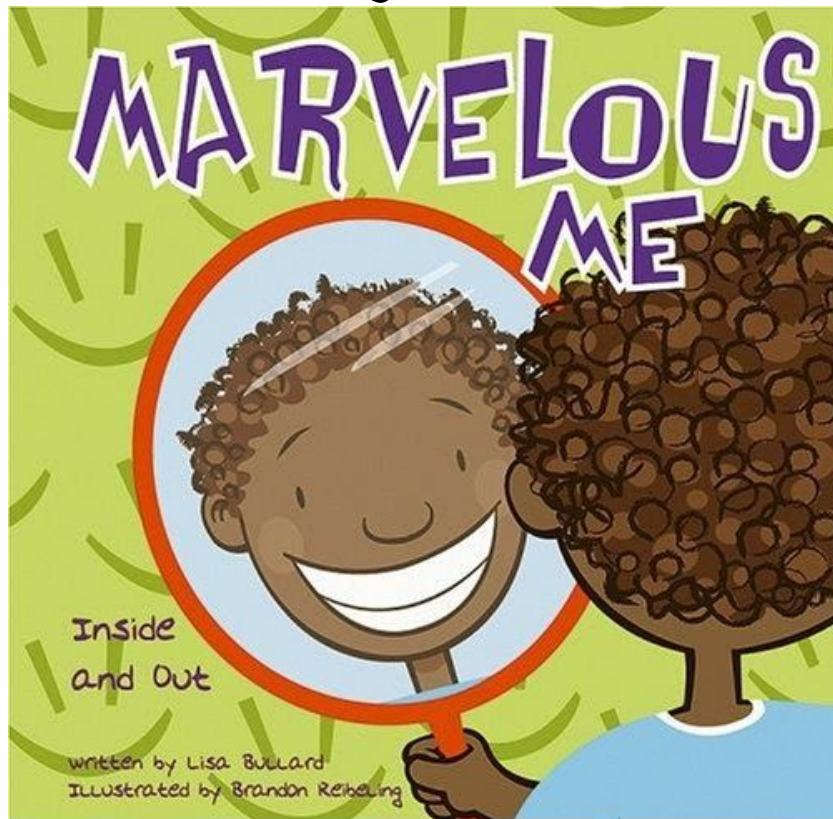




Early Childhood Distance Learning Materials



Younger Preschool

Week #12

July 6 - 10, 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;"> M T W R F </div>	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
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?



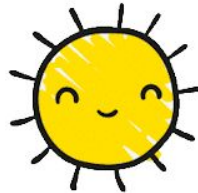
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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
I Can Chart	Self awareness, Independent thinking	Paper, pencil, markers or crayons
Activity/Lesson Description		
<p>Make a list of all the things you can do by yourself. You can divide it by things you can do at home, and things you can do at school (i.e. home - clean up toys, set the table, etc.. School - listen the 1st time, help a friend clean up, share, etc.)</p>		

