



# Early Childhood Distance Learning Materials



Younger Preschool  
Week #8

June 8 - 12, 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>7</b>
<b>The Arts &amp; Sensory Activities, Music &amp; Movement</b>	<b>13</b>
<b>Mathematics and Science Activities</b>	<b>15</b>
<b>Handwriting Activities</b>	<b>21</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;"> <span style="border: 1px solid black; padding: 2px;">M</span> <span style="border: 1px solid black; padding: 2px;">T</span> <span style="border: 1px solid black; padding: 2px;">W</span> <span style="border: 1px solid black; padding: 2px;">R</span> <span style="border: 1px solid black; padding: 2px;">F</span> </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?



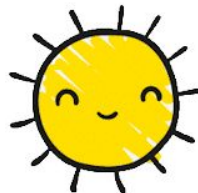
<b>Monday</b>	Make a <b>TRIANGLE</b> with a <b>BLUE</b> crayon
<b>Tuesday</b>	Make a <b>SQUARE</b> with a <b>RED</b> crayon
<b>Wednesday</b>	Make a <b>CIRCLE</b> with an <b>ORANGE</b> crayon
<b>Thursday</b>	Make a <b>HEART</b> with a <b>PINK</b> crayon
<b>Friday</b>	Make <b>A SHAPE OF YOUR CHOICE</b> with a <b>YELLOW</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>
Relax from Head to Toe	Self regulation	Your body!
<b>Activity/Lesson Description</b>		
Lay down in a comfy spot. Place one hand on your stomach and the other hand on your chest. Close your eyes and relax your body. Take slow deep breaths. Talk to your child about how different parts of their body feels. Say things like “think about your arms. Let them feel heavy on the floor next to you”. Go from the head down (or in any order you want!) and talk to your children about how their body feels when relaxed.		

<b>Activity #2 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Mental Vacation	Self Regulation/Self Soothing	Paper, markers, crayons or pencils.
<b>Activity/Lesson Description</b>		
Close your eyes and imagine your favorite place. Imagine what you would do at your favorite place. Picture everything around you, places, people, and things. Write down or draw a picture of all the things you see in your imagination.		

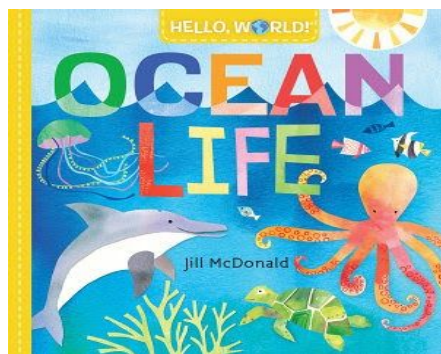
<b>Activity #3 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Hold Tight!	Self Regulation/Self Soothing	A soft item such as a pillow, stuffed animal, or a ball.
<b>Activity/Lesson Description</b>		
When you have big feelings, hold your soft item and squeeze it tight!! Count to ten and release. Do that as many times as you need.		

<b>Activity #4 Title</b>	<b>Learning Goal/Objective</b>	<b>Materials</b>
Simon Says	Impulse Control	Another friend/family member and a playful attitude!
<b>Activity/Lesson Description</b>		
Have one person be “Simon”, they get to tell the other person (people) to do an action. Listen carefully for “Simon” to say “Simon says”! Take turns being “Simon”.		



Activity #5 Title	Learning Goal/Objective	Materials
Kindness Postcards or Kindness Letter	Improve Self Esteem, Sense of Belonging	Paper/card stock, markers, crayons, or pencils.
<b>Activity/Lesson Description</b>		
Make a postcard or write a letter with kind words and phrases. Mail or leave them for family members or friends.		

## Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
Trace or create under the sea animals.	Engage in conversation , Follow directions, Language comprehension, Fine motor skills, Writing skills	Blank paper, markers or crayons
<b>Activity/Lesson Description</b>		
Use under the sea toys to trace on the paper. If you don't have any water animal toys, use your hands to trace. Turn it upside down and make eyes, nose, and a mouth. Have fun making your own octopus. Or trace your hands and feet (hands on on the side of foot prints) and make a lobster!		

Activity #2 Title	Learning Goal/Objective	Materials
Name sea animal	Phonic, language skills Engage in conversation expanded vocabulary	Use photos from the matching game
<b>Activity/Lesson Description</b>		
Using the photos of the matching game line them up and named the animal in the pictures.		

