



# Early Childhood Distance Learning Materials



Younger Preschool  
Week #13  
July 13-17, 2020

## Table of Contents

<b>Home Learning Bingo Board</b>	<b>3</b>
<b>Daily Check-In</b>	<b>4</b>
<b>Social Emotional Development &amp; Social Systems Cognitive Activities</b>	<b>5</b>
<b>Language, Literacy &amp; Communication Activities</b>	<b>10</b>
<b>The Arts &amp; Sensory Activities, Music &amp; Movement</b>	<b>15</b>
<b>Mathematics and Science Activities</b>	<b>18</b>
<b>Handwriting Activities</b>	<b>24</b>

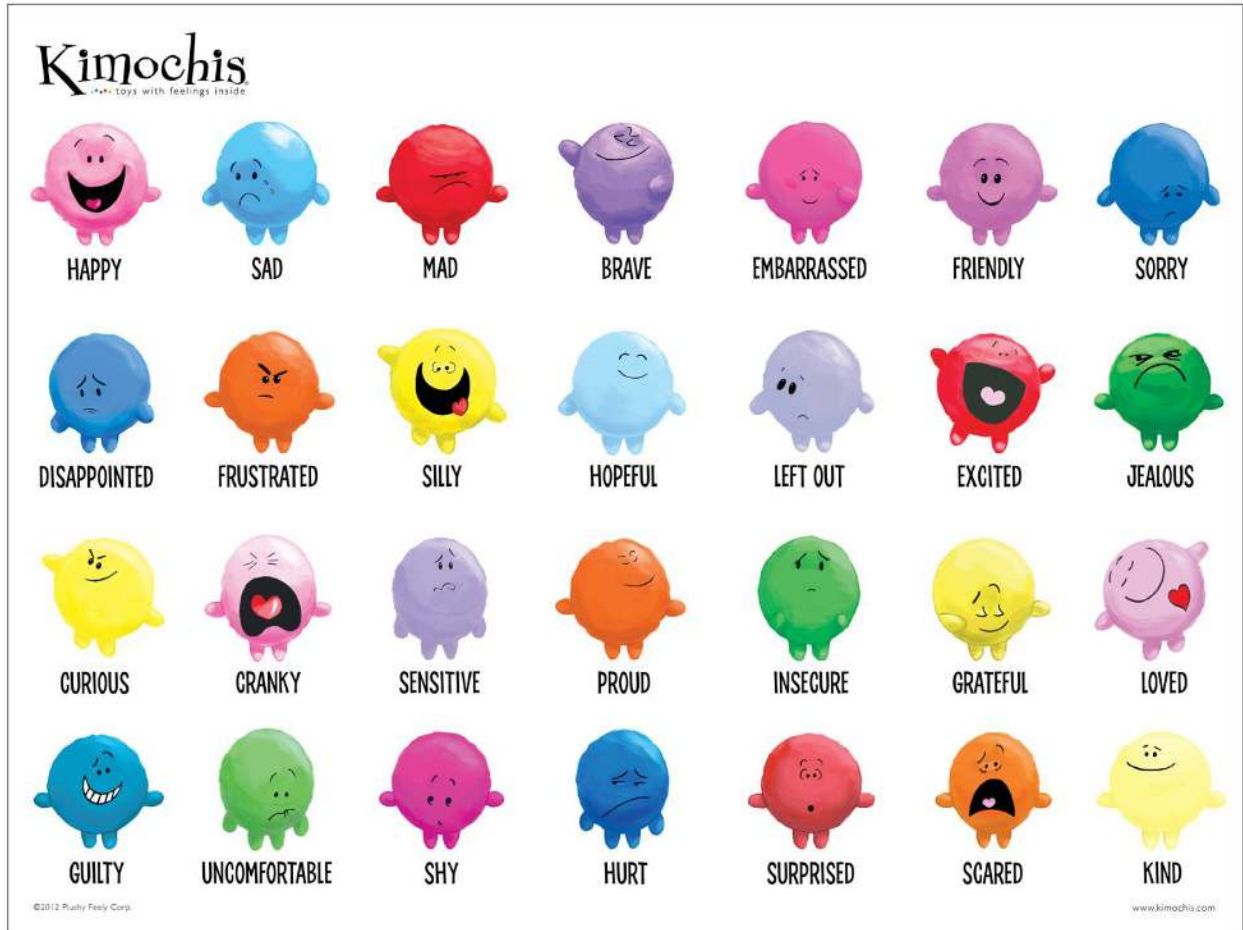
# Home Learning Bingo Board

**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!

<b>L</b> <b>Literacy</b>	<b>E</b> <b>Exercise</b>	<b>A</b> <b>Arts</b>	<b>R</b> <b>Regulation</b>	<b>N</b> <b>Numbers</b>					
Read 15 minutes with your child  <div style="border: 1px solid black; display: inline-block; padding: 2px;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="width: 20px; height: 20px;">M</td> <td style="width: 20px; height: 20px;">T</td> <td style="width: 20px; height: 20px;">W</td> <td style="width: 20px; height: 20px;">R</td> <td style="width: 20px; height: 20px;">F</td> </tr> </table> </div>	M	T	W	R	F	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 20
M	T	W	R	F					
Use handwriting sheet to write name	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	Find shapes in your house and draw them on paper					
Name some words that rhyme with:  cat, dog, bed, map	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?					
Use a magazine to cut out the letters of your name and glue them to a piece of paper	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? Draw how they help you.	Count how many forks and how many spoons are in your house. How many all together?					

# Daily Check-In

Tell me how you're feeling today?



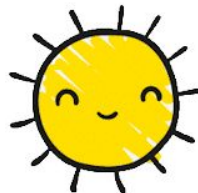
<b>Monday</b>	Make a <b>CIRCLE</b> with a <b>BLUE</b> crayon
<b>Tuesday</b>	Make a <b>TRIANGLE</b> with a <b>RED</b> crayon
<b>Wednesday</b>	Make a <b>SQUARE</b> with an <b>ORANGE</b> crayon