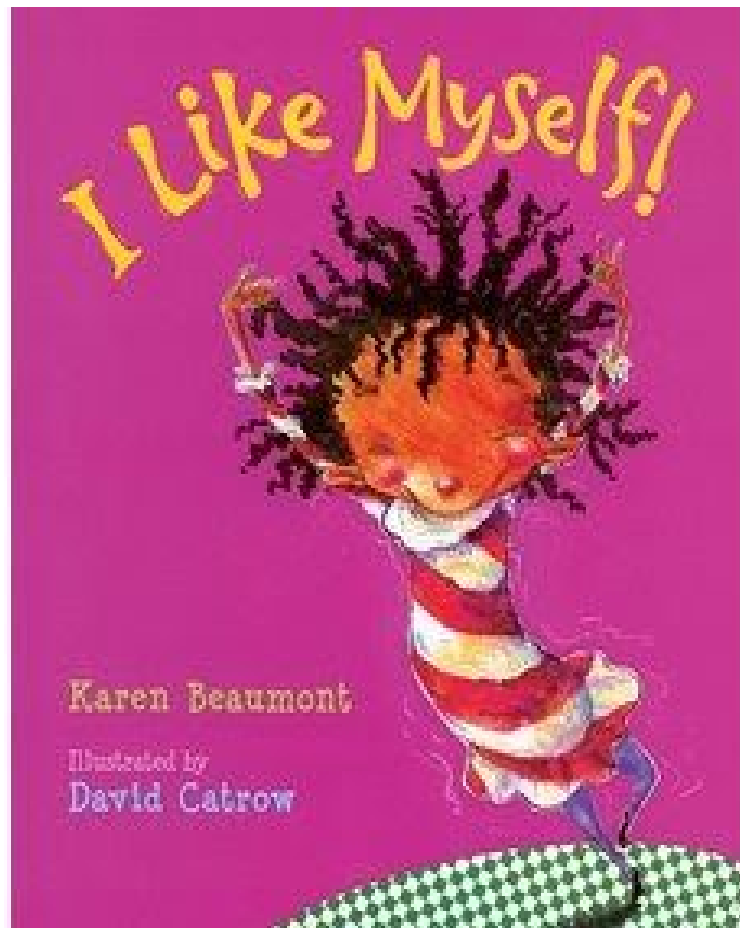
Activity #2 Title	Learning Goal/Objective	Materials
Mirror Mirror	Self awareness	Mirror, paper, pencils, markers, or crayons
Activity/Lesson Description		
<p>Look at yourself in the mirror. Can you make faces (sad, happy, shy, etc.)? Try to draw what you saw in the mirror.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Simon Says	Listening, cooperation	Friends/family
Activity/Lesson Description		
<p>Have one person be “Simon”. Simon can tell people what to do. The other people have to do What Simon says, but only if they say “Simon Says”. Take turns!</p>		

Activity #4 Title	Learning Goal/Objective	Materials
Cool the Pizza	Mindfulness, coping skills, managing emotions.	Your imagination!
Activity/Lesson Description		
<p>Pretend to have a slice of Pizza. Slowly breathe in to smell the pizza and breathe out to cool it down.</p>		

Activity #5 Title	Learning Goal/Objective	Materials
Mindfulness 5-4-3-2-1	Mindfulness, coping skills, self - regulation	Materials in a home/bedroom
Activity/Lesson Description		
Look around the bedroom or living room and try to find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.		

Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Body trace	Writing skills, use of language, engage in conversation, follow directions	Big construction paper (or trace on sidewalk with chalk) Coloring markers
Activity/Lesson Description		
Trace your body and draw body parts. As you draw, name each body part and make a face for your self portrait!		

Activity #2 Title	Learning Goal/Objective	Materials
Show and tell	Engage in conversation, language skills	Favorite toy, place, or game
Activity/Lesson Description		
Search at home for a favorite toy (or talk about a place or game) that you want to share with a friend or family member.		