Activity #3 Title	Learning Goal/Objective	Materials
Read Pout Pout fish stories	Speak and listening skills Comprehensive language Building vocabulary.	Books or audiobooks online
<b>Activity/Lesson Description</b>		
<p><b>Read Pout Pout fish stories follow link if book is not available</b>  <a href="https://www.youtube.com/watch?v=oqupxANpqIE">https://www.youtube.com/watch?v=oqupxANpqIE</a>  <a href="https://www.youtube.com/watch?v=EIFECbIXPxo&amp;t=15s">https://www.youtube.com/watch?v=EIFECbIXPxo&amp;t=15s</a>  <a href="https://www.youtube.com/watch?v=LVLGQiDrIOA">https://www.youtube.com/watch?v=LVLGQiDrIOA</a></p>		



# Under the Sea

## Memory Game



**To Play:**

- Cut the pieces out along the dotted lines.
- Mix the cards up and lay them face down.
- Take turns and try to match each card with its identical pair.
- The player with the most pairs wins!



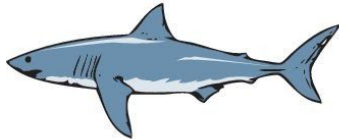
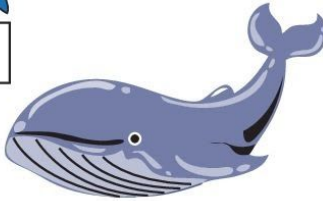
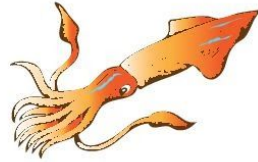
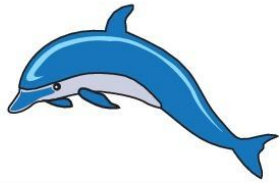
**Literacy Independent Practice Activity #2**

Directions: Trace the word with a highlighter and have the kids trace and paste the word.

Nombre \_\_\_\_\_

Fecha \_\_\_\_\_

Write the correct name of these sea creatures.



