



Early Childhood Distance Learning Materials



Younger Preschool
Week #4

May 11 - 15, 2020

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Home Learning Bingo Board

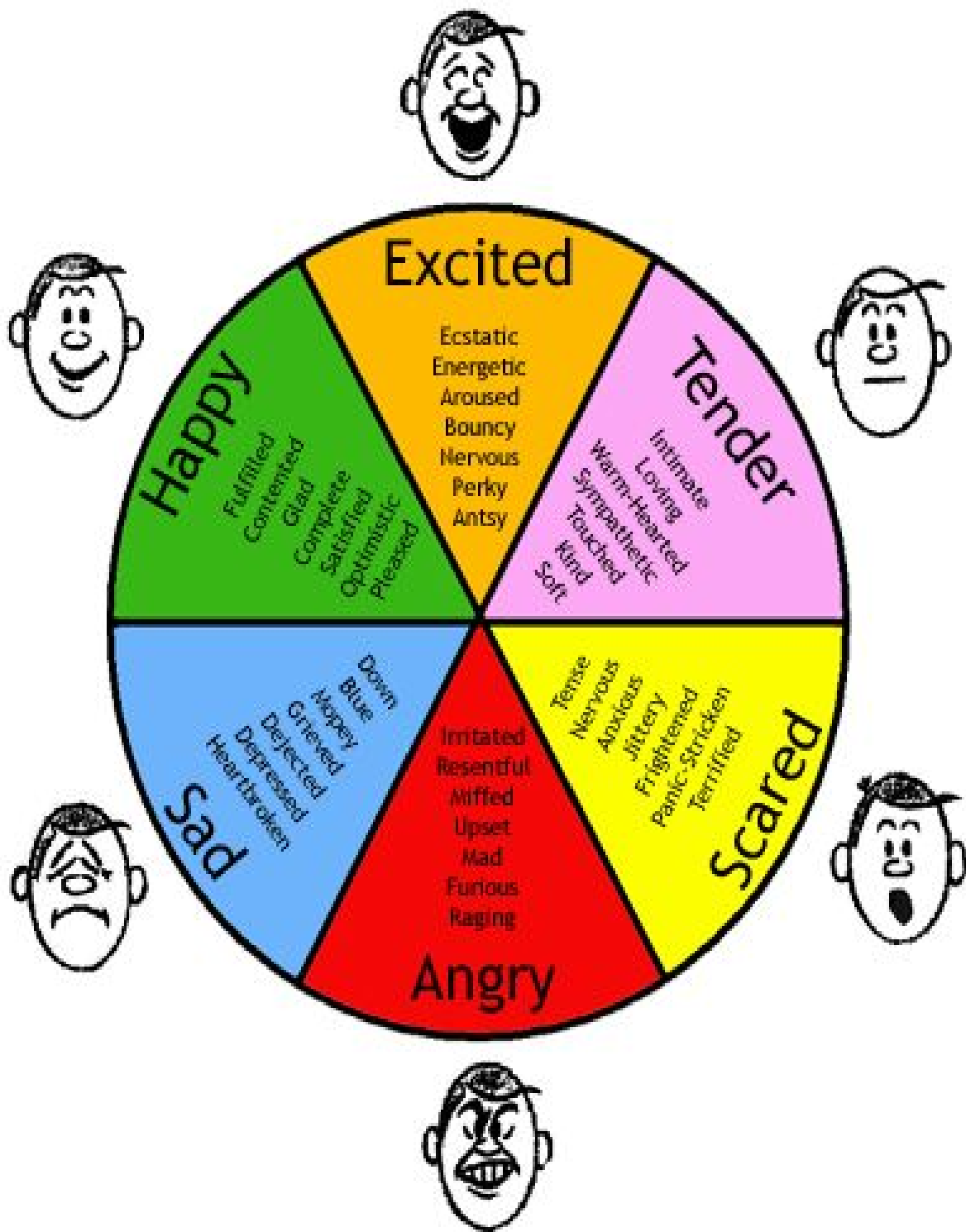
DIRECTIONS FOR EACH DAY THIS WEEK: The goal is to do 5 activities in each area. After you complete an activity, color in the box and show it is done. The goal is to have a blackout by the end of the week with every box colored in! Get ready...get set...LEARN!

