

# EARLY CHILDHOOD DISTANCE LEARNING MATERIALS

---

YOUNGER PRESCHOOL – Spring 2



## Table of Contents

|   |           |
|---|-----------|
| <b>Home Learning Bingo Board</b>  | <b>3</b>  |
| <b>Social Emotional Development &amp; Social Systems Cognitive Activities</b> | <b>5</b>  |
| <b>Language, Literacy &amp; Communication Activities</b>                      | <b>8</b>  |
| <b>The Arts, Sensory, Music &amp; Movement Activities</b>                     | <b>17</b> |
| <b>Mathematics Activities</b>   | <b>19</b> |
| <b>Handwriting Activities</b>   | <b>24</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><br><b>Literacy</b>   | <b>E</b><br><b>Exercise</b>  | <b>A</b><br><b>Arts</b>  | <b>R</b><br><b>Regulation</b>  | <b>N</b><br><b>Numbers</b>  |
|---|--|--|--|---|
| Read 15 minutes with your child<br><div style="border: 1px solid black; display: inline-block; padding: 2px;"> <span style="border: 1px solid black; padding: 0 5px;">M</span> <span style="border: 1px solid black; padding: 0 5px;">T</span> <span style="border: 1px solid black; padding: 0 5px;">W</span> <span style="border: 1px solid black; padding: 0 5px;">R</span> <span style="border: 1px solid black; padding: 0 5px;">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:<br>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? |
| Write your name in white crayon and watercolor over it.   | Go on a long walk with someone you love.   | Play your favorite song and sing all of the words.                         | What makes you feel safe?  | Count how many flowers you see on a walk or a look out of a window.                               |

## Daily Check-In

Tell me how you're feeling today?

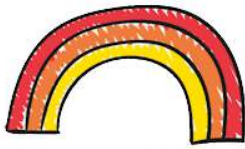


|                  |   |
|------------------|---|
| <b>Monday</b>    | Make a <b>CIRCLE</b> with a <b>BLUE</b> crayon                |
| <b>Tuesday</b>   | Make a <b>TRIANGLE</b> with a <b>RED</b> crayon               |
| <b>Wednesday</b> | Make a <b>SQUARE</b> with an <b>ORANGE</b> crayon          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

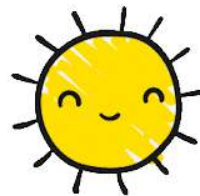


## Social Emotional Development & Social Systems Cognitive Activities

# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Find social groups that help them feel like they belong.



Focus on articulating feelings.  
"I am angry."  
"I am sad."

Set aside time for low-stress or solo activities.



Practice self-care for yourself to set the standard.

Encourage journaling and diaries.



Encourage your child to focus on the moment.

Establish a self-care routine.

Recognize toxic stress events.

Blessing Manifesting

Cultivate interests and hobbies.

| <b>Activity #1</b>   | <b>Learning Goal/Objective</b> | <b>Materials</b>         |
|--|--------------------------------|--------------------------|
| Practicing gratitude   | Learning Empathy, Kindness     | A positive frame of mind |
| <b>Activity/Lesson Description</b>   |                                |                          |
| Have a Thank you day. Be sure to say “thank you” every time someone helps you. Try to tally every time you say this. At the end of the day reflect on how it changed your day with someone you love. |                                |                          |

