

Early Childhood Distance Learning Materials



Toddlers
Week #9
June 15-19, 2020

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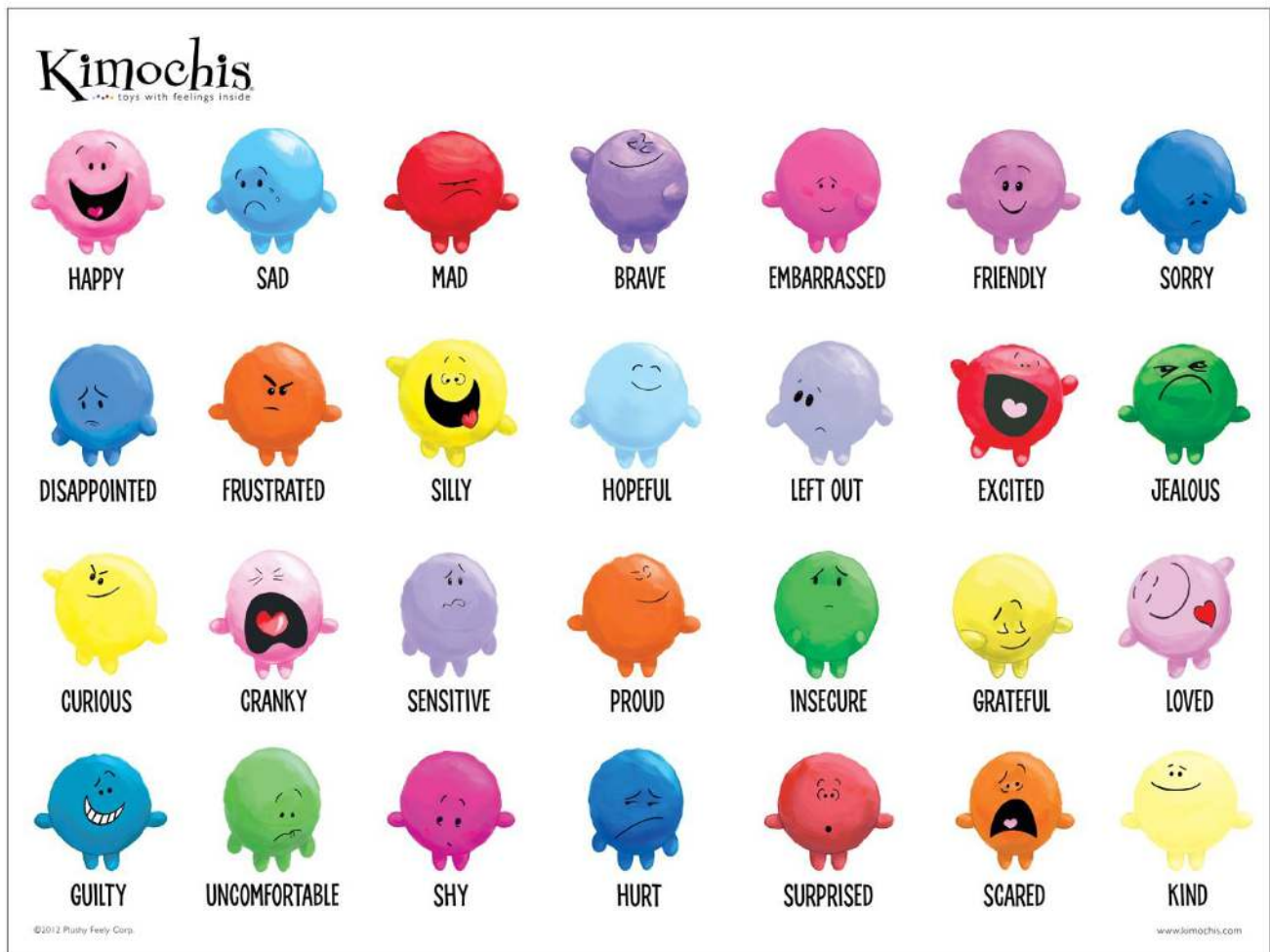
Home Learning Bingo Board

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> <div>M</div> <div>T</div> <div>W</div> <div>R</div> <div>F</div> </div>	Have a flash light dance party!	Draw a picture of an astronaut	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
Write your child's name, practice name recognition.	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	How many circles can you find in your home?
Name some words that rhyme	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?
Look through a magazine and search for all the letters in your child's name.	What healthy foods can you find in your home?	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.	Set the table. How many forks? How many spoons? How many cups? Etc.

Daily Check-In

Tell me how you're feeling today?



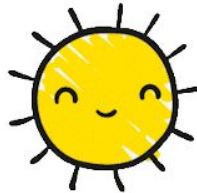
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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
Relax under the stars	Regulate emotion	Blanket flashlight
Activity/Lesson Description		
<p>Find a fun, relaxing place outside. Put out your blanket on the ground Encourage your child to lay on his/her back looking up in the sky and talk about what you see - clouds, stars, the moon, etc.</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Mood Board	Express emotion Express emotion through art	Tag Board Drawing paper Markers Clear contact paper

Activity/Lesson Description



- Create a Mood Board similar to the one you see in the picture above. To make the facial features sturdier for your child's play, cover them with clear contact paper.
- Your child can create and play on their own, making their own faces.
- You can use this to do activities with your child, talking about and naming body parts, as well as emotions depending on the faces they create
- Ask your child, "How do you feel today? Are you feeling happy? Can you make a happy face?"