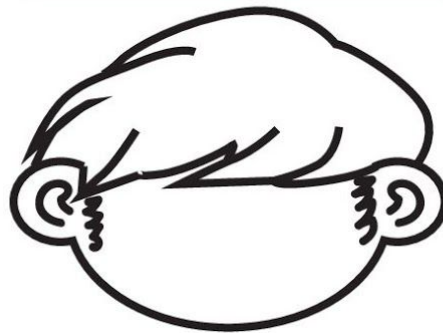
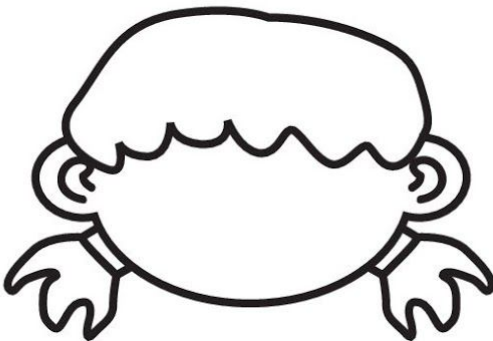
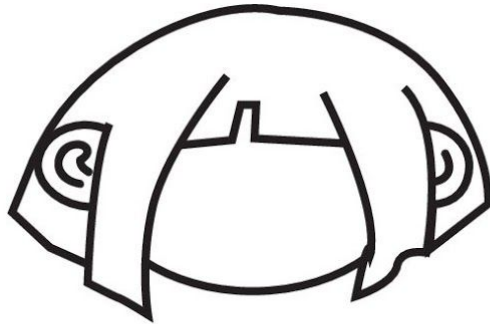
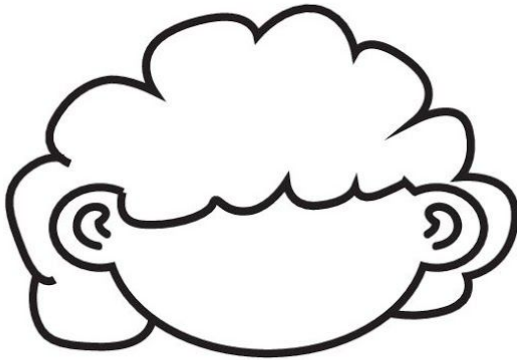
Activity #3 Title	Learning Goal/Objective	Materials
Read stories all about you	Self awareness, self stem engage in conversation, and vocabulary skills	Books or YouTube Links: I Like Myself by Karen Beaumont Marvelous Me Inside & Out by Lisa Bullard
Activity/Lesson Description		
Read the books called <i>I Like Myself</i> by Karen Beaumont and <i>Marvelous Me</i> by Lisa Bullard or watch the YouTube video of the books read aloud.		

social studies : emotions

EMOTIONS

We all have feelings. We show our feelings with our faces, by smiling when we are happy or frowning when we are sad. Look at the words below and write them in one of the boxes, drawing that emotion on the blank face.

