

Early Childhood Distance Learning Materials



Younger Preschool

Week #11

June 29-July 3, 2020

Table of Contents

Home Learning Bingo Board	3
Daily Check-In	4
Social Emotional Development &	5
Social Systems Cognitive Activities	5
Language, Literacy & Communication Activities	9
The Arts & Sensory Activities, Music & Movement	14
Mathematics and Science Activities	16
Handwriting Activities	21

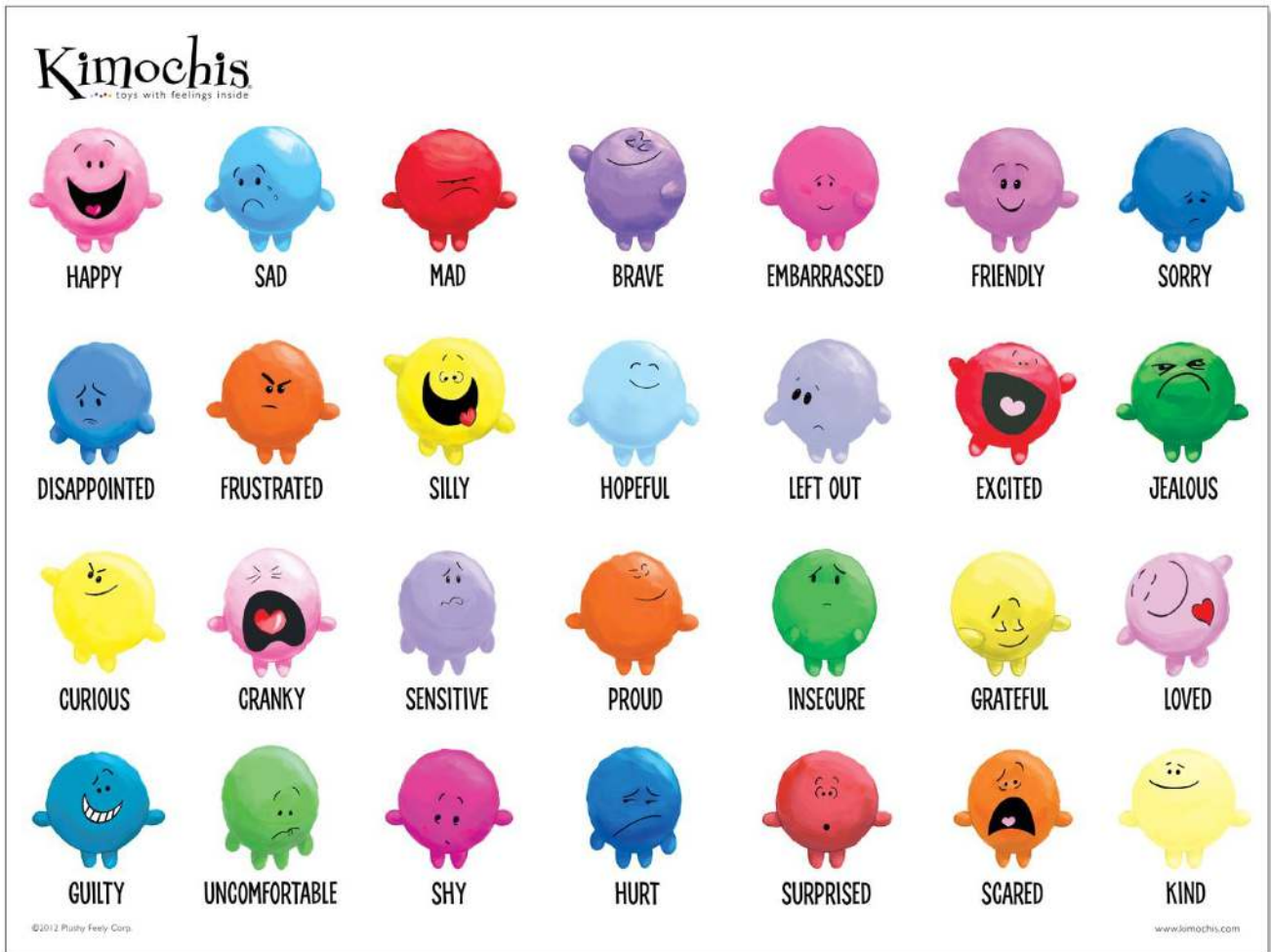
Home Learning Bingo Board

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;"> <table border="1" style="border-collapse: collapse;"> <tr> <td style="padding: 2px;">M</td> <td style="padding: 2px;">T</td> <td style="padding: 2px;">W</td> <td style="padding: 2px;">R</td> <td style="padding: 2px;">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?					
Find items in your house for each letter of the alphabet (ex A apple, B bathtub, C cookies etc)	Time your child to see how fast it takes for them to run from a chosen point to you	Trace your shadow with chalk outside	Practice Smelling the Rose and Blowing out the candle with your child.	How many steps does it take to get from your kitchen to your bedroom? Count them as you go.					

Daily Check-In

Tell me how you're feeling today?



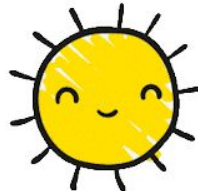
Monday	Make a CIRCLE with a BLUE crayon
Tuesday	Make a TRIANGLE with a RED crayon
Wednesday	Make a SQUARE with an ORANGE crayon
Thursday	Make a CLOUD with a PINK crayon
Friday	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

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
Gratitude Journal	Gratitude, Wellness	Journal, Prompts
Activity/Lesson Description		
<p>Have your child draw a picture corresponding with one of these prompts: Which 2 people are you grateful for today? What is something you are looking forward to? What is something that is very special to you? What special talent do you have? What is your favorite thing to do with Mom?</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Breathing Hand	Self Regulation	Hands
Activity/Lesson Description		
 <p>Deep breathing using your hand.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Simon Says	Self Regulation, Listening Skills	Use the rubric provided below

Activity/Lesson Description

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- | | | |
|---|---|---|
| Shake your whole body. | Hold your arms out at your side and make circles with them in the air. | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down. | | |
| Spin around in circles. | Hop on your left foot 10 times. | Lay on the floor and stretch out as far you can for 10 a count of 10. |
| Do a cartwheel. | Hop on your right foot 10 times. | Pretend to shoot a basketball 10 times. |
| Do a somersault. | | |
| Wave your arms above your head. | Hop around like a bunny. | Pretend to jump rope for a count of 10. |
| Walk like a bear on all 4s. | Balance on your left foot for a count of 10. | Pretend to ride a horse. |
| Walk like a crab. | Balance on your right foot for a count of 10. | Pretend to milk a cow. |
| Hop like a frog. | Bend down and touch your toes 10 times. | Take 5 of the biggest steps forward that you can. |
| Walk on your knees. | | Pretend to lift a car. |
| Lay on your back & pedal your legs in the air like you are on a bike. | Reach behind you and try and hold your right foot with your left hand without falling over. | Do the strangest dance you can think of. |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | Show off the muscles in your arms. | Scream. |

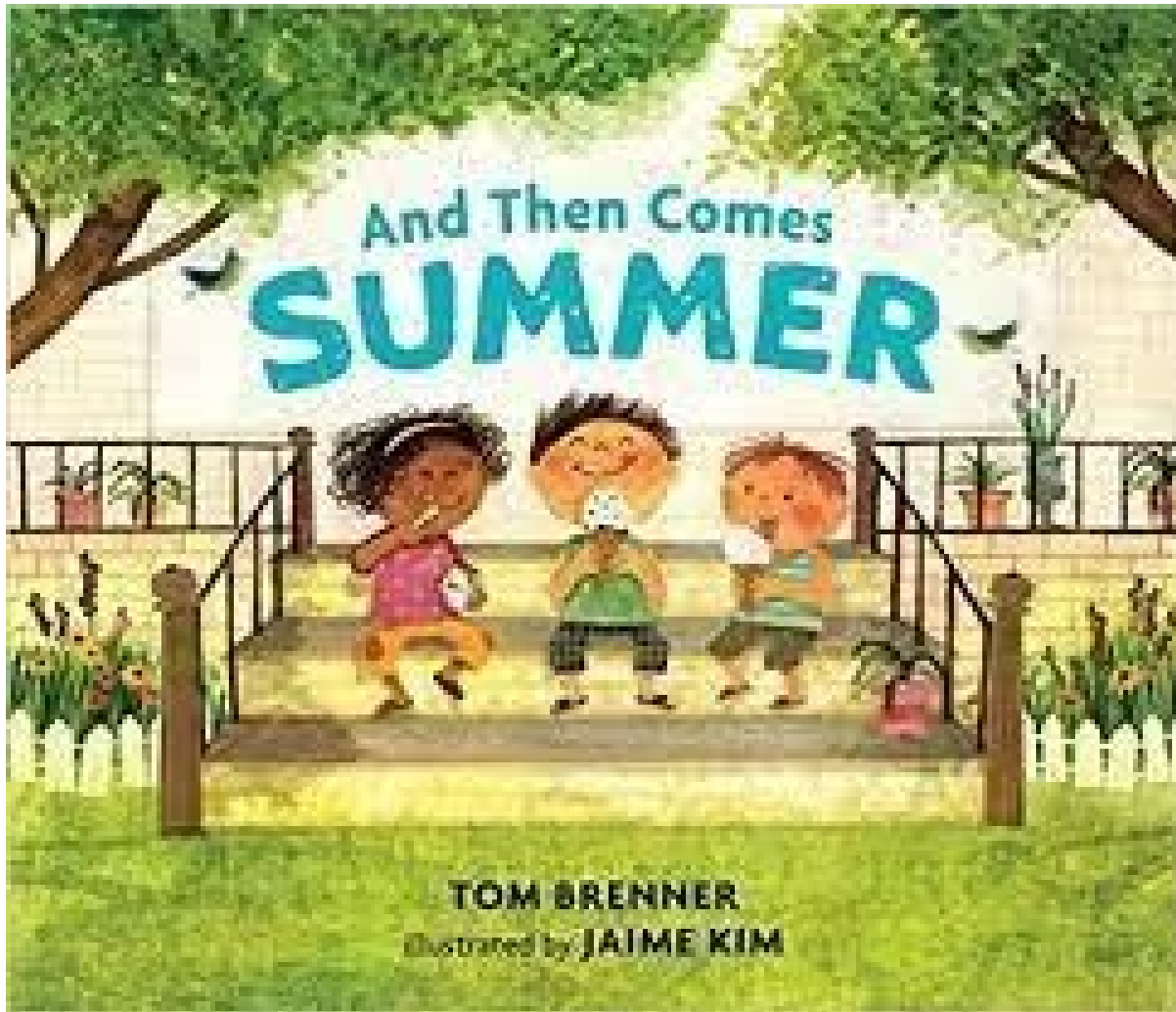


WWW.THEYSMELL.COM

Activity #4 Title	Learning Goal/Objective	Materials
Paint a Feeling	Feeling Identification	Paint, Water, Paper, Paintbrush
Activity/Lesson Description		
Ask your child to paint a feeling (Happy, Mad, Sad, Excited, Confused, etc.)		

Activity #5 Title	Learning Goal/Objective	Materials
Self Skills: Setting the table	Family Participation, Helpfulness	Plates, Utensils, Napkins, Table
Activity/Lesson Description		
Have your child help you set the table for the members of your family for a family meal. Ask who will sit where, how many plates, forks, and napkins are needed. Many children love to be the “helper”!		

Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Water Balloon Letter Smash	Letter Recognition	Water Balloons, Sharpie, Chalk
Activity/Lesson Description		
Write Letters on water balloons with a sharpie. Write the corresponding letters on the sidewalk with chalk. Have your child match the letters on the balloon and sidewalk and then smash the balloon on the correct letter!		

Activity #2 Title	Learning Goal/Objective	Materials
Letter Cookie Cutters and Play dough	Letter Recognition, Fine Motor Skills	Letter Cookie Cutters, Playdough
Activity/Lesson Description		
Provide Letter Cookie Cutters and Playdough to your child to explore letter shapes and work on Fine Motor Skills.		

Activity #3 Title	Learning Goal/Objective	Materials
Read a Book Everyday	Literacy, Story Comprehension	A book and a comfy place to read
Activity/Lesson Description		
Read a book to your child every day. Take turns choosing which book to read. If you run out of books, see if you can swap books with a neighbor family!		

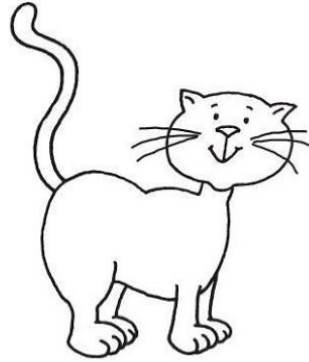


Find the words

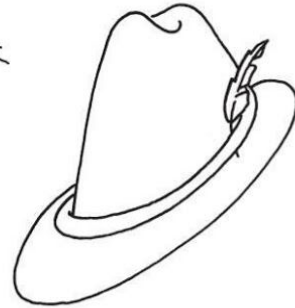
Draw a circle around each word.
What do you think the words say?



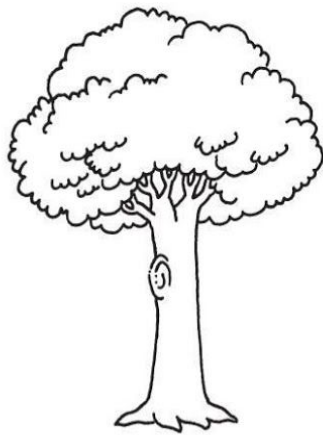
house



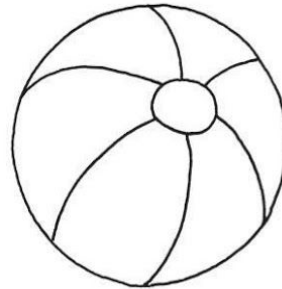
cat



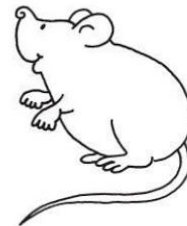
hat



tree



ball



mouse

Literacy Independent Practice Activity #2

Directions:

Moving left to right

Help each animal find its dinner.
Draw a line from the animal to its food.

© Dorling Kindersley Limited [2010] DK GREAT!SCHOOLS

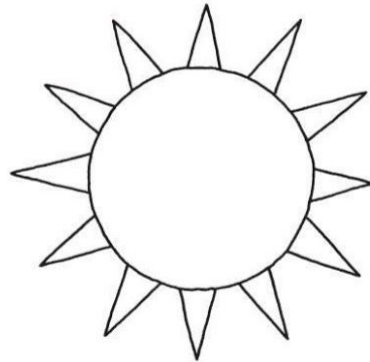
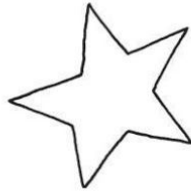
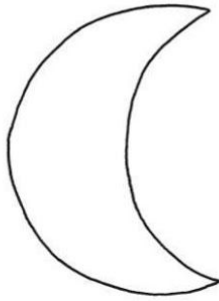
Literacy Independent Practice Activity #3

Directions:

Find the words



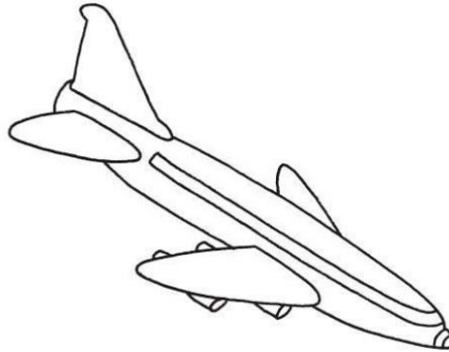
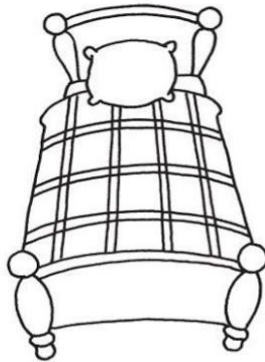
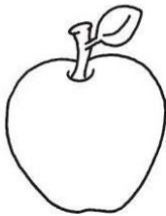
Draw a circle around each word.
What do you think the words say?



moon

star

sun







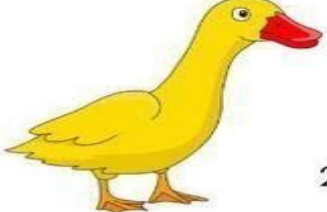



apple

bed

airplane

The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Make Like An Animal	Following Directions, Body Movement	Use the rubric below to get your body moving!
Activity/Lesson Description		
<p>Flap your wings and fly like a bird around the house one time.</p> 	 <p>How long can you stand on one foot like a flamingo?</p>	
<p>Crab walk across a room.</p> 	<p>Hop like a bunny 20 times.</p> 	
 <p>Waddle like a duck for 2 minutes.</p>	<p>Stomp like an elephant for 1 minute.</p> 	
<p>Leap like a frog 15 times.</p> 	<p>Slither across a room like a snake.</p> 	

Activity #2 Title	Learning Goal/Objective	Materials
Tie Dye Coffee Filters	Color Theory, Fine Motor Skills	Coffee Filters, Markers, Spray Bottle, Water, newsprint or cardboard surface
Activity/Lesson Description		
Color the coffee filter with markers (avoid black and brown) and when finished, spray coffee filter 3x over newsprint or cardboard. Watch the colors spread when you spray.		


Activity #3 Title	Learning Goal/Objective	Materials
Freeze Dance	Movement, Music Appreciation, Self Regulation	Music
Activity/Lesson Description		
Play a song and dance until the music stops and you FREEZE! Don't move until the music starts again.		


Activity #4 Title	Learning Goal/Objective	Materials
Free Draw -- Family	Creativity, Fine Motor Skills	Crayons, Markers, Stickers, Paper
Activity/Lesson Description		
Ask your child to draw a portrait of your family. Let them use any materials they have to create bodies and shapes.		

Activity #5 Title	Learning Goal/Objective	Materials
Ball Toss	Movement, Coordination	Small Ball or Soft toy
Activity/Lesson Description		
Using a small ball or toy, practice tossing this back and forth to one another.		

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
3D Geometric Shapes	Fine Motor Skills, Creativity, Intro to Geometry, Math Concepts	Pipe Cleaners, Different Colored Straws, Ribbon and String
Activity/Lesson Description		
<p>Explain to your child that you are exploring three-dimensional forms! A form is a three-dimensional work of art that has height, width, and depth. You may wish to discuss the different types of 3-D forms like a cube, cone, pyramid, rectangular prism, or triangular prisms. Ask your child to use the materials to create and build geometric forms.</p>		
		

Activity #2 Title	Learning Goal/Objective	Materials
Oil and Water Experiment	STEAM, Polar Liquids	Oil, Water, Food Coloring, Pipettes, Container (tupperware or pie pan)
Activity/Lesson Description		
<p>This lesson explores polar liquids. Begin by filling a shallow dish with oil. You can use baby oil, cooking oil, or anything you have in your home. Set this dish aside. In a cup combine 3-5 drops of food coloring with water and mix, using one cup for each color of water that you wish to make. Give your child pipettes (or you can use a small measuring spoon) and have them squirt the varying colors of water into the pan of oil. Observe how they do not mix.</p> <div style="text-align: center;">  </div>		

Activity #3 Title	Learning Goal/Objective	Materials
"I Spy" Nature Walk	Observation Skills, STEAM	Yourself and your child
Activity/Lesson Description		
<p>Along the same lines as "20 Questions" find things on your walk that are various colors, shapes, and sizes. Take turns guessing what you or your child sees, letting each guesser ask questions to reveal the item the person sees.</p>		


Math & Science Independent Practice Activity #1













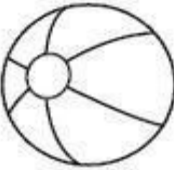


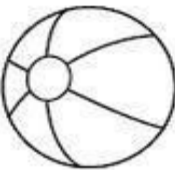














Directions:

Name: _____

What comes next?

Circle the picture that comes next.



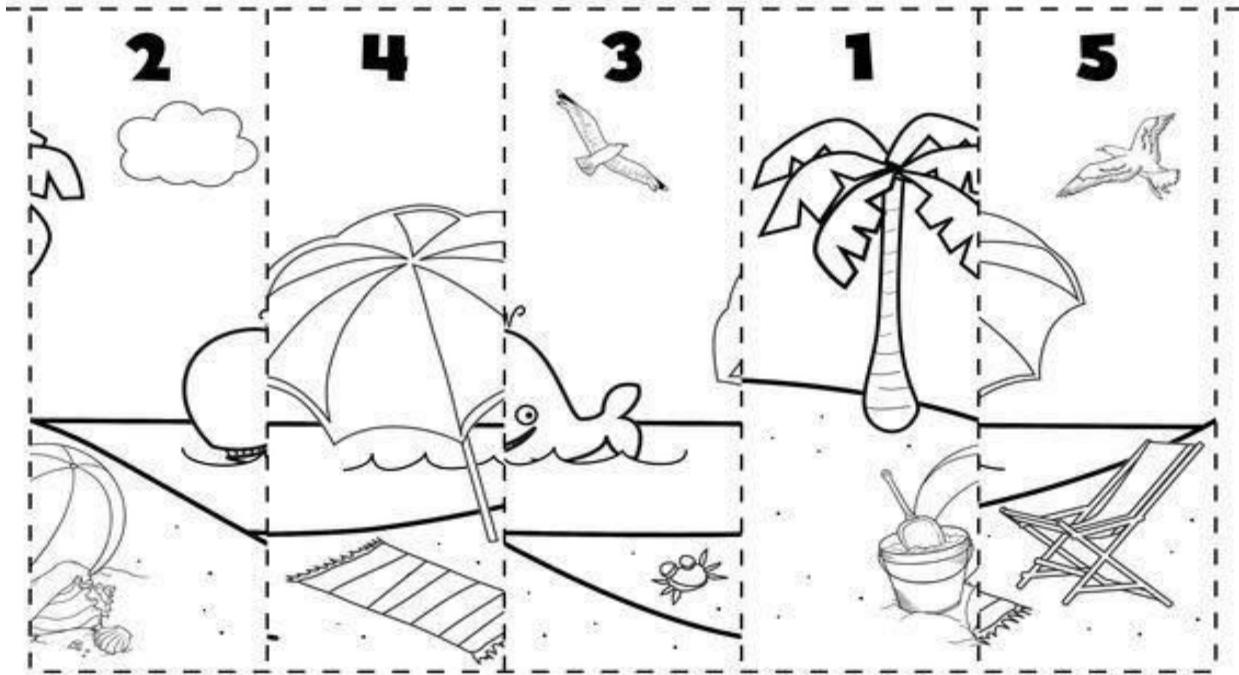
				 
				 
				 
				 
				 

©FlamesAndBalloons.com

Math & Science Independent Practice Activity #2

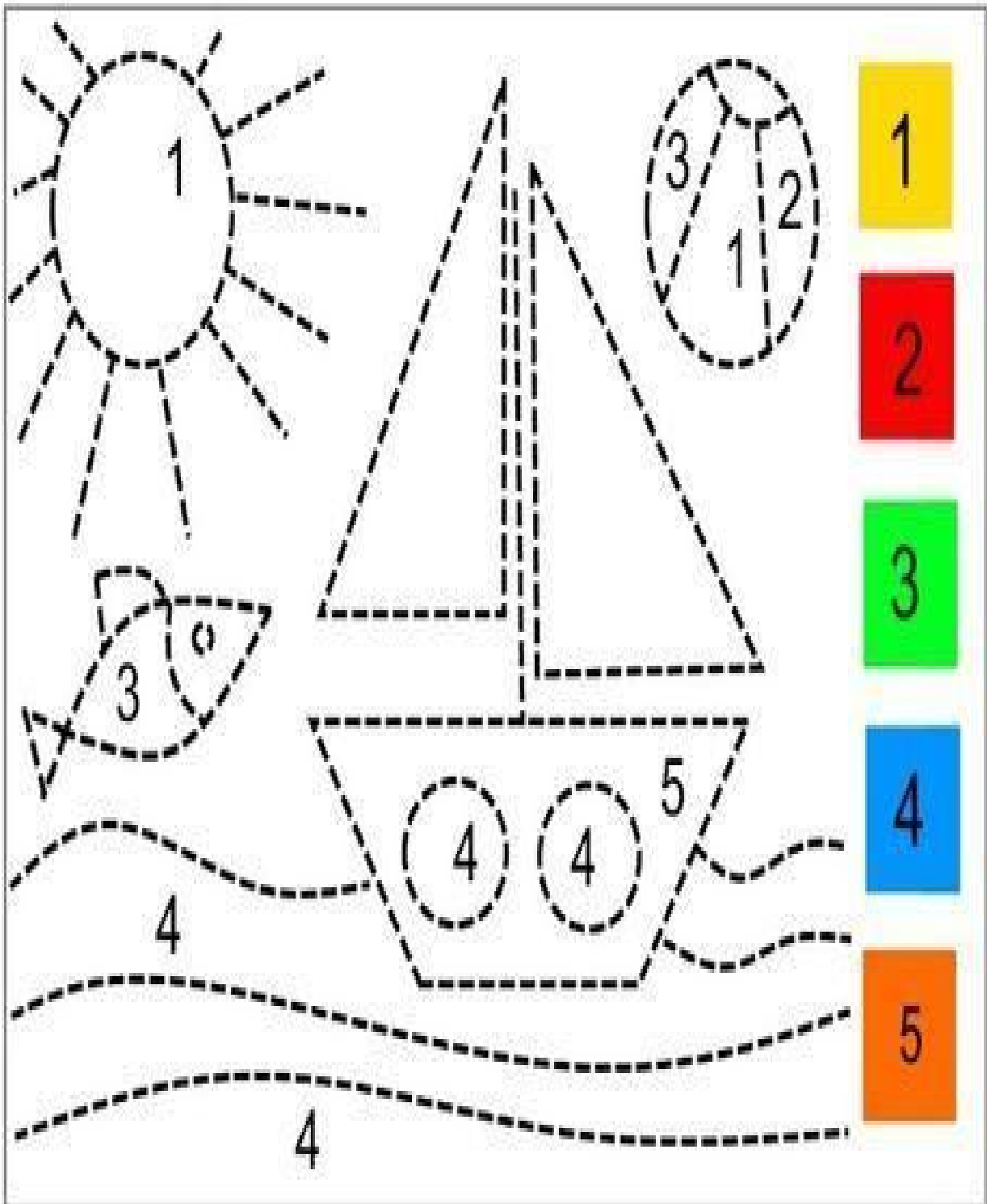
Name:

--	--	--	--	--



Math & Science Independent Practice Activity #3


Directions: Fill in the drawing with the colors that match the numbers!



<http://prosisu.blogspot.cz/>

Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Painting Letters with Water	Letter Recognition, Prewriting/writing skills, Fine Motor Skills	Water, Cup, Paintbrush, Sidewalk
Activity/Lesson Description		
<p>While outside, have your child use water and a paintbrush to write their letters, lines, and maybe even draw a self portrait.</p>		
		

Activity #2 Title	Learning Goal/Objective	Materials
Hidden Name Art	Letter/Name Recognition, Fine Motor Skills	White Crayon, Watercolors, Paint Brush, White Paper
Activity/Lesson Description		
<p>Write your child's name on white paper with a white crayon. Have your child start to paint the page and watch them reveal their name! This can also work for other familiar words too.</p> 		

Activity #3 Title	Learning Goal/Objective	Materials
Block Letter Name Tracing	Name/Letter Recognition	White Paper, Blocks or Legos or small toys, Marker, Scissors
Activity/Lesson Description		

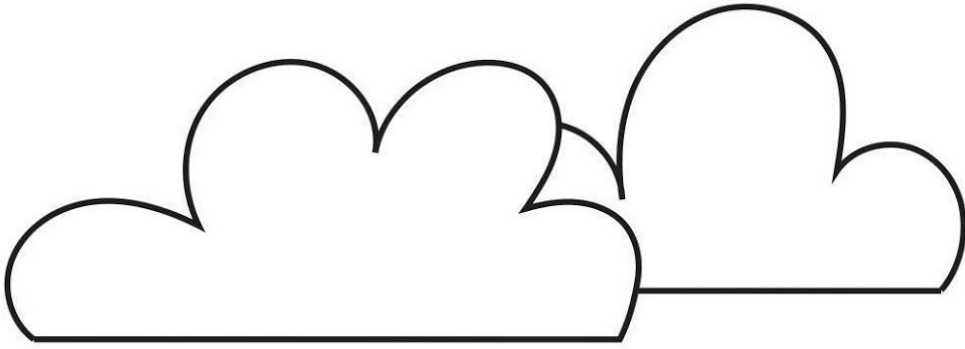
Write your child's name on a piece of paper. Have them trace their name with legos, blocks, and or small toys.



Handwriting Independent Practice Activity #1

Directions:

IT'S RAINING!

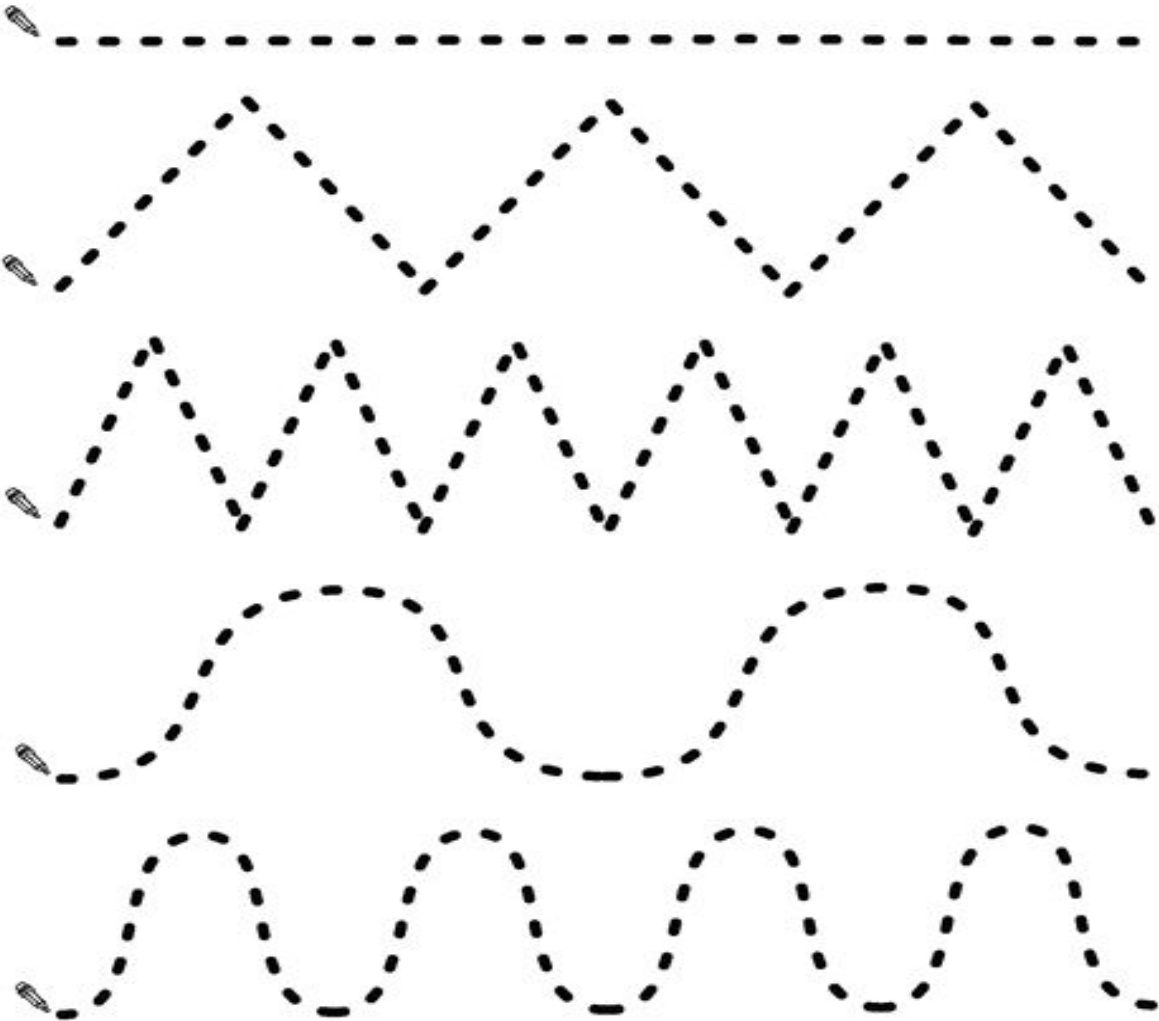


A grid of 20 dashed diagonal lines arranged in 4 rows and 5 columns, slanted from top-left to bottom-right, representing rain.

YES!

Handwriting Independent Practice Activity #2

Tracing Patterns



Handwriting Independent Practice Activity #3:

Name _____

Flower Garden Tracing

Directions: Help the bugs find their flowers. Trace the line from each bug to its flower. Then color the pictures.

The activity sheet contains five rows of tracing practice. Each row starts with a bug on the left and a flower on the right, connected by a dashed line. The bugs are: a ladybug, a bee, a butterfly, a butterfly, and a bee. The flowers are: a daisy, a sunflower, a potted flower, a rose, and a tulip. The tracing paths are: 1) a zigzag line from the ladybug to the daisy; 2) a wavy line from the bee to the sunflower; 3) a horizontal dashed line from the butterfly to the potted flower; 4) a zigzag line from the butterfly to the rose; 5) a zigzag line from the bee to the tulip.