

Early Childhood Distance Learning Materials



Toddlers
Week #5
May 18 - 22, 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	18
Mathematics and Science Activities	23
Music and Movement Activities	30

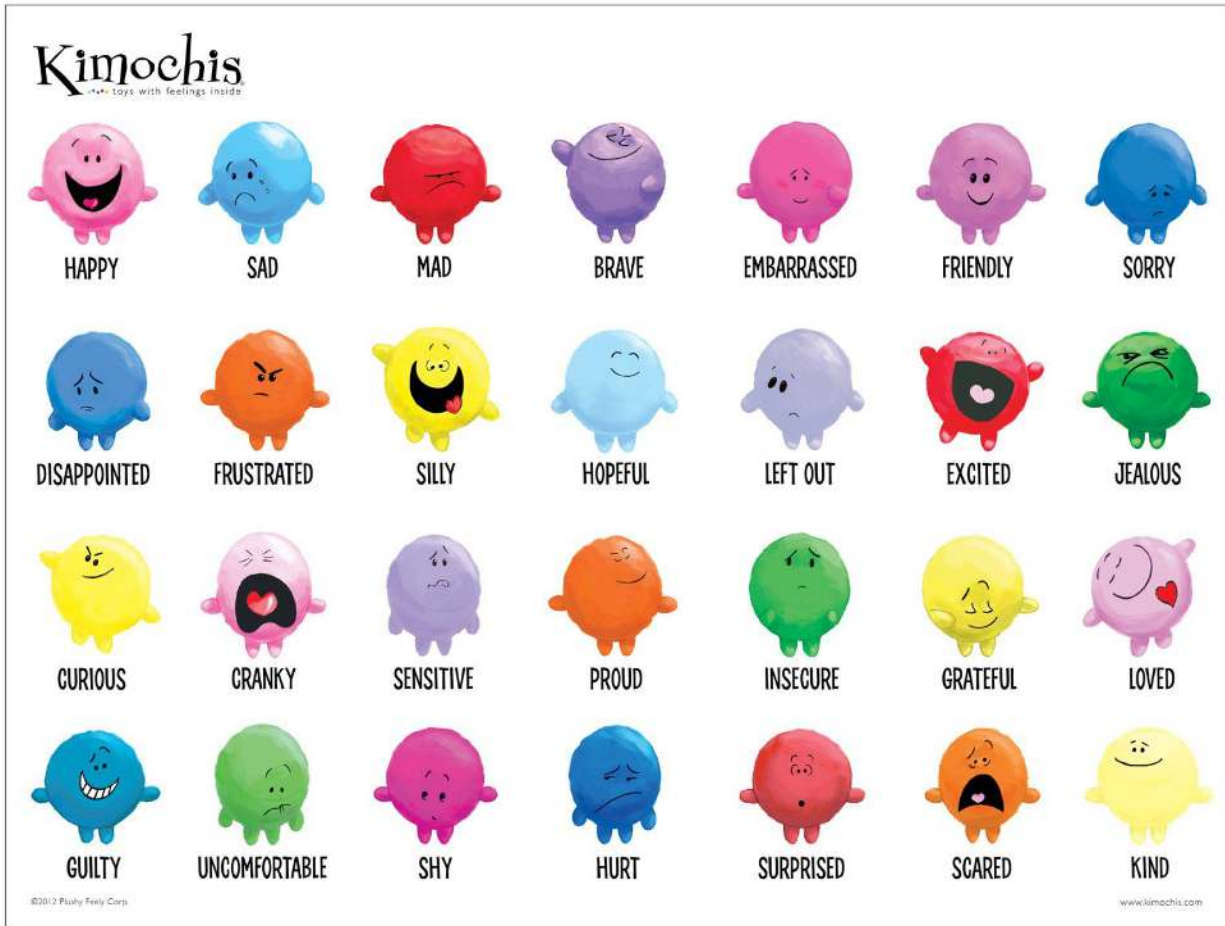
Home Learning Bingo Board

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>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 10
Draw a circle 3 times!	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?
Talk about 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 and galloping	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 5 things you see while on a walk	Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down dog, 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.	How many blocks does it take to make a tower?
Use a magazine to point out and find letters in your child's name.	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?	Count how many forks and how many spoons you have after you set the table for a meal?

