



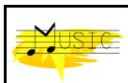







Pre-K At-Home Learning (Suggested) Schedule

Hang in your child's learning space for them to follow the schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Routine Wake up ~ Make your bed ~ Brush your teeth ~Get dressed~ Be ready to learn!				
Breakfast: Have conversation during breakfast and discuss what your child is learning about and what they did yesterday and the plan for today 20 minutes				
Circle Time: Teaching Staff Communication 10-15 minutes Teaching staff will provide pre-recorded videos or make phone calls to discuss the activities for the day.				
Independent Work Time: Choose at least three activities to do each day. Students should do an activity for at least 10 minutes. 30-45 minutes Pre-K Expectations: Act Safe ~ Be Ready to Learn ~ Care for People and Things				
 Art	 Games	 Writing Adventure in a Box	 Social Emotional	 Music
 Math	 Science	 Free Choice	 Reading/Writing	 Online Learning

Physical Activity 30 minutes

Kindergarten PE link



Physical Activity



Physical Activity



Physical Activity



Physical Activity



Physical Activity

Read Aloud

Teaching Staff Communication 20 minutes

Teaching staff will provide pre-recorded read aloud videos or include a story in the daily phone call.



Reading/Writing



Reading/Writing



Reading/Writing



Reading/Writing



Reading/Writing

Lunch... 25 minutes

Set the Table: 1 fork, 1 cup, 1 napkin for each person eating

Discuss what you did earlier during Independent Work Time and how you want to extend or change it after rest time.

Rest Time/Quiet Time... 30 minutes

Free Choice...

Independent Work Time: Choose two activities you did earlier today to finish, extend, or change you you may have Free Choice
30 minutes

Pre-K Expectations: Act Safe ~ Be Ready to Learn ~ Care for People and Things



Art



Games



Writing

[Adventure in a Box](#)



Social Emotional



Music



Math



Science



Free Choice






Reading/Writing



Online Learning

Week 1- Health

Choose three areas to explore each day. Then select one activity to complete from each area. Each activity should take approximately 10-15 minutes.

	Activity 1	Activity 2	Activity 3	Activity4
 <p>Art</p>	<p>Emergency number- Draw out the numbers 9-1-1 then have the child cut/tear pieces of paper to glue on. As an extension, you can also have a discussion about dialing 211. 211 is for community information and referral services.</p>	<p>3D germ- Using playdough or clay have the child make a ball. Add q-tips or anything you can insert such as sticks cut in half and place around the ball.</p>	<p>Clean hands vs. dirty hands- Fold paper in half, trace the child's hands and then cut out. Have child draw on one set (dirty) and then make blue circles on the other (clean; bubbles)</p>	<p>Painting letters- use a bucket full of water to "paint" letters outside on a hard surface like the sidewalk. You can use your fingers or a paintbrush.</p>
 <p>Games</p>	<p>Babycare-Gather supplies. (2-3: band-aids,Q-tips, cotton balls) Pretend that the baby is crying and needs care. Talk about what's needed to care for the baby and why. Use your imagination!</p>	<p>Paper Bag Lungs- Gather supplies. (2 straws 2 paper/plastic bags) Twist each bag tightly around a straw. Blow into the straws and then suck the air out of them. This demonstrates the expansion and contraction of the lungs as we breathe.</p>	<p>Vision test- Print out a free vision test or make one of your own.(ashliesimaginationstation .com) On a sheet of paper print large letters and continue printing letters that shrink in size as you near the bottom of the paper. Tape the paper to a wall and have your child stand a distance away, covering 1 eye. Your child should name as many letters as possible.</p>	<p>Guess the weight Gather materials. (bathroom scale, paper, pencil) Write the names of your family members on a piece of paper and write what your child thinks they weigh. Use the scale to find the actual weight. You can try this with other household items too.</p>
 <p>Writing</p>	<p>Guess the weight. Gather materials. (bathroom scale, paper, pencil) Write the names of your family members on a piece of paper and write what your child thinks they weigh. Use the scale to find the actual weight. You can try this with other household items too.</p>	<p>Doctor and dentist both start with the letter D. Go on a search around your house for things that start with the letter D. How many things can you find? Write the words of the items that you find.</p>	<p>Practice writing your name using crayons, pencils, pens, markers or chalk.</p>	<p>Big Alphabet Memory Game- Have your child write letters 2 times on small pieces of paper, cards, or paper plates. Place them face down and mix them up. Take turns flipping 2 over at a time to find a match.</p>

Social-Emotional



Establishing new “at-home” routines In the morning talk about what each person will focus on for the day, including the adults. Let your child know what to expect for the day and when to expect it by reviewing a general schedule. Feel free to use the schedule provided in this packet or use one of your own. This will help your child be aware of how the day will flow. As you move throughout the day, review your goals for the day and things you have accomplished. At the end of the day, have your child write, draw or tell you their favorite part of the day.