SAD HAPPY SCARED ANGRY

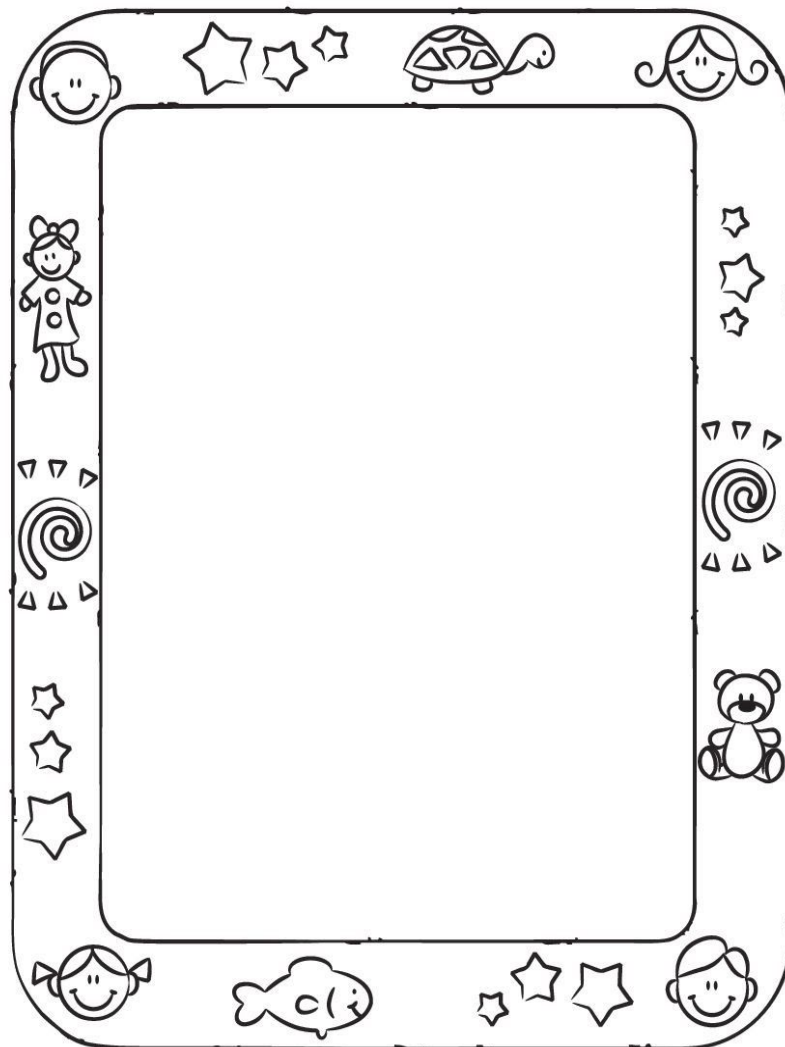


Literacy Independent Practice Activity #2

Self-Awareness: My Special Person

Name _____ Date _____

Draw yourself with a special person.



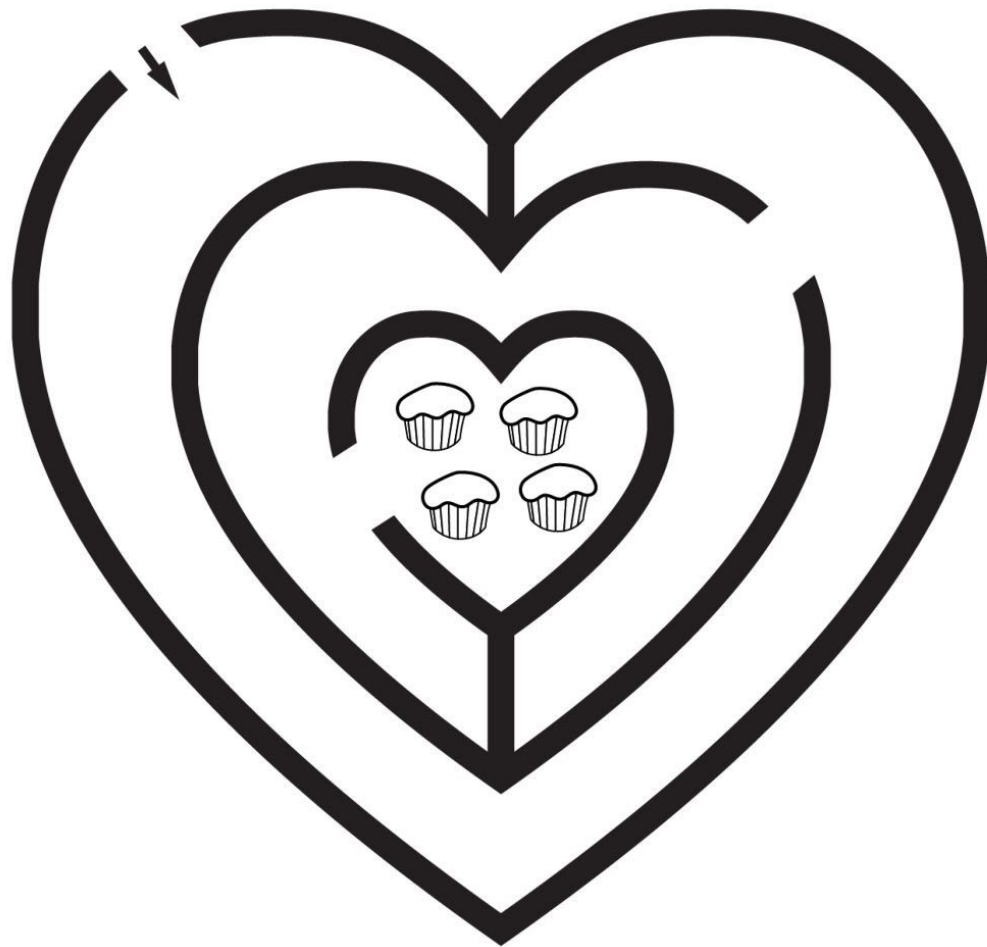
Teaching Tip: Talk about the different people the child knows, and have the child draw himself or herself with one special person. Encourage him or her to tell a story about the special person.