L Literacy	E Exercise	A Arts	R Regulation	N Numbers
Read 15 minutes with your child <div style="border: 1px solid black; display: inline-block; padding: 2px;"> 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 20
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?

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

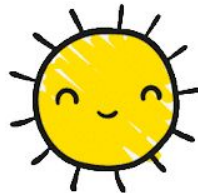


Social Emotional Development &
Social Systems Cognitive Activities

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
Practicing Manners	Learning to be kind, show respect	An enthusiastic and positive outlook
Activity/Lesson Description		
Be sure to say please and thank you to people around you. Offer to help (help carry the groceries, pick up your toys), take turns.		

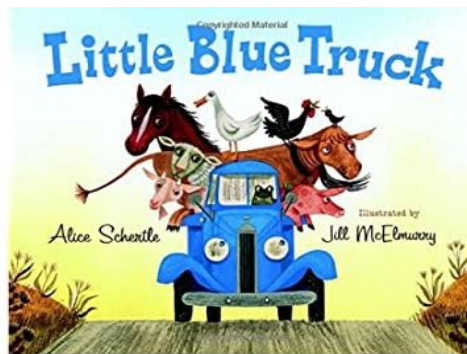
Activity #2 Title	Learning Goal/Objective	Materials
Feelings Flashcards	Identifying emotions	Paper, markers or crayons
Activity/Lesson Description		
Draw and write feelings on the flashcards and try to make the same emotion on the card or look at the emotion and name it.		

Activity #3 Title	Learning Goal/Objective	Materials
Stay Calm...Blow Bubbles	How to regulate our strong feelings.	Bubbles (or your finger!)
Activity/Lesson Description		
Practice deep breathing by blowing bubbles or using your finger, gently blow out the “birthday candles”		

Activity #4 Title	Learning Goal/Objective	Materials
All By Myself or Still Practicing Chart	Recognizing what you can do by yourself or asking for help on the skills you are still working on.	Paper, markers, pencil, or crayons. A can-do attitude!
Activity/Lesson Description!		
Make a chart with All By Myself on one side and Still Practicing on the other side. Come up with activities you can do by yourself (tracing, putting work away, holding a pencil, etc) and things you are still practicing (zipping coat, washing hands, etc).		

Activity #5 Title	Learning Goal/Objective	Materials
Guess What's Inside	Practice taking turns	Box or bag, an item to place into box or bag.
Activity/Lesson Description		
<p>The first person should put an item in the box or bag. The other person has to guess what's inside by touching the item. You might have to give a hint! Take turns and remember, NO PEEKING!</p>		

Language, Literacy & Communication Activities



★★★★★ (4086 Reviews)