Follow the leader Explain to your child that your job is to keep them safe and for them to be safe. One way of staying safe is to follow directions. Play the game “follow the leader”. Give your child a direction to follow such as clap your hands, your child follows. After playing, have a discussion about ways to stay safe at home. Write, draw or tell about how following directions keeps them safe at home.

Clean up routine Establish an area in the house for your child to maintain (bedroom, playroom, living room, etc). When the room is tidy, discuss ways to keep the room clean. Show ways of tidying up this area. Allow your child to clean this area when it is messy.

Big Helper, Little Helper There are many things your child can help with around the house. Doing so will help your child learn responsibility. For example, model how to use a broom and let your child hold the dustpan. Switch roles and let your child try the broom. Show you are grateful for the help! Have your child write, draw or tell how they can be a helper around the house.

Music



Stay away from the germ. Freeze game practicing covering coughs or sneezes. Tell your child you are going to play music. While the music is playing they can move any way they like. Encourage them to explore different ways of moving such as running, hopping, galloping, or jumping. When the music stops, they have to stop. Each time the music stops, have your child practice the ways to cover a cough or sneeze. Have your child write, draw or tell the ways to keep germs away.

Wet ball activity. (this activity is for outside) Wet something that rolls such as a ball or water bottle and have your child sit opposite you with their legs spread like a “v”. To the tune of “hot potato”, have your child repeat Icky germs, Icky germs, are here every da. Icky germs, Icky germs, we need to wash away. Practice various ways of moving the ball back and forth such as rolling, bouncing or catching. After playing for a few minutes, allow the child to see the dirt on the ball. Explain the dirt is like our germs. Come up with a way to wash them all away.

Dodge the Germ This game is played much like a snowball fight. Allow your child to crumple a few sheets of paper. While playing music with a fast tempo, pretend to throw germs at one another. Be sure your child knows they are to avoid the germs that are being thrown. Have your child draw, write or tell how to avoid germs.

Germ song (to the tune of *Mary had a little lamb*). “Please keep the germs away, germs away, germs away, Please keep the germs away they will make me sick” Explain that you will give them a movement (ex. Pat your shoulders) to add to the song as they sing. Sing multiple verses of the song, adding more movements. Have your child choose a new movement each time. For a challenge, have your child choose two movements and alternate the movements throughout the song to create a pattern.

Hand Washing Song. Ask your child to tell you about how they wash their hands at school. Ask them to show you how they wash their hands and the song they sing when washing their hands at school (ex. ABC song or “Tops and Bottoms” song). Next, allow your child to teach you the handwashing including their unique handwashing song. Have your child write, draw or tell how washing our hands keeps the germs away.



Math

Match the Lids Have any Tupperware or containers at home? Take the lids off and have your child find the match. Great sorting activity

Count the band-aids you have around your house. Have a discussion of what they are used for.

Sort band-aids by big, small and medium.

Talk about the placement of pictures in a book. Use the words under, over, behind, in front of, above and below. For example, as you’re reading a story ask “where is the moon? Is it above the tree or under the tree?”



Science

OVERNIGHT PREP

REQUIRED. Gather materials. (1 brightly colored washable marker, a bowl, soap, and a plastic glove, sandwich bag, or a bread bag) Color the latex glove with the washable marker. Fill the glove or bag with water and tie a knot to keep the water in. Freeze the glove or bag overnight. Take the glove out of freezer and put it in a bowl. Use the soap to scrub off the marker. Talk about the importance of washing hands thoroughly to remove germs.

Use flour or cornstarch, or baking soda to show how germs can hide. Sprinkle flour on your child's hands. Notice how it gets in the cracks of the skin and in between fingers. Germs can do the same thing, which is why proper handwashing is always important. Once you show them how the flour can hide, practice washing your hands to the song “Happy Birthday”.

Use lipstick to show how germs travel. Put lipstick on your child. Have them kiss their hand or put their mouth on a piece of paper. This shows how germs transfer from mouth to surface and why it is important to keep things away from their mouths. practice washing your hands to the song “Mary Had a Little Lamb”

Soapy water wash tub.