Literacy Independent Practice Activity #3

www.worksheetfun.com www.worksheetfun.com www.worksheetfun.com



Help the girl
find her cupcakes.



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The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Mirror Dance	Self awareness, self expression, balancing, coordination skills, body movement, large motor.	A full length mirror & music
Activity/Lesson Description		
Dance and sing together in front of a full length mirror and have fun being silly.		

Activity #2 Title	Learning Goal/Objective	Materials
Guess what is in the Box	Fine motors, sensory skills. Language skills.	Shoes box, scissors, color markers and small toys.
Activity/Lesson Description		
Help your child cut a hole in the middle of the shoe box. Have them decorate the box and insert small toys. Have the child guess first what is inside? Take turns playing and guessing.		

Activity #3 Title	Learning Goal/Objective	Materials
Have a Parade Improvising musical instruments.	Body movement, fine motor, large motors and imagination skills.	Pots, pans & wood spoon = 1 drums Cardboard paper towel roll or Toilet paper roll = 1 horn Empty plastic container and rice or beans = 1 rattle.
Activity/Lesson Description		
Inspire your child to have a parade by improvising musical instruments that you can find in your kitchen. Find empty bottles, fill them up with rice or beans and tighten the lid to make a rattle!		

Activity #4 Title	Learning Goal/Objective	Materials
Spa day	Self awareness, take care of one's needs	*Need adult supervision at all times for this activity. Tub, water, bubbles, favorite toys and relaxing music.
Activity/Lesson Description		
Have your child lead, finding his favorite toys for the tub. Help to pamper your child by adding favorite bubbles to the tub and extend the fun with relaxing music. Talk about how it is good to relax at times and how everyone needs to take time for their own needs.		

Activity #5 Title	Learning Goal/Objective	Materials
Me, Myself, and I collage	Fine motor, hand eye coordination, and self awareness.	Photos of yourself, glue, coloring markers
Activity/Lesson Description		
Find fun photos of your child and have them cut and paste into an "All About Me" collage. Talk through the memories of the photos together. Ask many questions such as "do you remember when this photo was taken?" "where were you?" "who else was there?".		

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
My House	Shape recognition, engineering, spatial awareness	Legos, blocks, or cut out shapes
Activity/Lesson Description		
Use the blocks, legos or cut out shapes to build a house. It can be your house, a friend's house or what you want your future house to look like!		

Activity #2 Title	Learning Goal/Objective	Materials
How Big Are You?	Number recognition, predicting, data analysis	Paper, pen, pencils, or crayons. measuring tape.
Activity/Lesson Description		
First, guess how tall you are. Next, have someone help you measure yourself. Did you guess correctly? Measure other people in your house and compare how tall you are!		

Activity #3 Title	Learning Goal/Objective	Materials
All About Me Math Race	Number recognition, critical thinking practice	Foam numbers or chalk
Activity/Lesson Description		
Lay out or write the numbers 0 - 10 in order. Stand on one end of a driveway or sidewalk. Have someone ask All About Me questions (i.e. how old are you? How many sisters/brothers do you have? How many wheels are on your bike? How many shoes do you have on? etc.), then race to the correct number and run back. See if you can think of something for all of the numbers!		

Math & Science Independent Practice Activity #1

Directions: Draw a picture of you!

Free Printable @



allthingsprintable.com

All About Me Book

All About Me

Name: _____

Free Printable @ allthingsprintable.com

Free Printable @ allthingsprintable.com

Math & Science Independent Practice Activity #2

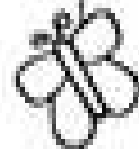
Directions: Find the number 1's and circle them.