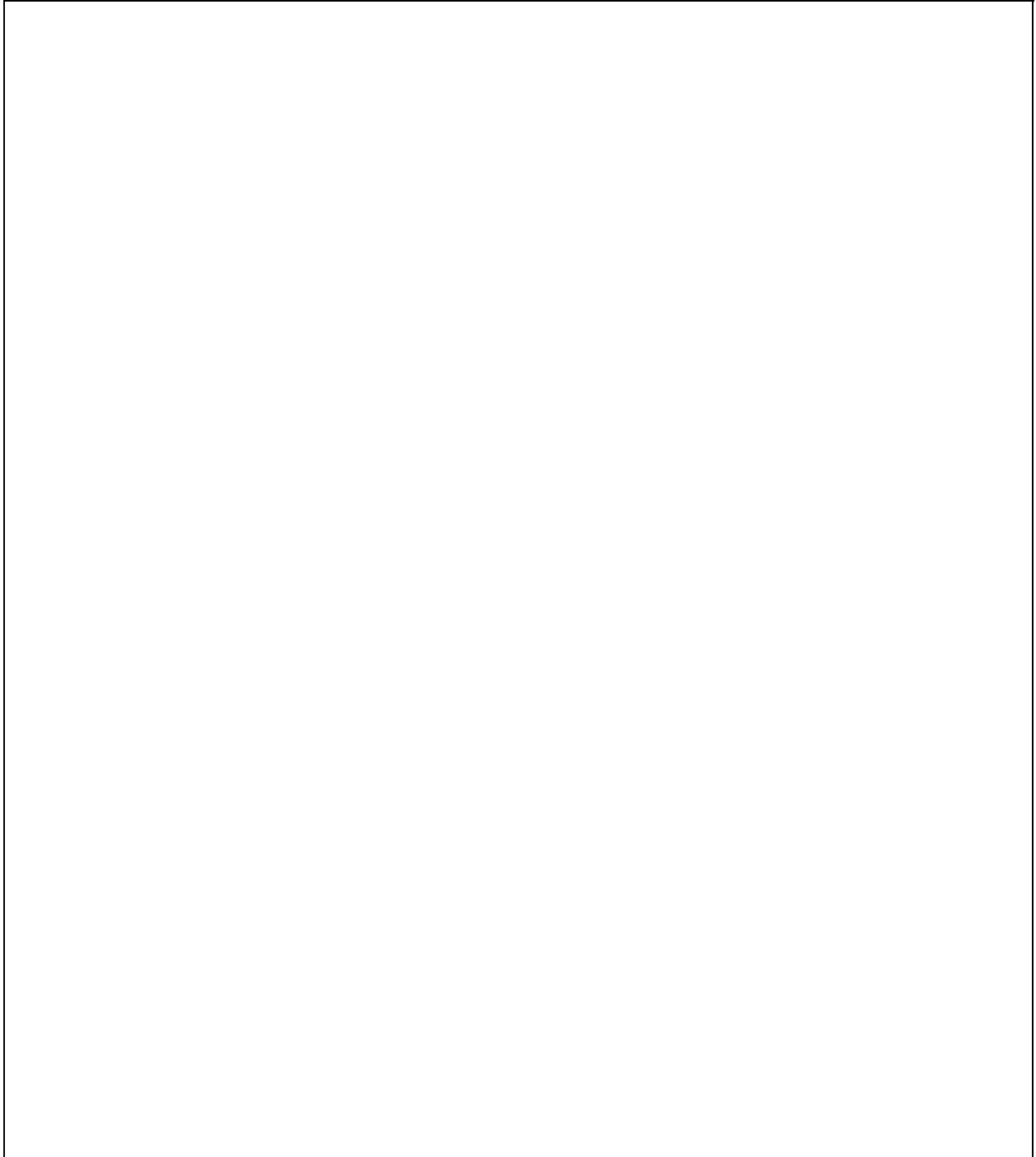
Activity #1 Title	Learning Goal/Objective	Materials
Yo soy el Rey y el rey dice Detente (stop) & Sigue (Go) (I'm the King & the king says Stop or Go game)	Language comprehension, Leadership skill, follow directions, expand vocabulary	Your imagination!
Activity/Lesson Description		
Say it English or say it in Spanish. Child says "I'm the king" and says "Go" (everyone else can walk, run, or skip toward the King) the King then says "stop", and everyone has to stop (Freeze!). Make your way to the King. Then take turns being the King with everyone who is playing!		

Activity #2 Title	Learning Goal/Objective	Materials
Transportation treasure hunt	Follow directions, speaks, engages in conversations	Transportation toys!
Activity/Lesson Description		
<p>Try to find some of the items on the list! Which one (or more) is your favorite? Why?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Red vehicle <input type="checkbox"/> Blue vehicle <input type="checkbox"/> Something with 2 wheels <input type="checkbox"/> Something with 4 wheels <input type="checkbox"/> Something with a propeller or wings (helicopter, airplane) 		