<b>Thursday</b>	Make a <b>CLOUD</b> with a <b>PINK</b> crayon
<b>Friday</b>	Make <b>A SHAPE OF YOUR CHOICE</b>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

<b>Activity #1 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
I Spy	Self awareness, spacial awareness, environmental awareness	Pencil and fruit/veggie worksheet (provided in packet)
<b>Activity/Lesson Description</b>		
Have your child count the food individually and document your child's answers in the space provided.		

<b>Activity #2 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Can you help the caterpillar get some food?	Tracing is a fine motor activity, children are working on their small muscle movement and eye and hand coordination .	Pencil and tracing caterpillar worksheet (provided in packet)
<b>Activity/Lesson Description</b>		
Have your child trace the lines. Check that your child is gripping their pencil correctly. If not, show them how to do so. If they are having trouble following the line, try guiding their hand first and then have them do it independently		

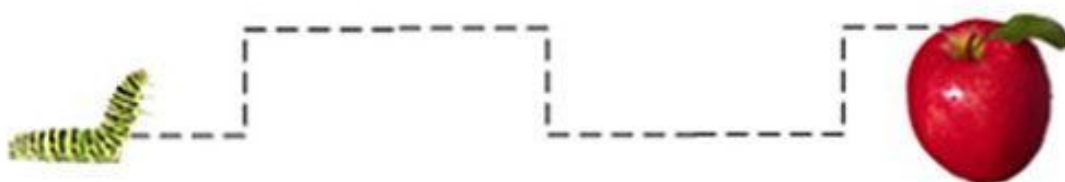
<b>Activity #3 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Can you guess the fruit	Develop questioning and predicting skills as well as observing, sorting, and recording/communicating	Variety of fruits such as bananas, strawberries, lemon, watermelon, grapes etc. scratch paper, pen.
<b>Activity/Lesson Description</b>		
Blindfold your child and set the fruits in front of them in separate bowls. Have your child taste them one at a time and guess what fruit they think they are eating. Record answers on scrap paper and at the end, tell them what guesses were right and what guesses were wrong.		

<b>Activity #4 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Ask your child “If there was one food that you would have to eat forever what would it be”?	Building vocabulary and problem solving.	Your imagination
<b>Activity/Lesson Description</b>		
Ask your child “why is that their food of choice?”. Keep asking questions and show your child that you are really interested in their answers.		