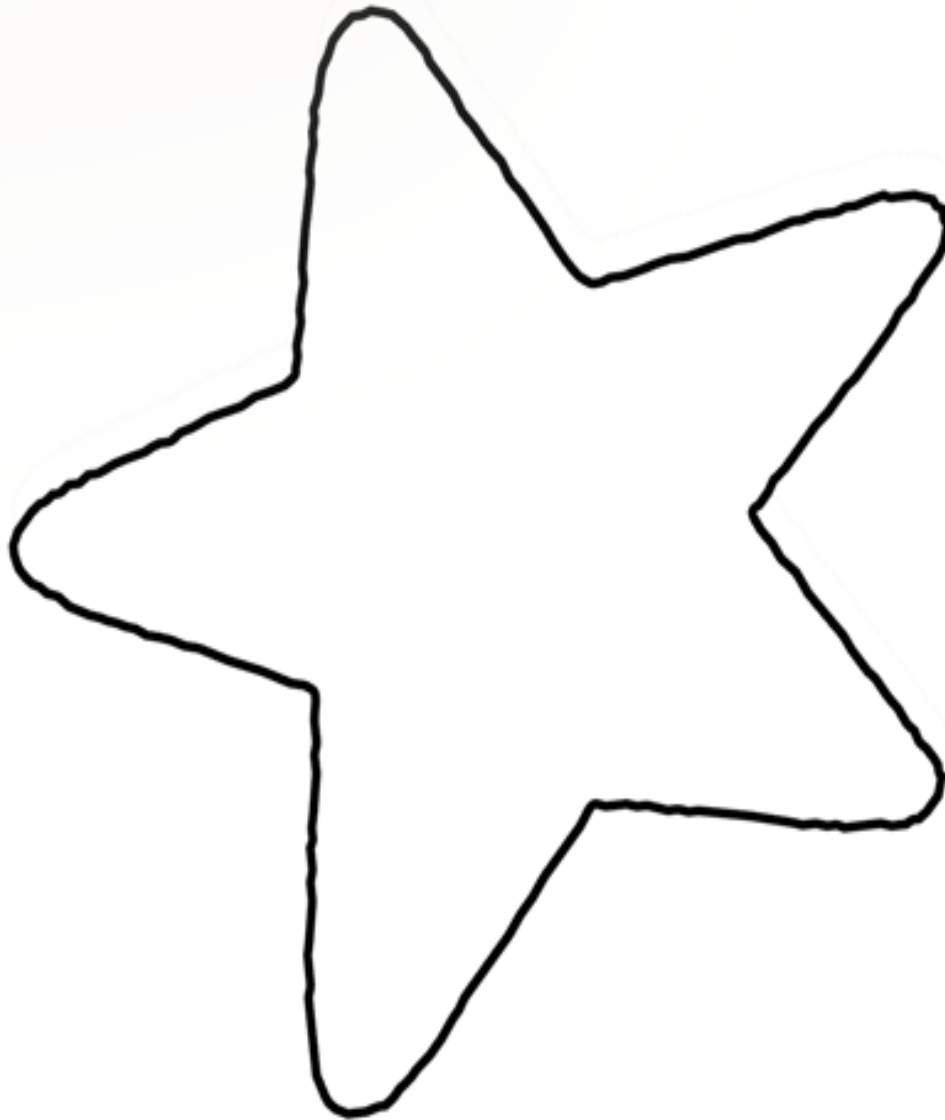
| <b>Activity #2</b>   | <b>Learning Goal/Objective</b> | <b>Materials</b>   |
|--|--------------------------------|--|
| Recycled Plastic Egg Emotions  | Identifying emotions           | Recycled Plastic Eggs (alternatively, a paper plate or paper with some drawn oval shaped faces will work), Sharpie, markers or Crayons |
| <b>Activity/Lesson Description</b>   |                                |  |
| Draw a happy, sad, angry, and scared face and use these to identify your own feelings. |                                |  |

| <b>Activity #3</b>   | <b>Learning Goal/Objective</b>                                 | <b>Materials</b>                    |
|--|--|-------------------------------------|
| Make a breathing Star  | Visual aid for the calming techniques taught in our classrooms | Adult help, folder or folded paper. |
| <b>Activity/Lesson Description</b>   |  |                                     |
| Go to this free link from conscious discipline to make a breathing S.T.A.R... This will help with your calming breaths. The star you need to make this is printed in this packet.<br><br><a href="https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Breathing_Star.pdf">https://consciousdiscipline.s3.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Breathing_Star.pdf</a> |  |                                     |