Daily Check-In

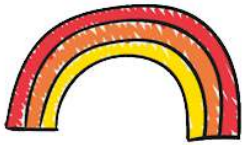
Tell me how you're feeling today?



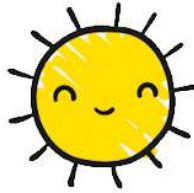
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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.

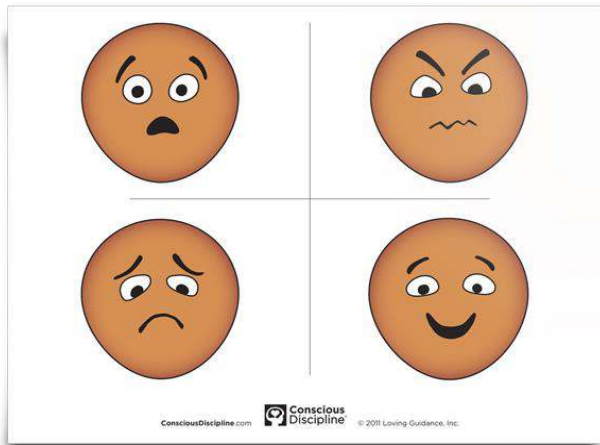


Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.


Activity #1 Title	Learning Goal/Objective	Materials
Blowing Bubbles	Imitate adult actions and words. Takes turn in an activity Uses trial and error to figure things out.	Bubble solution and bubble wand
Activity/Lesson Description		
With your child take turns using the bubble wand to blow bubbles. Talk about taking turns. If you are outside let the wind make bubbles and talk about the wind. Sometimes, when blowing bubbles, it doesn't work. Talk about how you can try again.		

Activity #2 Title	Learning Goal/Objective	Materials
How do you feel?	Imitates adults behaviors Begins to show awareness for own feelings.	
Activity/Lesson Description		
Imitate and put a name to feelings. Smile and say, I feel happy. How do you feel? Begin with using simple and more common emotions, Happy, Sad, Angry...		
		

Activity #3 Title	Learning Goal/Objective	Materials
Wave to your neighbor	Begins to show social etiquette by watching the adults around them.	
Activity/Lesson Description		
Take a walk around your neighborhood. When you see someone give a friendly wave and ask your child to wave too and/or say Hello. Talk about why you are doing this and what it means to be friendly.		


Language, Literacy & Communication Activities

Activity #1 Title	Learning Goal/Objective	Materials
Books about Weather	Expand vocabulary while book is read to them and you discuss the illustrations. Finds details in favorite picture books.	Books about Weather found in your home or on YouTube.
Activity/Lesson Description		
<p>Helpful Reading tips: Use voices/props, let your child turn the page, talk about what you see in the illustrations, play games; find the dog, where is the sun? etc.)</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Rain name craft	Beginning name recognition. Begin to learn letters in the child's name. Rain comes from clouds	White paper Light blue paper Dark blue paper Glue stick Marker string
Activity/Lesson Description		
<div style="text-align: center;">  </div> <ul style="list-style-type: none"> ● Cut out a cloud shape from the white paper and write your child's name on it. ● Glue the cloud shape onto the dark blue piece of paper ● Cut out raindrop shapes from light blue paper for each letter in your child's name ● Write each letter on each raindrop to spell out your child's name ● Talk to your child, "This is your name" say their name. Spell out their name to them pointing to each letter. ● Use the string, like shown in the picture and attach the raindrops to the cloud to spell out their name. ● Use this finished activity throughout the day and week repeating that this is their name and spell out their name with them pointing at each letter. 		

Activity #3 Title	Learning Goal/Objective	Materials
Go for a walk and talk about the weather.	Outside large motor activities. Expand vocabulary. Use descriptive words.	
Activity/Lesson Description		
While going on a walk with your child talk about what you see and discuss what the weather is like. Sunny, cloudy, hot, cold. I see a puddle. Is the puddle wet or dry?		

