

Early Childhood Distance Learning Materials



Younger Preschool
Week #14
July 20-24, 2020

Table of Contents

Home Learning Bingo Board	3
Daily Check-In	4
Social Emotional Development & Social Systems Cognitive Activities	5
Language, Literacy & Communication Activities	8
The Arts & Sensory Activities, Music & Movement	10
Mathematics and Science Activities	12
Handwriting Activities	18

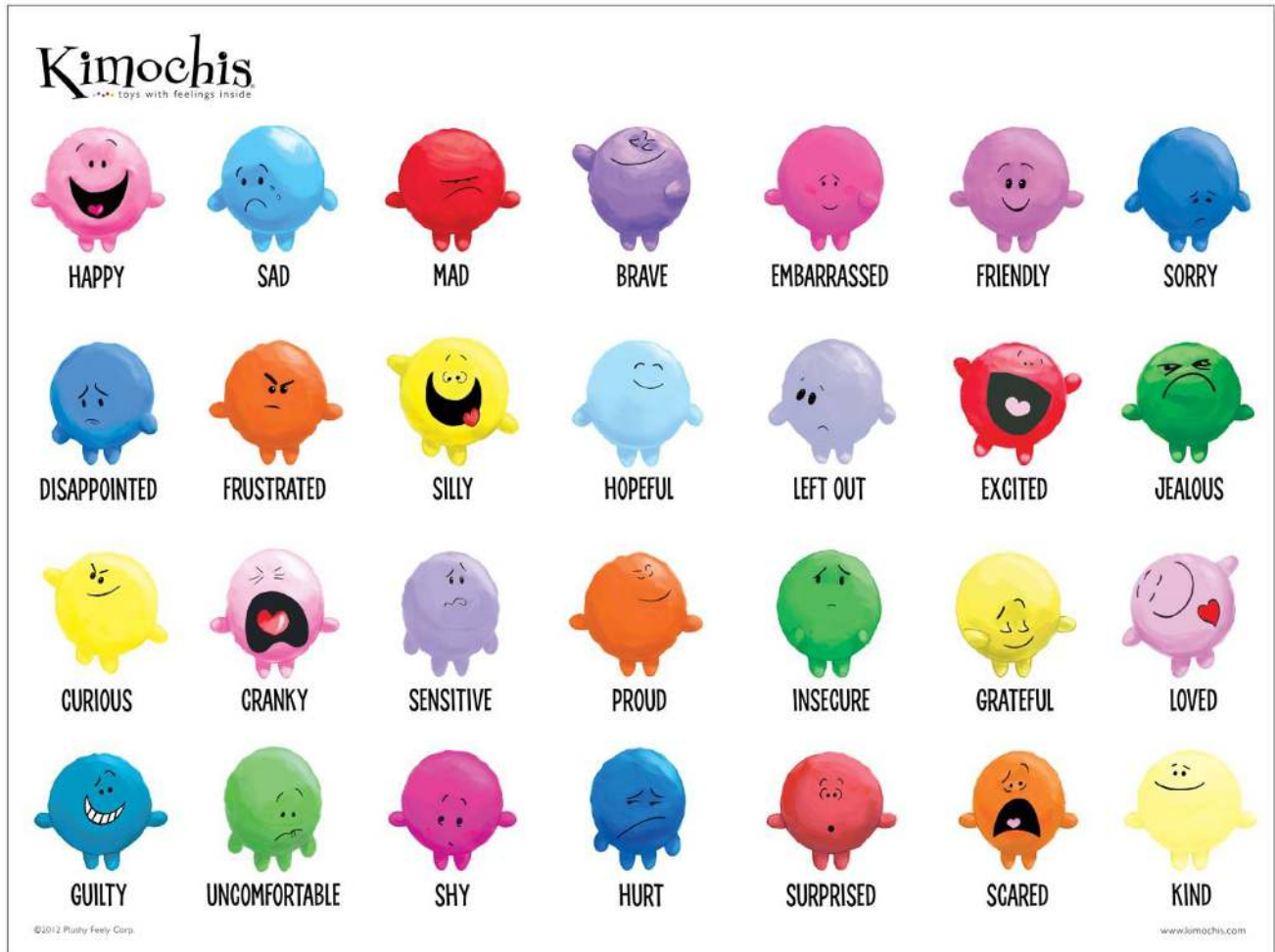
Home Learning Bingo Board

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
See who can name more dinosaurs	Make an obstacle course in the living room	Go to youtube and listen/dance to 'We Are the Dinosaurs'	Help your child learn to self-regulate-when appropriate	Count how many pterodactyls (birds) you can see on a walk
Take a few books outside and read them on a blanket	Play outside in water	Have your child help you prepare dinner for the night	Take BIG dinosaur breathes and blow them out	Have your child count the pieces of cookware/dishes you use prepping dinner
Go on youtube and read/listen to "Stomp Dinosaur Stomp"	Go on a walk and see all the T-Rex (squirrels) around your neighborhood	Play hide and go seek as a family	Practice STAR breathing. S mile, T ake a deep breath, and R elax. Fill up your belly like a balloon and slowly let it out. Do this 3 times	See how high your child can count. Is it 100? 1000? 100000?
Read your favorite book outside	Go for a walk around a park in your neighborhood	Have your child draw a picture of what their dinosaur would look like	Lay outside on a blanket and watch the clouds-what do they look like	Find shapes in your house and draw them
Name words that rhyme with: Cat-Bee-Dog	Practice skipping or galloping outside	Draw a picture of your favorite thing you have done this summer	Do "Dinosaur Yoga" on youtube	Draw a hopscotch 'board' with chalk outside

Daily Check-In

Tell me how you're feeling today?



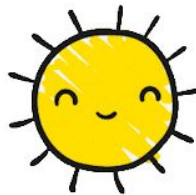
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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
Journal Your Emotions	Regulating and recognizing emotions	Paper, crayons
Activity/Lesson Description		
Take time every day (or a few times a week) to draw how you are feeling. Talk about how different colors stand for different emotions. (Example: Blue-sad; green-jealous).		

Activity #2 Title	Learning Goal/Objective	Materials
Brush your T-rex teeth	Practice self-care	Toothbrush and toothpaste
Activity/Lesson Description		
Brush your teeth in the morning and at night to practice self-care and keep a regular schedule.		

Activity #3 Title	Learning Goal/Objective	Materials
Dino Yoga	Regulating emotions	YouTube
Activity/Lesson Description		
Look up Dinosaur yoga on YouTube. Here is a good one to do. Cosmic Kids Yoga SUPER YOGA! - Dinosaur Disco Fun Workout For Kids		

Activity #4 Title	Learning Goal/Objective	Materials
Dinosaur watch	Taking time to relax	A blanket
Activity/Lesson Description		
Lay outside on a blanket and watch the clouds. See if you can spot any dinosaurs.		

Activity #5 Title	Learning Goal/Objective	Materials
Make a Dino Meal	Working together to plan; spending quality time together	Miscellaneous
Activity/Lesson Description		
<p>Decide what you want to make together, make a grocery list, go to the store, pick up the ingredients, and make dinner together. (Example: Dino chicken nuggets (or other), Mac and cheese, and snap peas.) The key to this activity is to be involved in the entire process.</p>		

Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Read Dinosaurs Love Underpants	Interacts during reading experiences	YouTube
Activity/Lesson Description		
Watch the “Dinosaurs Love Underpants” YouTube video and talk about what happens in the story. https://www.youtube.com/watch?v=Y-QiRX0J2tU		

Activity #2 Title	Learning Goal/Objective	Materials
Read How Do Dinosaurs Stay Friends	Interacts during reading experiences	YouTube
Activity/Lesson Description		
Watch the “How Do Dinosaurs Stay Friends” YouTube video and talk about your friends and what you do together. How do Dinosaurs Stay Friends (Read Aloud) Storytime Friendship		

Activity #3 Title	Learning Goal/Objective	Materials
Rhyme Time	Notifies and discriminates rhyme	None
Activity/Lesson Description		
Name words that rhyme with Tree, Cat, and Car. See how many you can name.		


Literacy Independent Practice Activity #1


Directions: Draw your own dinosaur and name it.

Your name:

Dinosaur's name:

The Arts & Sensory Activities, Music & Movement

Activity #1 Title	Learning Goal/Objective	Materials
Ice Breaker	Uses fine motor skills	Dinosaur toys (or other toys) Water Bucket or pan
Activity/Lesson Description		
<p>If you have dinosaur toys that can get wet put them in a bucket or pan of water and freeze them. When you have a block of ice take it out of the freezer and put it outside or in the tub and melt the ice or chip it away using any safe tool you can find until all the dinosaurs or toys are out of the ice.</p> 		

Activity #2 Title	Learning Goal/Objective	Materials
Paper Plate Dinosaurs	Fine motor and cutting skills	Paper plate; Scissors; paper; 1 toilet paper roll
Activity/Lesson Description		
<p>Cut the paper plate in half. Cut triangles out of the paper. Make sure they are big enough to write on. Glue the triangles onto the back side of the rounded edge of the paper plate so they stick up like spikes. Cut out a dinosaur head and tail from the paper. Cut a toilet paper roll in half. Attach the toilet paper rolls to the paper plate as shown in the picture below.</p> 		

Activity #3 Title	Learning Goal/Objective	Materials
We Are the Dinosaurs	Listen and move	YouTube
Activity/Lesson Description		
Dance and move to the song “We Are the Dinosaurs” on YouTube. The Laurie Berkner Band - We Are The Dinosaurs (Official Video)		

Activity #4 Title	Learning Goal/Objective	Materials
Dinosaur Stomp-Koo Koo Kanga Roo	Listen and Move	YouTube
Activity/Lesson Description		
Dance and move to the song “Dinosaur Stomp” By Koo Koo Kanga Roo. Talk about how to dinosaur stomp. Koo Koo Kanga Roo - Dinosaur Stomp (Dance-A-Long)		

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Salt Dough Dinosaur Fossils	Fine Motor Skills	Dinosaur skeletons or toys; 1 ¼ C Salt; 5 C All-Purpose Flour; 2 C of Water A Bowl

Activity/Lesson Description

The instructions for this project are provided in the link below.
[How to Make Dinosaur Fossils with Salt Dough](#)