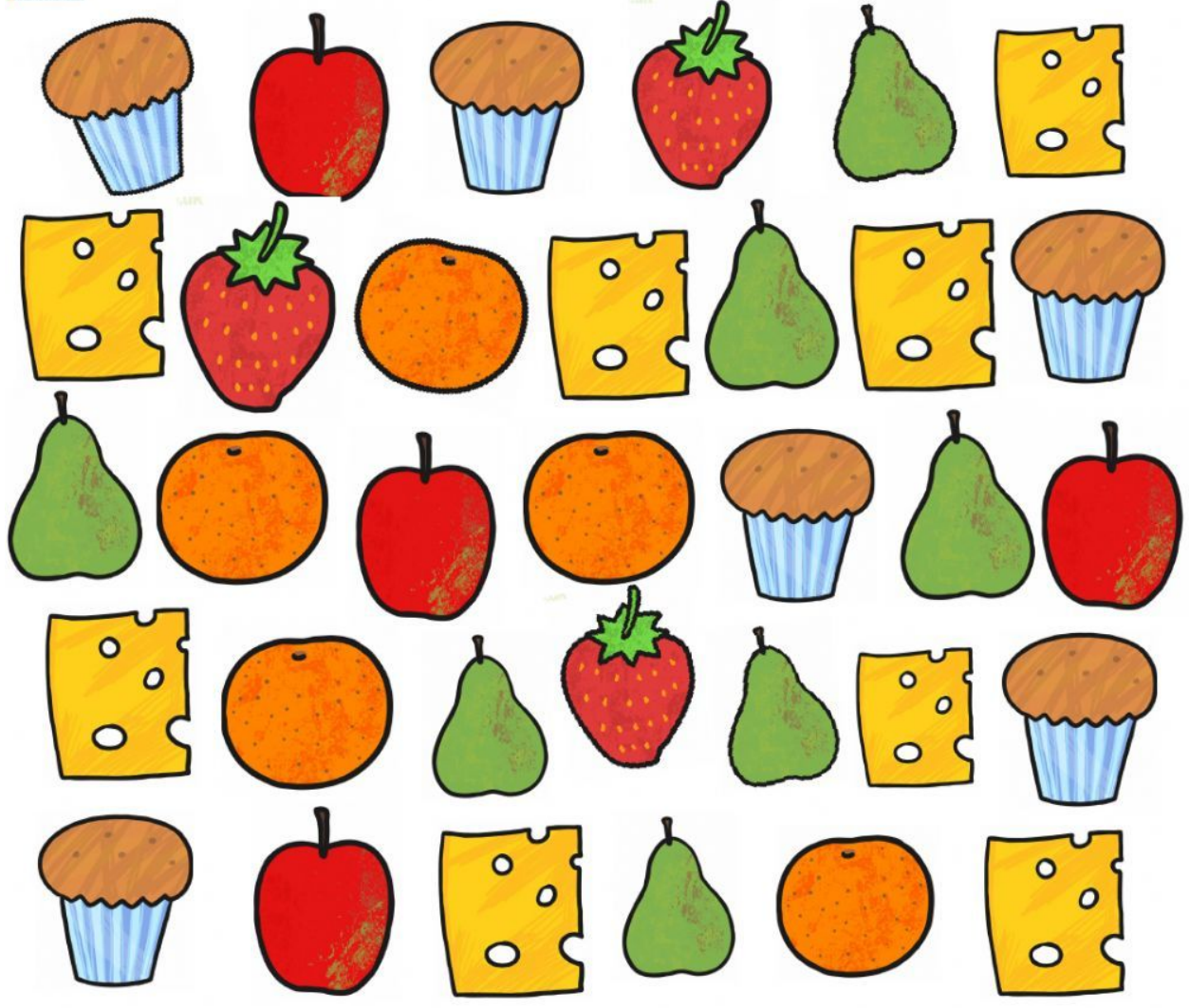
<b>Activity #5 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Feelings	Awareness of feelings and how to express emotions/feelings.	Journal and pencil
<b>Activity/Lesson Description</b>		
Ask your child “What is their favorite food?” “What are your favorite fruit and veggies? Write down your child’s responses and have your child rewrite their answers as part of their journal.		



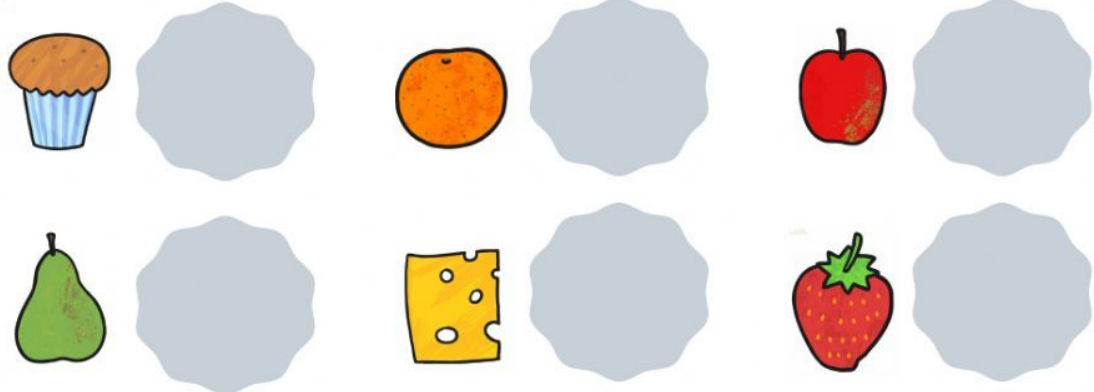
Can you help the caterpillar  
get to some food?