Activity #4 Title	Learning Goal/Objective	Materials
Weather Words Vocabulary	Work on adding new words to vocabulary. Begins to put 2 or 3 words together to make short sentences	Pictures of: Sun, cloud, rainy day, storm , rainbow, umbrella, boots P. 20 and 21 of the packet
Activity/Lesson Description		
Look for pictures/images on tablet or computer and have your child practice saying what they see. Or use the pictures provided below. Use the pictures to talk about what you are seeing. Have your child tell you what they see.		

Activity #5 Title	Learning Goal/Objective	Materials
Colors in a rainbow	Color recognition. Follows simple directions	Things around the house. Picture of a rainbow
Activity/Lesson Description		
 <p>Look at and have your child name the colors they see in the rainbow. Help them, if needed. Add to the activity and after naming a color have them find an item in your home that is that color. Example: Red. Yes! The rainbow has the color red. Can you find a toy that has the color red? Go and get one of your toys that has the color red on it. And, you continue doing the game as long as your child is interested substituting other colors.</p>		

reading at home

Twenty minutes a day is all it takes to develop key reading skills. Here are six strategies you can use to build a better reader!

- 1.** Create reading rituals and read together every day.
- 2.** Talk about the pictures and ask questions.
- 3.** Share different kinds of books.
- 4.** Read with expression. Use silly voices and make the pages come alive!
- 5.** Help your child find words he/she knows as you read.
- 6.** Read favorite books again and again!



Here are some links to virtual versions of our favorite books!

Little Cloud By: Eric Carle

<https://www.bing.com/videos/search?q=little+cloud+by+eric+carle&&view=detail&mid=FF0EA0D17814458183CDFF0EA0D17814458183CD&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dlittle%2Bcloud%2Bby%2Beric%2Bcarle%26FORM%3DHDRSC3>

Cyril the Lonely Cloud by Tim Hopgood

<https://www.bing.com/videos/search?q=weather+books+for+kids&&view=detail&mid=741665FE3887A39DFD2C741665FE3887A39DFD2C&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dweather%2520books%2520for%2520kids%26qs%3DMM%26form%3DQBVDMH%26sp%3D1%26ghc%3D1%26pq%3Dweather%2520books%2520%26sc%3D8-14%26cvid%3D8A588B62F28040BC86AD8FCE619220A5>

The Rain Came Down by: David Shannon

<https://www.bing.com/videos/search?q=weather+books+for+toddlers&&view=detail&mid=B0AB4B245812F4410537B0AB4B245812F4410537&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dweather%2Bbooks%2Bfor%2Btoddlers%26FORM%3DHDRSC3>

One Rainy Day

<https://www.bing.com/videos/search?q=weather+books+for+toddlers&&view=detail&mid=D3767929818A6FC6D15AD3767929818A6FC6D15A&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dweather%2Bbooks%2Bfor%2Btoddlers%26go%3DSearch%26qs%3Dds%26form%3DQBVDMH>

Cloudy Day, Sunny Day by: Donald Crews

<https://www.bing.com/videos/search?q=sunny+day+books&&view=detail&mid=481CA13A155622E565A1481CA13A155622E565A1&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dsunny%2520day%2520books%26qs%3DMM%26form%3DQBVDMH%26sp%3D1%26ghc%3D1%26pq%3Dsunny%2520day%2520books%26sc%3D4-15%26cvid%3DB115626C0E6F43F9925135729CC5F40F>