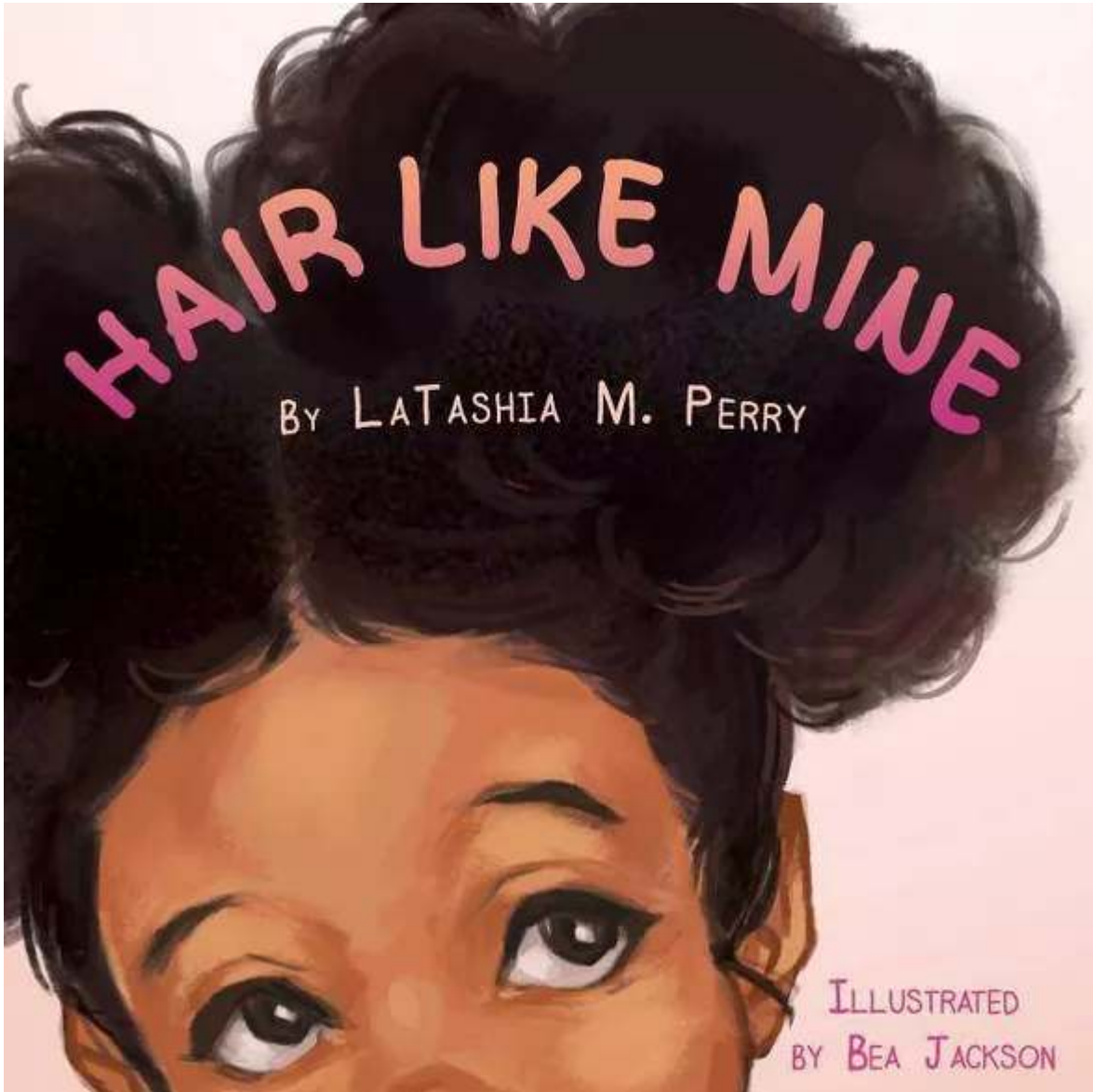


# Make-N-Take

Project: Breathing Star



## Language, Literacy & Communication Activities





| <b>Activity #1</b>  | <b>Learning Goal/Objective</b> | <b>Materials</b>          |
|---|--------------------------------|---------------------------|
| Name Writing  | Name and letter recognition    | White crayon, watercolors |
| <b>Activity/Lesson Description</b>  |                                |                           |
| Write name or words on paper with a white crayon, and paint over with watercolors to reveal a wax-resist masterpiece. |                                |                           |

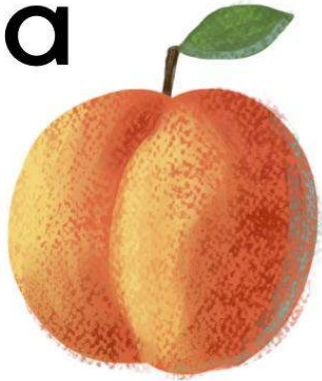
| <b>Activity #2</b>  | <b>Learning Goal/Objective</b>          | <b>Materials</b>              |
|---|---|-------------------------------|
| Shaving cream letters   | Letter recognition, sensory development | Shaving cream, a flat surface |
| <b>Activity/Lesson Description</b>  |   |                               |
| Practice writing letters in shaving cream. Children spread shaving cream on the table or on a tray and practice writing letters with their finger. To clean up, we simply rub the shaving cream on the table until it disappears. |   |                               |