Activity #3 Title	Learning Goal/Objective	Materials
If Your Happy and You Know it Movement Song	Puts words to emotions Plays with others	Words to song below

Activity/Lesson Description

Movement Song

Tune: If You're Happy and You Know It

If you're **happy** and you know it, clap your hands.
 If you're **happy** and you know it, clap your hands.
 If you're **happy** and you know it, and you really want to show it,
 If you're **happy** and you know it, clap your hands.

Variations:

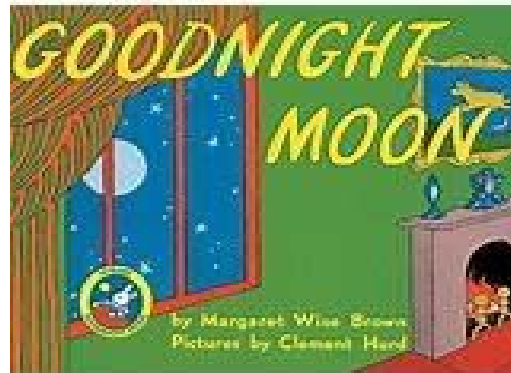
If you're **excited** and you know it, jump up and down...
 If you're **angry** and you know it, stomp your feet...
 If you're **sleepy** and you know it, take a nap...
 If you're **sad** and you know it, cry your tears...
 If you're **silly** and you know it, shake all over...
 If you're **scared** and you know it, hide your eyes...
 If your **hungry** and you know it, rub your stomach...
 If your **quiet** and you know it, sit right down. Shhhh!



Here is a song from YouTube you can have fun with too..

[If You're Happy and You Know it](#)



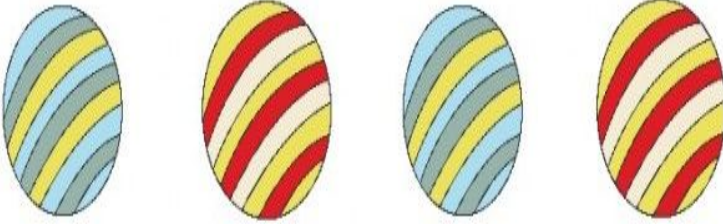



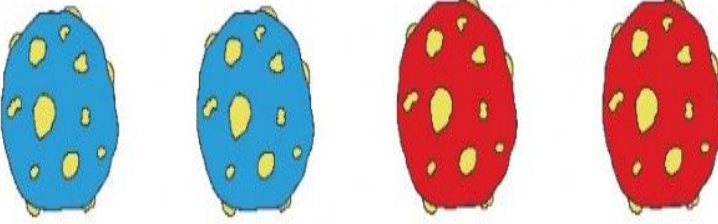

Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Read a book	<p>Listen/respond with interest</p> <p>Awareness of print/pictures, Recognize and understand pictures or symbols can be “read” by others and have meaning</p> <p>Demonstrate interest and involvement with books and other printed material</p>	<p>Pete the Cat Out of this World Pete the Cat: Out of this World</p> <p>Aliens Love Underpants Aliens Love Underpants</p> <p>How to Catch a Star How to Catch a Star - A Stop Motion Short Film</p>
Activity/Lesson Description		
<p>Whether reading a book with your child or using an electronic device, talk about what you see and what you hear. When looking at a book on an electronic device, pause it at certain places and ask your child questions. For example, “Can you find the moon?”</p>		

Activity #2 Title	Learning Goal/Objective	Materials
What comes Next	Recognize patterns	Below Pattern Activity Sheet
Activity/Lesson Description		
<p>Talk about the pictures on the worksheet below. Help your child name them going along in a row and mention how they are making a pattern. At the end of the row ask your child what they think comes next.</p>		

Circle or stamp the picture that completes the pattern.

