

Early Childhood Distance Learning Materials



Younger Preschool
Week #5
May 18 - 22, 2020

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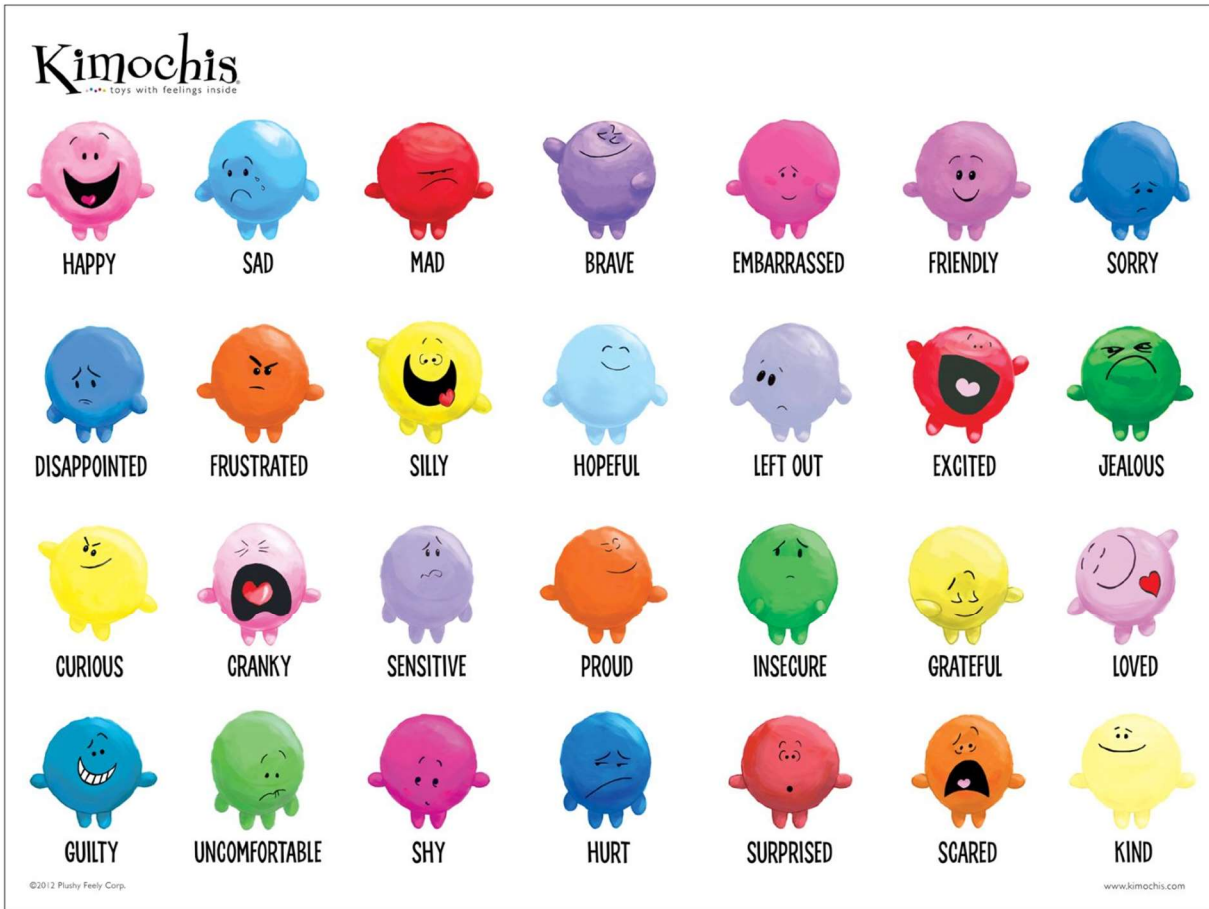
Home Learning Bingo Board

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					
<p>Read 15 minutes with your child</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">M</td> <td style="text-align: center;">T</td> <td style="text-align: center;">W</td> <td style="text-align: center;">R</td> <td style="text-align: center;">F</td> </tr> </table>	M	T	W	R	F	<p>Have a family dance party!</p>	<p>Draw a picture of what you are doing today</p>	<p>Practice STAR breathing: Smile, Take a deep breath, and Relax. Fill up your belly like a balloon and slowly let it out 3 times</p>	<p>Count 1 to 20</p>
M	T	W	R	F					
<p>Use handwriting sheet to write name</p>	<p>Create an obstacle course in your home and run it 5 times</p>	<p>Make up a new song</p>	<p>What did you do to show kindness? Draw a picture</p>	<p>Find items in your house you can make patterns with. Can you make an AB pattern?</p>					
<p>Retell main events in your favorite book</p>	<p>Find color freeze dance on YouTube and dance to it</p>	<p>Use objects from around your house to create a new art project</p>	<p>Choose a job that you can do today to help your family</p>	<p>Complete one lesson from the math packet</p>					
<p>Complete one lesson from the literacy packet</p>	<p>Go outside and practice skipping, hopping on two feet, galloping, and running.</p>	<p>Complete one lesson from the Arts packet</p>	<p>Help your child make a daily schedule that you can put up in your house</p>	<p>Find shapes in your house and draw them on paper</p>					
<p>Name some words that rhyme with: cat, dog, bed, map</p>	<p>Do each stretch for a 10 second hold and repeat 3 times: baby pose, up dog, down do, tree pose</p>	<p>Use scissors to practice cutting paper in straight lines and zig zag lines</p>	<p>Help your child identify a space to go to help them feel calm.</p>	<p>Find a block and use it to measure your bed, a table, and a chair. How many blocks tall are they?</p>					
<p>Use a magazine to cut out the letters of your name and glue them to a piece of paper</p>	<p>Draw a picture of what foods give you energy.</p>	<p>Play your favorite song and clap to the beat</p>	<p>What toy or animal helps you calm down when you're feeling upset? Draw how they help you.</p>	<p>Count how many forks and how many spoons are in your house. How many all together?</p>					