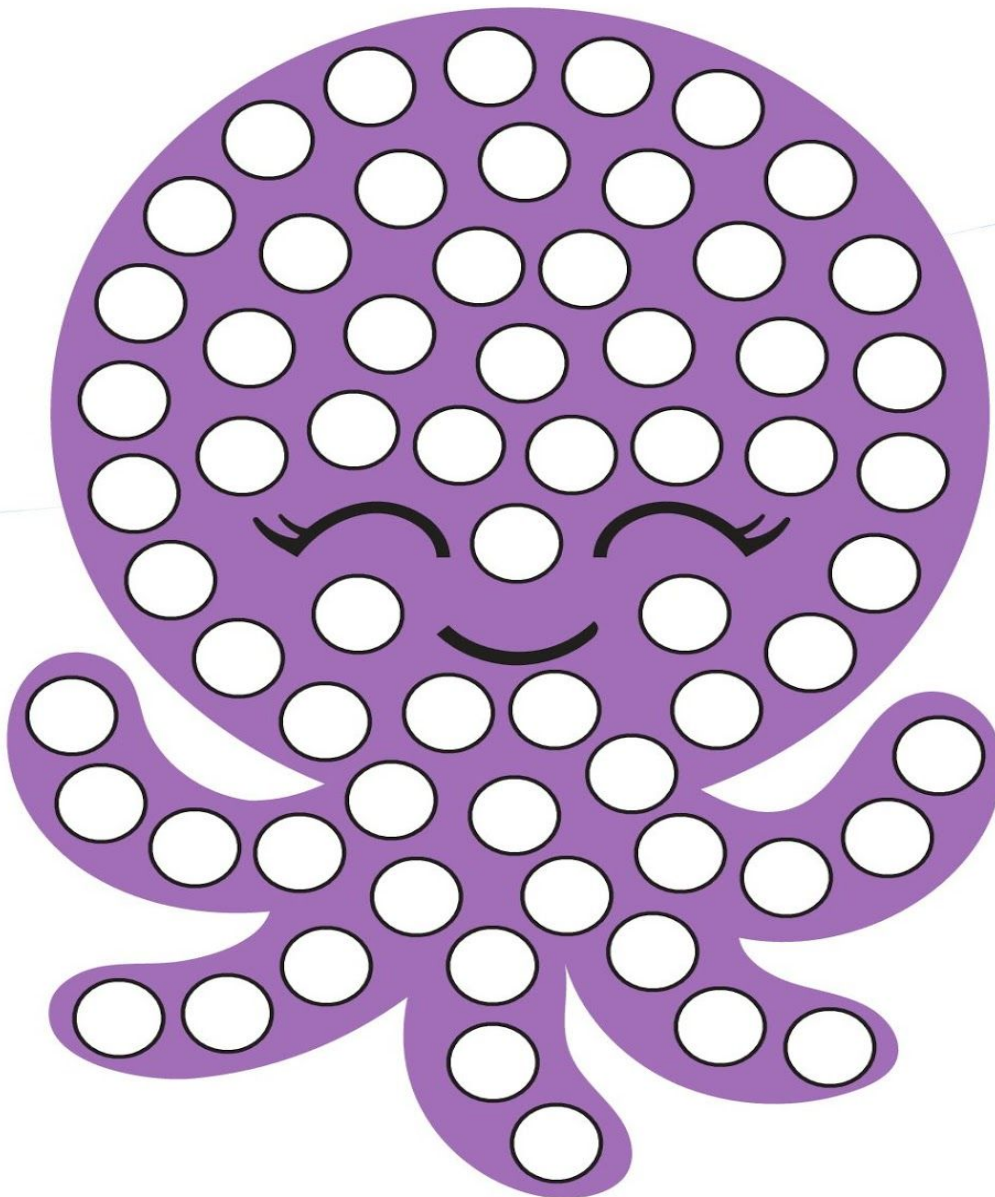
Ballena • Cangrejo • Pulpo • Tiburón

Pescado • Delfín • Calamar • Pastinaca

**Literacy Independent Practice Activity #3**

Directions: Find buttons or cereal and glue them to the circles.

# Fine Motor Practice



Lavinia Pop © 2017

# The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Paper Plate Fish Art project	Fine motor, cutting skills	Paper plate, scissors, tape (glue or staples), markers, crayons, or pencils. Collage materials are optional
<b>Activity/Lesson Description</b>		
Cut out a triangle and secure to the back in the opposite direction (this will be the tail). Color/decorate your fish any way you like Have fun creating your own fish!		

Activity #2 Title	Learning Goal/Objective	Materials
Under the Sea Musical Chairs	Listening skills, body control	Music source, chairs
<b>Activity/Lesson Description</b>		
Choose 1 person to be in charge of the music Set up a circle of chairs (if there are 4 people playing, set up 3 chairs) While listening to music ( <a href="https://www.youtube.com/watch?v=nQV7DKBqGdk">https://www.youtube.com/watch?v=nQV7DKBqGdk</a> ) walk around the chairs. When the music stops, be the first to sit in an empty chair. Play until one person is left.		



Activity #3 Title	Learning Goal/Objective	Materials
Under the sea creatures Sensory activity	Play with texture . sensory stimulation . Measures, quantities.	1 or 2 boxes of (4 cup each) Blue gelatin Sea animal creatures toys. *Shaving cream (substitute gelatin in none found )

**Activity/Lesson Description**

The day before make blue gelatine with your child, use a plastic bowl or large try. The next day, have your child insert sea animals and play in the container. If gelatin is not available; use shaving cream and add blue food coloring drop mix Add sea animals and freeze. Have your child dig out the sea animals the next day!

Activity #4 Title	Learning Goal/Objective	Materials
Earth - Sea game Tierra -Mar juego	Follow direction Gross motor skills Balancing skills	Tape or chalk, if none rope

**Activity/Lesson Description**

On the floor trace a line with a chalk or color tape (if none is available, use a rope). Have the kids decide one side is earth the other side is sea. When you say “sea” have them jump from one side to the other! You can say in spanish too “tierra - mar”.

Activity #5 Title	Learning Goal/Objective	Materials
Bobble Dancing	Body movement Traveling skills Gross motor skills	Bobble (optional) Music link Baby Beluga by Raffi

**Activity/Lesson Description**

<https://www.youtube.com/watch?v=CDx9zqDpSik>

## Mathematics and Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Ocean Graph	Counting, number recognition, graphing	Markers and/or crayons
<b>Activity/Lesson Description</b>		
Color each shape on the fish, then count how many of each shape is on the fish and write it below.		

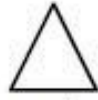
Activity #2 Title	Learning Goal/Objective	Materials
Ocean Water	Making predictions, fun science experiment!	A tall glass or cup, water, salt, food coloring, 1 hard boiled egg.
<b>Activity/Lesson Description</b>		
<p>Fill the glass with water and add egg. Does it float or sink?</p> <p>Next, take out the egg and add the salt (it should be salty! Taste a little of the water, if you think it tastes too salty, you have enough!)</p> <p>Stir and then add the egg back to the cup. Does the egg float or sink?</p>		

Activity #3 Title	Learning Goal/Objective	Materials
Where Do We Live?	Learning about habitats	Scissors, glue or tape
<b>Activity/Lesson Description</b>		
Cut out pictures of animals. Glue or tape where the animals live.		