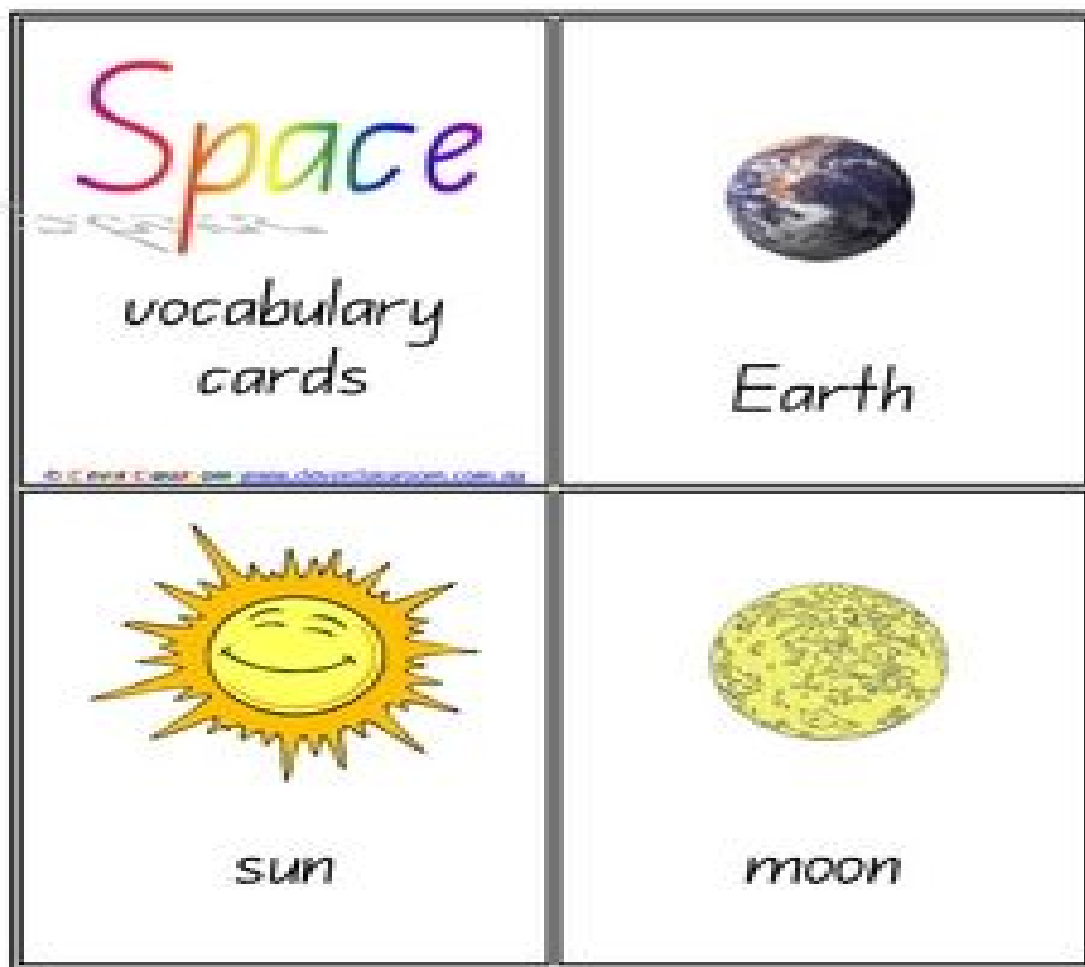
Clip art by Prettygrafik

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Activity #3 Title	Learning Goal/Objective	Materials
Outer Space Word Cards	Builds on vocabulary learning new words	Word Cards

Activity/Lesson Description

- Make 2 copies of the below cards
- Read the words to your child and look at the pictures
- Let your child match the pictures to each other
- Ask them various questions like, "Where is the moon?" "What is this a picture of?" (pointing to the flag)etc.



Activity #4 Title	Learning Goal/Objective	Materials
Rocket Name	Letter recognition Name recognition Explore and use a variety of art media	Black construction paper for the activity creation. Various colors of paper to create the rocket. Star stickers White chalk Glue Scissors

Activity/Lesson Description

Preparation before the activity: Cut out square shapes, however many are letters in your child's name (write a letter of your child's name on each square). Cut out one triangle for the top of the rocket and 3 rectangles for the flames at the bottom of the rocket. (Look at the below picture as an example to help guide you in how to prepare the activity)

Activity:

- Write out your child's name on a piece of paper to show them an example of what their name looks like.
- Say the letters that are in their name and read their name
- Use the squares that have the letters in your child's name to match to the letters on the name on the piece of paper
- While spelling your child's name...build the Rocket. Have fun 'building' the rocket before you glue on the pieces.
- Talk about the colors and shapes. "Look. J is for Jack. Your name is Jack. J is on the green square"
- Create the rocket by gluing on all the pieces.
- End by decorating the rest of the picture with sticker stars if you have them or let your child draw with white chalk to create the night sky the rocket is flying in!