Activity #3 Title	Learning Goal/Objective	Materials
Read a book	Use and appreciated books, phonics skill, words recognition, recalling details	Books: The Little Blue Truck by Alice Schertle Don't Let the Pigeon Drive the Bus by Mo Willems, Freight Train by Donald Crews, Planes by Byron Barton
Activity/Lesson Description		
<p>Read or listen to these stories:</p> <p>The little blue truck https://youtu.be/sBC-7cNABXU</p> <p>Don't Let the Pigeon Drive the Bus https://www.youtube.com/watch?v=Dljj7L9nls</p> <p>Freight Train https://www.youtube.com/watch?v=XSGPFwXoKMU</p> <p>Planes https://www.youtube.com/watch?v=XSGPFwXoKMU</p>		

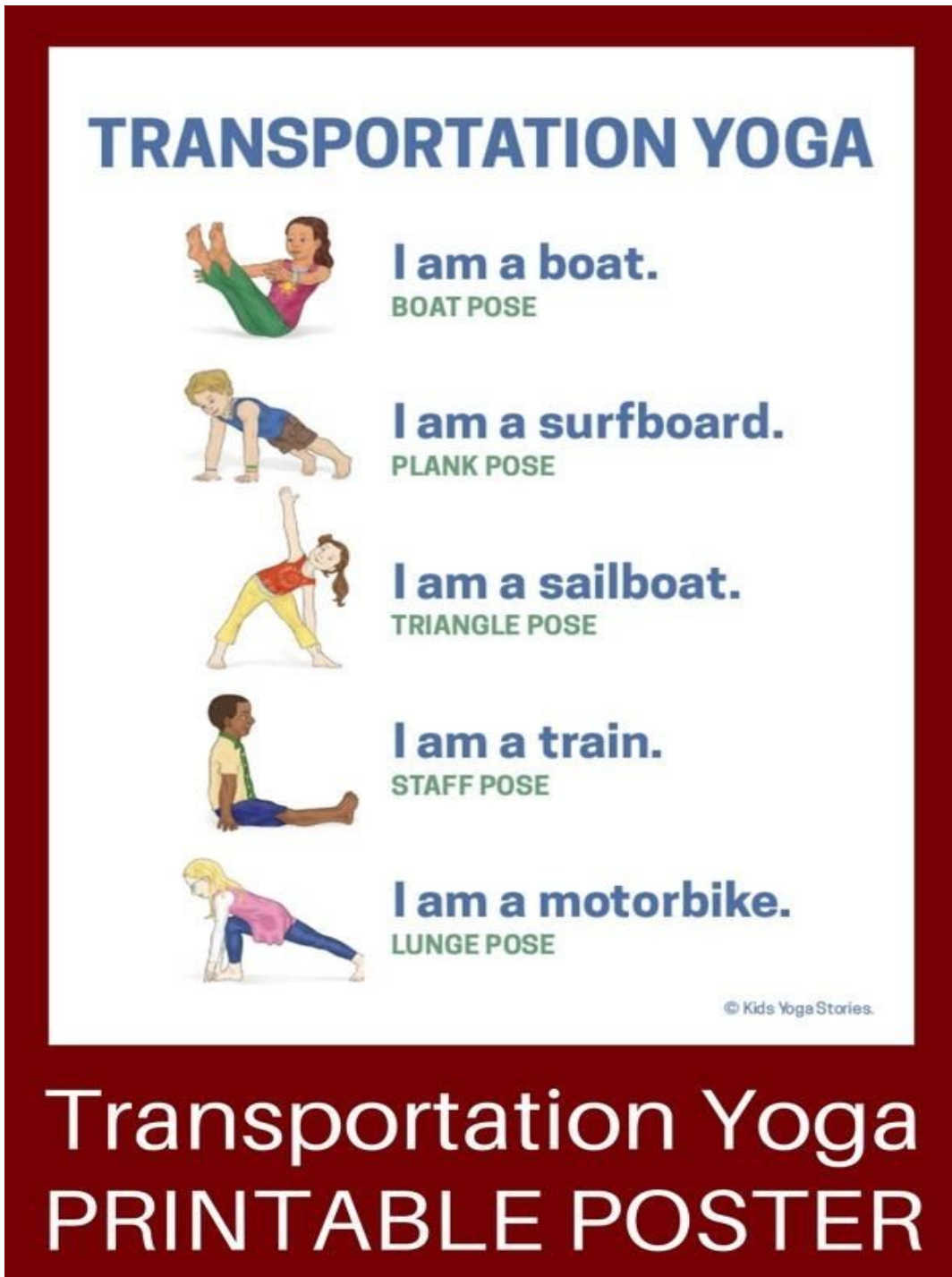
Literacy Independent Practice Activity #1

Draw a picture of a family or friend's car or truck!