Sunny day



Cloudy day

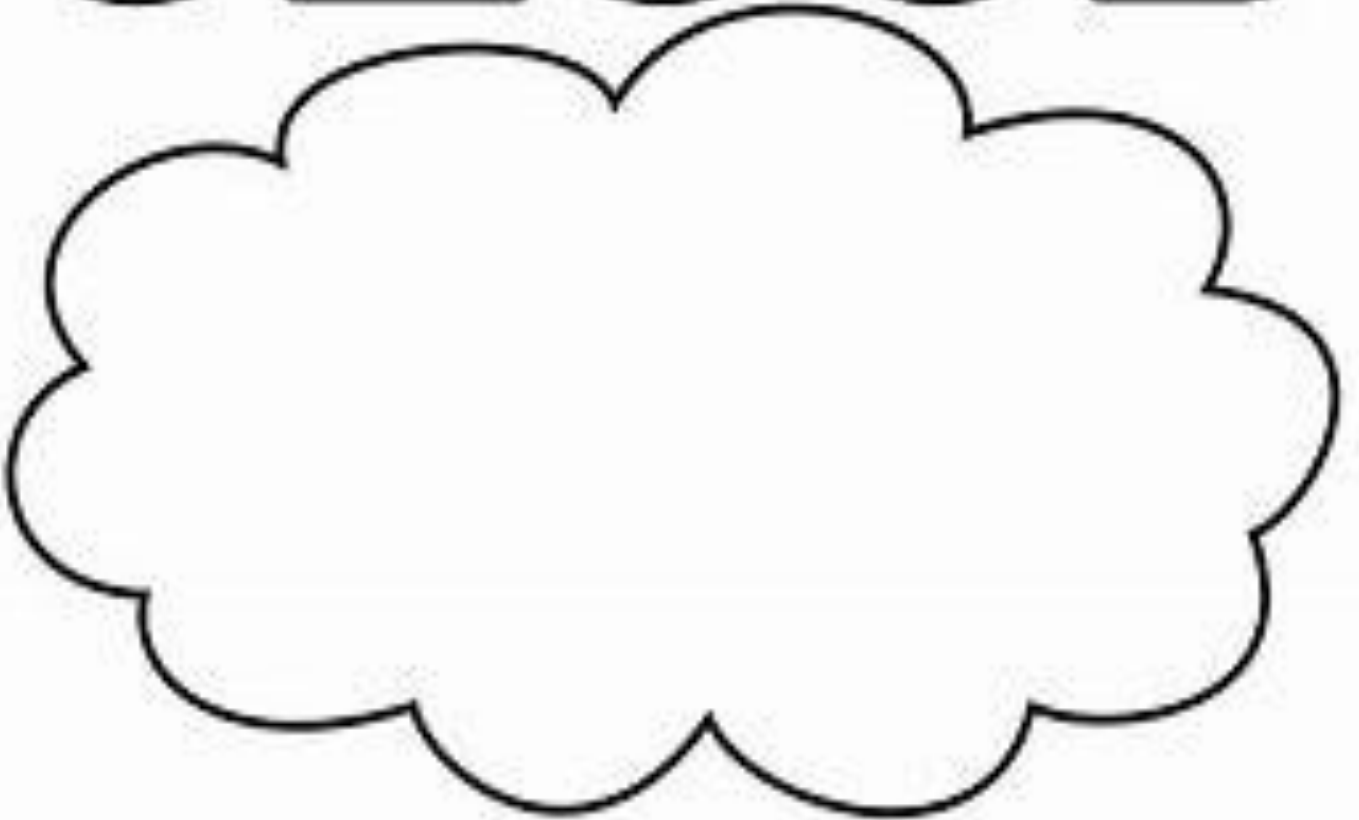


Rainy day



Windy day

CLOUD



www.123coloring.com

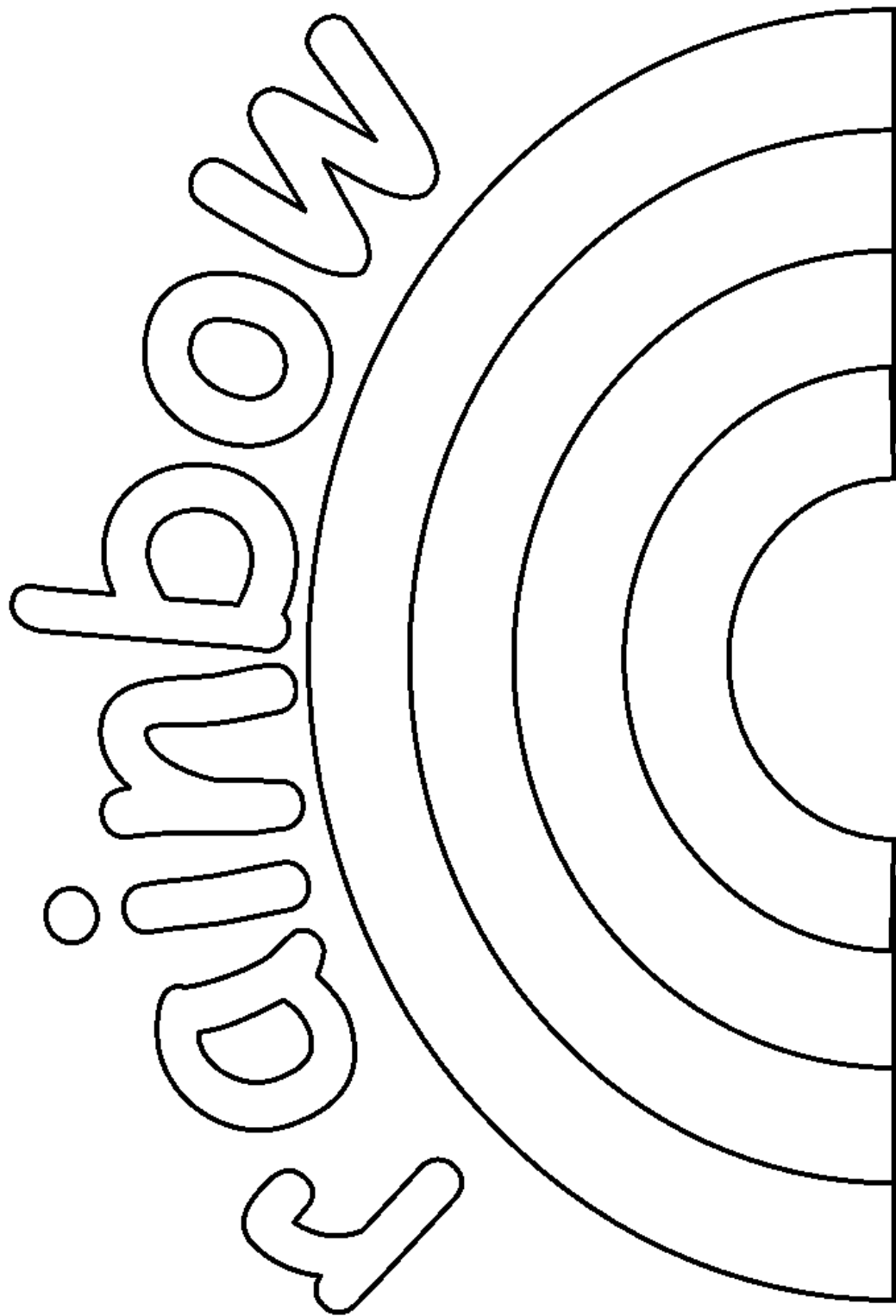


Directions: Use these pictures to talk about the weather (Like Activity 4!). Or, let your child use them to make a collage



Help your child color the picture, then make up a silly story about a sunny day!








For more creative learning ideas check out
www.makinglearningfun.com


The Arts & Sensory Activities




Activity #1 Title	Learning Goal/Objective	Materials
Cloud/shaving cream sensory	Sensory exploration Use descriptive words Prewriting skills making marks, lines and shapes.	Shaving cream
Activity/Lesson Description		
Spray a little shaving cream onto a flat surface. Your child can explore using fingers and hands. Explore with your child. Encourage them to talk about what they feel, what they are doing. .		

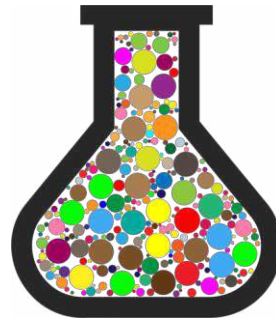
Activity #2 Title	Learning Goal/Objective	Materials
Mr. Sun (painting)	Mixing 2 colors to make one color Creative exploration	Large piece of paper Paper plate Yellow paint Red paint Paint brush glue
Activity/Lesson Description		
<ol style="list-style-type: none"> 1. Glue the paper plate to the middle of the large piece of paper. 2. Have your child begin painting the paper plate using the yellow paint using a paint brush. 3. With your child add a little bit of red paint to the yellow, talking about what you are doing, make orange and have them paint some more. 4. Using the child's hands make yellow/orange handprints around the paper plate to make the sun's rays. <p>YOU ARE MY SUNSHINE!</p> 		
Activity #3 Title	Learning Goal/Objective	Materials

Paper Plate sun visor	Pretend play while wearing the visors they made Scribbles Uses pincer grasp	Paper plate Scissors Hole punch string/shoelace/elastic markers/crayons
Activity/Lesson Description		
<ul style="list-style-type: none"> ● Draw a ½ moon on the paper plate and cut it out ● Child decorates the plate using whatever coloring material you have. ● Punch holes near points on each side of the moon shape ● Attach the string/shoelace/elastic fitting the visor to your child's head. 		
 		