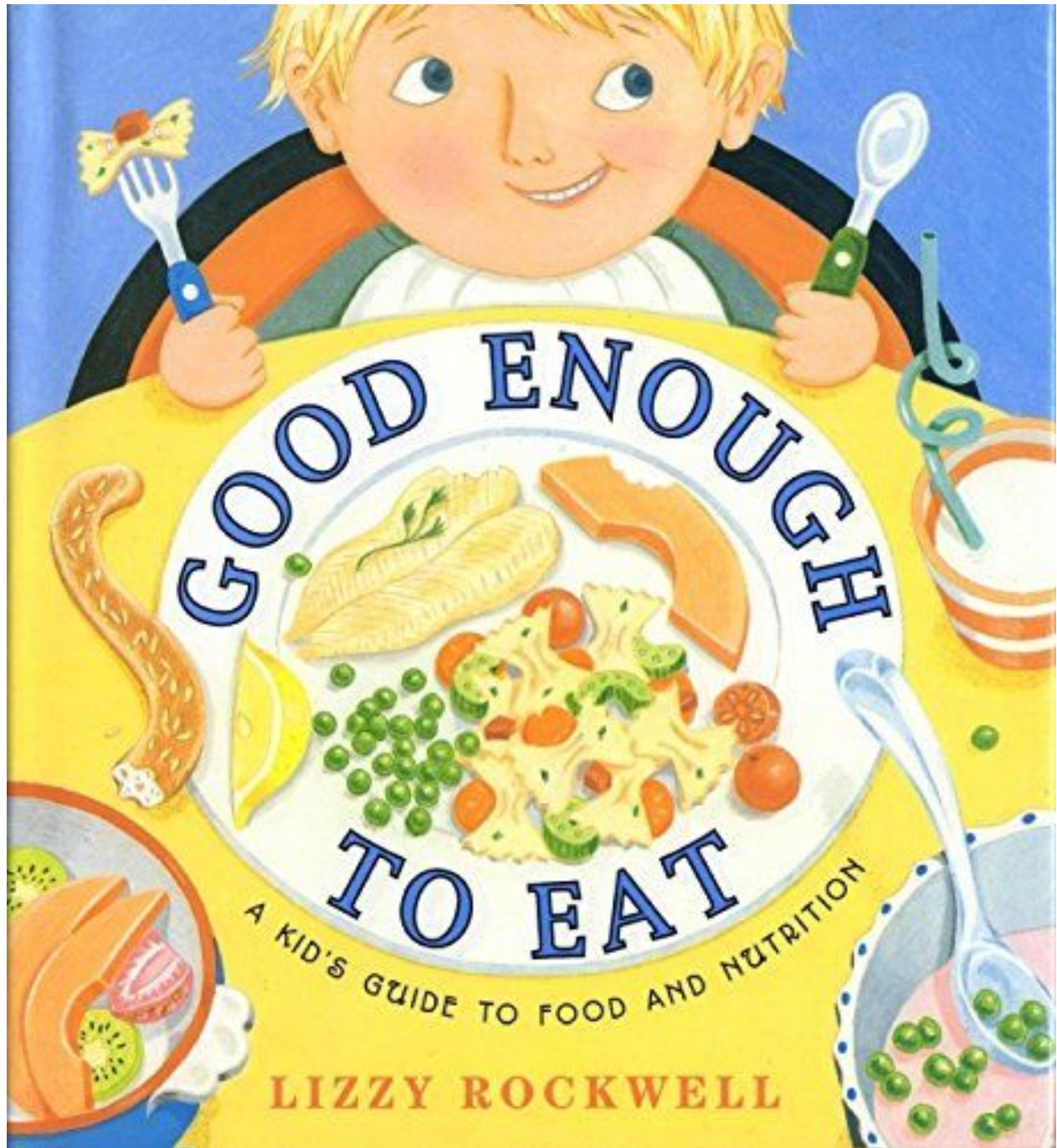




6 8 4 5 3 7



## Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Listen to the book “ llama llama yum yum yum “ read aloud	Problem solving, building listening skills, ability to retell a story.	<a href="https://www.youtube.com/watch?v=XTd6XAJxuto">https://www.youtube.com/watch?v=XTd6XAJxuto</a>
<b>Activity/Lesson Description</b>		
Listen to the YouTube audio of “llama llama yum yum yum” read aloud. Ask your child questions about the story. If you want, you can record your child’s answers on paper. Ask open ended questions (who, what, when, where, why) to really get your child thinking!		