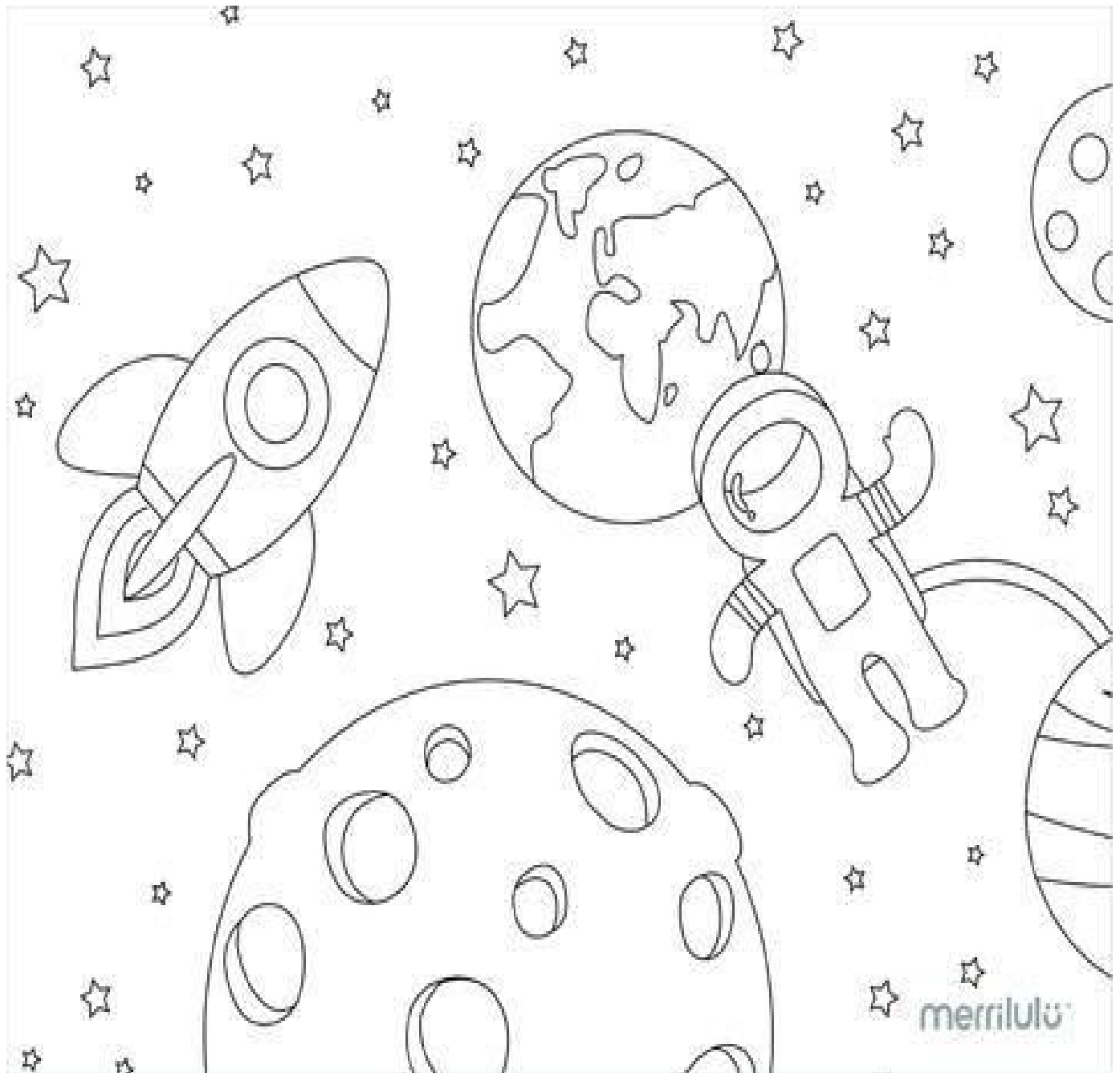


Directions: Outer Space words to be used for discussion and/or games such as Matching and Memory Games



Created by Jolanthe @ <http://homeschoolcreations.com>

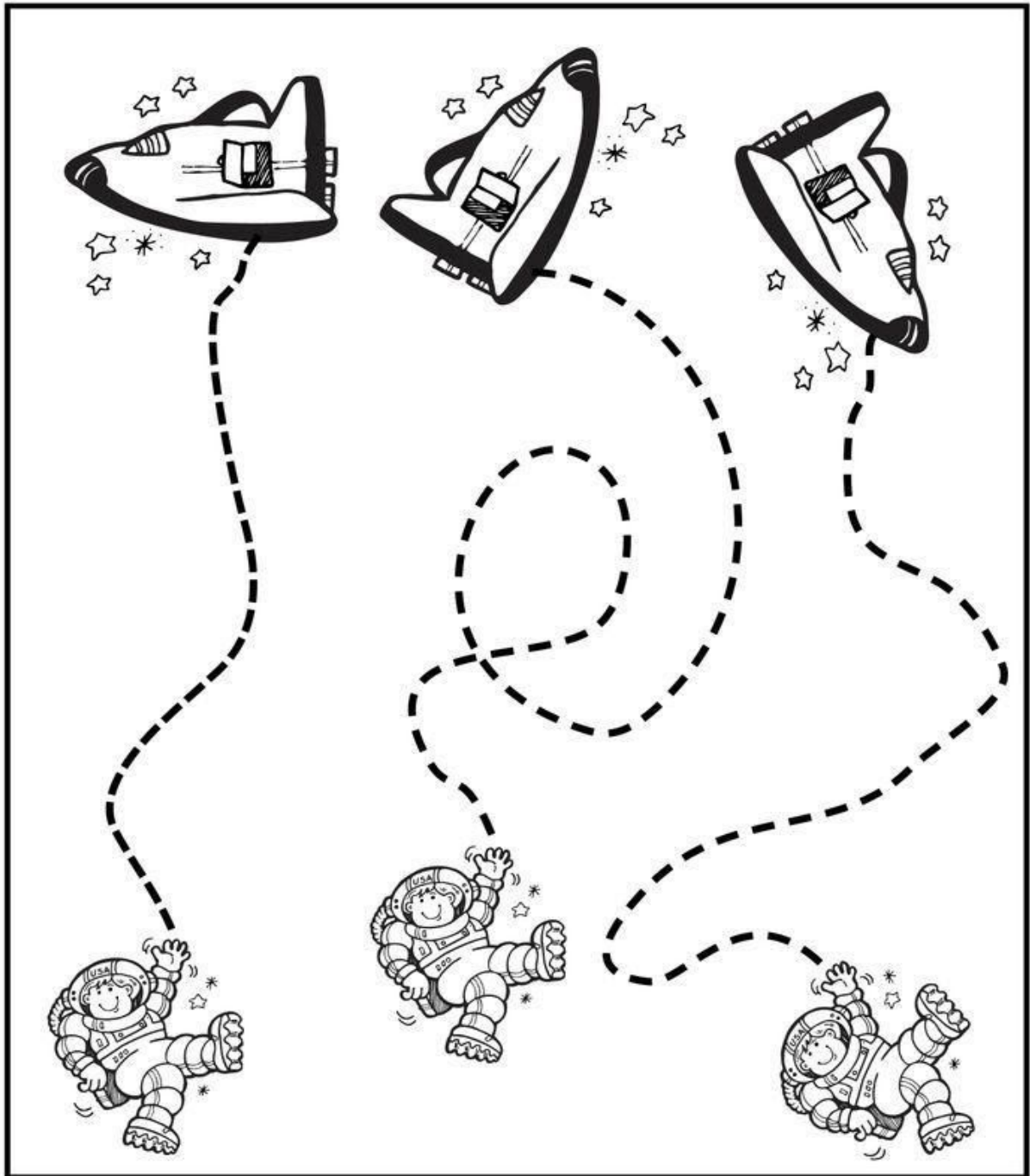
Directions: Coloring Page. Ask your child, “What do you see?” Let them color and draw and talk about the colors they used.