Literacy Independent Practice Activity #2 - Transportation Yoga Poses


How many poses can you do? Try to hold them while you count to 10 out loud.





The poster features a white background with a dark red border. At the top, the title "TRANSPORTATION YOGA" is written in large, bold, blue capital letters. Below the title, five rows of illustrations and text are arranged vertically. Each row shows a child in a specific yoga pose, followed by a blue sentence and a green label for the pose. The poses are: Boat Pose (child lying on back with legs raised), Plank Pose (child on hands and knees in a horizontal line), Triangle Pose (child in a wide-legged stance with one arm raised), Staff Pose (child sitting on the floor with legs extended), and Lunge Pose (child in a lunge with one hand on the floor). At the bottom right of the white area, there is a small copyright notice: "© Kids Yoga Stories." Below the white area, the text "Transportation Yoga PRINTABLE POSTER" is written in large, white, bold letters on a dark red background.


TRANSPORTATION YOGA

 **I am a boat.**
BOAT POSE

 **I am a surfboard.**
PLANK POSE

 **I am a sailboat.**
TRIANGLE POSE

 **I am a train.**
STAFF POSE

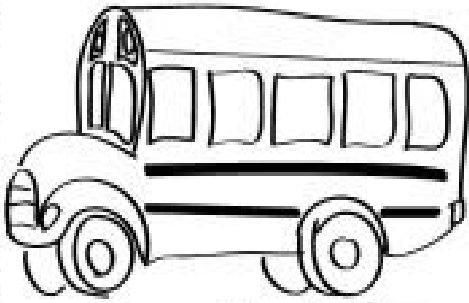
 **I am a motorbike.**
LUNGE POSE

© Kids Yoga Stories.