Activity #2 Title	Learning Goal/Objective	Materials
Listen to “The Very Hungry Caterpillar ” read aloud	Constructive thinking, fine motor, building language and back and forth conversation.	<a href="https://www.youtube.com/watch?v=75NQK-Sm1YY">https://www.youtube.com/watch?v=75NQK-Sm1YY</a>  Worksheet provided for literacy for activity #2
<b>Activity/Lesson Description</b>		
After listening to “The Very Hungry Caterpillar”, have your child cut out the pictures on the worksheet provided for the very hungry caterpillar and put the pictures in the order of the story.		

Activity #3 Title	Learning Goal/Objective	Materials
Fruit or veggie	Ability to recognize and record fruit or veggies.	crayon/pencil and worksheet.
<b>Activity/Lesson Description</b>		
Go through the pictures with your child and ask them if it is a fruit or veggie. If it’s a veggie color the circle next to it green, if it’s a fruit, color the circle next to it red.		

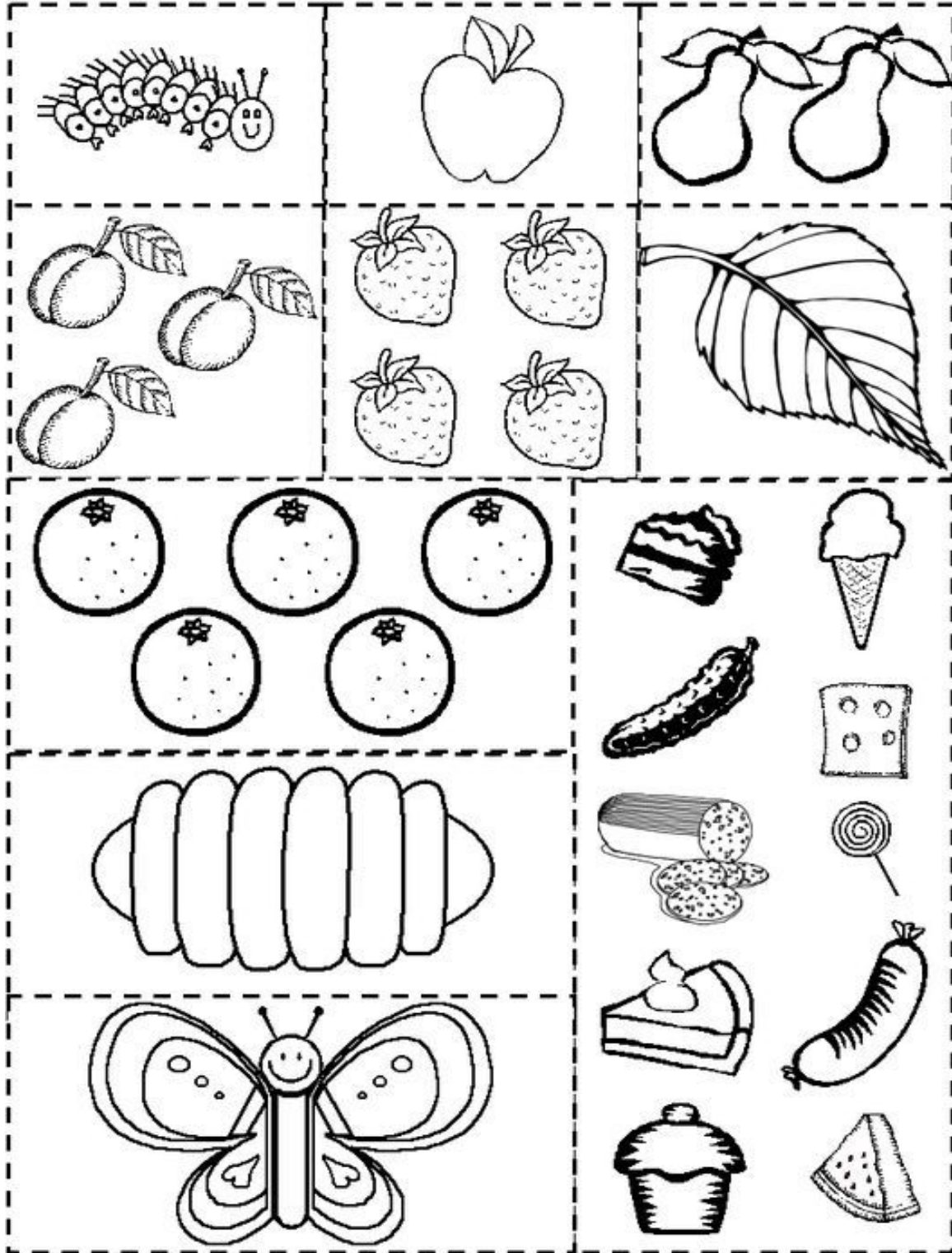


## Picture Matching

Draw a line from fruit on the left to the matching fruit on the right.