Daily Check-In

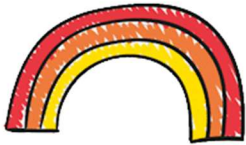
Tell me how you're feeling today?



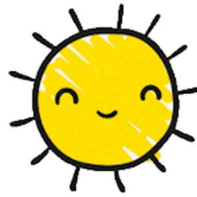
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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.



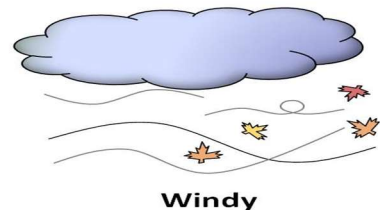
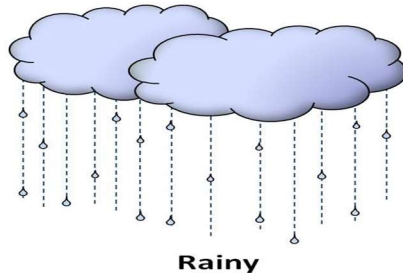
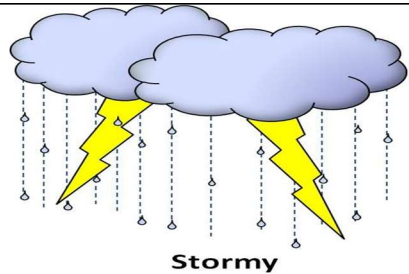
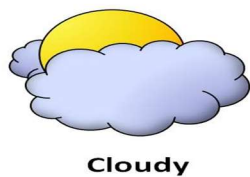
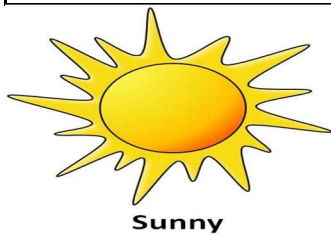
Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

Activity #1 Title	Learning Goal/Objective	Materials
Dress for the Weather	Show child different types of weather and the ways humans adapt to changes.	Clothes for all weather types. Hats, mittens, scarfs, snow pants, boots, rain boots, umbrella, rain pants, jacket, sweatshirt, sunglasses, sunscreen, sandals, etc...
Activity/Lesson Description		
Pick a weather type, use a picture or just words, and work with your child to choose the right clothes to wear for that “day”. Have child practice putting clothes on and off, naming them, and say what weather they’re used for		

Activity #2 Title	Learning Goal/Objective	Materials
Weather Feelings	Explore the connection between the weather and our emotions	Pictures or some reference to different weather types
Activity/Lesson Description		
Show children different types of weather and ask how it would make them feel if they were outside. Ask them why. Does the weather help them do some activities? Does it make it so they cannot do some things? Ask them what their favorite weather is/ how do they wish it looked outside.		



<http://thefilesofmrse.com>

Activity #3 Title	Learning Goal/Objective	Materials
Daily journal	Associate the change in weather over time and how emotions can similarly change over time	paper, marker, crayons, or color pencils.
Activity/Lesson Description		
<p>Have the child draw a picture of how the weather today makes them feel and when they are done ask them to explain to you what they have drawn. Discuss how the different weathers make you feel and why. Keep adding daily logs/ journals to be able to see the different weather and emotions on those days.</p>		

Activity #4 Title	Learning Goal/Objective	Materials
Listen to the book the way i feel	Recognize and understand emotions in self and in others.	YouTube book “The way i feel” https://www.youtube.com/watch?v=gtTKXuzBh00
Activity/Lesson Description		
<p>Listen to the story “The way I feel” on YouTube and discuss what emotions were in the book and talk about the different emotions your child feels.</p>		

Activity #5 Title	Learning Goal/Objective	Materials
Yoga poses	Work on child's concentration, body awareness, flexibility, and strength	Yoga Pose Visual Chart
Activity/Lesson Description		

YOGA Kids



Gate Pose



Lotus Pose



Wheel Pose



Down Dog



Bow Pose



Cobra Pose



Tiger Pose



Tree Pose



Locust Pose



Forward Stretch



Child's Pose

www.aayurvedaposters.com

www.aayurvedaposters.com

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

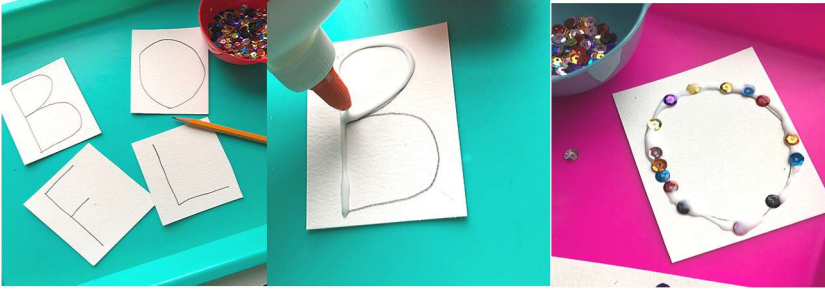
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.