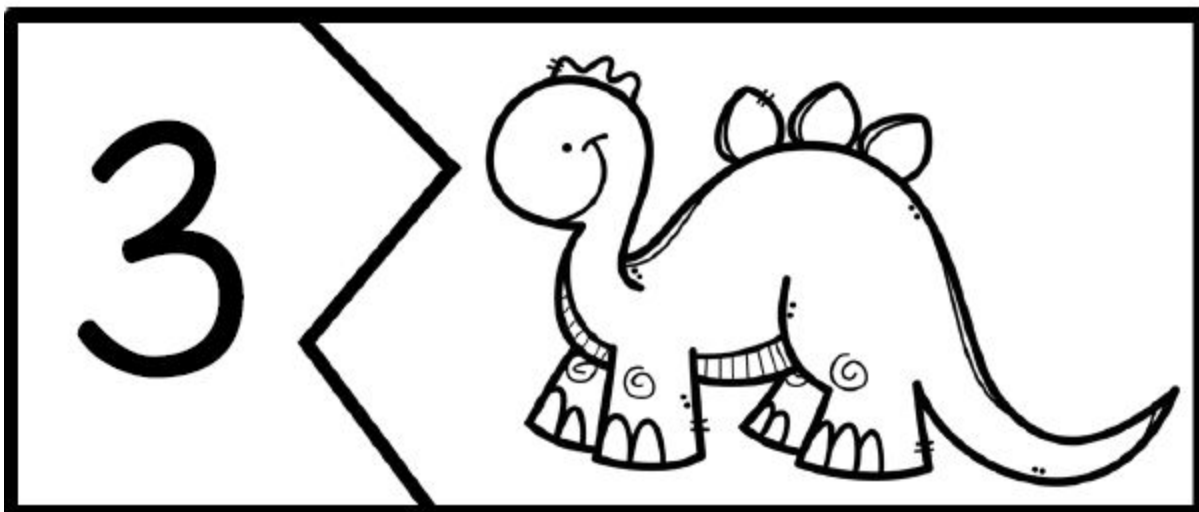
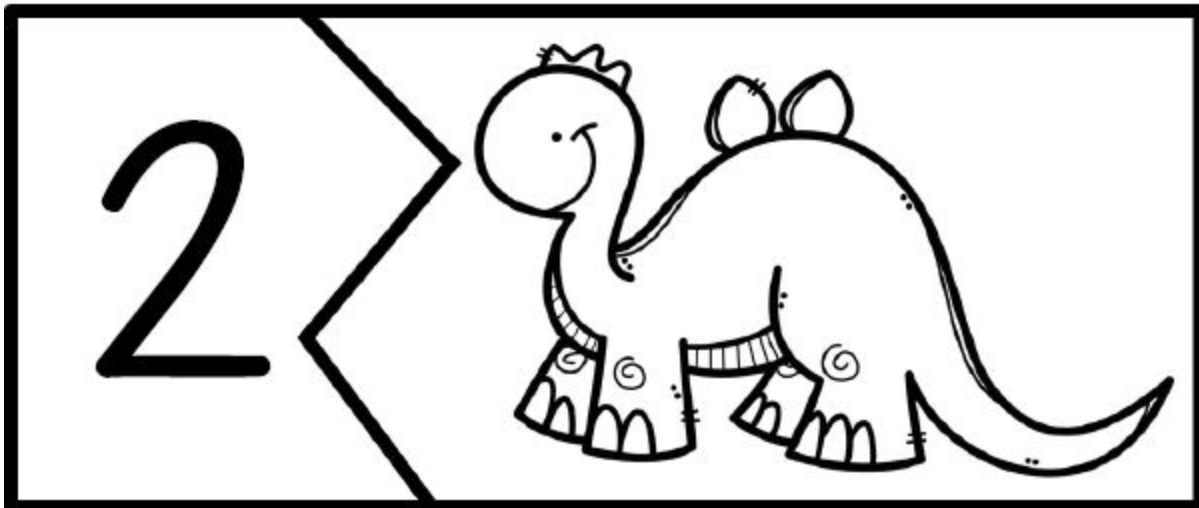
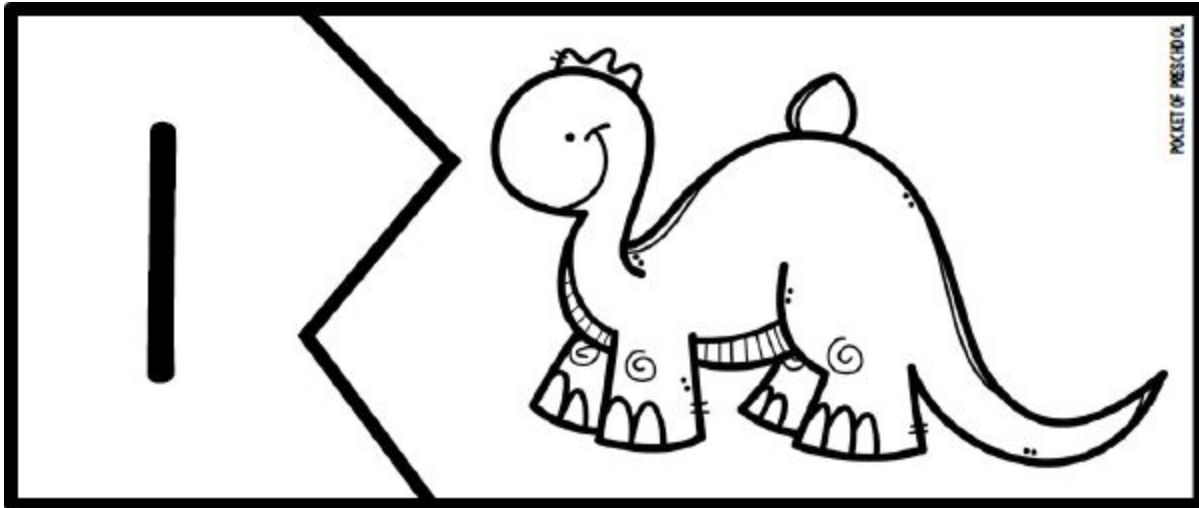
Activity #2 Title	Learning Goal/Objective	Materials
Counting T-Rex	Counting	None
Activity/Lesson Description		
Go on a walk and count the T-rex you see. (Count the squirrels)		

