



Early Childhood Distance Learning Materials



Toddlers
Week # 6
May 25-29 2020

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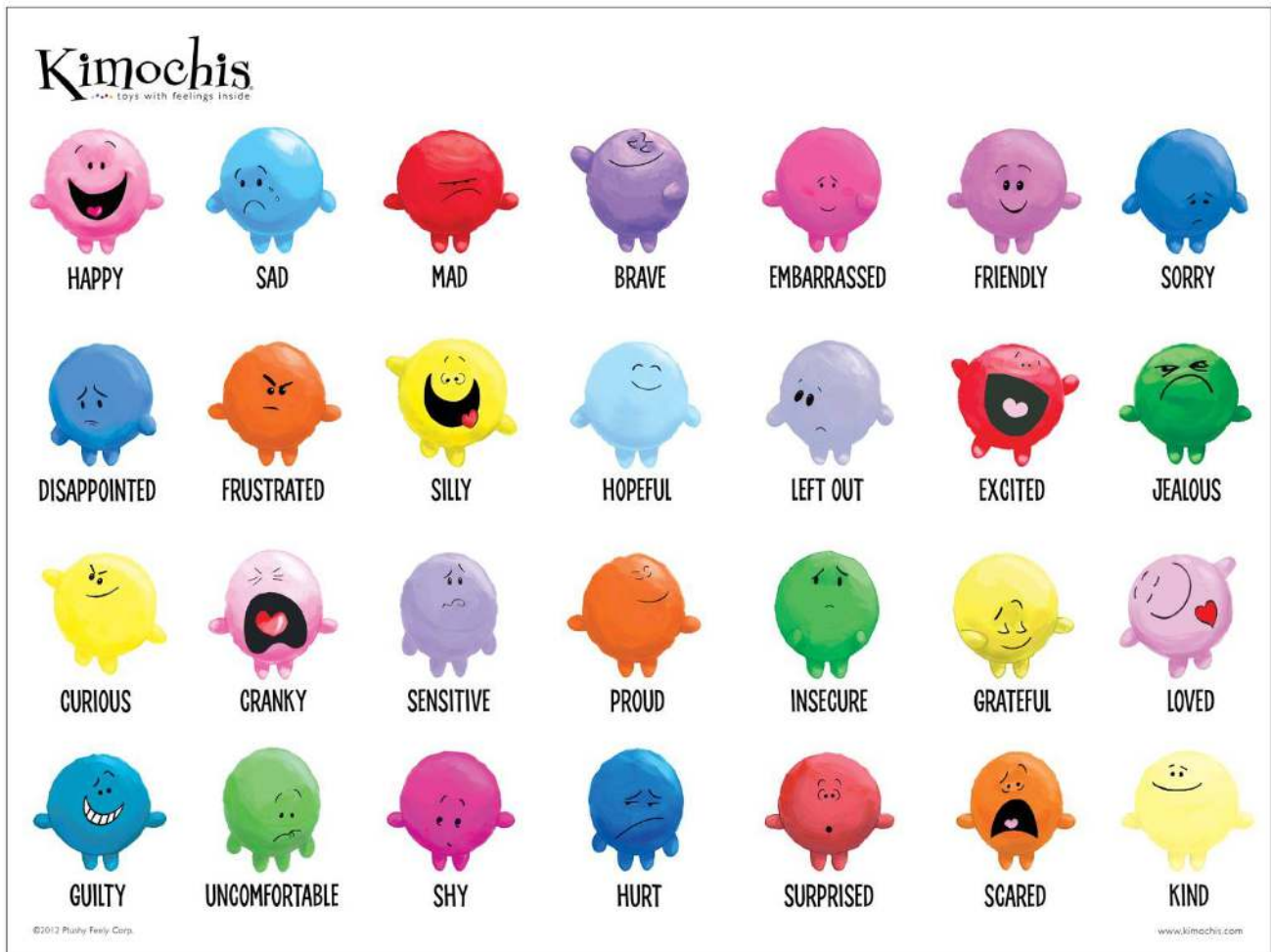
Home Learning Bingo Board **DIRECTIONS FOR EACH DAY THIS WEEK:**

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!