© Childhood 101 & Kids Yoga Stories

printable yoga poster

Language, Literacy & Communication Activities

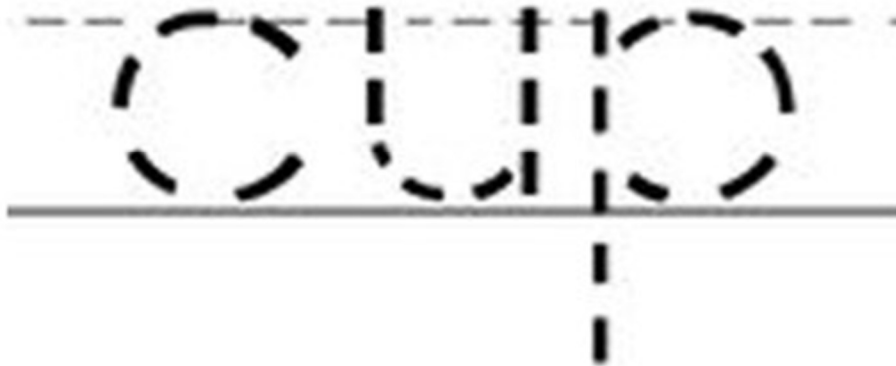
Activity #1 Title	Learning Goal/Objective	Materials
Letter Sequence	This activity focuses on hand eye coordination, fine motor, patience.	Construction paper, markers, glue, cereal/beads/or coins.
Activity/Lesson Description		
<p>With adult assistance write letters in letters big enough for the child to sequence them. You can use coins, cereal, or beads to have the child sequence the letters. Outline letters with glue for objects to stick.</p>		
		

Activity #2 Title	Learning Goal/Objective	Materials
Salt tray writing	Focus on child's hand and eye coordination, pre-writing skills, and fine motor.	Salt, tray/plate.
Activity/Lesson Description		
<p>Pour salt onto a tray or plate and have children use their fingers to create letters. To challenge the child call out letters and have child make it in the salt.</p>		
<p style="color: #76923c;">Easy Alphabet Activity</p> <p style="color: #76923c;">dollar store Salt Tray</p> 		

Activity #3 Title	Learning Goal/Objective	Materials
Name letter column	Name and letter recognition, hand eye coordination, fine motor.	Paper and sharpie.
Activity/Lesson Description		
<p>Write your child's name in mid-size letters and create columns in between the letters of your child's name. Have child write the letter as many times as they can in the letter column.</p>		

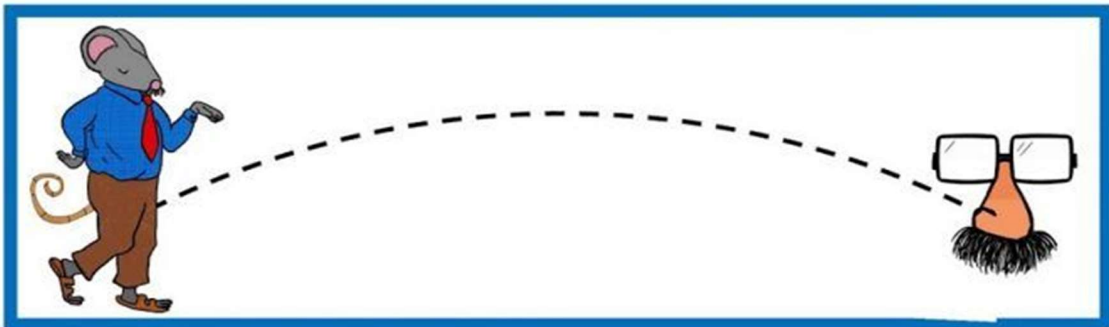
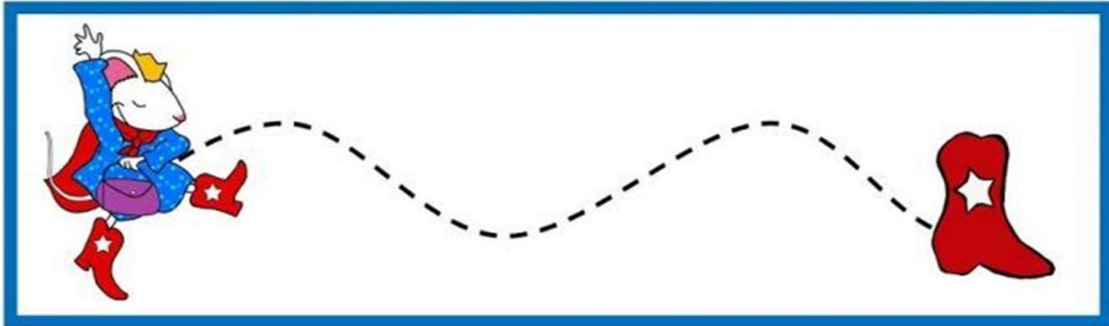