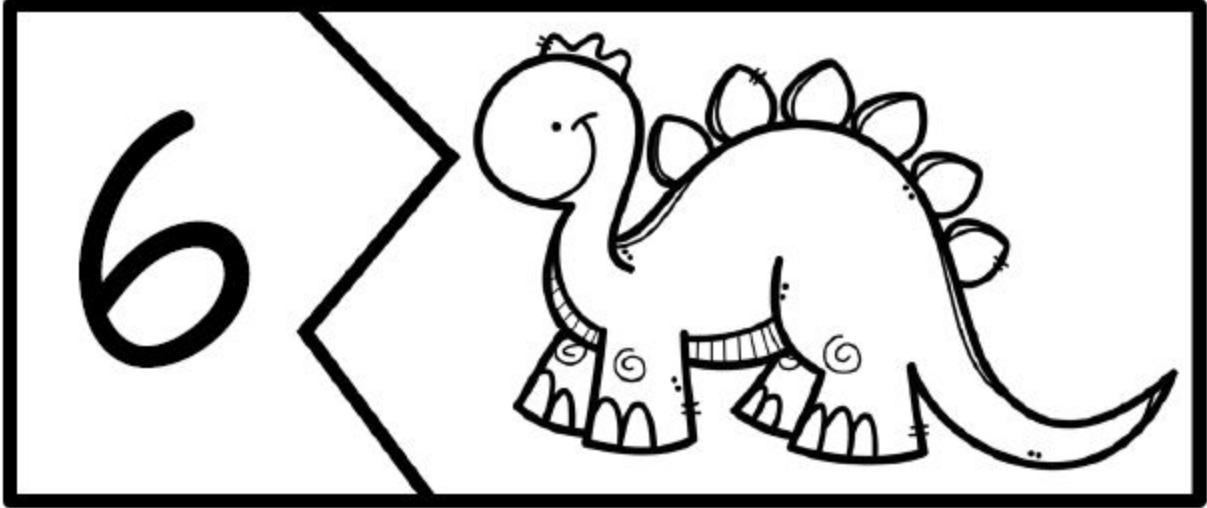
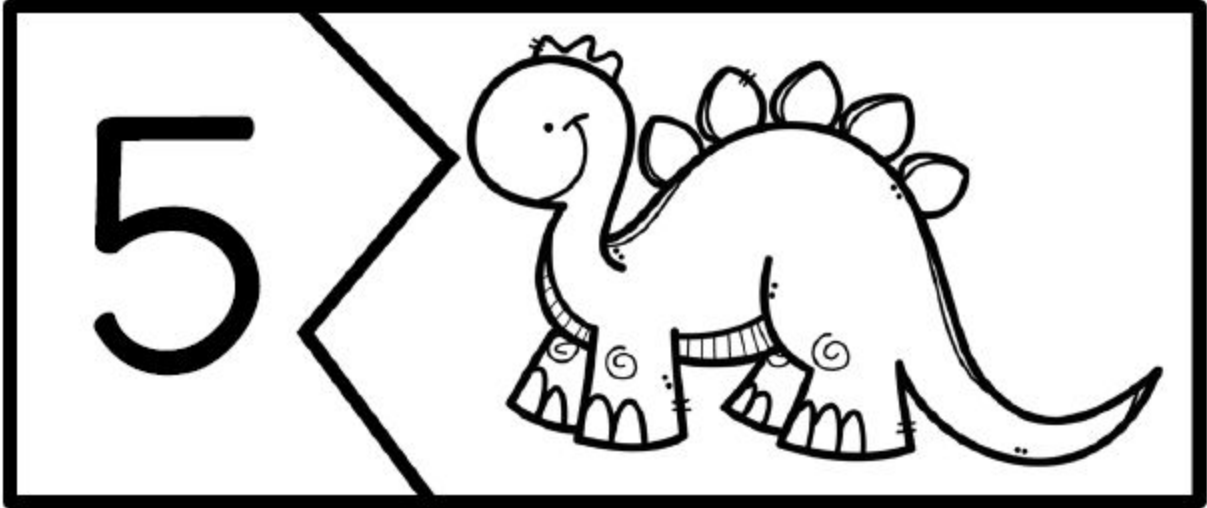
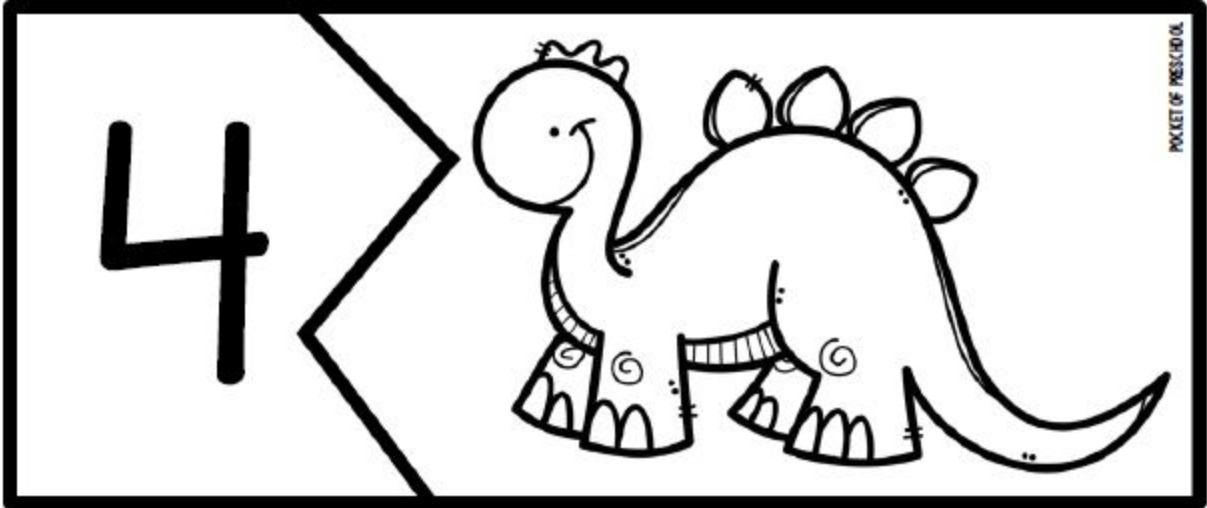
Activity #3 Title	Learning Goal/Objective	Materials
Water Cycle Bag	Knowledge of Earth's environment	Ziploc bag; sharpie; water; food coloring
Activity/Lesson Description		
<ol style="list-style-type: none"> 1. Take your baggie and draw a cloud at the top. Add a sun up there too. Then draw some lines to represent water towards the bottom of the bag, about an inch high. 2. Fill your baggie with water up to the water line you drew. You can add a couple of drops of blue food coloring at this point. It just looks cool and makes the water easier to see. 3. Seal up the baggie well and tape it to a sunny window. Now you wait. This is an activity you set up and leave for a bit. It takes a little time for the water to evaporate, but you can check back on it throughout the day and see the different parts of the cycle. 4. The sun will cause the water to evaporate. You can see it start to condense in the clouds you drew. As the condensation builds up it will slide down the sides of the bag back to the water at the bottom. You made rain! 		