L Literacy	E Exercise	A Arts	R Regulation	N Numbers
Talk about the letters in your child's name and your name. Are any the same?	Use masking tape to create lines around the house to walk on	Sing Old MacDonald with stuffed animals from around the house	Encourage your child to pick out their own clothes and get dressed on their own	How high can you count? 5,10,20?
Learn a new song	Go for a walk	Play your favorite song for your child	Snuggle together and watch a movie	Have your child match lids to containers
Read a book together with your child.	Go to YouTube and look up 'Bug Yoga'	Sing baby shark with actions	Do a facetime/zoom call with friends or family	Sing 5 Little Monkeys
Go to YouTube and 'read' 'The Very Hungry Caterpillar'	Have a dance party	Google a new playdough recipe to try	Practice self-soothing techniques	Take a walk and count how many butterflies you see
Sing a rhyming song	Play freeze dance	Make your own chalk	Work on taking belly breathes when they get upset	Put a puzzle together

Daily Check-In

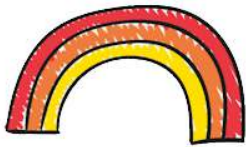
Tell me how you're feeling today?



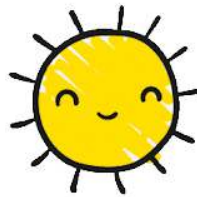
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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.

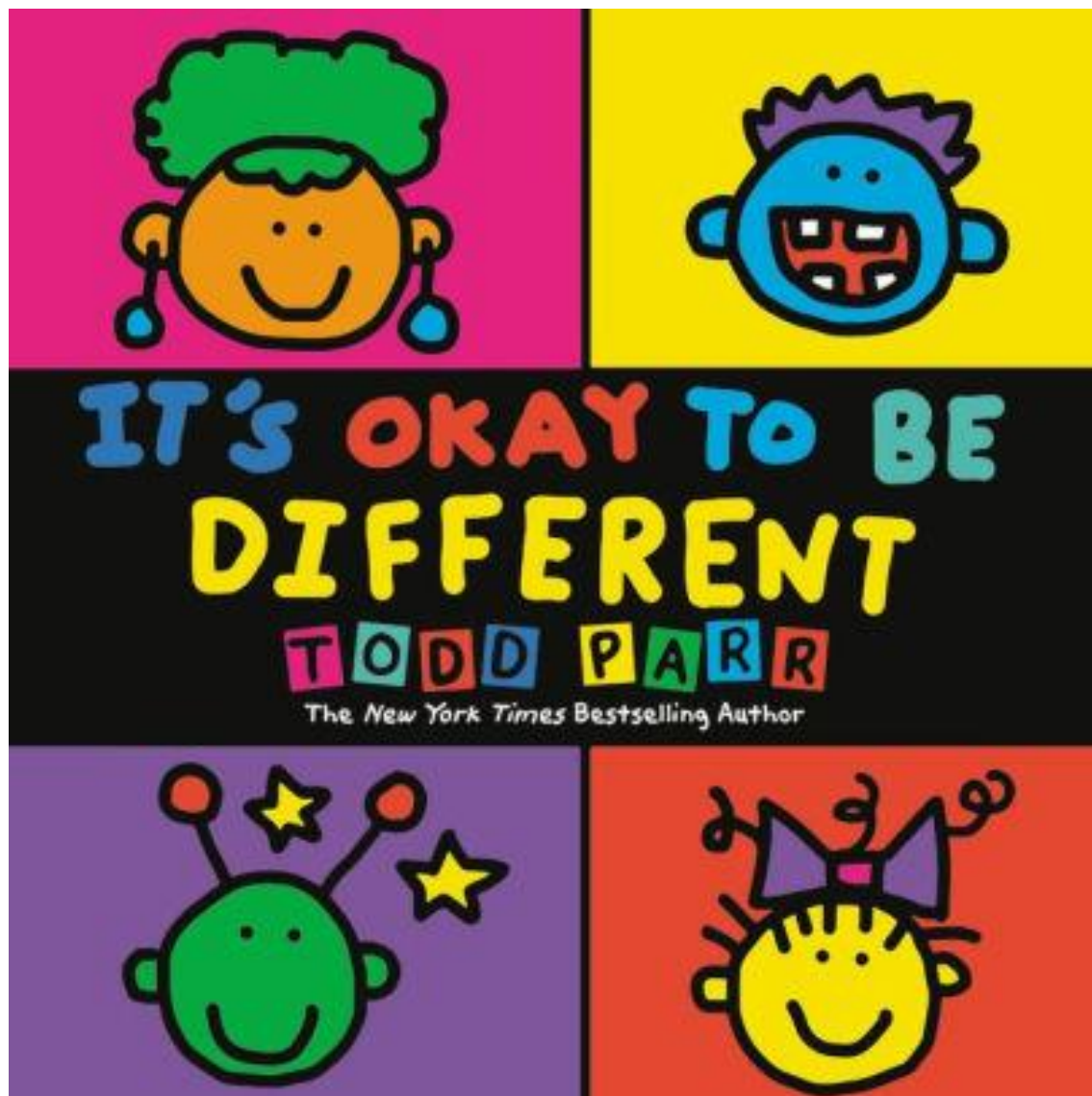
Activity #1 Title	Learning Goal/Objective	Materials
Play Dough Faces	Emotional Recognition, Fine Motor	Play Dough
Activity/Lesson Description		
Talk about emotions with your children and show them what each emotion might look like such as happy, sad, and mad. You can talk to your child through each emotion and what may make them feel that way.		