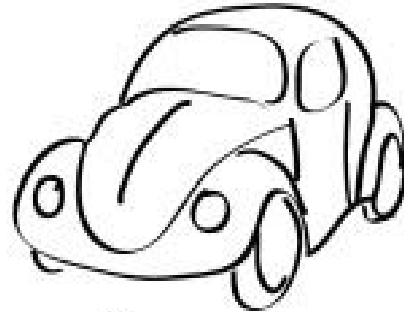
Transportation Yoga PRINTABLE POSTER

Literacy Independent Practice Activity #3

Color the pictures and try to say the words in Spanish



el autobús



el carro



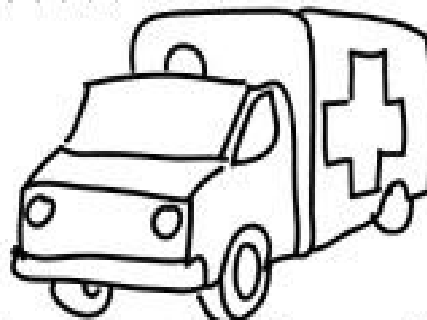
la motocicleta



el taxi



el camión de bomberos



la ambulancia

The Arts & Sensory Activities, Music & Movement



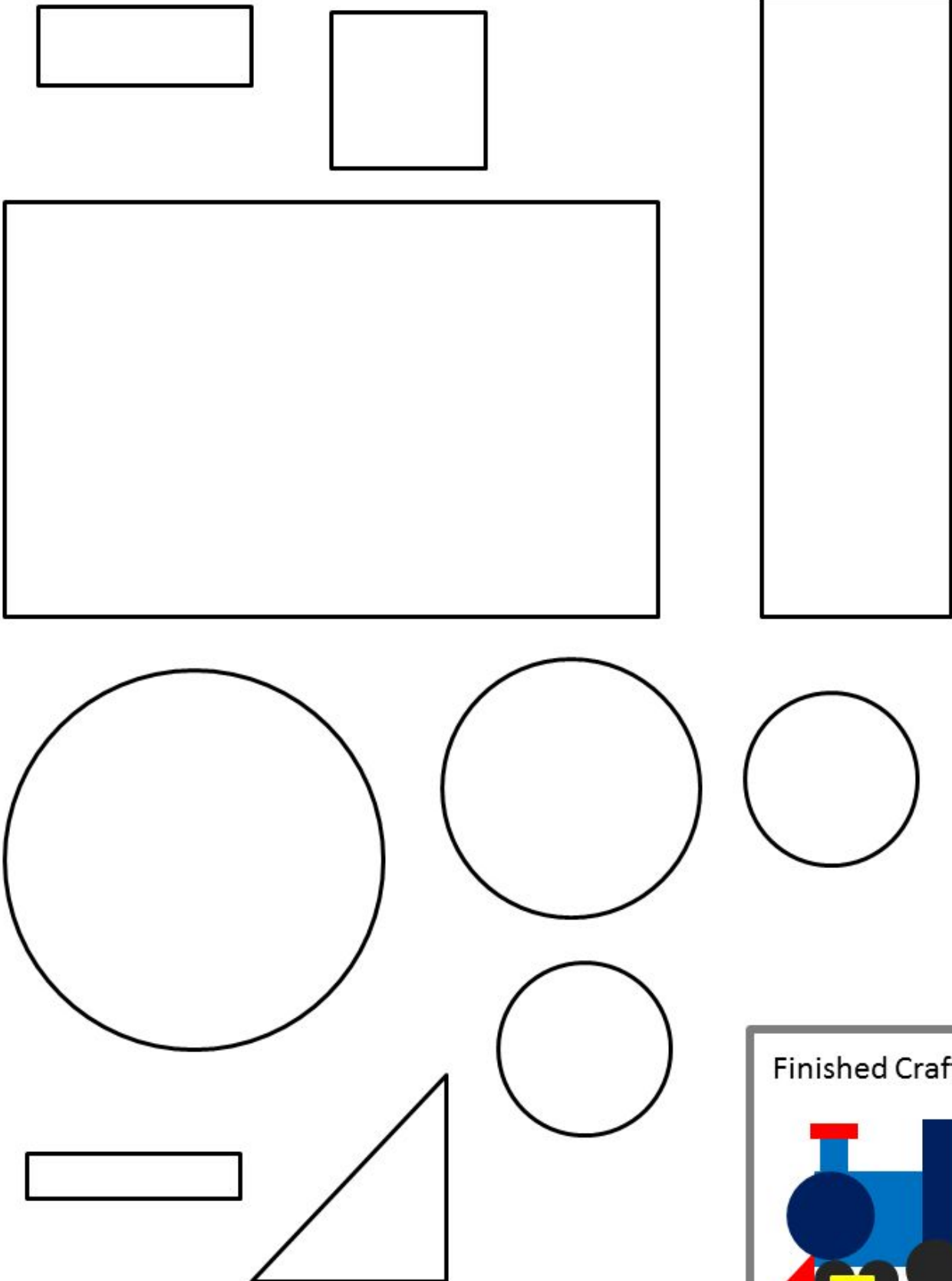
Activity #1 Title	Learning Goal/Objective	Materials
Listen to music and dance!	Learning a beat, exercise!	Music source or computer, awesome dance moves
Activity/Lesson Description		
Listen and dance to Mama Go Choo Choo https://www.youtube.com/watch?v=k7x7qS08g4A		

Activity #2 Title	Learning Goal/Objective	Materials
Make a train	Shape recognition, fine motor, following directions	Printout (or you can draw the shapes), crayons, marker, scissors, glue or tape
Activity/Lesson Description		
Using template below 1. Color shapes 2. Cut out shapes 3. Glue (or tape) shapes to make a train.		