Name _____

Skill: Fine-motor skills

Trace the dotted line to help each space shuttle get to the astronaut.

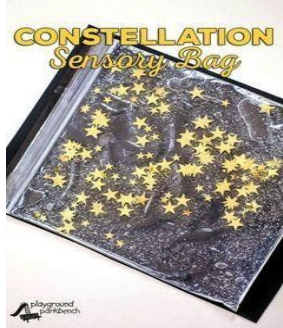


The Arts & Sensory Activities



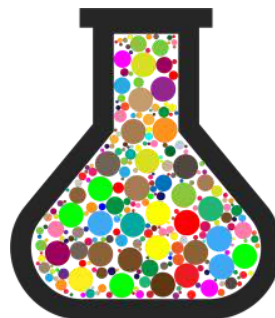
Activity #1 Title	Learning Goal/Objective	Materials
Spray Bottle Galaxy	Explore and use a variety of art media Fine motor skills (using spray bottle)	Spray Bottle Water Yellow paint diluted in the water Dark paper
Activity/Lesson Description		
Put water and some yellow paint in a spray bottle. Add a little bit of yellow paint. Spray the water and paint mixture on dark paper and watch for a galaxy to appear.		

Activity #2 Title	Learning Goal/Objective	Materials
Telescope	Explore and use a variety of art media	Art media that you have around the house. Crayons, paint, markers, stickers. Toilet Paper tubes
Activity/Lesson Description		
Color, paint, and decorate the tube with whatever you have. Let your child use their own creativity. When it is dry and ready, they can use it to look through at anything. Take them outside at night and look up in the sky. Pretend and ENJOY!		

Activity #3 Title	Learning Goal/Objective	Materials
Starry Night Sensory Bags	Uses senses in exploration during play	Gallon storage bags Clear hair gel (16 oz) Star Shaped confetti and/or glitter Black poster board
Activity/Lesson Description		
<ul style="list-style-type: none"> • Empty the hair gel into the bag • Add the star confetti and/or glitter into the bag • Before sealing the bag, lay it flat and get as much air out as possible. • Tape the black paper to one side of the bag to make the stars shine in the “Starry Night”. • Tape the opening of the bag shut to make it more secure to avoid messes. • Time for your child to explore and play with the bag! 		

Activity #4 Title	Learning Goal/Objective	Materials
Moon Sand	Fine motor skills Sensory	Flour Baby Oil Large container to put the whole mixture in Containers to put the ‘moon sand’ in and to make molds
Activity/Lesson Description		
<p>It’s easy as pie: 1/4 cup baby oil for every 2 cups of flour. To fill a plastic container, we did 8 cups of flour and 1 cup of baby oil. You want to mix it well to break up any balls of baby oil that form.</p> <p>You can store it in an airtight container when not in use.</p>		


Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Counting, matching and looking at sizes of Moon Rocks	Show interest in and awareness of numbers/counting Recognize differences in size	Rocks
Activity/Lesson Description		
<p>Go on a walk outside with your child. Look for rocks and collect them. When you have a good amount, you can put them in a pile and you can do a variety of activities with them.</p> <ul style="list-style-type: none"> • Count the rocks • Sort the rocks by size and color • Ask, which rocks are the biggest? The smallest? • Talk about how they feel...rough, smooth etc. 		