Activity #2 Title	Learning Goal/Objective	Materials
Emotions Yoga	Gross Motor, Emotional Regulation/Breathing Exercises	Emotion Yoga Card
Activity/Lesson Description		
Take this time to take a much needed breath and relax with your children. Take the time to do each movement and label them with the name on the paper, this helps your child really get into to motion. While doing each movement take 4-5 breaths and really stretch and feel the movements.		

Activity #3 Title	Learning Goal/Objective	Materials
Conscious Discipline Singing and Dancing	Builds self-esteem, fosters connection and cooperation, promotes brain development	Eye contact, touch, presence, playful
Activity/Lesson Description		
Sing and Dance with your child to the Wallaby Won't Use His Words https://www.youtube.com/watch?v=CDUcyLtKC3M		



Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Insect/Butterfly Words	Building Vocabulary, Early Letter Recognition	Insect Card Printouts
Activity/Lesson Description		
Cut out the Insect card and name each bug and butterfly		

Activity #2 Title	Learning Goal/Objective	Materials
In The Tall Tall Grass	Building a foundation in literacy	https://www.youtube.com/watch?v=bEOtKF0WoUo
Activity/Lesson Description		
Read or Listen to this story. Use the bug cards to try and label some of the insects in the story.		

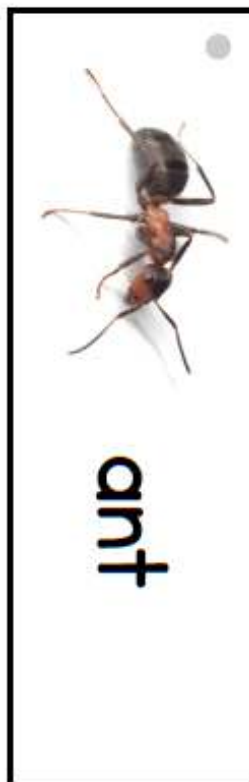
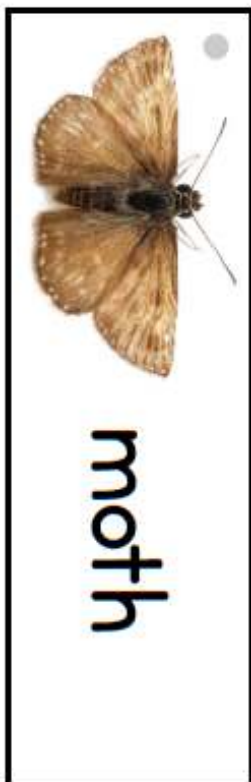
Activity #3 Title	Learning Goal/Objective	Materials
Let's talk about it	Building Vocabulary	Your Voice
Activity/Lesson Description		
Talk about the everyday activities (diaper changes, cleaning, cooking, etc) you usually think about silently. This will help your child learn vocabulary and patterns of speech.		

Activity #4 Title	Learning Goal/Objective	Materials
Playdoh Letters	Early Letter Recognition, Vocabulary, fine motor	Playdoh
Activity/Lesson Description		
Use this activity to teach your child letters of the alphabet. This will also help build communication skills and fine motor.		

Activity #5 Title	Learning Goal/Objective	Materials
Letter Hunt	early letter recognition, gross motor, vocabulary	Your feet and a few written letters
Activity/Lesson Description		
Write a few letters of the alphabet on a piece of paper and then walk around your house, the neighborhood, etc. to see what letters your child can find in the environment outside. Talk with them about what each letter is and see if they can spot any other letters anywhere else.		

Literacy Supplemental Resource #1

Directions:



The Arts & Sensory Activities



Activity #1 Title	Learning Goal/Objective	Materials
Fly Swatter Painting	Gross Motor, Creativity	Fly Swatter, Paint, Paper
Activity/Lesson Description		
Apply a generous amount of paint onto a paper plate and place your fly swatter into the paint and smack it on the paper.		