| <b>Activity #3</b>   | <b>Learning Goal/Objective</b> | <b>Materials</b>             |
|--|--------------------------------|------------------------------|
| Make a card  | Writing practice               | Crayons or markers and paper |
| <b>Activity/Lesson Description</b>   |                                |                              |
| Make a card for someone you love. Mother's day is soon, and you could make cards for mom or your grandmother so you could send love from far away. |                                |                              |



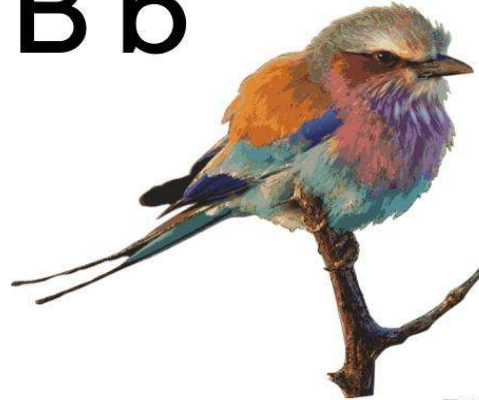
Directions: Cut and use these Alphabet Cards to Identify Letter Sounds. Practice writing letters on the back.

**A a**



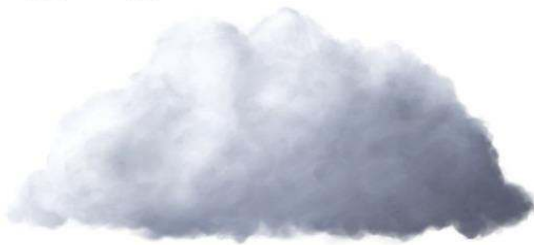
Apricot

**B b**



Bird

**C c**



Cloud

**D d**



Deer

E e



Earth

F f



Fox

G g



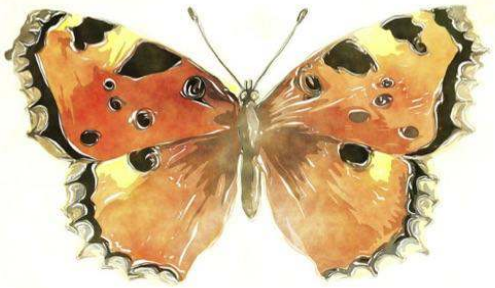
Giraffe

H h



Honeybee

Ii



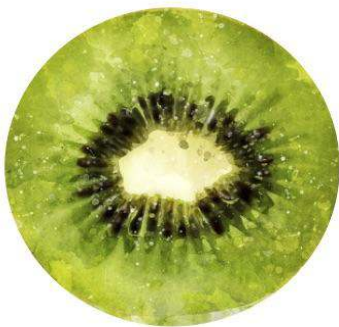
Insect

Jj



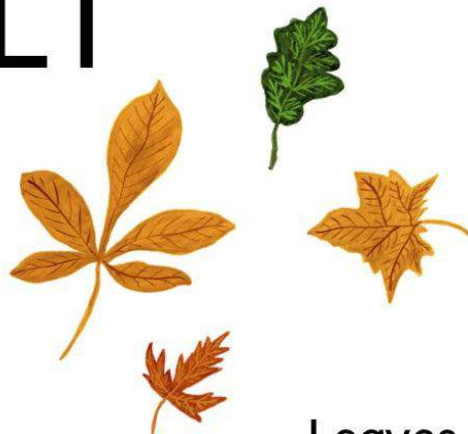
Jaguar

Kk



Kiwi

Ll



Leaves

M m

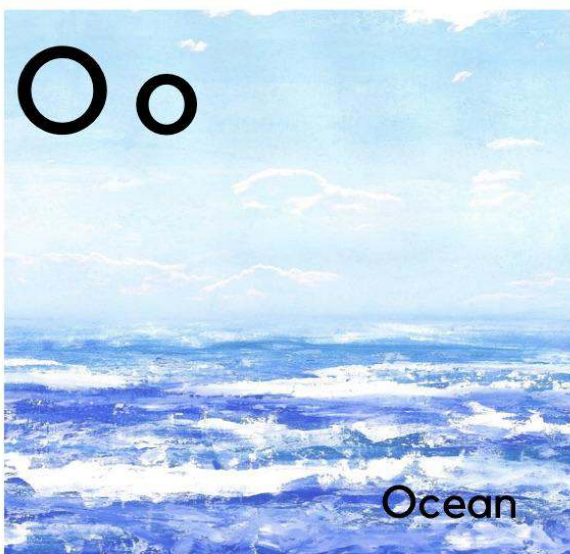


Mushroom

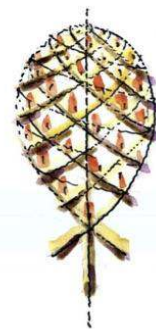
N n



Nightshade



P p



Pinecone

Q q



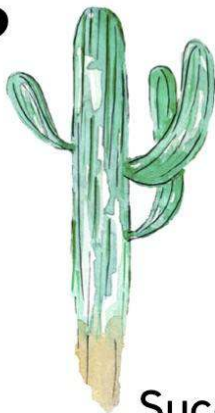
Quail

R r



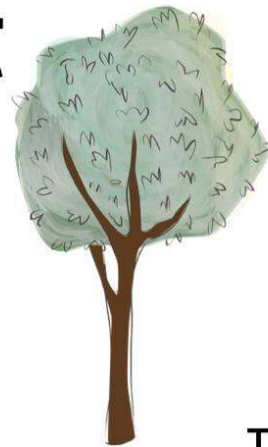
Rain

S s



Succulent

T t



Tree

U u



Urchin

V v



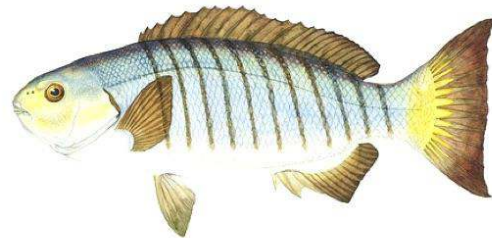
Venus Fly Trap

W w



Whale

X x



X-Ray Fish





Y y



Yarrow

Z z



Zebra

Aa Bb Cc Dd

Ee Ff Gg Hh

Ii Jj Kk Ll Mm

Nn Oo Pp Qq

Rr Ss Tt Uu Vv

Ww Xx Yy Zz

## The Arts & Sensory Activities, Music & Movement



| <b>Activity #1</b>   | <b>Learning Goal/Objective</b> | <b>Materials</b>             |
|--|--------------------------------|------------------------------|
| Make germs scatter Science demonstration   | See how germs can spread       | Bowl or plate, pepper, water |