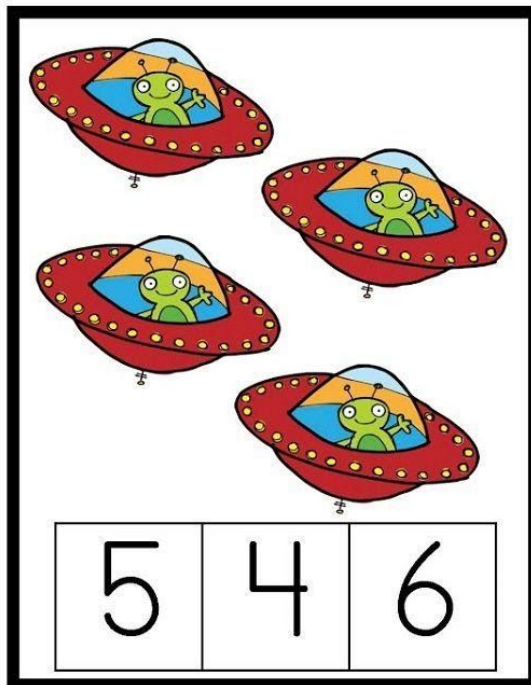
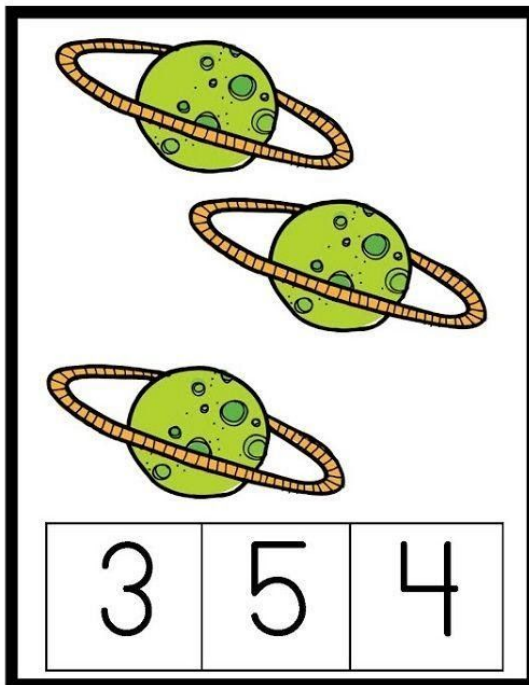
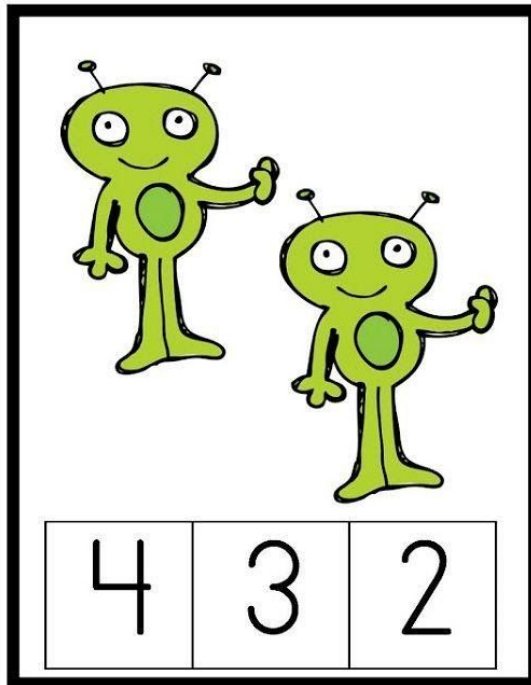
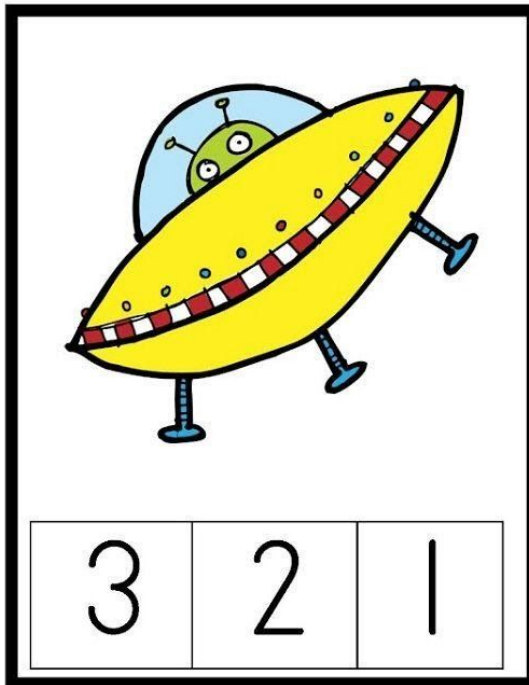
Activity #2 Title	Learning Goal/Objective	Materials
Match the Planet	Increase attention to detail Visual memory Recognize and recall	Worksheet on pg. 21
Activity/Lesson Description		
<p>Make two copies of the worksheet on page 21. Cut out the planets on one sheet. Use the planets that you cut out to have your child match them to the planets on the other sheet.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Flashlight Fun	Explore and discover light, dark, and shadows while at play.	Flashlight for everyone doing the activity
Activity/Lesson Description		
<p>Turn off the lights and turn on the flashlight</p> <p>Play with the flashlights shining them around the room.</p> <p>Talk about light and dark.</p> <p>Ask your child to do certain things...Shine your light on the chair, books, television etc.</p> <p>Talk about how light and dark together can make shadows.</p> <p>Make shadow puppets if you want.</p> <p>For extra fun, put on some music and do a flashlight dance party!</p>		

Activity #4 Title	Learning Goal/Objective	Materials
Spaceship Throw	Fine motor/finger grasp Make predictions Follow directions	Paper plates Crayons Stickers (if you have them)
Activity/Lesson Description		
 <p>Decorate a paper plate by coloring with crayons or any art materials you have on hand. The paper plates will be the spaceships!</p> <p>Your child will have fun ‘flying’ (throwing) their spaceship around the room.</p> <p>By playing with your child, make predictions. How far do you think you/I can throw the spaceship? Go stand where you think I can throw my spaceship. How high can you throw your spaceship?</p>		

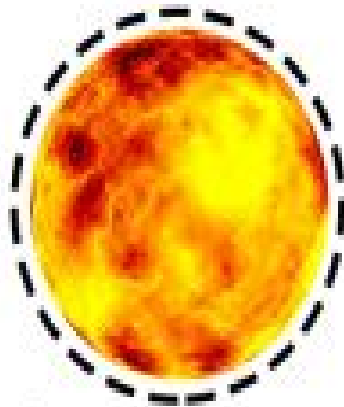
Activity #5 Title	Learning Goal/Objective	Materials
Shape Space	Explore and use a variety of art media Shape recognition	Shapes such as circles, rectangles, squares, triangles, and stars of different sizes cut from different colored construction paper. Glue Bigger dark paper for the project to be created on.
Activity/Lesson Description		
<p>Talk about all the different shapes and colors to work on shape/color practice and recognition.</p> <p>Using the glue let your child design an outer space picture using the shapes (circle = planets, moon, sun; Stars = stars; Rectangle, square, triangle = rocket ship). Encourage your child to talk about their work and tell you what they are creating!</p>		

Directions: Have your child mark the numbers with the objects they see. Example: 2 Aliens



Name: _____ Date: _____

PLANET CUTOUTS



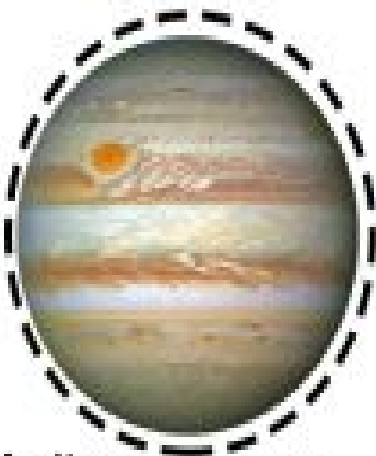
Sun



Mercury



Venus



Jupiter



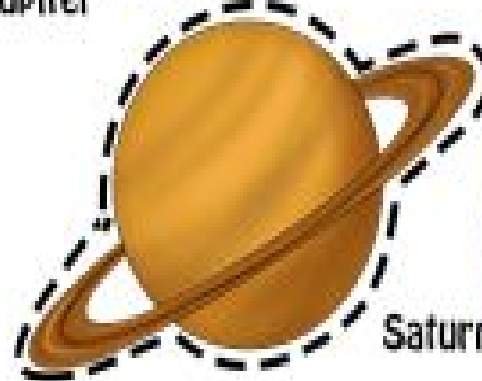
Uranus



Mars



Earth



Saturn

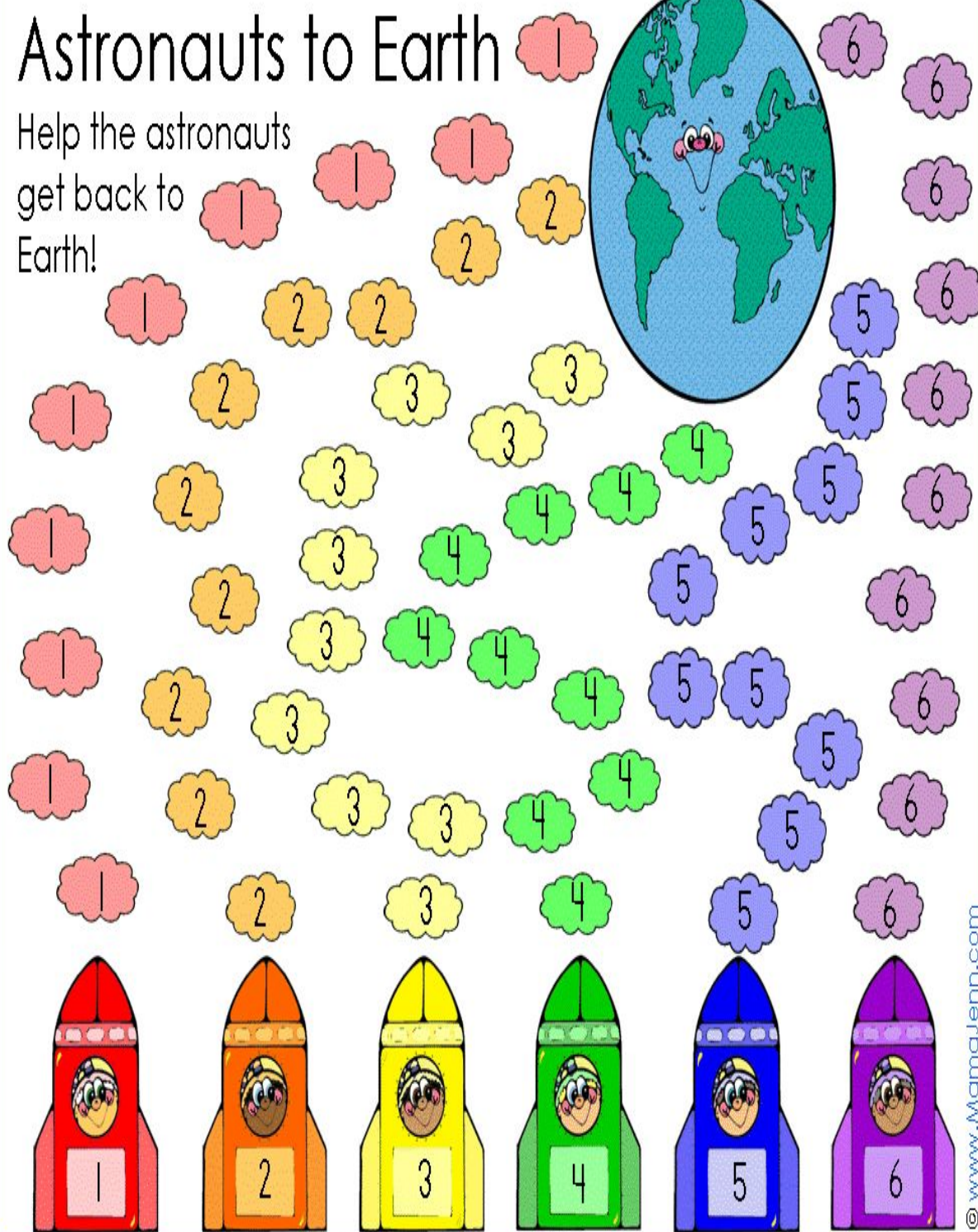


Neptune

Download Free Printables at: www.freeprintableonline.com

Astronauts to Earth

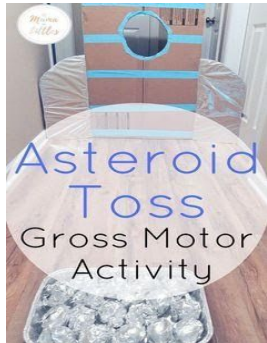
Help the astronauts
get back to
Earth!



Music and Movement Activities



Activity #1 Title	Learning Goal/Objective	Materials
Singing songs about Outer Space	Shows interest and participate in a wide variety of music and song	Online Song Links: Elmo's Outerspace Song Sesame Street Outer Space Space Song Rocket Ride
Activity/Lesson Description		
Sing songs about Outerspace. Some songs are provided for you in this pamphlet. Sing and dance with your child!		

Activity #2 Title	Learning Goal/Objective	Materials
Asteroid Toss	Gross motor, move body (arms) with purpose Hand eye coordination	Aluminum Foil Baskets or Boxes
Activity/Lesson Description		
Crunch up pieces of foil to make small 'asteroids' Have your child throw them and try to get them into a basket or a box. For those that need more of a challenge, cut a hole into a box and try to get the 'asteroid' into the hole while throwing.		 <p>A photograph showing the setup for the Asteroid Toss activity. A cardboard box has a circular hole cut into its side. A blue ring is attached to the hole. A child is visible in the background, ready to throw. In the foreground, there is a pile of crumpled aluminum foil 'asteroids' in a clear plastic container. The text 'Asteroid Toss Gross Motor Activity' is overlaid on the image.</p>

Activity #3 Title	Learning Goal/Objective	Materials
Blast Off!	Gross motor Move body Demonstrate large muscle and balance Change position and move body from place to place	You will need a big enough space to move.

Activity/Lesson Description

This is an activity where you act out being a rocket ship.

- You and your child crouch down on the floor
- Make yourselves as small as possible
- Count down from 10 to zero, standing up a little at a time with each number
- When you get to zero, yell **BLAST OFF** and fly around the room!

You can use the below poem if you want!





IN THE SKY

TUNE: THE FARMER IN THE DELL

The sun is in the sky
The sun is in the sky
Hot and bright it gives us light
The sun is in the sky!

The moon is in the sky
The moon is in the sky
Round and round the earth it
goes
The moon is in the sky!

The stars are in the sky
The stars are in the sky
Far and bright and out at night
The stars are in the sky!

Cape May County Library

Kids

Blast Off
Like a rocket!



Soar
Like a comet!



Fall
Like an asteroid!



Twinkle
Like a little star!



Outer Space Yoga

5 easy yoga poses for kids



1. Shine like the
SUN.



2. Glow like
the **MOON.**



3. Glide like a
SHOOTING STAR.

4. Zoom like a
COMET.



5. Orbit like a
ASTEROID.

KIDS YOGA
STORIES