C is for Cup



Name: _____

Trace the Lines



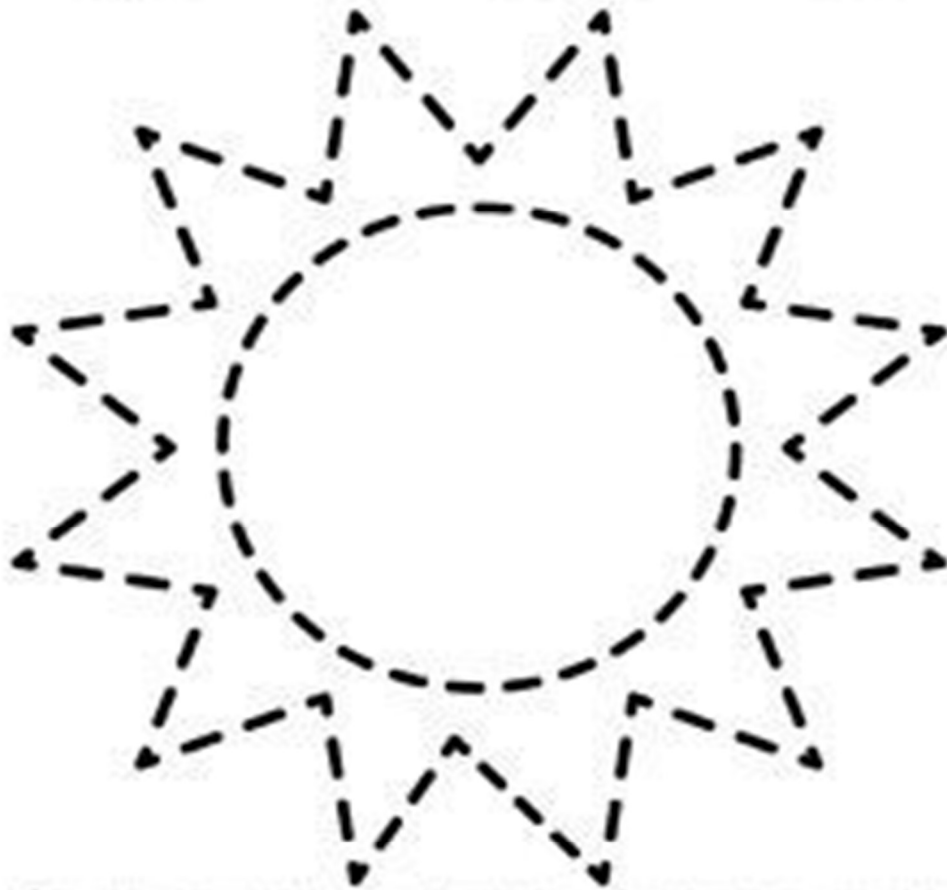


Name _____

Weather Tracing

Directions: Trace the circle orange. Trace the rays yellow.

The weather is



- - sunny. - - - -

The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Make a Rain Cloud	Interact with clouds by making your own and using it to water the plants around your home	Paper Cup, Cotton Balls, Glue, Pencil
Activity/Lesson Description		
<p>Glue cotton balls to the outside of the paper cup. Use a pencil to poke multiple small holes in the bottom of the cup. Fill the cup with water and watch rain fall from your cloud! Use the rain to give water to the plants around you!</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Make a Rain Stick	Become acquainted with the sounds of rain	Paper Towel Roll, Rice, Paper, Tape, Aluminum Foil
Activity/Lesson Description		
<p>Roll aluminum foil into long strip (Can make one or two). Wrap the foil around something long to create a spiral shape.</p> <div data-bbox="954 1465 1421 1745" data-label="Image"> </div> <p>Use paper to make caps for both ends of the tube.</p>		



Make sure caps are BIGGER than holes in tube.



Tape a cap on one end.

Insert aluminum spirals.



Pour in Rice. Tape other cap on.



Decorate paper for outside.



Flip and enjoy the sounds of rain!

Activity #3 Title	Learning Goal/Objective	Materials
Cloud writing	Small motor development. Practice shapes letters numbers	Shaving cream and a tray, a plate, or table
Activity/Lesson Description		
<p>Shake shaving cream and spray into the tray until the tray is filled. Have children use their fingers to create cloud letters, cloud numbers, or cloud pictures.</p>		

Mathematics and Science Activities

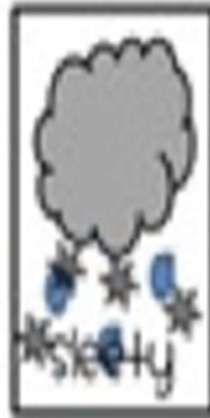


Activity #1 Title	Learning Goal/Objective	Materials
Cloud Count	Practice counting skills by cloud watching	None
Activity/Lesson Description		
<p>Depending on your child’s skill level you can count clouds with them, have them do it independently, or give them a number and have them find “that many” clouds.</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Weather Tracker	Observe the weather, its differences, and how it changes day to day	Weather Chart (see below!)
Activity/Lesson Description		
<p>Daily you and your child should go outside and check the weather. Ask them about the temperature, the wind, does it feel humid, the smells, precipitation, clouds, and any seasonal happenings. Have your child put the appropriate symbol for the day on the chart. At the end of the week review the weather and talk about how the weather changes.</p>		

Today's weather is...

Monday	Tuesday	Wednesday	Thursday	Friday



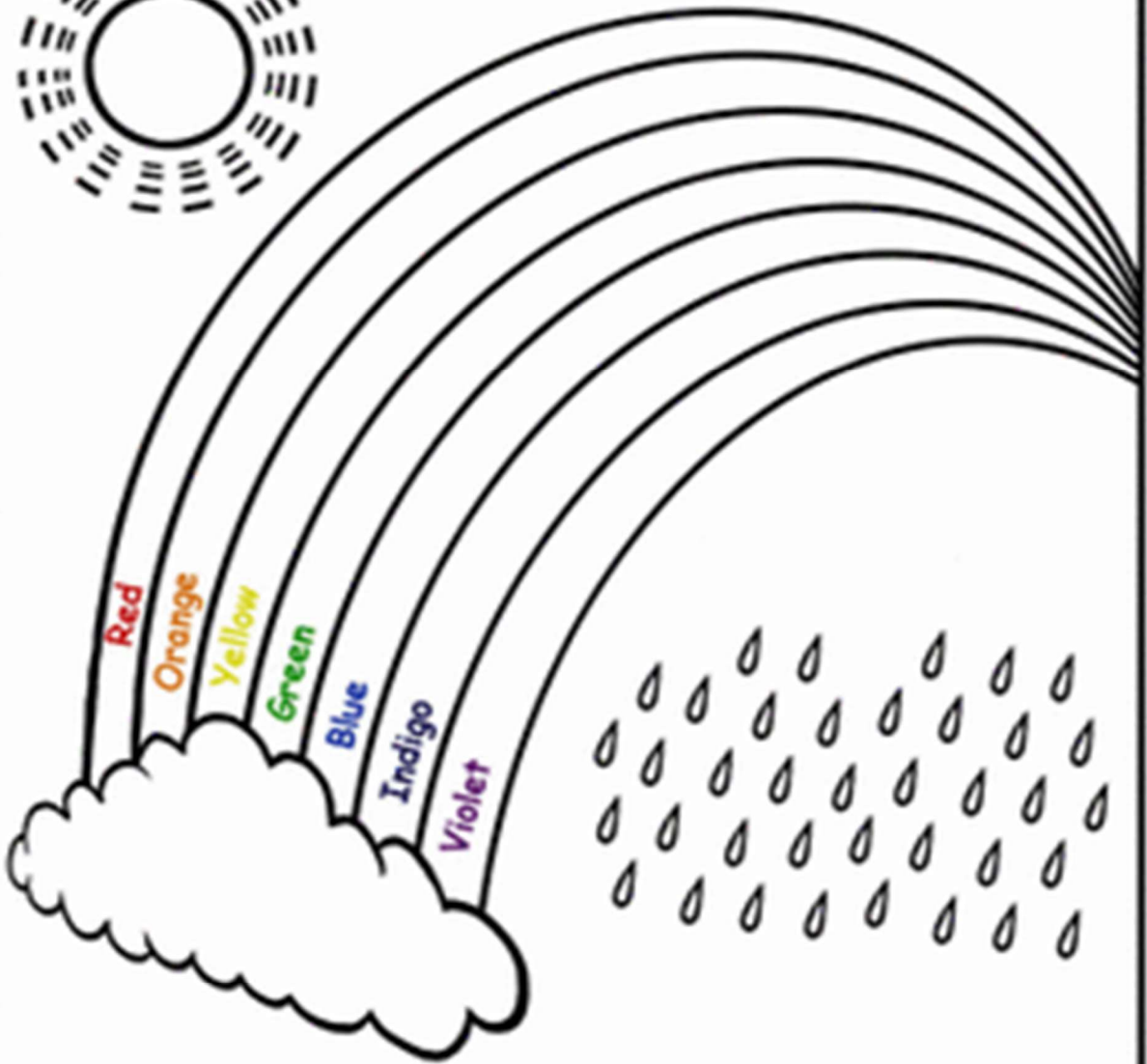
Activity #3 Title	Learning Goal/Objective	Materials
Pattern Copying	Recognizing and creating patterns	Any household items, Paperclips, cheerios, pennies, marbles etc.
Activity/Lesson Description		
Using household items make patterns (ABAB, AABB, ABBA, etc.) have the child say the pattern out loud then use the items to copy the pattern		

Shapes!

Practice tracing the shapes. Then color them all in.



How many colors does a rainbow have?



FRUIT COUNT

Math Activity For Preschoolers

Circle the number that tells how many fruit there are! Count carefully!