Gather materials. (liquid soap, washcloths, bathtub/sink/large bowl, plastic items) Fill the tub with water and liquid soap for a sudsy experience. Add plastic dolls, cars, dinosaurs, combs, brushes, etc. Allow your child to wash the toys and talk about the importance of cleaning commonly used items often to cut down on the spread of germs.

Free Choice



Choose something you want to do at home that can help you learn. Examples include but are not limited to: cooking, building with legos or blocks, doing a scavenger hunt in the yard, organizing, helping an adult, cleaning, or walking your dog.

Complete the activity of your choice. Draw a picture and try to write about what you did. Be sure to tell what you learned.

Example: I made a lego monster. I used blue, red, green and yellow legos to make it. I learned that it takes two yellow legos to make one blue



Reading/ Writing

Book Awareness:

Select a book and practice turning the pages and pointing and naming items on that page

Choose a book to read. Before reading the book, talk about the word “safe” (“I won’t get hurt, you won’t get hurt”). Make a list of ways to be safe with our families. You can dictate or have your child write or draw the list the ways to be safe. Read a book and discuss if the character in the book was safe or not safe.

Read a book that features a “safety helper” (community helpers that keep us safe). Draw, write or tell about the community helpers in the story (be sure to include their tools, where they work).

Read a book that features a “safety helper” (community helpers that keep us safe). Draw, write or tell about a community helper and how they keep us safe.

Go for a community walk and see what words you can spy on your walk. Take pictures or write them down while walking. See if you can spot community helpers while on your walk such as garbage collectors or postal workers. At home, help your child make a map of what they saw. Have your child tell how the people or things they saw in the community keep us safe.



Online Learning

Going to the Doctor. Go to brainpopjr.com Select health. Select Be Well. Select Going to the Doctor. Choose to watch the video or just play the game below.

Washy Wash game. Go to sesamestreet.org. Select games. Scroll down to Caring for Each Other. Select Washy Wash.



Doc McStuffins Sticker Book. Go to lol.disney.com. Select games. Scroll down to Sticker books. Select Doc MCStuffins.

Doctor Daniel game. Go to pbskids.org. Select games. Select Daniel Tiger. Select games again. Choose Doctor Daniel.

1. *EC game app for Android and Apple devices. Pepi Play Bath. Language free game highlighting bathroom routines and life skills. The lite version is free.

Week 2- Health

Choose three areas to explore each day. Then select one activity to complete from each area. Each activity should take approximately 10-15 minutes.

	Activity 1	Activity 2	Activity 3	Activity4
 Art	Healthy Food Collage: Tear or cut out Healthy Foods from old magazines or newspaper, or have your child cut, tear, or draw them and glue or tape onto paper plates or sheets of paper and hang in the kitchen area for the reminder of “Healthy Eating” (demonstrate what you want the student to do, sometimes you may have to help them to get students started and most times to complete activity)	Mood Music Drawing: Play different types of music. Make faces and/or draw how that music makes you feel.	Item Collection Bodies: Take a piece of paper or paper plate, collect items from outside (small rocks, pine straw, grass, etc.) or around the house (spaghetti noodles, q-tips, cotton balls, etc.). Encourage your child to use these items to make their bodies on that piece of paper or paper plate.	Shape Faces: Draw and cut out a variety of shapes (different sized circles, half circles, triangles, rectangles, squares) and use these shapes to create different faces that show different emotions and feelings.
	Yoga Pose Drawing: Draw a picture of your favorite yoga pose (tree pose, downward dog, butterfly, etc.) and label the pose by sounding out the different sounds/letters you hear in the word. Start with the first sound of the word. For a visual of different yoga poses you can look at the picture at the end of Week 2, or search through google or on Pinterest for kids yoga poses.			
 Games	Play Simon Says: Demonstrate and model what needs to happen - Simon Says touch your head, Simon Says blink your eyes, Simon Says wiggle your nose, Simon Says stick out your tongue, Simon Says jump up and down - Repeat as many times as needed.		Healthy item scavenger hunt: Have children search their homes for “healthy items” (soap, toothbrush, fruit, etc.) once they have found all the items they can talk about what letter each item starts with.	
	Go, Lungs, Go: Tape (or use some type of string, shoestring, straw, etc). Make two lines on the table or floor. Give the child/children a cotton ball (or something that can be blown easily like a small ball made from paper) and have them blow the item from one line to another. Explain that we have lungs in our bodies that hold air for us to breathe. You can also explain why our lungs are an important part of our bodies. To make this fun, you guys can race to see who can blow the item from one side to the other the fastest, time the child on how fast they can blow the item.			
	Body Part Riddle: Say riddles to your child/children such as, “I’m thinking of a body part that you can put in your socks and shoes. What is it?” Another example: “It’s on your face, you use it to eat and talk with. What is it?”			