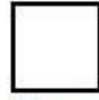


Name \_\_\_\_\_

Color:



red



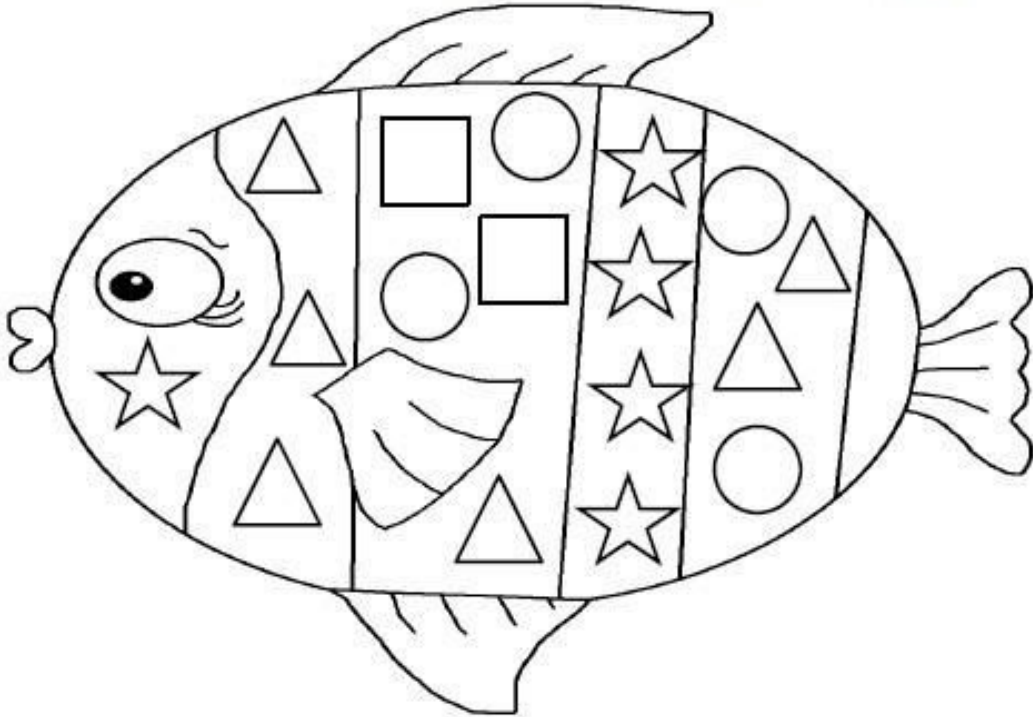
blue



green



orange



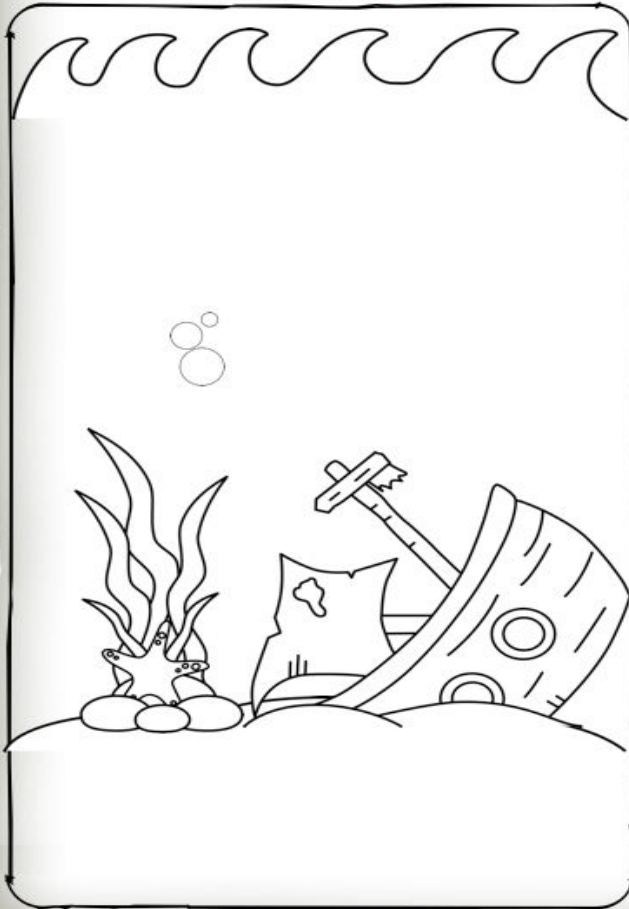
Count the shapes. Color the graph.