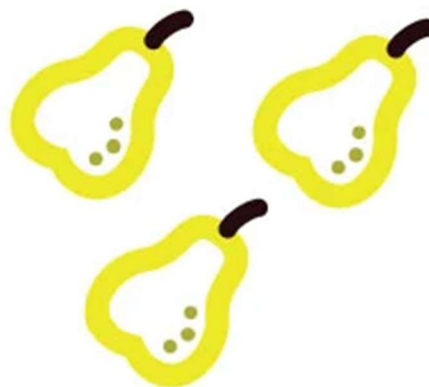
2 4 5



8 6 7



7 2 1



1 8 3

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Name _____

Weather Picture Matching

Draw a line from each weather picture on the left side of the page to the matching weather picture on the right.



Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Tracing Weather Shapes	Practice fine motor skills by tracing	Pencils/crayons, worksheets
Activity/Lesson Description		
<p>Help your child hold pencil the correct way. Mistakes are okay but avoid scribbling. For extra practice have them “Rainbow trace” - trace the same shape many times using a different color each time</p>		

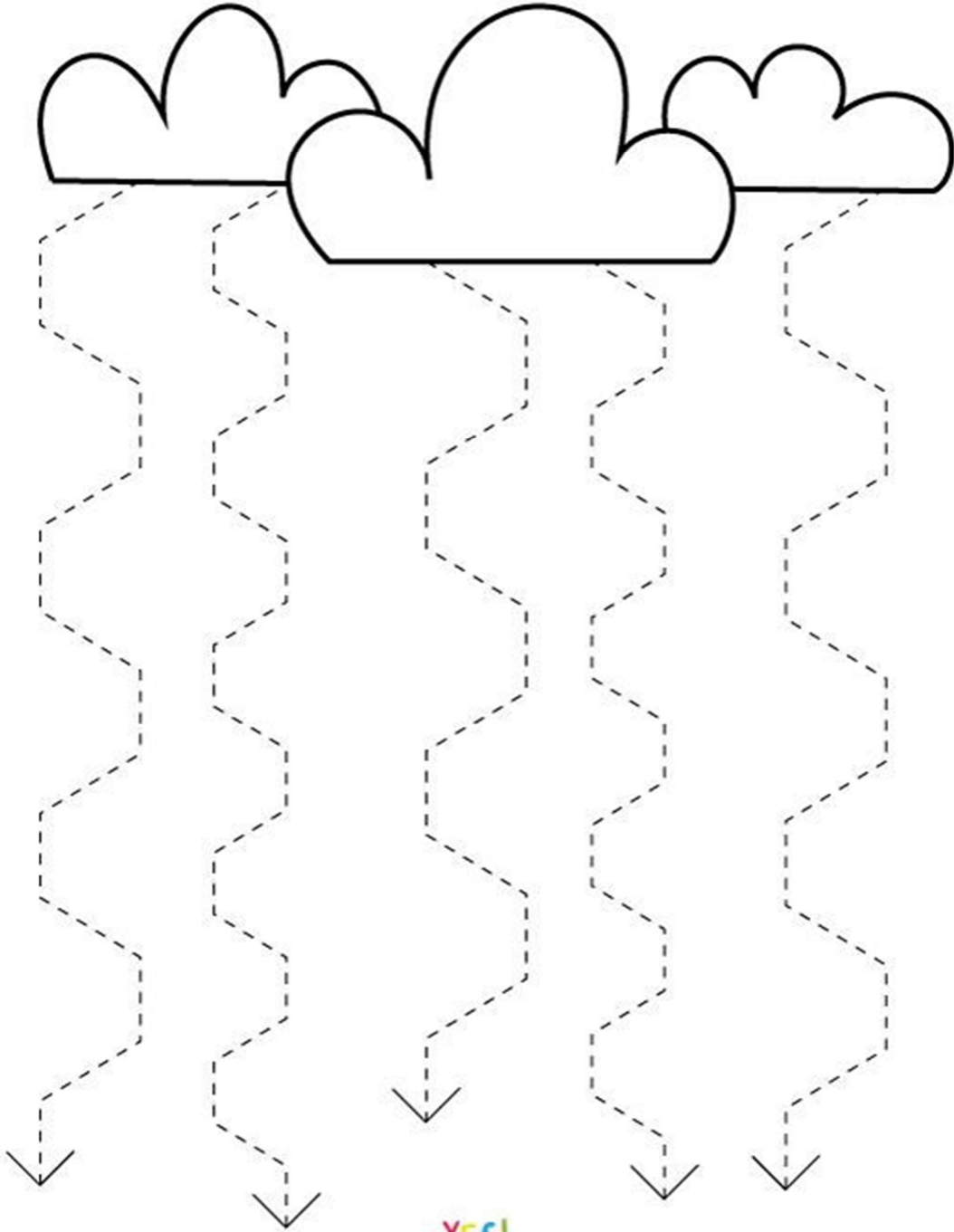
Activity #2 Title	Learning Goal/Objective	Materials
Coloring Time	Develop fine motor skills through coloring	Paper/Coloring sheets
Activity/Lesson Description		
<p>Try to get them to draw something involving the weather. Draw your family and what they are wearing, draw different weather types, make a snowflake/raindrop etc.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Daily Name writing	Practice motor skills, letter recognition, and handwriting	Lined Paper (on next page), pencil, https://tools.atozteacherstuff.com/printable-handwriting-practice-worksheet-maker/ (for making more printable tracing sheets if needed!)
Activity/Lesson Description		
<p>This works best integrated into the child’s routine. Before or after a daily task (Breakfast, tooth brushing, lunch etc.) have child sit down and write and/or trace their name, reward them with a sticker, toy, or favorite activity.</p>		

Handwriting practice lines consisting of multiple sets of four horizontal lines: a solid top line, a dashed midline, a dashed baseline, and a solid bottom line.