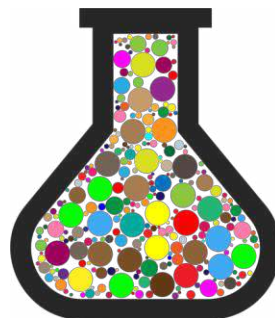
Activity #2 Title	Learning Goal/Objective	Materials
Sticky Spider Web	Gross Motor, Cognitive Development, Vocabulary	Tape and Paper
Activity/Lesson Description		
Create a spider web in your doorway and then ball up pieces of paper to throw at the spider web and stick on the tape		

Activity #3 Title	Learning Goal/Objective	Materials
Butterfly Smash Painting	Symmetry, Gross Motor/Fine Motor, Vocabulary	Paint and Paper
Activity/Lesson Description		
Fold a piece of paper in half and paint on one side, when you're done painting fold the paper back over and squish it together. Unfold the piece of paper to reveal a symmetrical butterfly		

Activity #4 Title	Learning Goal/Objective	Materials
Spider Painting	Gross Motor, Vocabulary	Toilet paper tubes, black paint and paper
Activity/Lesson Description		
Cut ½-1 inch slits into the end of the toilet paper tube all around the end and fold them out to create "spider's legs" Dip the cut ends into the paint and put them on the paper to create a fun spider print. You can even add googly eyes to create more of a realistic effect		

Activity #5 Title	Learning Goal/Objective	Materials
"Worm" Bin	Gross/Fine Motor, Vocabulary, Sensory	Spaghetti, Food Coloring
Activity/Lesson Description		
<p>Cook spaghetti noodles with a small amount of vegetable oil so they don't stick together (you can add food coloring to give it a different effect) Once the noodles are done cooking place them in a bin with a little more oil and let them play! You can talk about what they feel like what they look like and compare them to worms you see outside.</p>		

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Bug or Not?	Sorting and Categorizing, Language and Fine Motor	Bugs and Non Bug Printouts
Activity/Lesson Description		
Use the printouts to sort what items are bugs and what items aren't bugs.		

Activity #2 Title	Learning Goal/Objective	Materials
Bug Hunt	Gross Motor, Language and Fine Motor	Your Eyes, Ears and Feet
Activity/Lesson Description		
Go outside for a walk and see what you can see and hear. Take your vocab cards with to see if you can spot any of those bugs around. Talk about what you hear and see.		

Activity #3 Title	Learning Goal/Objective	Materials
Beehive Counting	Counting, Vocabulary, Fine Motor, Hand Eye Coordination	Egg Carton and Pom Poms
Activity/Lesson Description		
This activity you will take each pom pom with your pincher grasp and place them in each hole of the egg carton. Use your voice to help your children count them out loud. You can pretend they are real bees while you talk about them.		

Activity #4 Title	Learning Goal/Objective	Materials
Dancing Worms	Imagination, Vocabulary	Gummy Worms, water, Baking Soda and Vinegar
Activity/Lesson Description		
<p>Start by cutting up a few gummy worms using scissors. This makes them small and light enough to work in the experiment.</p> <p>Next place baking soda in a jar then add water and stir until baking soda is dissolved. Place the gummy worms in the baking soda solution for 15-20 minutes.</p> <p>Fill another glass with distilled vinegar and use a spoon to remove the gummy worms from the soda-water and gently drop them into the vinegar.</p> <p>Play some funky music and watch them dance! 😊</p>		

Activity #5 Title	Learning Goal/Objective	Materials
Pollination Activity	Fine Motor, Cognitive Development, Vocabulary	Candy, Cheese Puffs, Paper Towel, Marker, Bowl
Activity/Lesson Description		
<ol style="list-style-type: none"> Using a marker, draw flowers on a paper towel. Place the candy in the bowl. Fill the bowl with cheese puffs. Using your hand, dig through the cheese puffs to get a piece of candy. Wipe your hand on the paper towel. Repeat steps four and five until all of the candy is gone. How do the bowl, candy, cheese puffs, cheese powder, and paper towel represent parts of the pollination process? Even your hand plays a role! 		

Math Supplemental Resources #1







Music and Movement Activities



Activity #1 Title	Learning Goal/Objective	Materials
Bug Movement Cards	Physical Development	Bug Cards
Activity/Lesson Description		
Use the printouts to explore and move like the bugs on the cards		

Activity #2 Title	Learning Goal/Objective	Materials
Bringing Home a Baby Bumble Bee	Building musical and social emotional skills	Your Voices
Activity/Lesson Description		
Sing this song and try clapping along and doing the actions while using your face and body to express emotions. https://www.youtube.com/watch?v=amhqwoD0qjw		

Activity #3 Title	Learning Goal/Objective	Materials
Bug N Roll	Building musical and social emotional skills	Your Voices
Activity/Lesson Description		
https://www.youtube.com/watch?v=oybEMWW23uU		

Music and Movement Supplemental Resources #1

Directions:

