



Early Childhood Distance Learning Materials



Younger Preschool

Week # 6

May 25-29, 2020

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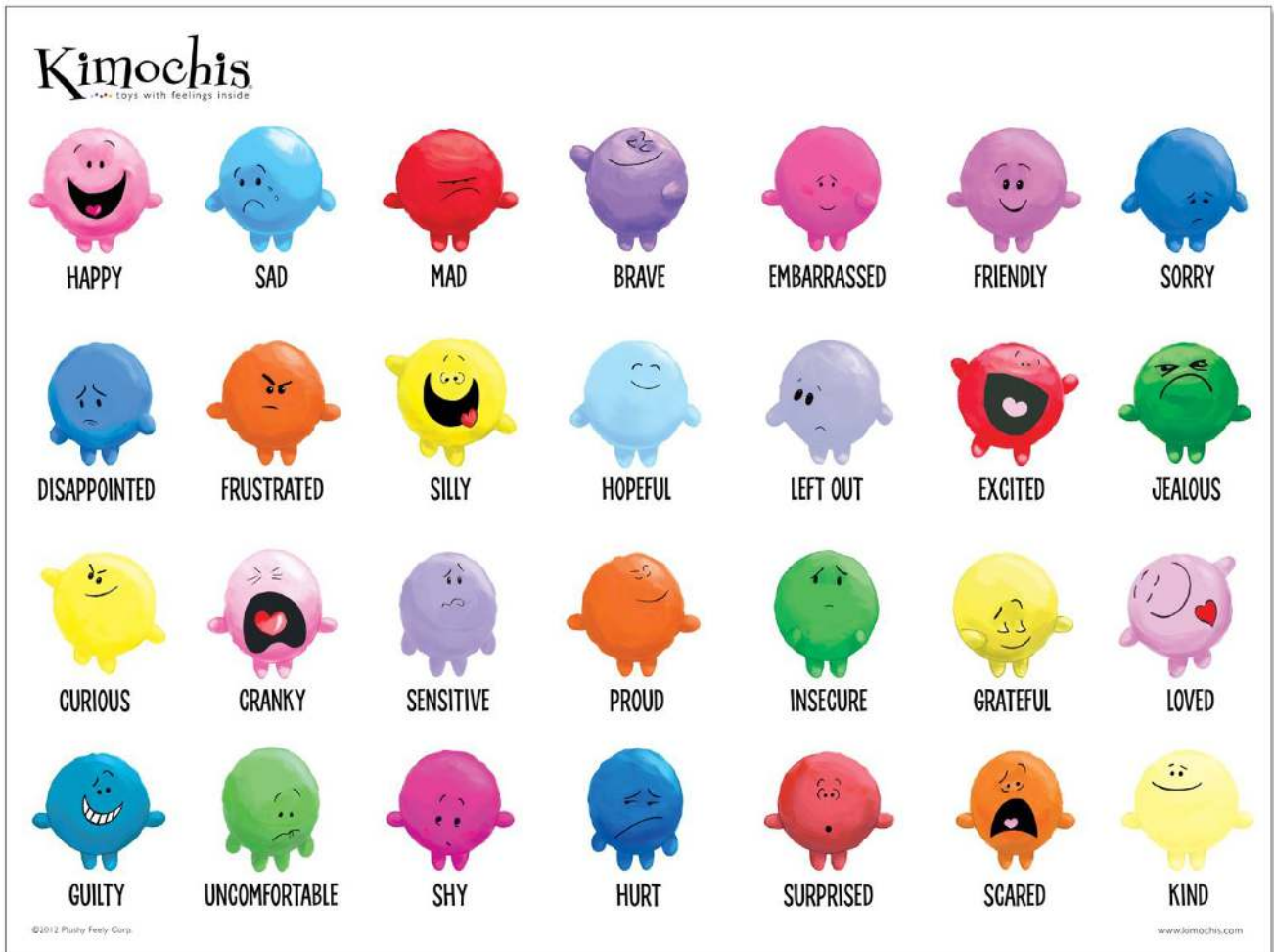
Home Learning Bingo Board

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
Find words around your house for your child to practice writing	Go to YouTube and look up 'Bug Yoga'	Google a new playdough recipe to try	Get 2 straws and a cotton ball and blow the cotton ball back and forth gently. Talk about slowing down our breathes	Put a puzzle together
Go to YouTube and 'read' 'The Very Hungry Caterpillar'	Go for a walk around your block	Draw a picture of what your perfect butterfly would look like	Snuggle together and watch a movie	Take a walk and count how many butterflies you see
Read a book together with your child	Use masking tape to create lines around the house to walk on	Draw a picture of the foods The Hungry Caterpillar ate	Do a facetime/zoom call with friends or family	Try to catch a bug? What bug did you catch?
Try to see if you can name a bug that starts with every letter of the alphabet	Have a dance party	Make your own chalk	Practice self-soothing techniques	Cook a meal with your child
Have your child make their own book about their favorite things	Have a balloon race-who can hold on to it	Play your favorite song for you child	Reflect on your favorite parts of the day? What part didn't you like?	How high can you count? 10,20,50,1000?

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

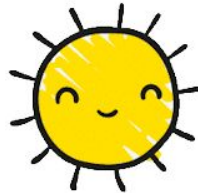
Make **A SHAPE OF YOUR CHOICE** with a **GREEN** crayon

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
Kids Yoga	Learn how to control your body while emotions are running high.	Yourself
Activity/Lesson Description		
If you don't know any yoga poses that's okay! There are some kids yoga poses provided in the packet. Or YouTube has a lot of kid friendly yoga videos.		

Activity #2 Title	Learning Goal/Objective	Materials
Brushing Teeth	Setting a routine	Toothbrush and toothpaste
Activity/Lesson Description		
Everyday set a time to brush teeth. For example right before or after breakfast, after lunch, and before bed.		

Activity #3 Title	Learning Goal/Objective	Materials
Rest Time	Regulating emotions	None
Activity/Lesson Description		
Find a time every day (probably the same time each day) to rest and relax together. Watch an episode of their favorite show. Watch a movie you both enjoy. Take a nap. You could include your reading time in this. Anything that calms the body down and helps you reset.		

Activity #4 Title	Learning Goal/Objective	Materials
Facetime/Zoom/Video Chat your Friends	Conversation skills with others	Electronic device
Activity/Lesson Description		
Set up a time to video chat with your friends or family and catch up.		

Activity #5 Title	Learning Goal/Objective	Materials
Hearts	Showing empathy for others	Scissors and paper or chalk
Activity/Lesson Description		
Go outside and draw hearts on the sidewalk to support everyone. Or cut hearts out and tape them on your windows.		

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.



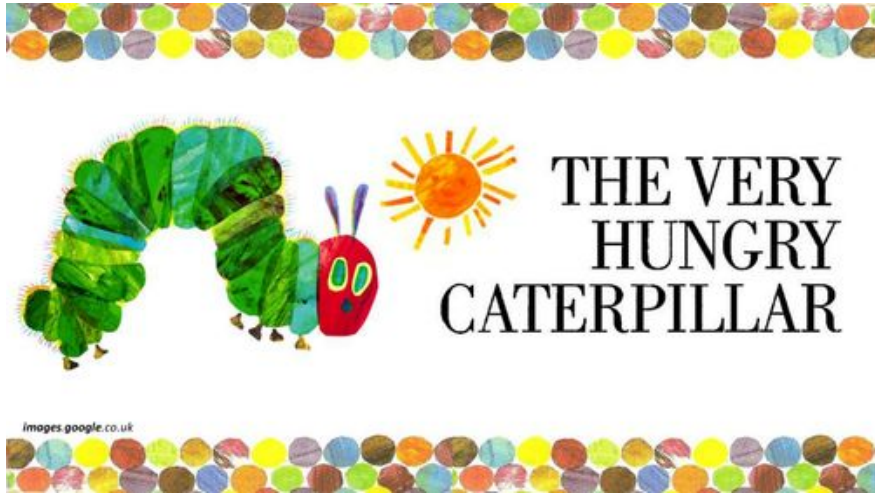
Pretend to be a flower

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.



printable yoga poster 8

Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Cut out and Spell	Letter recognition, cutting, and pre-reading	Magazine, newspaper, or junk mail, scissors, glue, and paper
Activity/Lesson Description		
<p>Gather together newspaper, magazines, or junk mail and have your child cut out letters of the following words then glue on paper:</p> <ul style="list-style-type: none"> -Your child's name -Your name -bug -bee -worm -insect -caterpillar -Butterfly -Nest -Dirt -wing 		

Activity #2 Title	Learning Goal/Objective	Materials
Clap Syllables	Language Development	None
Activity/Lesson Description		
Clap the syllables in your name. Example; Teach-er would have two claps.		

Activity #3 Title	Learning Goal/Objective	Materials
Matching	Find similarities and differences in objects	Memory game or a deck of cards
Activity/Lesson Description		
Play memory or if you don't have the game find a deck of cards and use those as memory pieces. Place the pieces upside down and take turns searching for matches.		

Literacy Independent Practice Activity #1

Directions: Read The Very Hungry Caterpillar By Eric Carl. If you do not have the book, YouTube has many options to choose from in order to read the story.

<https://www.youtube.com/watch?v=btFCtMhF3il&t=1s>

Literacy Independent Practice Activity #2


Directions: Make a bug book.

Take pictures of bugs or draw them and put them together to look at like a book. Use paper, something to color with, or pictures, put holes in the paper and string them together or staple them together.

The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Freeze Dance	Practice listening skills and basic physical concepts	Yourself and music
Activity/Lesson Description		
Play music and dance until you pause it and then press play again. Or look up a freeze dance song which will have directions on when to freeze.		

Activity #2 Title	Learning Goal/Objective	Materials
Toilet paper roll butterflies	Three finger hold on paintbrush, controlled hand movements	Toilet Paper roll, paint, paper, glue
Activity/Lesson Description		
<p>Save an empty toilet paper roll. Paint a piece of paper. Let it dry. Cut out the shape of wings. Glue the toilet paper roll onto the middle of the wings. You can add googly eyes or draw eyes on. If you have pipe cleaners you can use them as antennas.</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Don't let the Balloon Touch the Ground	Movement/ hand/eye coordination	Balloon OR ball
Activity/Lesson Description		
Blow up a balloon and toss it in the air to see how long you and your child can keep it in the air without it touching the ground.		

Activity #4 Title	Learning Goal/Objective	Materials
Draw a bug picture	Uses writing and drawing tools. Recalls what an insect looks like	Paper, and something to draw with
Activity/Lesson Description		
The theme for this week is bugs and butterflies. Draw a picture of a bug or butterfly you have seen outside.		

Activity #5 Title	Learning Goal/Objective	Materials
Make an obstacle course	Gross motor skills, strength, coordination; as well as moving the body in relation to objects and other people.	You can use whatever you have around the house
Activity/Lesson Description		
Talk with your child about what you want to do in your obstacle course. You can lay a pillow down to jump over, spin around in the living room, walk over a chair, crawl under the table, etc., Come up with different things and have your child use their imagination to come up with things they want to do.		

Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Butterfly life cycle	Learning sequencing	Attached Sheet
Activity/Lesson Description		
Talk about how a caterpillar turns into a butterfly. Then do the caterpillar and butterfly art projects.		

Activity #2 Title	Learning Goal/Objective	Materials
Caterpillar counting activity	Counting	Caterpillar worksheet, glue, small pompoms OR something to color with
Activity/Lesson Description		
Fill in the rest of the caterpillars' body with color. Use pompoms and glue them onto the empty circles or color them in.		

Activity #3 Title	Learning Goal/Objective	Materials
Measuring	Nonstandard measurements	Yourself
Activity/Lesson Description		
Use yourself to measure how big things are. For example see how many of you could fit on the couch. How many stuffed animals does it take to be as tall as you?		

Name _____

Stages of a Butterfly's Life

Directions: Color each growing stage.
Then, cut and paste in order.