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

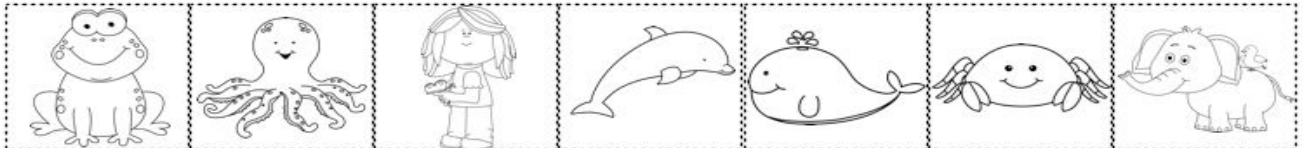
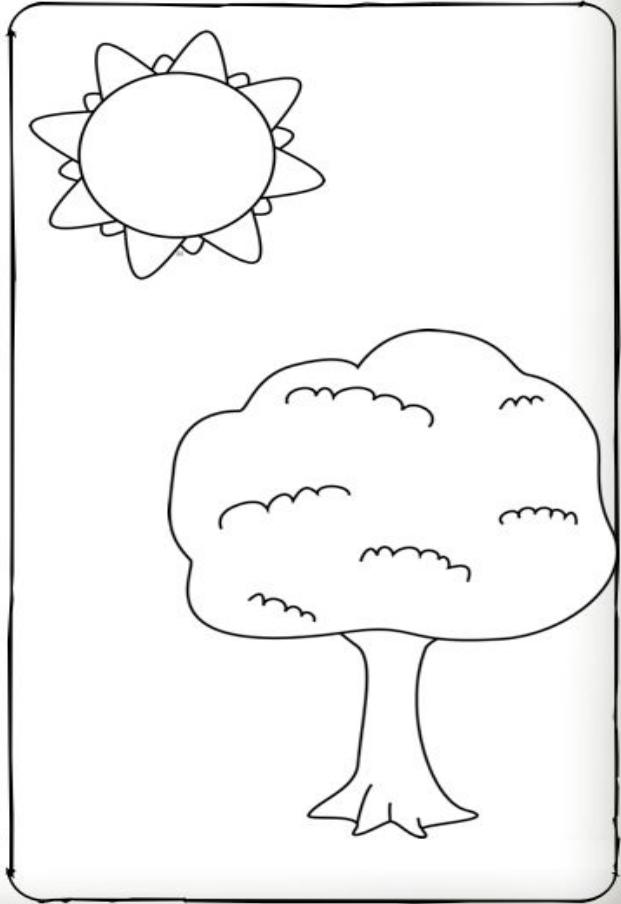
# Where Do We Live?

Glue the living creatures on the correct habitat.

## Ocean

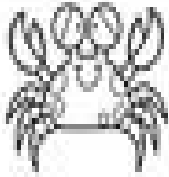


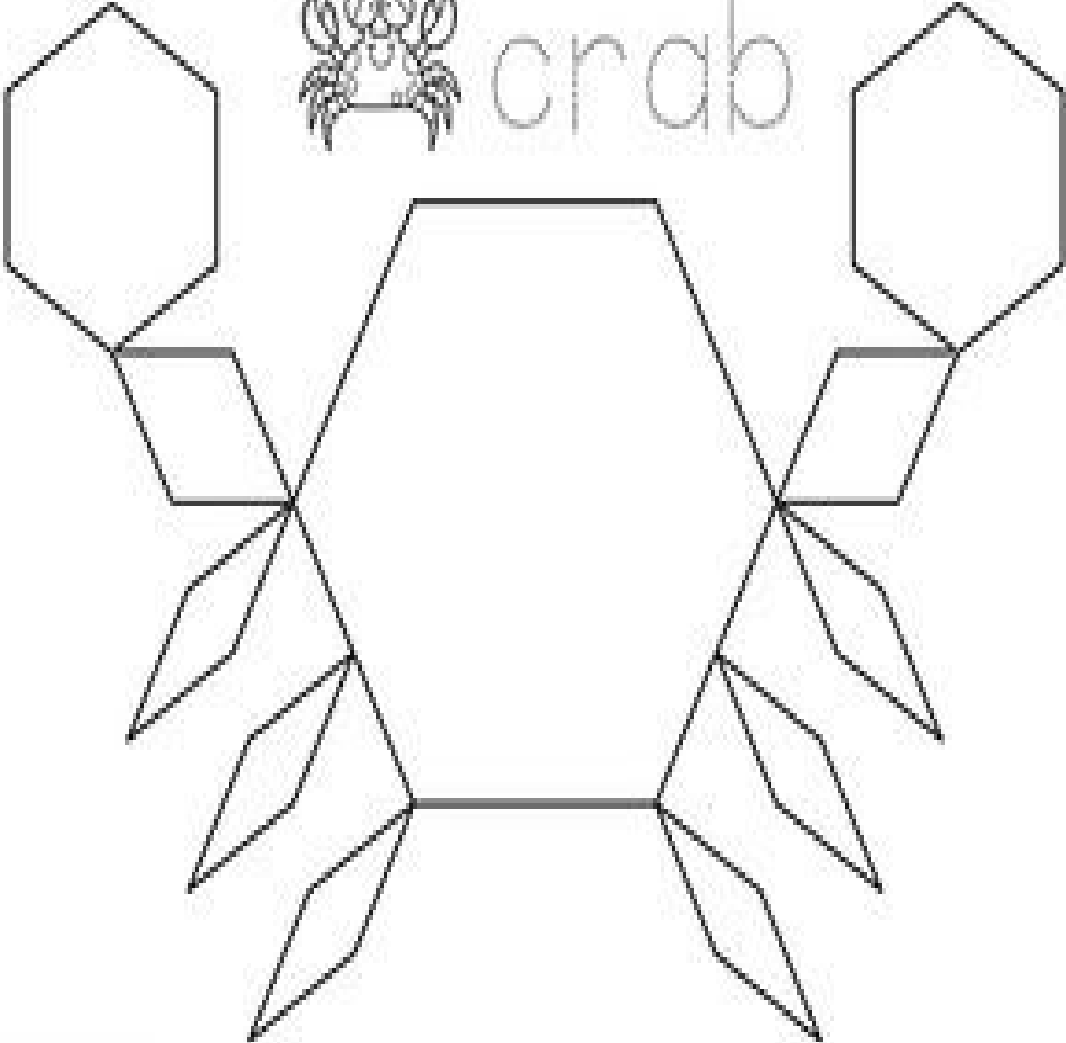
## Land





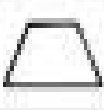
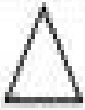


**Math & Science Independent Practice Activity #1**

Directions: Color the picture. Can you name the shapes?


 crab



**Count It Out:**

					
How many did you use of each shape?					

How many blocks did you use total?



**Math & Science Independent Practice Activity #2**

Directions: Can you find the number of ocean animals below?

*In the box below, can you find...*



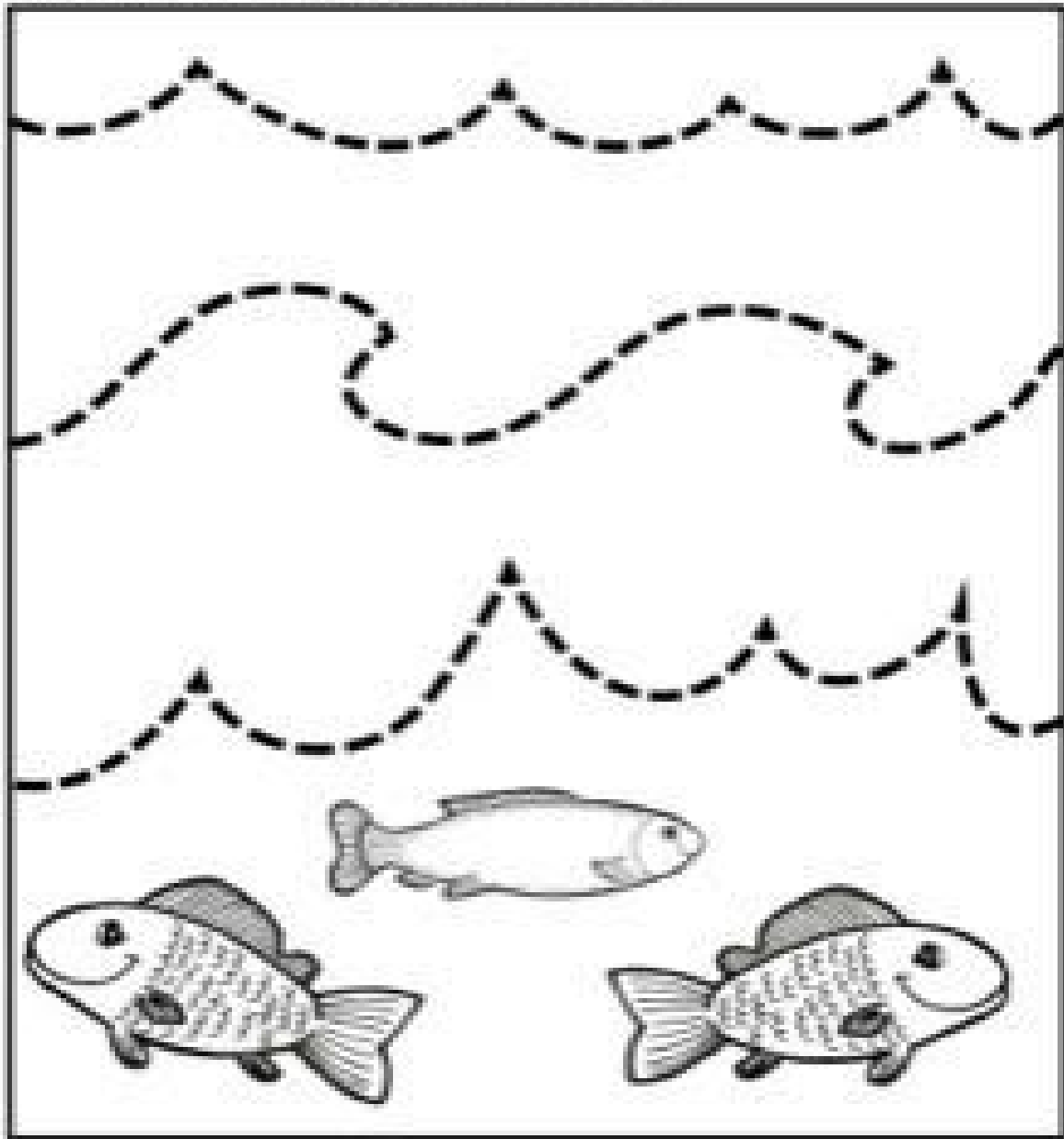
**Math & Science Independent Practice Activity #3**