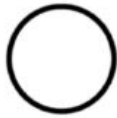
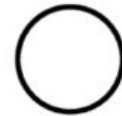
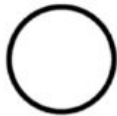
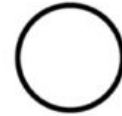
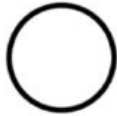
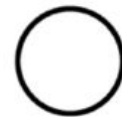
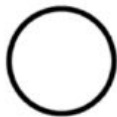
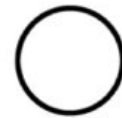
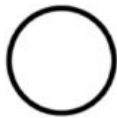
Directions: Have your child cut out all of the pictures and make their own "The Very Hungry Caterpillar" book.



*The Very Hungry Caterpillar sequencing cards*

# Fruit or Vegetable?

Color the circle **green** for vegetable and **red** for fruit.



planesandballoons.com

## The Arts & Sensory Activities, Music & Movement





Activity #1 Title	Learning Goal/Objective	Materials
Homemade applesauce	Sensory play, small motor	4 apples - peeled, cored and chopped ¾ cup water ¼ cup white sugar ½ teaspoon ground cinnamon
<b>Activity/Lesson Description</b>		
In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.		

Activity #2 Title	Learning Goal/Objective	Materials
Playdoh food	Sensory awareness, small motor development	Variety of colors of Playdoh, cookie cutters, and imagination.
<b>Activity/Lesson Description</b>		
Have your child use their imagination and create foods using playdoh.		

Activity #3 Title	Learning Goal/Objective	Materials
Apple prints	Gross motor movement, fine motor.	Apples, construction paper, paint.
<b>Activity/Lesson Description</b>		
Cut 1 apple in half. Use multiple colored paints and have your child dip the middle of the apple into the paint. Dab it on paper to make apple prints.		

Activity #4 Title	Learning Goal/Objective	Materials
Salad collage	Fine motor development	Collage salad worksheet, Markers/crayons/ paint, glue.
Activity/Lesson Description		
<p>Have your child color the salad collage picture. Have your child cut the items out individually. Then have your child glue the items inside the bowl.</p>		

Activity #5 Title	Learning Goal/Objective	Materials
Favorite food collage	Shape recognition & hand-eye coordination	Magazine, paper, glue, and Scissors.
Activity/Lesson Description		
<p>Have your child look through a food magazine (or any magazine) and find their favorite kinds of food. Have them cut them out and glue them on a piece of paper to create a collage. You can ask them to make meals with foods from all the different food groups or simply put their favorites down!</p>		

## Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Cheerio Count	Practice counting skills using cheerios	Cheerios or other small snack, dice
Activity/Lesson Description		
<p>Give your child a large pile of cheerios. Before they eat, have them roll the dice, you can tell them the number or have them count the dots. Then have them count out the same number of cheerios. Ask them how many cheerios they counted out. They can eat the cheerios if they want as part of the game! Repeat as many times as you/they like.</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Food size sort	Explore size; Big, bigger, biggest, Small, smaller etc..	Any food items you have laying around
Activity/Lesson Description		
<p>Bring all the food items together. Start by asking your child to pick out a small or big item. Then have them bring out an item that is smaller/bigger than the previous item. Repeat this process and lay out the selected items before you and your child. As your child picks them out, have them lay them out in order from biggest to smallest. When all the items are sorted you can each pick one and decide which is bigger and which is smaller. Ask them which is the biggest/smallest.</p>		

<b>Activity #3 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Veggie addition	Counting, sensory, small motor	Pencil and worksheet (provided in packet)
<b>Activity/Lesson Description</b>		
Add together the veggies that are in each box and assist your child with writing the answer in the box to the right.		

Directions: Make your own pizza by cutting and pasting the toppings on top!