| <b>Activity/Lesson Description</b>   |                                |                              |
| Place cracked pepper on top of a shallow bowl or plate of water. Explain to your child that the pepper represents germs. This is a great opportunity to discuss hand washing and why we use soap. Have your student rub their hands with soap then stick their fingers in the water. The pepper should scatter, reinforcing how soap repels germs. |                                |                              |

| <b>Activity #2</b>   | <b>Learning Goal/Objective</b>   | <b>Materials</b>               |
|--|----------------------------------|--------------------------------|
| Color Mixing Play Dough  | Sensory development, color sense | Red, blue, or yellow playdough |
| <b>Activity/Lesson Description</b>   |                                  |                                |
| Give your child a small ball of blue and yellow (or yellow and red) playdough and allow them to mix it together to see what happens. |                                  |                                |

| <b>Activity #3</b>    | <b>Learning Goal/Objective</b>                | <b>Materials</b>   |
|-----------------------|---|--------------------|
| Nature Walk Bracelets | Sensory ,color recognition, fine motor skills | Duct Tape reversed |

| Activity/Lesson Description  |
|--|
| Go on a nature walk with your child wearing a duct tape bracelet with the sticky side out. |

| Activity #4  | Learning Goal/Objective              | Materials   |
|--|--------------------------------------|---|
| Animal Actions   | Building Musical and movement skills | This song:<br><a href="https://youtu.be/4aVO_31rNQw">https://youtu.be/4aVO_31rNQw</a> |
| Activity/Lesson Description                            |                                      |   |
| Play song and use the prompt to move like the animals. |                                      |   |

## Mathematics Activities



| Activity #1  | Learning Goal/Objective                         | Materials   |
|--|---|---|
| Number Boxes   | Counting, Number Recognition, Foundational Math | Paper or cardboard, dot stickers, giant sharpie or marker |
| Activity/Lesson Description  |   |   |
| Create a grid of numbers on paper or cardboard written with sharpie. Have your child fill each box with the number of stickers found in each box. Start with numbers 1-5 then grow from there. <a href="https://busytoddler.com/2017/08/preschool-counting-activity-number-boxes/">https://busytoddler.com/2017/08/preschool-counting-activity-number-boxes/</a> |   |   |

| <b>Activity #2</b>  | <b>Learning Goal/Objective</b> | <b>Materials</b>                    |
|---|--------------------------------|-------------------------------------|
| Counting Coins  | Number to object recognition   | Loose change, buttons small candies |
| <b>Activity/Lesson Description</b>  |                                |                                     |
| Sort and count pocket change or other small items by size, shape, or color. |                                |                                     |

| <b>Activity #3</b>  | <b>Learning Goal/Objective</b> | <b>Materials</b> |
|---|--------------------------------|------------------|
| Dice roll   | Number recognition             | Dice             |
| <b>Activity/Lesson Description</b>                                      |                                |                  |
| Roll a dice and find things around the house that have the same number. |                                |                  |

| <b>Activity #4</b>  | <b>Learning Goal/Objective</b>          | <b>Materials</b>              |
|---|---|-------------------------------|
| Shaving cream letters   | Letter recognition, sensory development | Shaving cream, a flat surface |
| <b>Activity/Lesson Description</b>  |   |                               |
| Practice writing letters in shaving cream. Children spread shaving cream on the table or on a tray and practice writing letters with their finger. To clean up, we simply rub the shaving cream on the table until it disappears. |   |                               |

| Activity #5   | Learning Goal/Objective     | Materials   |
|---|-----------------------------|---|
| Weeding the Garden  | Counting, Color Recognition | Play-doh, colored craft sticks (can be colored on craft sticks) |
| <b>Activity/Lesson Description</b>  |                             |   |
| <p>Roll Play-doh into a large clump and insert the colored craft sticks.<br/>           Ask your child to hand you a particular quantity or color. For example, “2 blue” or “5 red”.<br/>           Continue to weed the colors until they are all out.</p> |                             |   |

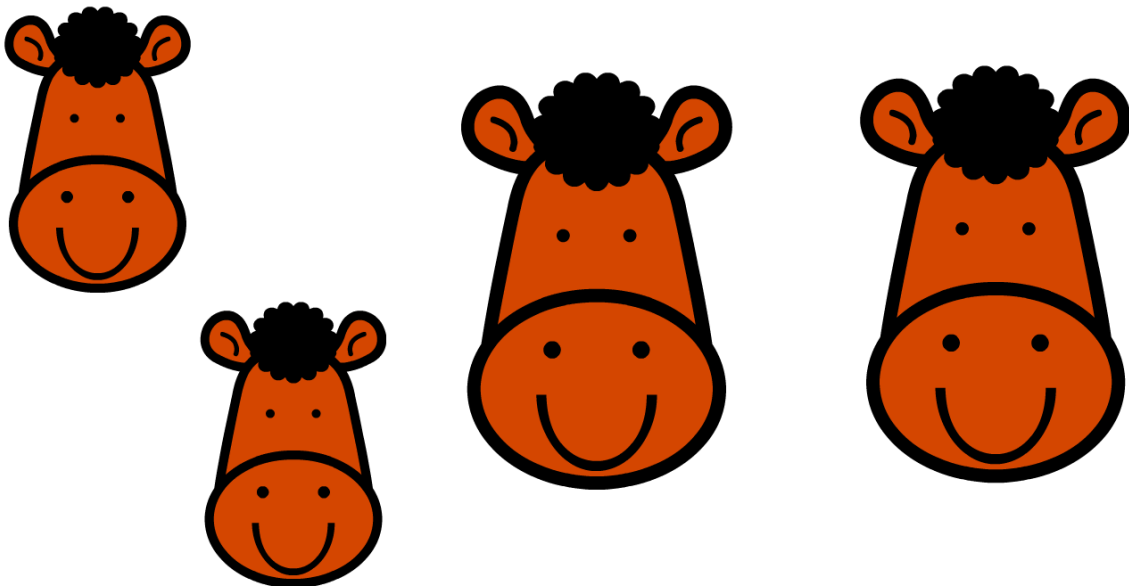
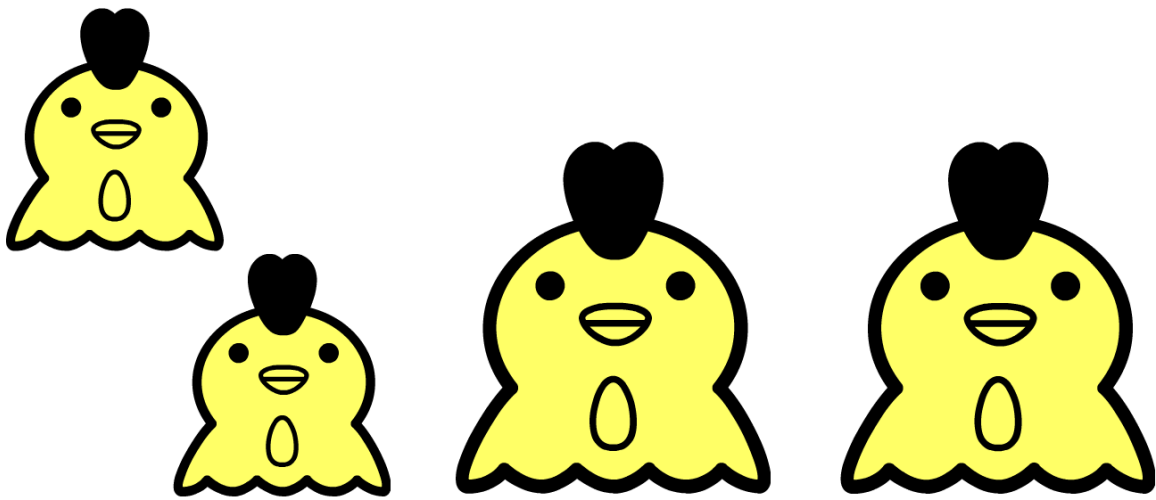
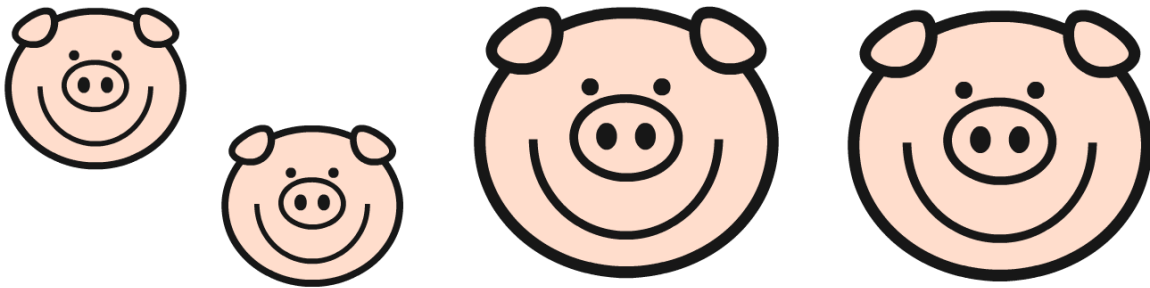


Draw lines to match the pictures with the correct shadow on the right.