Directions: Trace the ocean waves. Color the fish.

Name \_\_\_\_\_

Skills: Fine-motor skills

Trace the ocean waves. Color the fish.



# Handwriting Activities



Activity #1 Title	Learning Goal/Objective	Materials
Journal Writing	Letter recognition, fine motor	Paper, markers, crayons, or pencils
<b>Activity/Lesson Description</b>		
Write independently, trace or draw a picture. You can write your name, family members' names, letters or numbers. Or draw a picture of what you saw out your window or how you're feeling.		

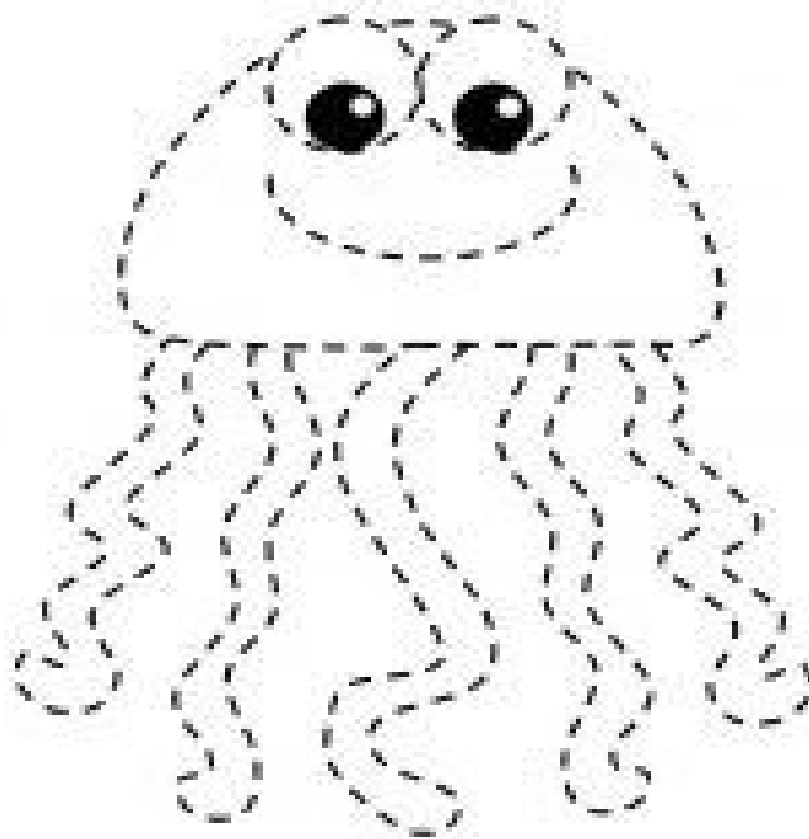
Activity #2 Title	Learning Goal/Objective	Materials
Ocean Trace and Color	Fine Motor, Hand Eye Coordination	Coloring sheet (see below), markers, crayons, or pencils
<b>Activity/Lesson Description</b>		
Trace the lines and then color the picture.		

Activity #3 Title	Learning Goal/Objective	Materials
Letters on Fish	Fine Motor, pre writing skills	Blank fish (see below), marker, crayons, or pencils
<b>Activity/Lesson Description</b>		
Using the blank picture of the fish, Write or trace your name on the fish. You can also make copies of the fish, cut them out, and write each letter of your name on each fish. Put them together and you'll have a school of fish!		