Activity #4 Title	Learning Goal/Objective	Materials
Coffee Filter Umbrella	<p>Creative expression</p> <p>Draws and scribbles freely</p>	<ul style="list-style-type: none"> • Coffee filters • Colored markers • Spray bottle • Construction paper • Scissors • Glue stick
Activity/Lesson Description		
<ol style="list-style-type: none"> 1. Fold coffee filters in half. 2. Have your little one color away with the markers all over the coffee filters. 3. Spray coffee filter with spray bottle of water until fully saturated. 4. Let dry overnight. 5. Cut out umbrella handles from the construction paper. 6. Glue the two sides of the umbrella/coffee filter together. 7. And glue the umbrella handle to the umbrella! 		
		

Activity #5 Title	Learning Goal/Objective	Materials
Rain Storm Sensory Bottle	Explore the sense of sight and sound Uses trial and error to figure things out	<ul style="list-style-type: none"> ● Plastic bottle with cover ● Cotton balls ● Blue glitter ● Rice ● tape
Activity/Lesson Description		
 <p>Rainstorm Sensory Bottle</p> <ul style="list-style-type: none"> ● Child puts the cotton balls into the plastic bottle. Cotton balls represent the clouds ● You can add the rice (represents the sound of rain) and blue glitter ● Put the cover on and tape onto the bottle to make it more secure ● As you and your child look at the bottle and turn it upside down and around you can talk about what you see and hear 		







Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Counting Clouds	Beginning counting Lining things up in a row	Cotton balls
Activity/Lesson Description		
Take the cotton balls and count 1 to 10. If your child is able to count higher feel free to do that. Along with the counting activity, let the child explore the texture of the cotton balls.		

Activity #2 Title	Learning Goal/Objective	Materials
Weather Graph	Talk about what you see, hear and feel Counting Responds to simple directions	Weather chart
Activity/Lesson Description		
Using the graph, talk about what the weather is like for the day. Make a mark next to the type of weather each time you talk about the weather. At the end of the week count up how many times the weather was sunny and write the number, how many times it rained and write the number, etc.		

Our Weather Graph

graphics courtesy of mycutegraphics.com

Boy Mama Teacher Mama

Activity #3 Title	Learning Goal/Objective	Materials
Rain/Water Painting	Use descriptive words, wet/dry Uses whole arm to move paint brush while painting in one area	Paint brush Container Water
Activity/Lesson Description Outside Activity Using water (rain) and a paintbrush let your child explore painting on surfaces. Talk about how the water makes things wet and how fast it dries.		

Activity #4 Title	Learning Goal/Objective	Materials
Look for shapes in the sky observing the clouds	Basic shape recognition	
Activity/Lesson Description While you are outside with your child on a cloudy day take time to look up and talk about the shapes you are seeing.		

Activity #5 Title	Learning Goal/Objective	Materials
Windy Fun	Make predictions Heavy, light	Objects around the house that are both heavy and light. Example: Q-tip, feather, scrap of fabric, tissue, toy car, teddy bear, banana etc.
Activity/Lesson Description Talk about wind. If you can, go outside on a windy day and explore what wind is before doing this activity. When you are ready to do the activity, collect all of the items together. Talk about how you are going to use your breath to blow and be the wind. Make predictions...Do you think the wind (your breath) can make this tissue move? Do you think the wind (your breath) can make this toy car move? Each time you and your child can blow on the object and see what happens.		

1



2



3



Sticky Shapes Sorting Activity

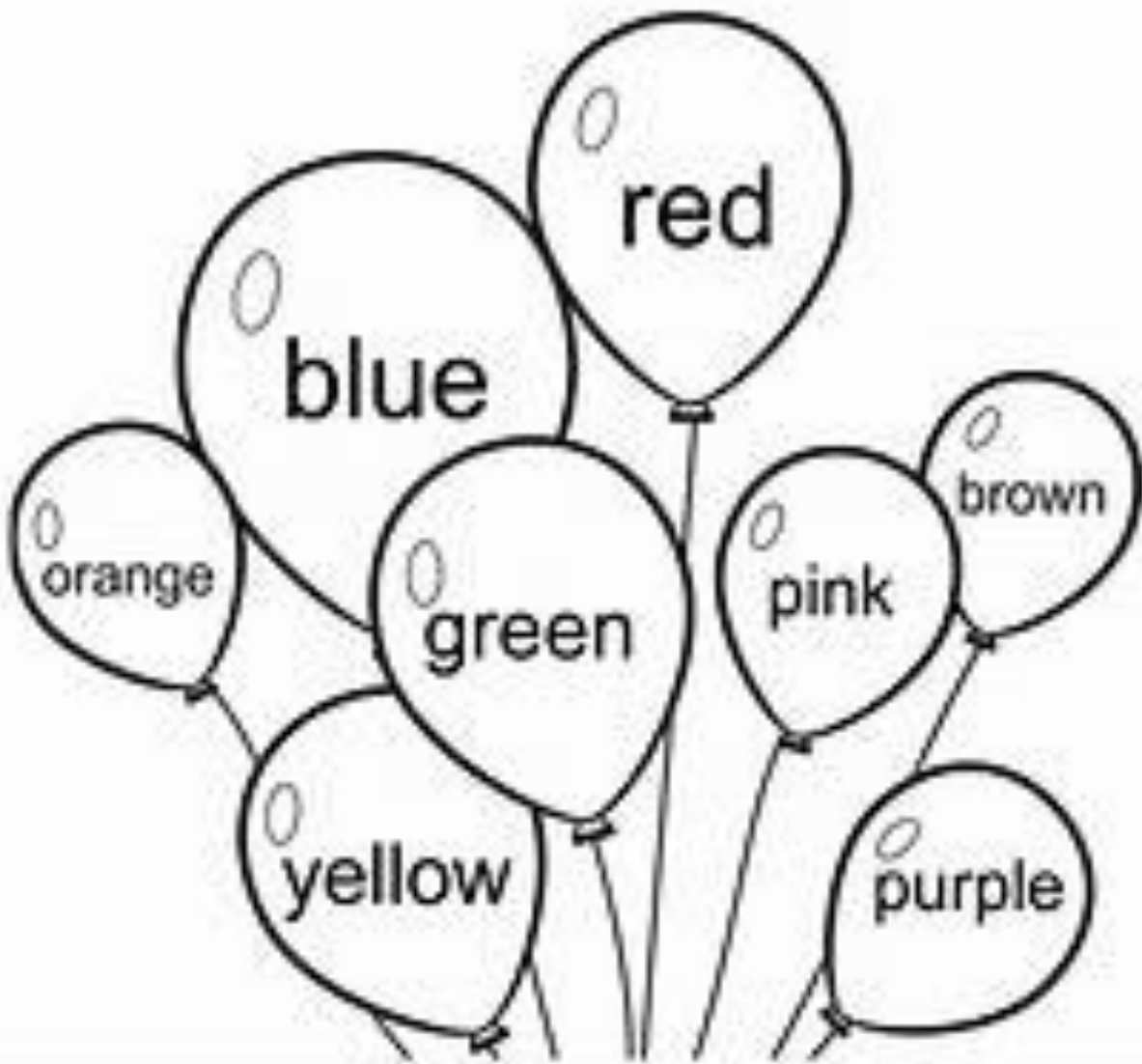
Directions:

1. Cut large shapes from contact paper and tape sticky side out to window.
2. Cut smaller corresponding shapes out of colored construction paper.
3. Child matches the smaller shape to the larger sticky shape.



SHAPES SORTING
SUNCATCHERS
www.happytotshelf.com

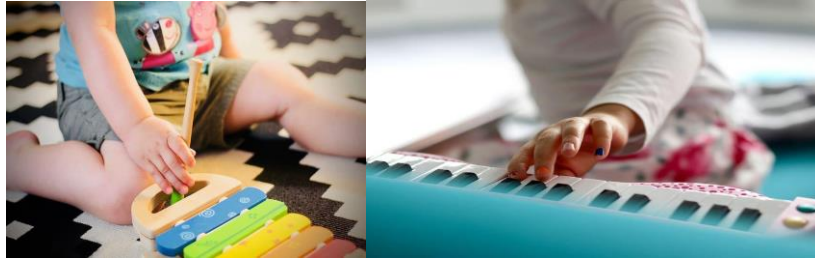
Directions: Balloons Blow in the wind. Color and count the balloons.



Color the Balloons!



Music and Movement Activities



Activity #1 Title	Learning Goal/Objective	Materials
Weather song	Have fun with songs and music	Pages 31-35 attached for some suggestions
Activity/Lesson Description		
Songs and links to YouTube songs are provided. Use these or feel free to have fun with songs you already know.		

Activity #2 Title	Learning Goal/Objective	Materials
Dancing in the wind	Moves whole body Dances freely	Scarves or pieces of fabric and/or cloth Music of choice
Activity/Lesson Description		
Outside or inside activity. You and your child can each have a scarf. Put on the music and dance pretending wind is blowing you and the scarf.		

Activity #3 Title	Learning Goal/Objective	Materials
Stormy weather parade	The difference between loud and quiet/ fast and slow Make music while marching around	Pots, pans and spoons
Activity/Lesson Description		
Using pots, pans and spoons you have in the house. Make your own stormy day while your child explores sounds they can make. Throughout the activity give directions such as: Can you play loud? Can you play quiet...fast, slow, etc.		

"If It's Windy and You Know It"
Tune: If You're Happy and You Know It

If it's **WINDY** and you **KNOW** it,
Swing and sway,

If it's **WINDY** and you **KNOW** it,
Swing and sway,

If it's **WINDY** and you **KNOW** it,
Then your **CLOTHES**
Will surely show it,

If it's **WINDY** and you **KNOW** it,
Swing and sway!





Blow, Blow, Blow the Wind...

(Row, Row, Row Your Boat)

**BLOW, BLOW, BLOW THE WIND
GENTLY THROUGH THE TREES.
BLOW, AND BLOW, AND BLOW, AND BLOW.
HOW I LIKE A BREEZE!**

**BLOW, BLOW, BLOW THE CLOUDS,
BLOW THEM THROUGH THE SKY.
BLOW, AND BLOW, AND BLOW, AND BLOW.
WATCH THE CLOUDS ROLL BY!**

Nuttin' but Preschool

Mr. Sun Song

By Raffi

Oh, Mr. Sun, Sun, Mr. Golden Sun

Please shine down on me

Oh, Mr. Sun, Sun, Mr. Golden Sun

Hiding behind a tree

These little children are asking you

To please come out so we can play with you

Oh, Mr. Sun, Sun, Mr. Golden Sun

Please shine down on me

Oh, Mr. Sun, Sun, Mr. Golden Sun

Please shine down on me

Oh, Mr. Sun, Sun, Mr. Golden Sun

Hiding behind a tree

These little children are asking you

To please come out so we can play with you

Oh, Mr. Sun, Sun, Mr. Golden Sun

Please shine down on, please shine down on

Please shine down on me

I CAN SING A RAINBOW

Music and Words by Arthur Hamilton

Red and yellow and pink and green
Purple and orange and blue
I can sing a rainbow
Sing a rainbow
Sing a rainbow too.

Listen with your eyes
Listen with your eyes
And sing everything you see.

You can sing a rainbow
Sing a rainbow
Sing along with me.

Red and yellow and pink and green
Purple and orange and blue
We can sing a rainbow
Sing a rainbow
Sing a rainbow too.



5 LITTLE RAINDROPS

Five little raindrops
Plopping on the floor,
One plopped away,
And then there were four.



Four little raindrops dripping on the trees,
One dripped away, and then there were three.
Three little raindrops splashing on my shoe,
One splashed away, and then there were two.
Two little raindrops starting to run,
One ran off, and then there was one.
One little raindrop drying in the sun,
It dried up, and then there were none!

Weather Yoga

Learn about weather through
simple yoga poses



KIDS YOGA
STORIES

WEATHER YOGA



It is sunny.

EXTENDED MOUNTAIN POSE



It is windy.

TREE POSE



I see lightning.

CHAIR POSE



It is raining.

STANDING FORWARD BEND



It is snowing.

CHILD'S POSE

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Weather Yoga PRINTABLE POSTER