Hygiene Charades: Act out a good habit to take care of our bodies WITHOUT talking (brushing teeth, coughing in your elbow, washing hands, running, jumping jacks, etc.) and have other people guess the good hygiene habit. Talk about why it is a good habit and why it's important for our bodies. Extension - write or draw different options on small pieces of paper, then the person pulls one out of a bowl or hat and acts it out.



Writing

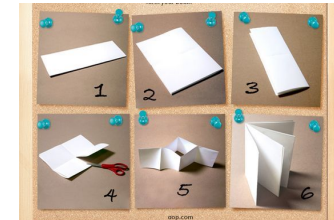
Using Crayons or Markers / Paper: Let students practice gripping crayons/markers and practice making lines and curves and creative designs on paper or write name of student - have student trace letters in name help as needed

Mood Music: After listening to and drawing with different types of music, ask what type they enjoyed the most and why. Kids can journal (draw) their thoughts

Make Your Own Healthy Living Book:

Fold pieces of paper together to make a book -

1. Fold paper hotdog style and make a crease.
2. Return paper to original size and make a hamburger style fold.
3. Fold the paper in half again and make a crease - the burrito fold.
4. Unfold step 3 and cut along the center crease to the halfway fold. IMPORTANT: Make sure you cut from the folded side - do NOT cut from the outer edge.
5. Return your paper to the hotdog fold, so that when viewing from the top, you see a square or a diamond.
6. Hold both edges of the paper and smush it together to form your book!



Now draw pictures of ways you can take care of your body and be healthy (eat fruits and vegetables, exercise, get enough sleep, drink milk, wash your hands, etc.), and label each picture or dictate to an adult or older sibling so they can write what you say. This is your Healthy Living Book!

Social-Emotional






Good Morning Song for kids: The Kiboomers (youtube.com) or singing simple songs for the students to join in -The Wheels on The Bus, If You Are Happy And You Know It Clap Your Hands, Stomp Your Feet, Rub Your Tummy

Calm Down Kit: Create a calm down kit for when you feel upset, angry, or sad - it can be made from an empty shoe box, tupperware container, basket, bag, etc. Come up with activities that can help you calm down to put in there. You can create your own, but some ideas are: a fidget spinner, a squishie or squeezamal, drawing a star or square and follow the lines to breathe (breathe in through your nose while tracing one line, out through your mouth on the next line, continue breathing in and out as you trace around the shape), coloring page and crayons, picture of kids yoga poses, a book to read, picture of a bowl of soup and use deep breaths (smell the soup, blow the soup cool - do this at least 5 times), brush a doll's hair, any ideas that are calming to you!

Blowing Bubbles - Kids can practice calming down by taking deep breaths to blow bubbles, watching where the bubbles land, or popping them

Feelings Squares: Outside version: take chalk, draw a few squares on concrete, inside the square draw a feeling face (happy, sad, mad, frustrated, etc.), encourage your kid to hop to an emotion and tell about a time they felt that emotion. EX: hop to the happy face then the child should proceed to tell about a time they were happy. Inside version: same concept, instead of using chalk, you may use paper instead. Follow all the same instructions for "outside version".