Number Scramble

How many number 1 can you find
in the number mix below? Circle them.



1	4	1	8	2
2	1	3	6	1
5	9	1	4	7
1	3	2	1	1












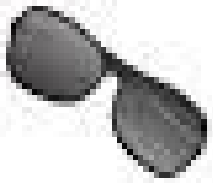
Name _____

www.cleverteacher.com

Math & Science Independent Practice Activity #3

Directions : Draw a line to match the picture on the left to the picture on the right.

Draw a line from picture on left to the matching picture on right.

	•	•	
	•	•	
	•	•	
	•	•	
	•	•	

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Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Journal Writing	Fine motor, alphabet recognition	Notebook/paper, pencils, pens, markers or crayons
Activity/Lesson Description		
Have someone write words in a light colored marker, then trace the words.		

Activity #2 Title	Learning Goal/Objective	Materials
Sometimes vs. Always	Fine motor, alphabet recognition, phonics	Paper, pencils, markers, crayons, magazines (optional)
Activity/Lesson Description		
Make a list of foods you sometimes get to eat and of food you always get to eat (junk food vs healthy food). After writing some of the words, look in magazines and see if you can find a picture to cut out. Go a step further and try to sound out some of the words!		

Activity #3 Title	Learning Goal/Objective	Materials
Shaving Cream Letters	Fine motor, letter recognition, phonics	Table, shaving cream
Activity/Lesson Description		
Put some shaving cream on the table. Using your finger, write letters, numbers, and draw pictures. Can you name the letters? Try to sound out some letters and words!		

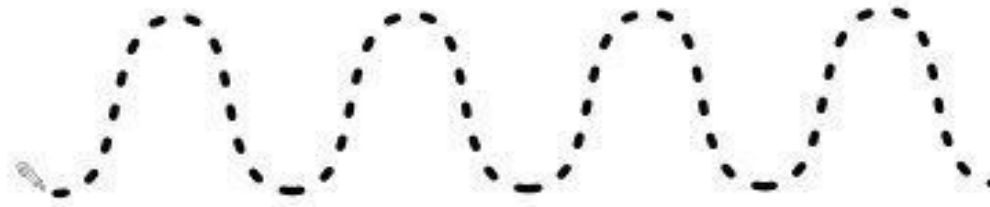
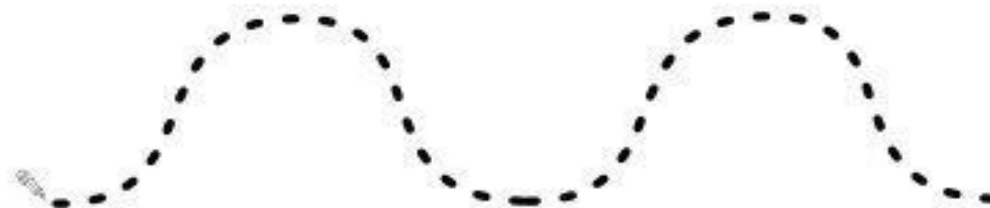
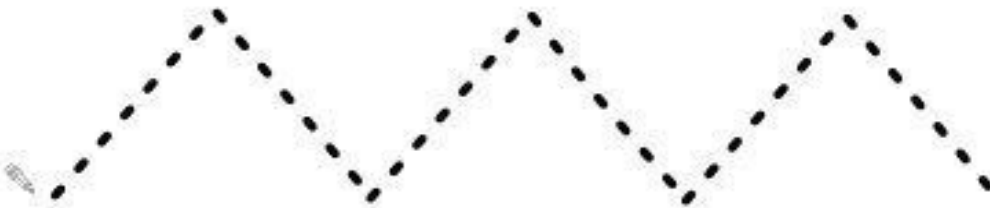
Handwriting Independent Practice Activity #1