1

2

3

4

PlaytimeFelts.com

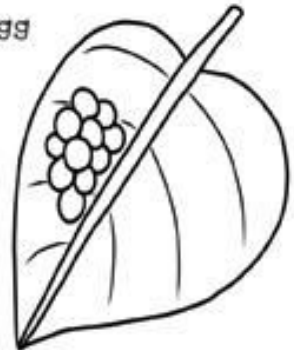
Chrysalis



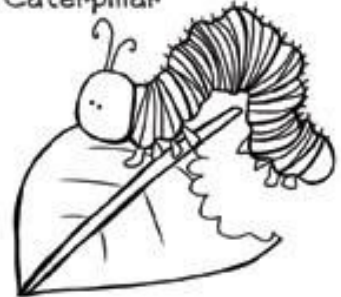
Butterfly



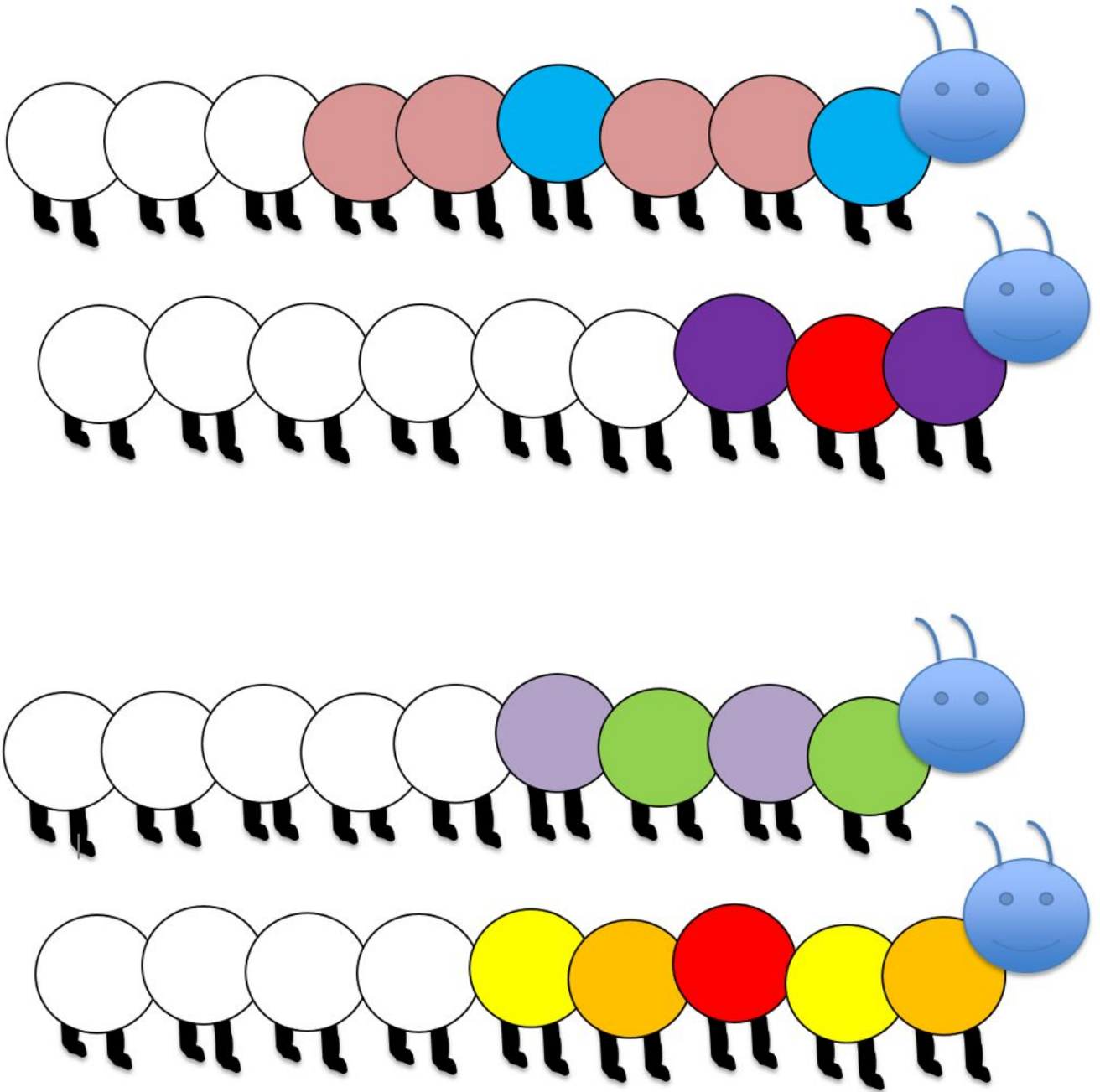
Egg



Caterpillar

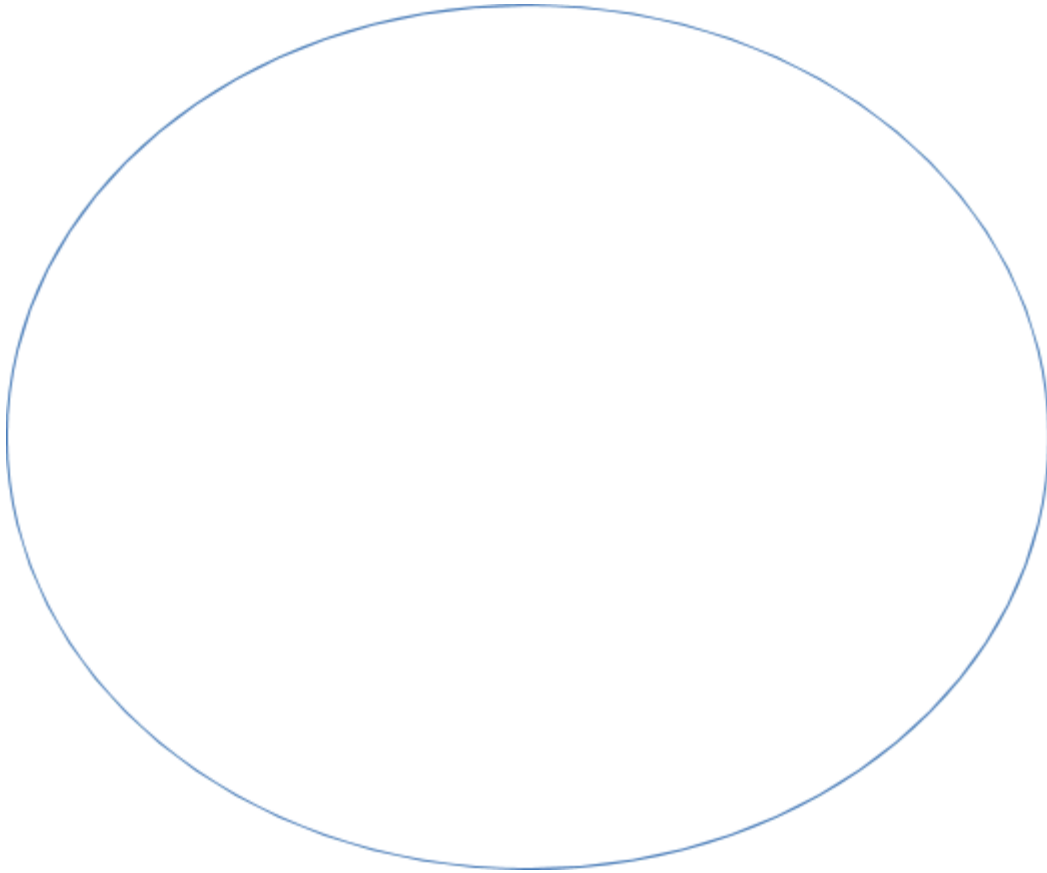


Math & Science Independent Practice Activity #1
Caterpillar Worksheet






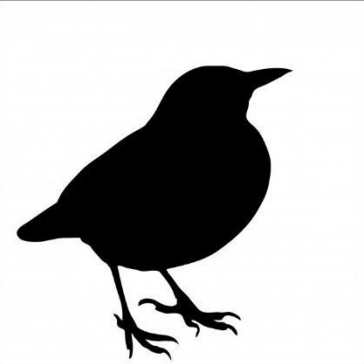
Math & Science Independent Practice Activity #2

Directions: Find things in your house that are this shape

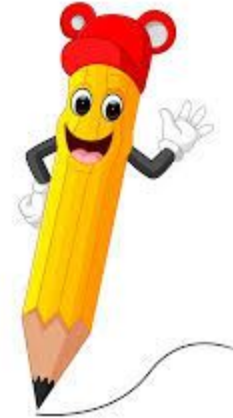


Math & Science Independent Practice Activity #3

Directions: Go for a walk and count the clouds, cars, bugs, and birds. Use this sheet to keep track.

Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Write Your Name	Recognizing letters and practicing pencil grip	Pencil or other writing material, Paper
Activity/Lesson Description		
Write all the letters in your name.		

Activity #2 Title	Learning Goal/Objective	Materials
Wiggle Worm Writing	Letter Recognition	Ziploc bag, pudding or other dirt looking material
Activity/Lesson Description		
Put the pudding or a dirt looking material in a Ziploc bag. Zip up the bag. Use your finger to trace letters over the bag in the "dirt."		

Activity #3 Title	Learning Goal/Objective	Materials
Chalk Writing	Learning words have meaning	Chalk, sidewalk
Activity/Lesson Description		
Go outside and draw on the sidewalk. Write a word like car and then have your child draw a car. Or work on one together. Other words: cat, bug, rug, rat, pan, pen, pet...		

Handwriting Independent Practice Activity #1

Directions: Trace the Letter B

B

B

B

B

Name: _____

THIS IS ME



THIS IS HOW I WRITE MY NAME

Handwriting Independent Practice Activity #3

Directions: Trace the Lines