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

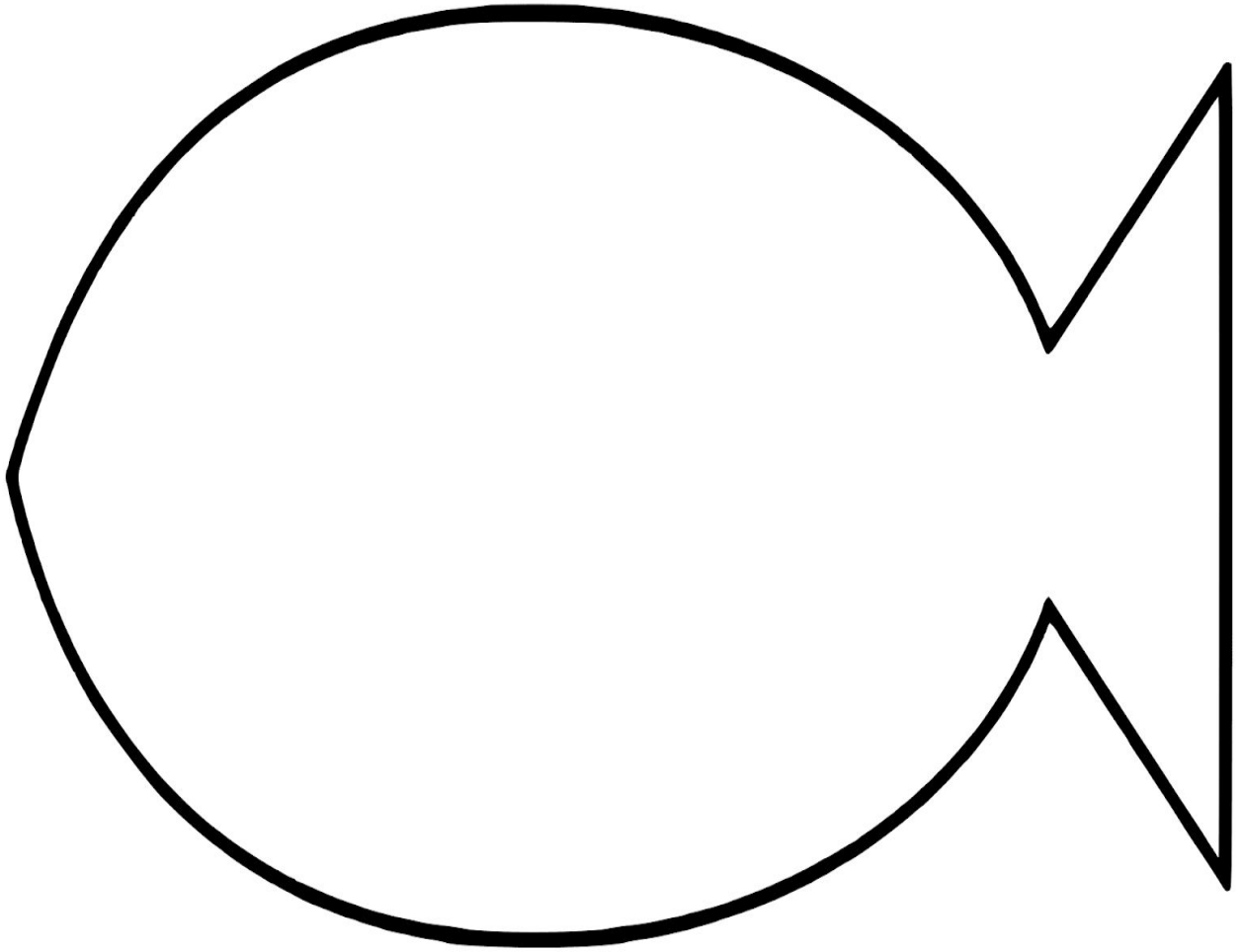
# OCEAN TRACE & COLOR

Directions: Trace the lines. Color the pictures.



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**Handwriting Independent Practice Activity #1**

Directions: Trace the ocean themed words.

Ocean

Fish

Octopus

Crab

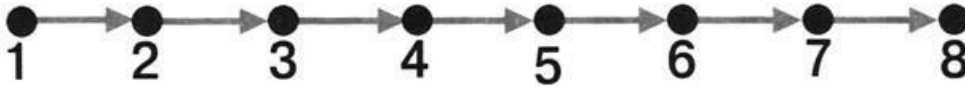
**Handwriting Independent Practice Activity #2**

Directions: Color the picture



### Handwriting Independent Practice Activity #3

Directions: Connect the dots by number



2

