.
What do you think the words say?

house  cat  hat

tree  ball  mouse
Literacy Independent Practice Activity #2

Directions:

Moving left to right

Help each animal find its dinner.
Draw a line from the animal to its food.

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MY SCHOOLS
Find the words
Draw a circle around each word.
What do you think the words say?

moon  star  sun

apple  bed  airplane

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# 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>Make Like An Animal</td>
<td>Following Directions, Body Movement</td>
<td>Use the rubric below to get your body moving!</td>
</tr>
</tbody>
</table>

## Activity/Lesson Description

- **Flap your wings** and fly like a bird around the house one time.
- How long can you stand on one foot like a flamingo?
- **Crab walk across a room.**
- **Hop like a bunny** 20 times.
- **Waddle like a duck** for 2 minutes.
- **Stomp like an elephant** for 1 minute.
- **Leap like a frog** 15 times.
- **Slither across a room like a snake.**
<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tie Dye Coffee Filters</td>
<td>Color Theory, Fine Motor Skills</td>
<td>Coffee Filters, Markers, Spray Bottle, Water, newsprint or cardboard surface</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Color the coffee filter with markers (avoid black and brown) and when finished, spray coffee filter 3x over newsprint or cardboard. Watch the colors spread when you spray.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Freeze Dance</td>
<td>Movement, Music Appreciation, Self Regulation</td>
<td>Music</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Play a song and dance until the music stops and you FREEZE! Don’t move until the music starts again.

<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free Draw -- Family</td>
<td>Creativity, Fine Motor Skills</td>
<td>Crayons, Markers, Stickers, Paper</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Ask your child to draw a portrait of your family. Let them use any materials they have to create bodies and shapes.

<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball Toss</td>
<td>Movement, Coordination</td>
<td>Small Ball or Soft toy</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Using a small ball or toy, practice tossing this back and forth to one another.
## Mathematics and Science Activities

### Activity #1 Title
3D Geometric Shapes

### Learning Goal/Objective
Fine Motor Skills, Creativity, Intro to Geometry, Math Concepts

### Materials
Pipe Cleaners, Different Colored Straws, Ribbon and String

### Activity/Lesson Description
Explain to your child that you are exploring three-dimensional forms! A form is a three-dimensional work of art that has height, width, and depth. You may wish to discuss the different types of 3-D forms like a cube, cone, pyramid, rectangular prism, or triangular prisms. Ask your child to use the materials to create and build geometric forms.
<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil and Water Experiment</td>
<td>STEAM, Polar Liquids</td>
<td>Oil, Water, Food Coloring, Pipettes, Container (tupperware or pie pan)</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

This lesson explores polar liquids.
Begin by filling a shallow dish with oil. You can use baby oil, cooking oil, or anything you have in your home. Set this dish aside.
In a cup combine 3-5 drops of food coloring with water and mix, using one cup for each color of water that you wish to make. Give your child pipettes (or you can use a small measuring spoon) and have them squirt the varying colors of water into the pan of oil. Observe how they do not mix.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I Spy” Nature Walk</td>
<td>Observation Skills, STEAM</td>
<td>Yourself and your child</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Along the same lines as “20 Questions” find things on your walk that are various colors, shapes, and sizes. Take turns guessing what you or your child sees, letting each guesser ask questions to reveal the item the person sees.
Directions:

What comes next?
Circle the picture that comes next.

Name: ______________________

[Image of various summer-related items to be circled]
Math & Science Independent Practice Activity #3

Directions: Fill in the drawing with the colors that match the numbers!
## Handwriting Activities

<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Painting Letters with Water</td>
<td>Letter Recognition, Prewriting/writing skills, Fine Motor Skills</td>
<td>Water, Cup, Paintbrush, Sidewalk</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

While outside, have your child use water and a paintbrush to write their letters, lines, and maybe even draw a self portrait.
<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hidden Name Art</td>
<td>Letter/Name Recognition, Fine Motor Skills</td>
<td>White Crayon, Watercolors, Paint Brush, White Paper</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Write your child's name on white paper with a white crayon. Have your child start to paint the page and watch them reveal their name! This can also work for other familiar words too.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Block Letter Name Tracing</td>
<td>Name/Letter Recognition</td>
<td>White Paper, Blocks or Legos or small toys, Marker, Scissors</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description
Write your child's name on a piece of paper. Have them trace their name with legos, blocks, and or small toys.
Handwriting Independent Practice Activity #1

Directions:

IT'S RAINING!
Handwriting Independent Practice Activity #2

Tracing Patterns

[Diagram of tracing patterns]
Handwriting Independent Practice Activity #3:

Flower Garden Tracing

Directions: Help the bugs find their flowers. Trace the line from each bug to its flower. Then color the pictures.