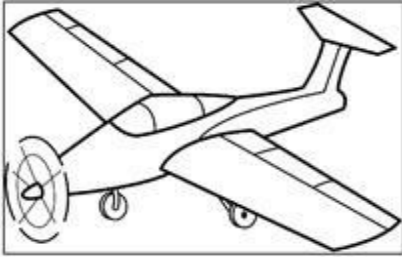
Activity #3 Title	Learning Goal/Objective	Materials
Salt Tracks	Sensory, Fine motor	Cookie sheet or tray, salt (½ cup), transportation toys.
Activity/Lesson Description		
Place ½ cup of salt on the tray and use favorite transportation to make tracks in the salt. What kind of tracks does it make? What shapes can you make?		

Activity #4 Title	Learning Goal/Objective	Materials
Color all the vehicles and match the pictures to the words.	Fine motor, word comprehension, phonics.	Worksheet, markers or crayons.
Activity/Lesson Description		
Color the pictures and match to the right word. Try to sound out the first letter of each word or Try to sound out the whole word!		

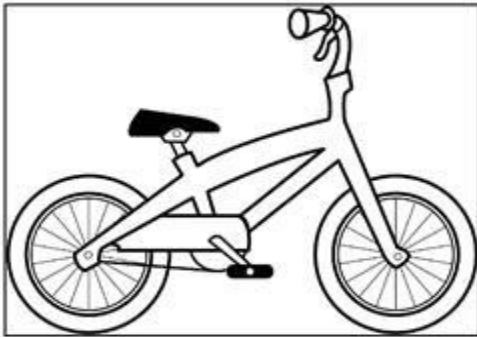
Activity #5 Title	Learning Goal/Objective	Materials
Shaving Cream drawing and writing.	Fine motor, sensory, writing skills.	Shaving cream, a table, fingers or paint brush.
Activity/Lesson Description		
Put shaving cream on the table. Draw your favorite transportation vehicles, make different shapes, write the words of your drawing (i.e. car, truck, etc.), your name or different letters.		



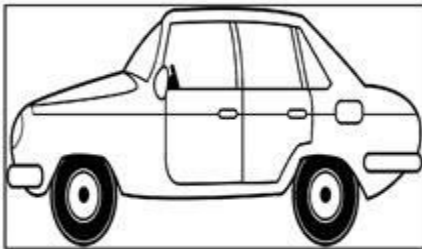
Name: _____



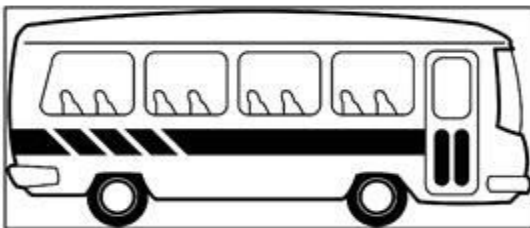
bus



car



bike



plane

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Road Counting	Counting, Number recognition, Color recognition	Chart , pencil, markers, or crayons
Activity/Lesson Description		
While in the car, taking a walk, or looking at the parking lot/out your window, tally how many blue and red cars you see. After you count how many blue and red cars you see, count them and then write the number. See attached sheet to log your answers!		

Make a mark (a line, check mark, star, smiley face, or x) when you see a blue or red car, count them and write the number of cars you saw!

Blue Cars	Red Cars
<hr/> <p>I saw</p> <p>Blue Cars</p>	<hr/> <p>I saw</p> <p>Red Cars</p>

Activity #2 Title	Learning Goal/Objective	Materials
Make a “junk” boat	Planning, architecture	Glue, tape, markers, crayons, and anything you can find! (look in your recycle bin!)
Activity/Lesson Description		
Make a boat from the materials you can find around the house! It can be big, small, have sails, a motor, and can be any color you want. Get creative!		

Find things around the house to make a boat. You can use (or whatever you can find):



You can make any kind of boat!



Activity #3 Title	Learning Goal/Objective	Materials
Does it float or sink?	Making predictions - does your boat float or sink?	Your "junk" boat, water, bucket or bathtub
Activity/Lesson Description		
Place your boat in the water. Does it sink or float? How long did it float? Did all of your boat go under water? Or did some of the boat stay on top of the water?		

1. Did your boat float? Yes No

2. How long did your boat float? _____

3. Did some of your boat sink? Yes No

What are some of the materials you used to make your boat?