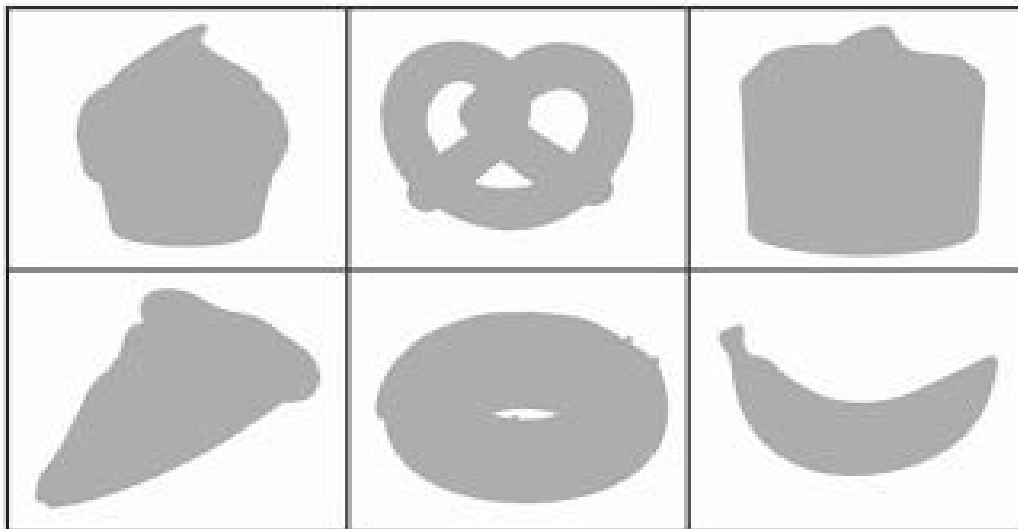
### Cut and Paste Pizza

[www.kidscanhavefun.com](http://www.kidscanhavefun.com)

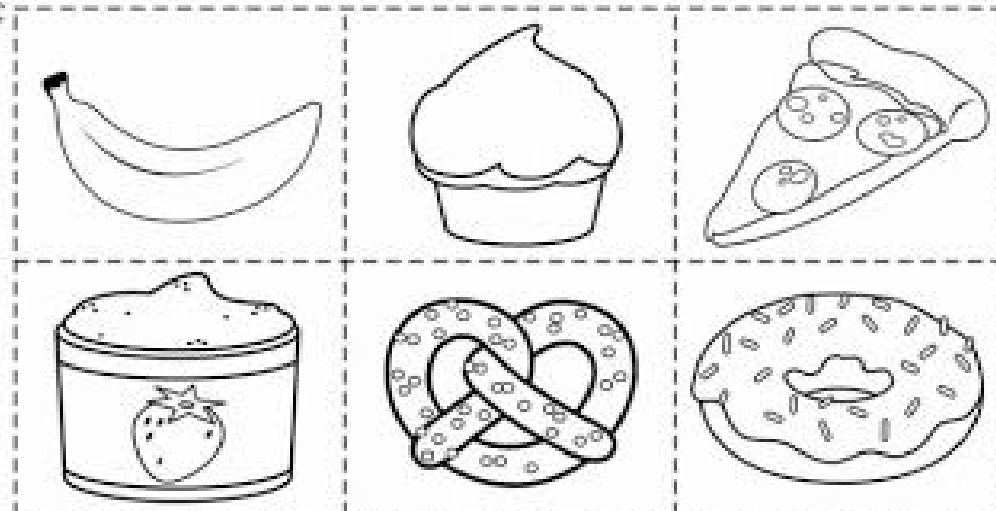


Name:

Cut the pictures from the bottom of the page and glue them on top of their shadows.



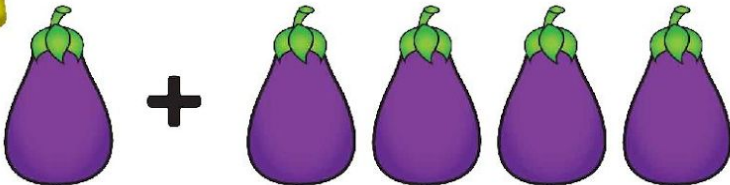

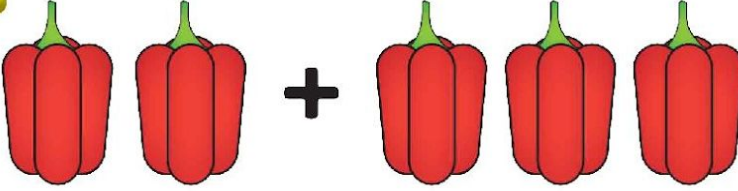

By Louisa Pope © 2014



# Veggies +

Addition

Add together the vegetables that are in each box and write your answer in the box on the right.

1		$\begin{array}{r} 1 \\ +4 \\ \hline \end{array}$
2		$\begin{array}{r} 3 \\ +1 \\ \hline \end{array}$
3		$\begin{array}{r} 2 \\ +3 \\ \hline \end{array}$
4		$\begin{array}{r} 2 \\ +2 \\ \hline \end{array}$



# CUT AND COLLAGE SALAD

Decorate the salad items with Crayola® Crayons or Markers. Cut out each vegetable and the bowl. Glue your favorite vegetables to the bowl on another piece of paper, to make a collage salad.