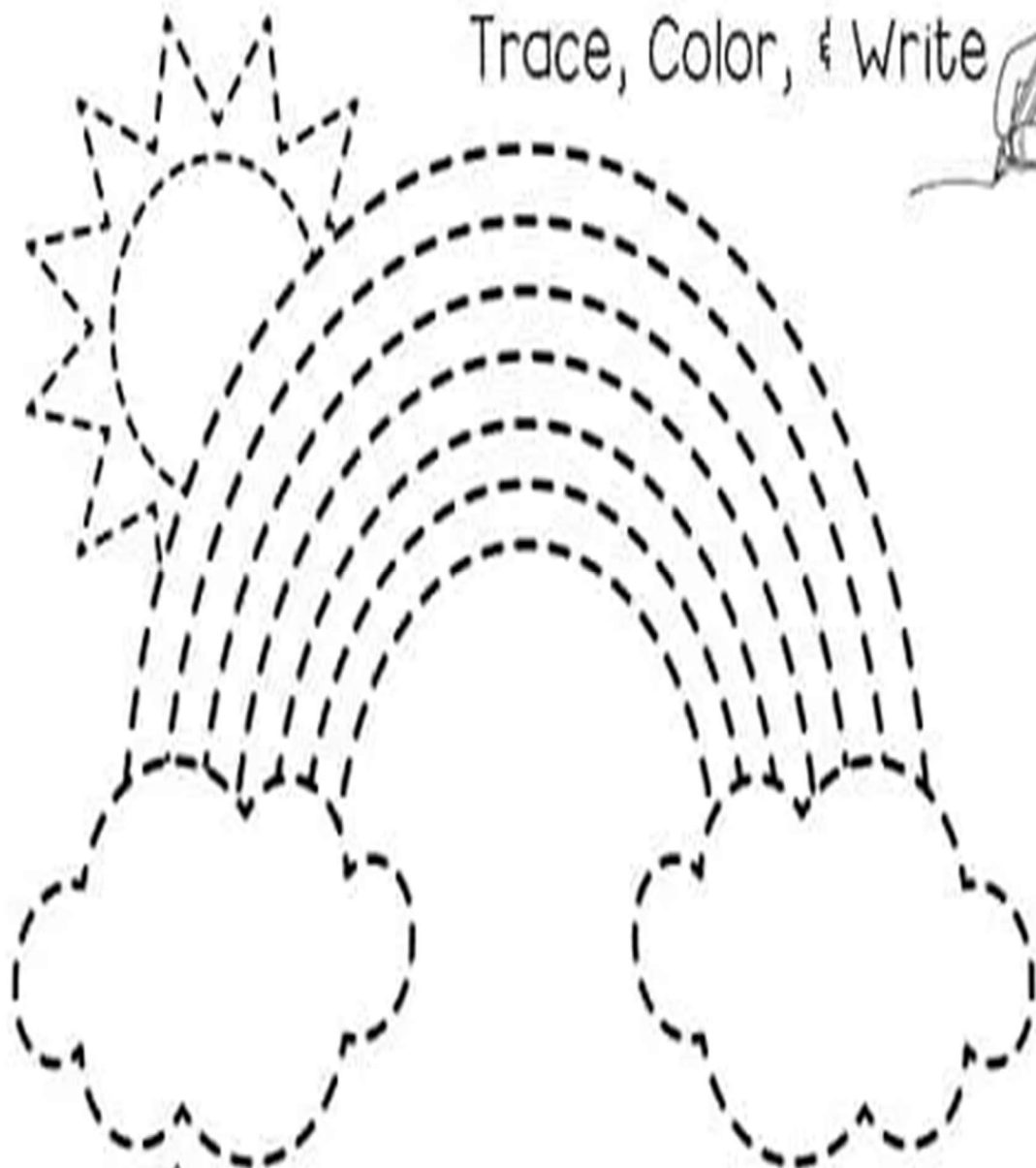
<http://first-school.ws>

THE LIGHTNING IS STRIKING



YES!

