Early Childhood Distance Learning Materials

Younger Preschool
Week # 6
May 25-29, 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>
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<tbody>
<tr>
<td>Literacy</td>
<td>Exercise</td>
<td>Arts</td>
<td>Regulation</td>
<td>Numbers</td>
</tr>
<tr>
<td>Find words around your house for your child to practice writing</td>
<td>Go to YouTube and look up ‘Bug Yoga’</td>
<td>Google a new playdough recipe to try</td>
<td>Get 2 straws and a cotton ball and blow the cotton ball back and forth gently. Talk about slowing down our breathes</td>
<td>Put a puzzle together</td>
</tr>
<tr>
<td>Go to YouTube and ‘read’ ‘The Very Hungry Caterpillar’</td>
<td>Go for a walk around your block</td>
<td>Draw a picture of what your perfect butterfly would look like</td>
<td>Snuggle together and watch a movie</td>
<td>Take a walk and count how many butterflies you see</td>
</tr>
<tr>
<td>Read a book together with your child</td>
<td>Use masking tape to create lines around the house to walk on</td>
<td>Draw a picture of the foods The Hungry Caterpillar ate</td>
<td>Do a facetime/zoom call with friends or family</td>
<td>Try to catch a bug? What bug did you catch?</td>
</tr>
<tr>
<td>Try to see if you can name a bug that starts with every letter of the alphabet</td>
<td>Have a dance party</td>
<td>Make your own chalk</td>
<td>Practice self-soothing techniques</td>
<td>Cook a meal with your child</td>
</tr>
<tr>
<td>Have your child make their own book about their favorite things</td>
<td>Have a balloon race-who can hold on to it</td>
<td>Play your favorite song for you child</td>
<td>Reflect on your favorite parts of the day? What part didn’t you like?</td>
<td>How high can you count? 10,20,50,1000?</td>
</tr>
</tbody>
</table>
Daily Check-In
Tell me how you're feeling today?

<table>
<thead>
<tr>
<th>Monday</th>
<th>Make a <strong>CIRCLE</strong> with a <strong>BLUE</strong> crayon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Make a <strong>TRIANGLE</strong> with a <strong>RED</strong> crayon</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Make a <strong>SQUARE</strong> with an <strong>ORANGE</strong> crayon</td>
</tr>
<tr>
<td>Thursday</td>
<td>Make a <strong>CLOUD</strong> with a <strong>PINK</strong> crayon</td>
</tr>
<tr>
<td>Friday</td>
<td>Make a <strong>SHAPE OF YOUR CHOICE</strong> with a <strong>GREEN</strong> crayon</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."
- "Blessing Manifesting"
<table>
<thead>
<tr>
<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids Yoga</td>
<td>Learn how to control your body while emotions are running high.</td>
<td>Yourself</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

If you don't know any yoga poses that's okay! There are some kids yoga poses provided in the packet. Or YouTube has a lot of kid friendly yoga videos.

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brushing Teeth</td>
<td>Setting a routine</td>
<td>Toothbrush and toothpaste</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Everyday set a time to brush teeth. For example right before or after breakfast, after lunch, and before bed.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rest Time</td>
<td>Regulating emotions</td>
<td>None</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Find a time every day (probably the same time each day) to rest and relax together. Watch an episode of their favorite show. Watch a movie you both enjoy. Take a nap. You could include your reading time in this. Anything that calms the body down and helps you reset.

<table>
<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facetime/Zoom/Video Chat your Friends</td>
<td>Conversation skills with others</td>
<td>Electronic device</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Set up a time to video chat with your friends or family and catch up.
<table>
<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hearts</td>
<td>Showing empathy for others</td>
<td>Scissors and paper or chalk</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Go outside and draw hearts on the sidewalk to support everyone. Or cut hearts out and tape them on your windows.
GARDEN YOGA FOR KIDS

Pretend to be a tree
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

Pretend to be a frog
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

Pretend to be a seed
Child’s Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

Pretend to be a butterfly
Cobbler’s Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

Pretend to be a flower
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.
## Language, Literacy & Communication Activities

**Activity #1 Title**

Cut out and Spell

**Learning Goal/Objective**

Letter recognition, cutting, and pre-reading

**Materials**

Magazine, newspaper, or junk mail, scissors, glue, and paper

### Activity/Lesson Description

Gather together newspaper, magazines, or junk mail and have your child cut out letters of the following words then glue on paper:
- Your child’s name
- Your name
- bug
- bee
- worm
- insect
- caterpillar
- Butterfly
- Nest
- Dirt
- wing
### Activity #2 Title
Clap Syllables

**Learning Goal/Objective**
Language Development

**Materials**
None

#### Activity/Lesson Description
Clap the syllables in your name. Example; Teach-er would have two claps.

### Activity #3 Title
Matching

**Learning Goal/Objective**
Find similarities and differences in objects

**Materials**
Memory game or a deck of cards

#### Activity/Lesson Description
Play memory or if you don’t have the game find a deck of cards and use those as memory pieces. Place the pieces upside down and take turns searching for matches.

### Literacy Independent Practice Activity #1
**Directions:** Read *The Very Hungry Caterpillar* By Eric Carl. If you do not have the book, YouTube has many options to choose from in order to read the story.