Activity #4 Title	Learning Goal/Objective	Materials
Spike Count	Counting; cutting	Dino cutouts on the next 4 pages
Activity/Lesson Description		
Cut out the dinosaur cut outs below; cut them apart and match the numbers to how many spikes are on the dinosaur's backs. Color the dinosaurs in with crazy colors.		

Math & Science Independent Practice Activity #1

Directions: See Spike Count; Activity 4 in math and science activities





7

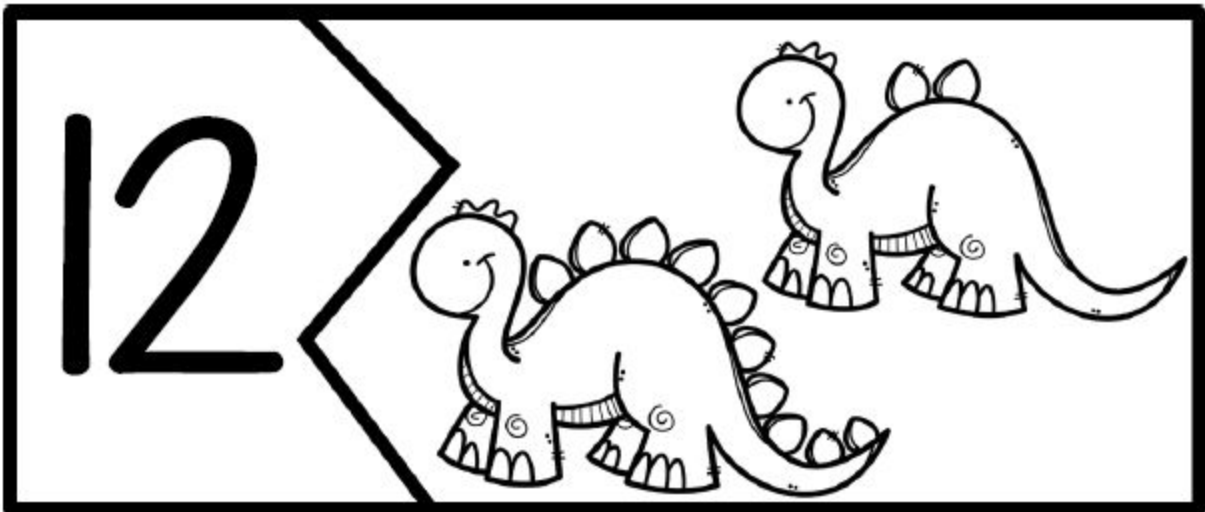
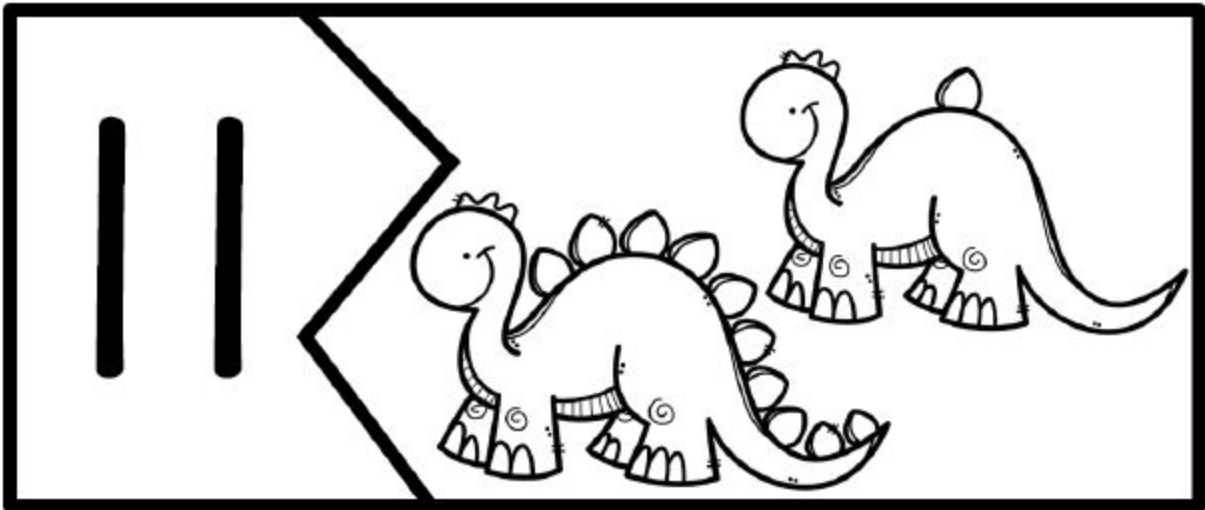
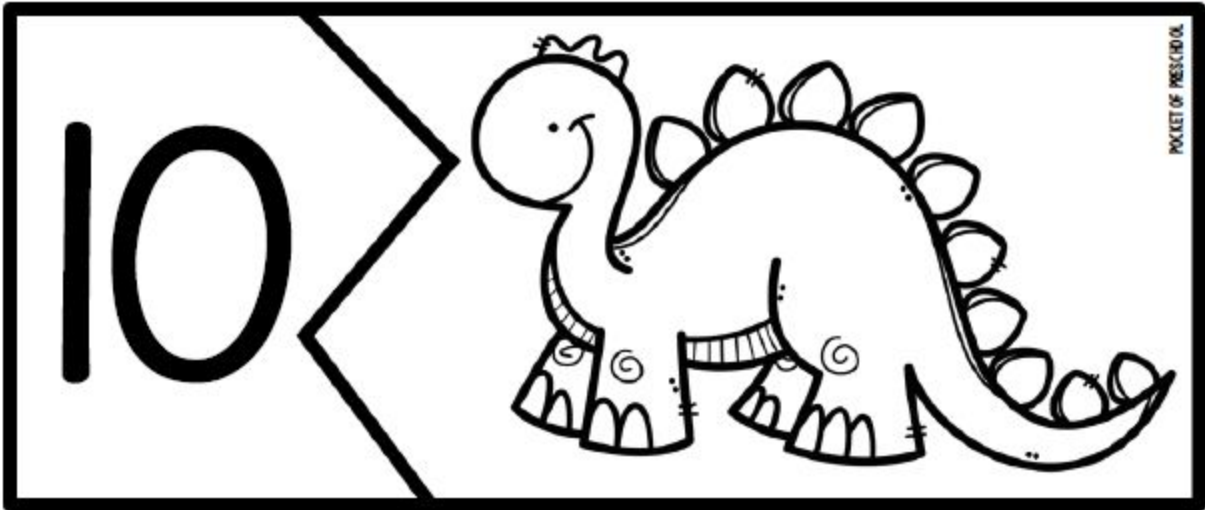


8



9





Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Dinosaur dig writing	Letter recognition	Sand
Activity/Lesson Description		
Write your name or other letters in sand with your finger.		

Activity #2 Title	Learning Goal/Objective	Materials
Dinosaur name writing	Writing letters	Paper and writing utensil
Activity/Lesson Description		
Write your name on the triangles you cut out from the dinosaur paper plate art from the art section.		

Activity #3 Title	Learning Goal/Objective	Materials
Glue Tracing Letters	Using hands to squeeze	Glue bottles
Activity/Lesson Description		
Squeeze glue onto the letter D on the page Handwriting Independent Practice Activity #2. When you are done add sequins or glitter!		

Handwriting Independent Practice Activity #1

Directions: Trace a D for Dinosaur!

D D D

D D D

Handwriting Independent Practice Activity #2

Directions: See Activity #3 Glue Tracing Letters