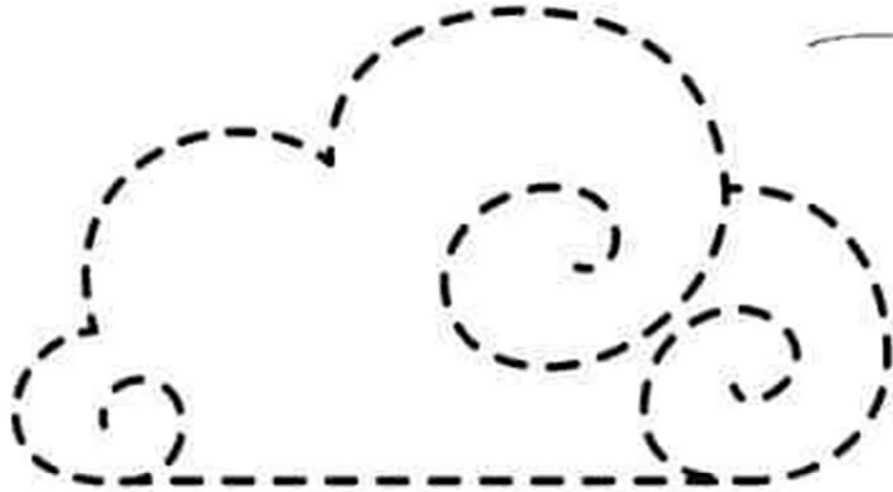
Trace, Color, & Write



rainbow

PreschoolMom.com

Trace, Color, & Write



rain

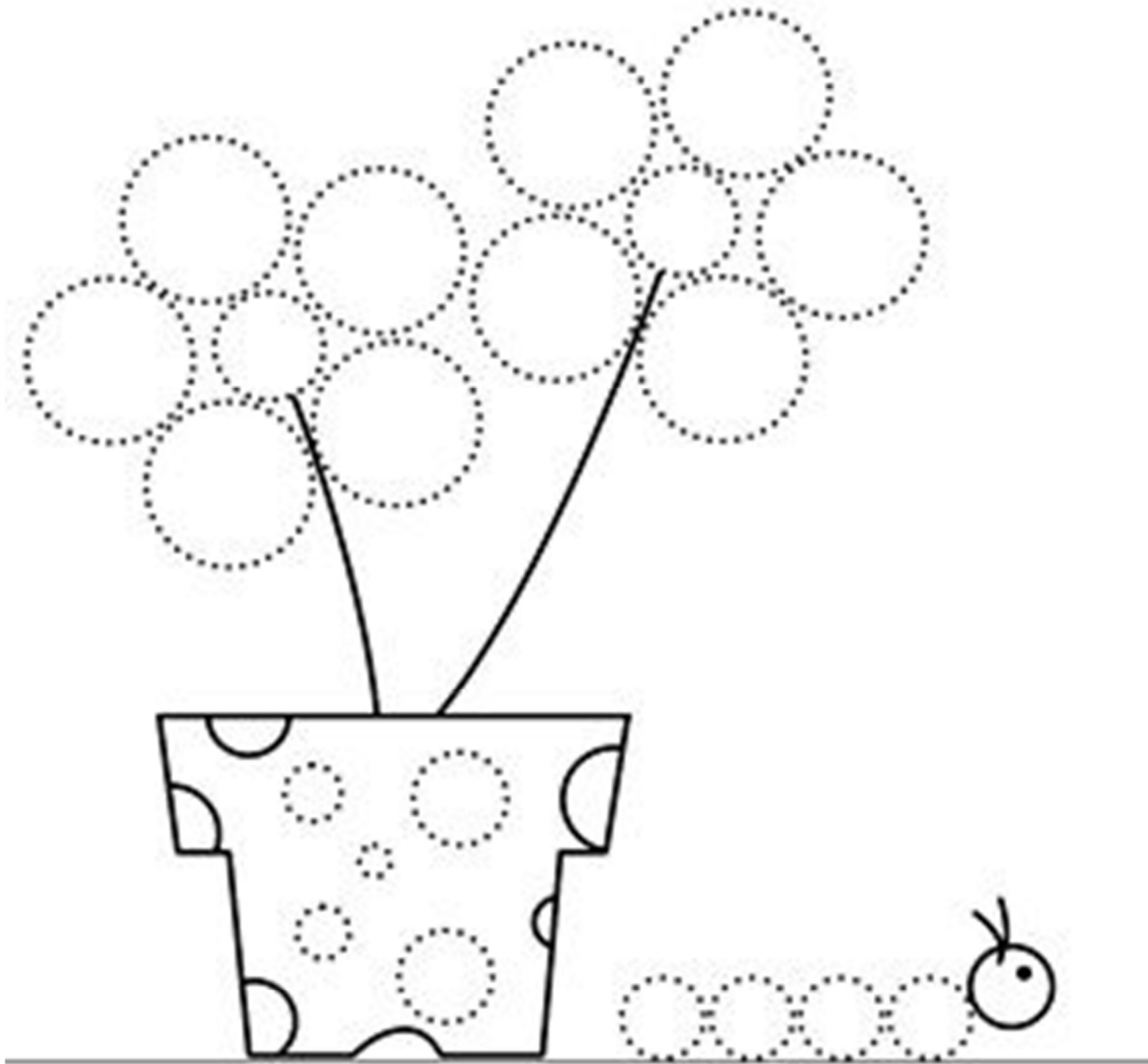
Preschool101.com

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Name: _____

Circle Shape

Find. Trace. Color. Count.



How many circle shapes do you see?