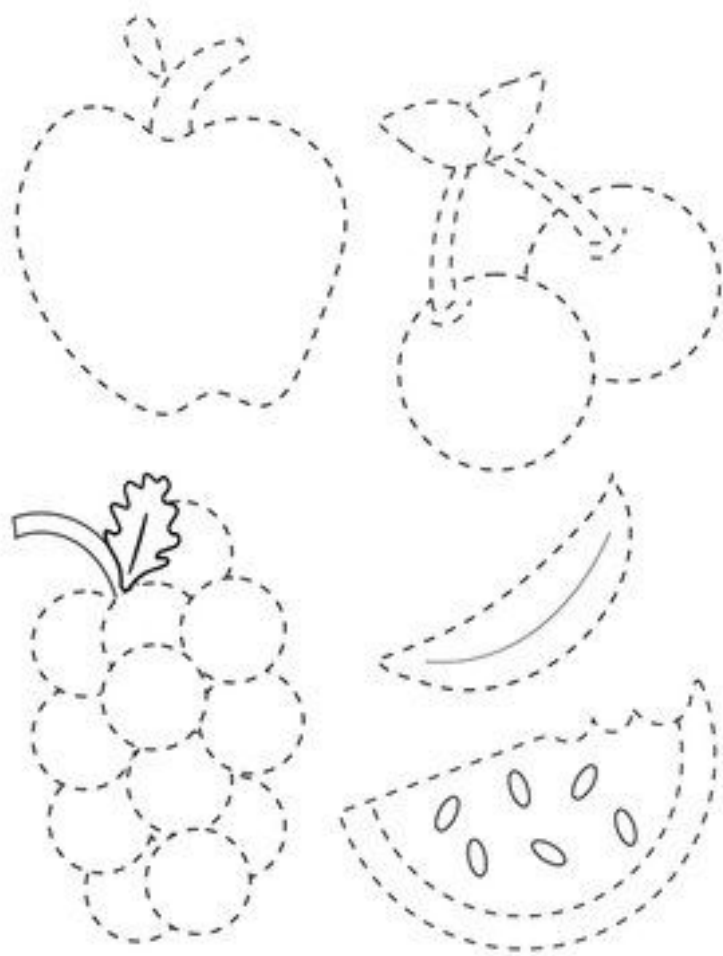


## Handwriting Activities

Activity #1 Title	Learning Goal/Objective	Materials
Tracing fruit Shapes	Practice fine motor skills by tracing	Pencils/crayons, worksheets
<b>Activity/Lesson Description</b>		
<p>Have your child trace the pictures and letters. Check that your child is gripping their pencil correctly. If not, show them how to do so. If they are having trouble following the line, try guiding their hand first and then have them do it independently. If they would like to do more, have them pick a color/new color and trace again making a “rainbow”.</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Tracing food Words	Develop fine motor skills, writing, and letter recognition	Paper/Coloring sheets, pencils/crayons
<b>Activity/Lesson Description</b>		
<p>First read through each letter of a word. Then have your child trace the word. Depending on their level of focus, you can have them say the letter as they write it, or go back and read through the letters again. Say the word when they are finished. Stickers can be rewarded for doing letters/words independently or at all! If they can do this easily, have them write the word (not trace) on lined-paper.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Daily Name writing	Practice motor skills, letter recognition, and handwriting	Paper, pencil <a href="https://tools.atozteacherstuff.com/printable-handwriting-practice-worksheet-maker/">https://tools.atozteacherstuff.com/printable-handwriting-practice-worksheet-maker/</a> (for making printable tracing sheets)
<b>Activity/Lesson Description</b>		
<p>This works best integrated into the child's routine such as before/after a daily task (breakfast, tooth brushing, lunch etc.) Have your child sit down and write and/or trace their name. Reward them with a sticker, toy, or favorite activity. Remember that it is most important that they are trying and practicing. The letters do not have to be perfect and they should be celebrated and encouraged to simply try their best. Their little muscles are still developing and learning!</p>		



Trace the Fruit

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Name \_\_\_\_\_

Fruit Worksheets

## Fruit Handwriting Worksheet

Look at each of the fruit pictures below and trace the name of each on the lines.



lemon



orange



apple



pear



grapes

Name: \_\_\_\_\_

## Sorting Fruits and Vegetables

Cut out the pictures at the bottom of the page and glue them in the correct grocery bag.