# Sorting Large and Small

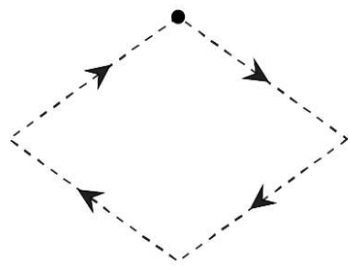
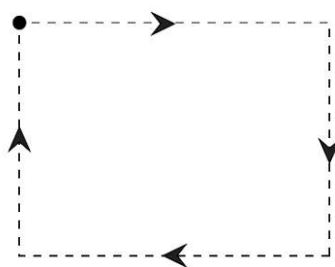
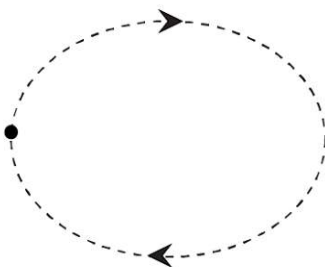
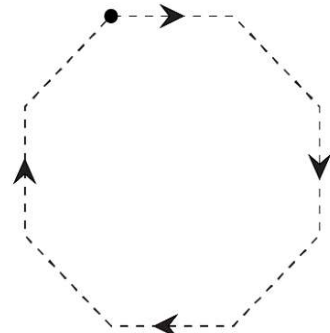
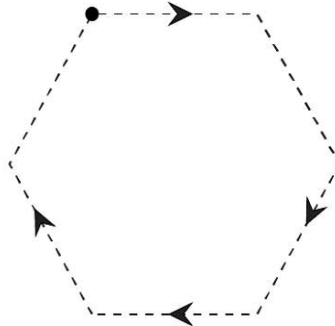
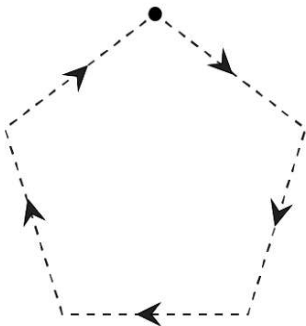
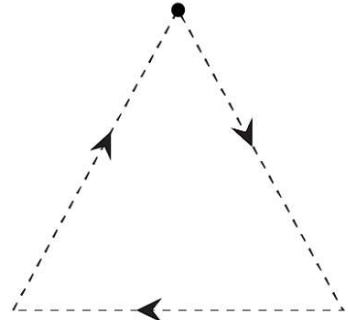
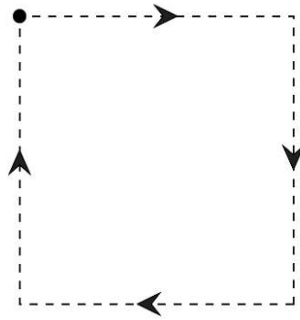
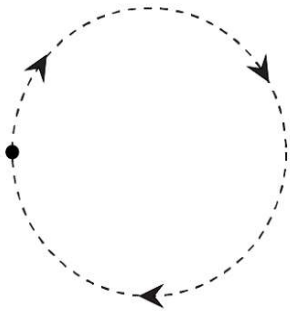
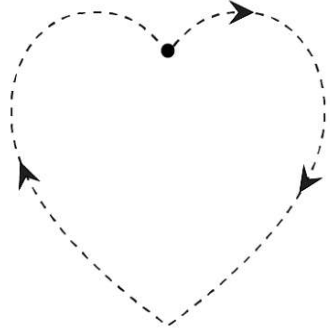
---







# Shapes



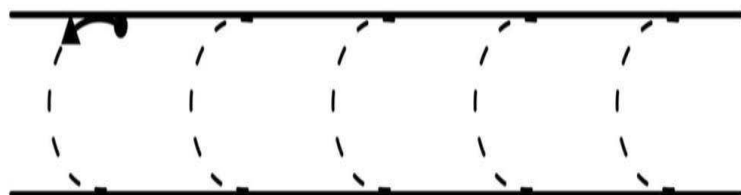
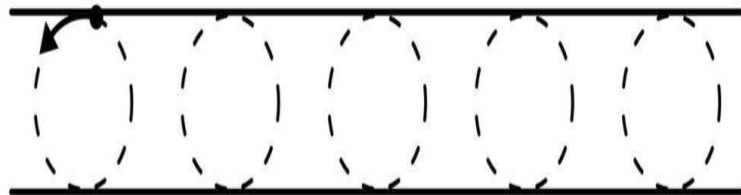
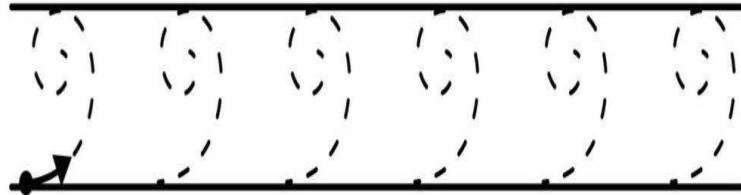
## Handwriting Activities



| Activity #1  | Learning Goal/Objective        | Materials                                     |
|--|--------------------------------|---|
| Journaling   | Pre-writing practice, literacy | Journal or paper<br>Marker, pencil, or crayon |
| <b>Activity/Lesson Description</b>                         |                                |   |
| Draw and write about something that reminds you of Spring. |                                |   |



Trace the lines.



 Trace the lines.