Math & Science Independent Practice Activity #1

Trace the numbers

1

2

3

4

5

6

7

8

9

10

Match the vehicles to their shadow!

48975756
Igor Zakowski | Dreamstime.com

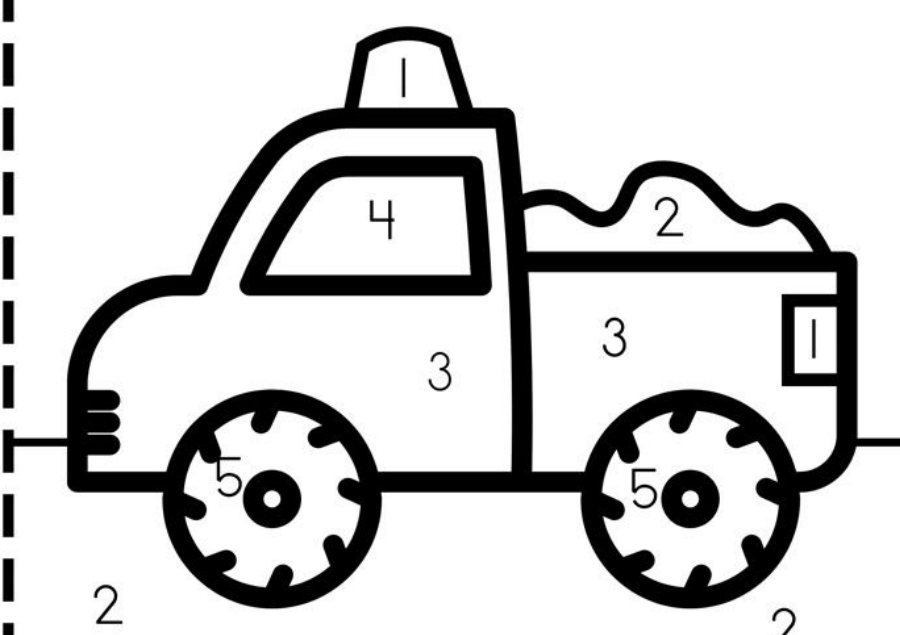
Download from
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Color the picture by matching the numbers to the colors

COLOR BY NUMBER

Name: _____



1 2 3 4 5

1 2 3 4 5

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Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Journaling	Promotes emergent writing skills, letter recognition, fine motor skills.	Notebook or paper, pencil, markers or crayons
Activity/Lesson Description		
Trace or write your name and draw a picture of a truck. Include a letter of your name on it and any people you want to be riding along!		

Activity #2 Title	Learning Goal/Objective	Materials
Trace or write the transportation words	Fine motor skills, conceptual writing.	Worksheet, pencil, markers or crayons.
Activity/Lesson Description		
Use the sheet provided to trace or write the yellow transportation words. Feel free to add more		

Write or trace the transportation words.

Car

Truck

Airplane

Boat

Activity #3 Title	Learning Goal/Objective	Materials
What do you see on signs when you take a walk	Fine motor, letter and word recognition	Paper and pencils markers or crayons
Activity/Lesson Description		
<p>Take a walk with your child. While on your walk, ask questions such as: what signs do you see? What colors, letters, shapes, etc.? Make a game out of it and try to find matching signs, all the letters of the alphabet, or your favorite colors.</p>		

Activity #4 Title	Learning Goal/Objective	Materials
Have your child draw a road with sidewalk chalk outside. Have them include cars and signs	Fine motor , letter and shape recognition	Sidewalk chalk!
Activity/Lesson Description		
<p>Have your child draw their favorite places to eat and visit. Help them with the first letter of each place that they named</p>		

Activity #5 Title	Learning Goal/Objective	Materials
Have your child trace the lines	Fine motor	The following worksheet
Activity/Lesson Description		
<p>Have your child write their name on the top of the following worksheet. Have them trace the dotted line in different patterns and stop when they get to the star. Have them use different colors.</p>		

Name: _____

Tracing

Trace the line. Stop when you get to the star.