Directions: Trace the lines

Name _____

Tracing Patterns

Follow the lines with your pencil



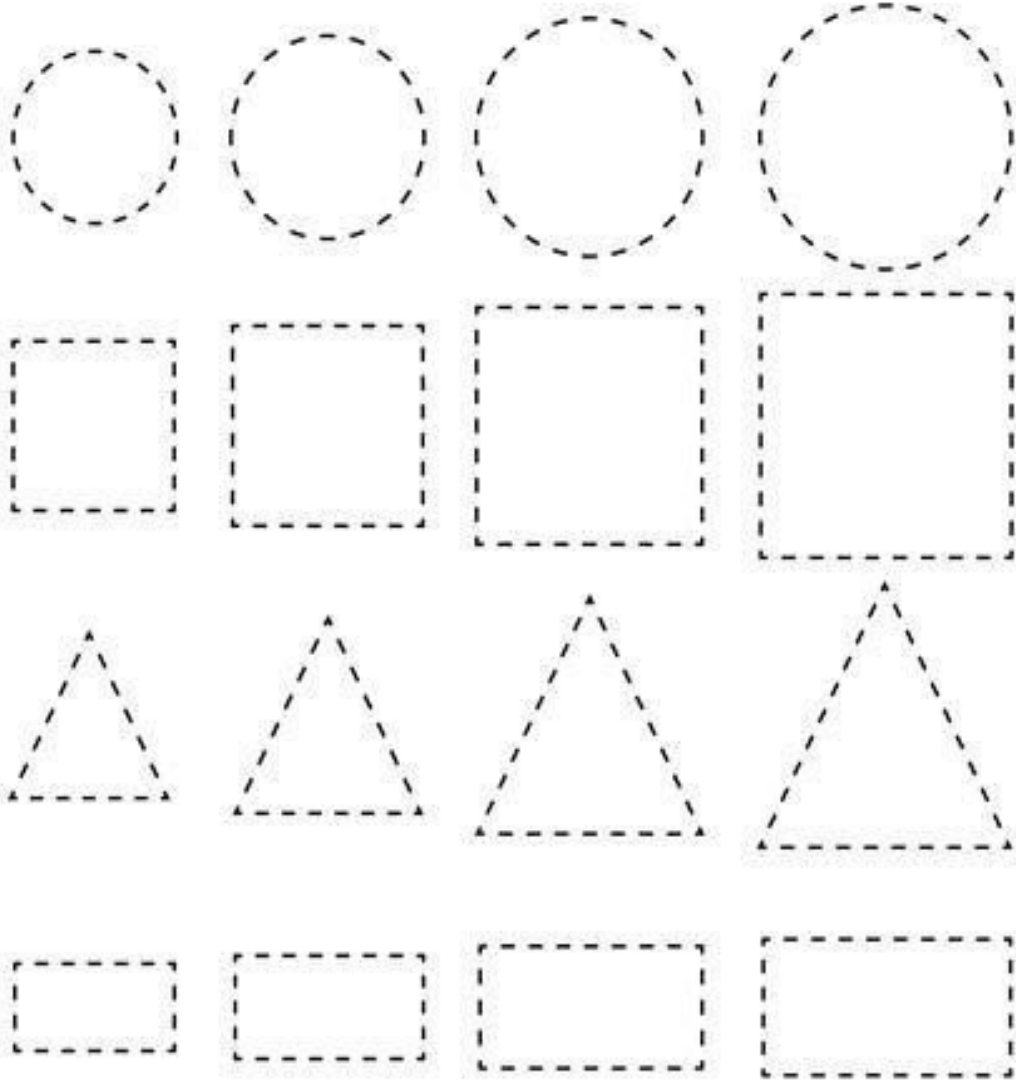
www.ActivityVillage.co.uk - Keeping Kids Busy

Handwriting Independent Practice Activity #2

Directions: Trace the shapes

Name: _____

Trace the Shapes



Handwriting Independent Practice Activity #3

Directions: Trace the words below

I

Am

Lovable &

Capable