[https://www.youtube.com/watch?v=btFCtMhF3iI&t=1s](https://www.youtube.com/watch?v=btFCtMhF3iI&t=1s)

### Literacy Independent Practice Activity #2
**Directions:** Make a bug book.
Take pictures of bugs or draw them and put them together to look at like a book. Use paper, something to color with, or pictures, put holes in the paper and string them together or staple them together.
## The Arts & Sensory Activities, Music & Movement

### Activity #1 Title
- **Freeze Dance**

### Learning Goal/Objective
- Practice listening skills and basic physical concepts

### Materials
- Yourself and music

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<tbody>
<tr>
<td>Freeze Dance</td>
<td>Practice listening skills and basic physical concepts</td>
<td>Yourself and music</td>
</tr>
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</table>

### Activity/Lesson Description

Play music and dance until you pause it and then press play again. Or look up a freeze dance song which will have directions on when to freeze.

### Activity #2 Title
- **Toilet paper roll butterflies**

### Learning Goal/Objective
- Three finger hold on paintbrush, controlled hand movements

### Materials
- Toilet Paper roll, paint, paper, glue

<table>
<thead>
<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toilet paper roll butterflies</td>
<td>Three finger hold on paintbrush, controlled hand movements</td>
<td>Toilet Paper roll, paint, paper, glue</td>
</tr>
</tbody>
</table>

### Activity/Lesson Description

Save an empty toilet paper roll. Paint a piece of paper. Let it dry. Cut out the shape of wings. Glue the toilet paper roll onto the middle of the wings. You can add googly eyes or draw eyes on. If you have pipe cleaners you can use them as antennas.
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<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don’t let the Balloon Touch the Ground</td>
<td>Movement/ hand/eye coordination</td>
<td>Balloon OR ball</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Blow up a balloon and toss it in the air to see how long you and your child can keep it in the air without it touching the ground.

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<thead>
<tr>
<th>Activity #4 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Draw a bug picture</td>
<td>Uses writing and drawing tools. Recalls what an insect looks like</td>
<td>Paper, and something to draw with</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

The theme for this week is bugs and butterflies. Draw a picture of a bug or butterfly you have seen outside.

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<thead>
<tr>
<th>Activity #5 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make an obstacle course</td>
<td>Gross motor skills, strength, coordination; as well as moving the body in relation to objects and other people.</td>
<td>You can use whatever you have around the house</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Talk with your child about what you want to do in your obstacle course. You can lay a pillow down to jump over, spin around in the living room, walk over a chair, crawl under the table, etc., Come up with different things and have your child use their imagination to come up with things they want to do.
# Mathematics and Science Activities

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<th>Activity #1 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butterfly life cycle</td>
<td>Learning sequencing</td>
<td>Attached Sheet</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Talk about how a caterpillar turns into a butterfly. Then do the caterpillar and butterfly art projects.

<table>
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<tr>
<th>Activity #2 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caterpillar counting activity</td>
<td>Counting</td>
<td>Caterpillar worksheet, glue, small pompoms OR something to color with</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Fill in the rest of the caterpillars’ body with color. Use pompoms and glue them onto the empty circles or color them in.

<table>
<thead>
<tr>
<th>Activity #3 Title</th>
<th>Learning Goal/Objective</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measuring</td>
<td>Nonstandard measurements</td>
<td>Yourself</td>
</tr>
</tbody>
</table>

**Activity/Lesson Description**

Use yourself to measure how big things are. For example see how many of you could fit on the couch. How many stuffed animals does it take to be as tall as you?
Name ____________________

Stages of a Butterfly’s Life

Directions: Color each growing stage. Then, cut and paste in order.

1  2

3  4

Chrysalis

Butterfly

Egg

Caterpillar

PlaytimeFelts.com
Math & Science Independent Practice Activity #1
Caterpillar Worksheet
Math & Science Independent Practice Activity #2

Directions: Find things in your house that are this shape
Math & Science Independent Practice Activity #3
Directions: Go for a walk and count the clouds, cars, bugs, and birds. Use this sheet to keep track.
## Handwriting Activities

### Activity #1 Title
Write Your Name

### Learning Goal/Objective
Recognizing letters and practicing pencil grip

### Materials
Pencil or other writing material, Paper

### Activity/Lesson Description
Write all the letters in your name.

### Activity #2 Title
Wiggle Worm Writing

### Learning Goal/Objective
Letter Recognition

### Materials
Ziploc bag, pudding or other dirt looking material

### Activity/Lesson Description
Put the pudding or a dirt looking material in a Ziploc bag. Zip up the bag. Use your finger to trace letters over the bag in the “dirt.”

### Activity #3 Title
Chalk Writing

### Learning Goal/Objective
Learning words have meaning

### Materials
Chalk, sidewalk

### Activity/Lesson Description
Go outside and draw on the sidewalk. Write a word like car and then have your child draw a car. Or work on one together. Other words: cat, bug, rug, rat, pan, pen, pet...
Handwriting Independent Practice Activity #1

Directions: Trace the Letter B
Name: ________________________________

THIS IS ME

MAY

THIS IS HOW I WRITE MY NAME

__________________________

__________________________

__________________________

Melissa Moran
Handwriting Independent Practice Activity #3

Directions: Trace the Lines