<div>Music</div> <div></div>	<div>Head, Shoulders, Knees and Toes - Sing and have students touch their head, shoulders, knees and toes</div> <div>The freeze- Dance or move while music is playing and when it stops freeze, clap while music is playing then freeze, ect.</div>	<div>Dance Party with songs (all can be found on youtube): Hokey Pokey, Head, Shoulders, Knees and Toes, This is the way we wash our hands</div>	<div>Sing If You're Happy and You Know It and substitute different emotions: (Have child show the different emotions on their faces)</div> <div><ul style="list-style-type: none">- If you're sad and you know it, say, "boo hoo"- If you're excited and you know it, say, "WooooHooo!"- If you're mad and you know it, say, "Argghhh"- If you're scared and you know, say, "Ahhhh"- If you're sleepy and you know it, say, "Yawn" (do yawning motion and/or pretend to snore)</div>
<div></div> <div>Math</div>	<div>Dice/Number Match Physical Activity: Use a dice or glue paper on the outside of a small tissue box or any cube shape and draw the dice pattern on each side of your cube. Have child roll the dice and work on child quickly recognizing how many dots based on the pattern, or have them count and tell how many. Then child matches that to the written numeral to determine what activity to do -</div> <div><div>1 = See how far you can jump</div><div>2 = Do 5 squats</div><div>3 = Gallop for 30 seconds</div><div>4 = Jump up and down 3 times</div><div>5= Do 5 jumping jacks</div><div>6= Spin around 4 times</div></div>		
	<div>Counting to 10: Have students count 10 objects in the kitchen or bedroom areas; Singing Walrus Counting 1-10 https://www.youtube.com/watch?v=DR-cfDsHCGA</div>	<div>Make a healthy snack- cut a banana into 10 pieces, slice an apple into four parts, cut your sandwich into four squares or two triangles</div>	<div>Healthy/Unhealthy Sort: Draw, print, or cut out (from magazines or newspaper ads) pictures of 10 healthy and unhealthy foods or activities. Then sort the pictures into healthy/unhealthy.</div>
<div></div> <div>Science</div>	<div>Make Your Own Calm Down Bottle: Using any empty plastic bottle you can create your own calm down bottle! There are so many possibilities for what to put in it. Use an empty water bottle, soda bottle, mouthwash bottle, Ketchup bottle, etc. Ideas for what to fill it with:</div> <div><ul style="list-style-type: none">- Fill halfway with vegetable oil/olive oil/baby oil, other half with water (you can color the water with food coloring), glue and screw the top on and have your child watch how the oil and water separate.- Fill with water and add glitter, glue and screw on the top. When child shakes the bottle they can watch the glitter swirl and watch it settle to the bottom.- Fill with water and different materials (paper clip, small piece of wood, screw/nail/washer, small piece of pipe cleaner, beads, jingle bell, etc. Glue and screw on the top. Child can use a magnet on the outside of the bottle to see what is attracted to the magnet. Why are some items attracted to the magnet and not others?</div>		
	<div>Taste Test - Select Fruits and Vegetables, have students taste them and then tell or point to the one they like the best - Make a chart of like/dislike and add pictures. As an extension - have child explain taste (salty, sweet, sour, bitter) and texture (hard, soft, smooth, crunchy).</div>		

Pepper and soap experiment: Shake a lot of pepper into a small bowl of water and explain that we're going to pretend the pepper is germs. Have the child stick one finger in the bowl and pull their finger out. Notice the pepper (germs) that are now on their finger. Now have the child dip their finger in soap (dish soap or hand soap) and then in the bowl of pepper. Notice what happens to the pepper (germs)! This is what happens when we wash our hands with soap - the germs get cleaned off of our hands! <https://youtu.be/uvG6uBq-dV0>



Reading/ Writing

Learning Letters/Sounds: Practice Foundations materials at the end of this packet or google Foundations Letter Cards (students can practice going through the letter/keyword/sound); [See It, Say It, Sign It](#) (youtube-JackHartman)

Identify Our Emotions: After reading a story, talk about how one of the characters felt in the book (happy, sad, angry, worried, excited). When was a time you felt that way? Draw a picture and write about it (or have an adult help you write it).

Character Emotions: After reading a story, draw faces showing some of the emotions the characters in the story felt (sad, happy, angry, worried, excited), then label the emotions. Hear the first sound in the word "sad", what letter makes that sound? Write the letter next to the picture. You can work on hearing and writing the sounds in the rest of the word too!

Book Awareness: Select a book and practice turning the pages and pointing and naming items on that page

Healthy/Unhealthy Book Response: Listen to the book [Good for Me and You by Mercer Mayer](#). (On YouTube) What were some healthy habits in the story? What were unhealthy habits? Point, draw pictures or write the healthy habits you saw or heard in the book on one side of your paper and point/draw/write the unhealthy habits you saw or heard on the other side of your paper.



Online Learning

[Cosmic Kids Yoga for Anxiety](#) (can be found by searching on You Tube as well)

[Fun Brain Jr.](#) (educational games)

PBS.org/parents - define age and topic: Here is the link for [3-5 year olds and Social/Emotional](#)

Character Emotions: After reading a story, draw faces showing some of the emotions the characters in the story felt (sad, happy, angry, worried, excited), then label the emotions. Hear the first sound in the word "sad", what letter makes that sound? Write the letter next to the picture. You can work on hearing and writing the sounds in the rest of the word too!

Free Choice



Choose something you want to do at home that can help you learn. Examples include but are not limited to: cooking, building with legos or blocks, doing a scavenger hunt in the yard, organizing, helping an adult, cleaning, or walking your dog.

Complete the activity of your choice. Draw a picture and try to write about what you did. Be sure to tell what you learned.

Example: I made a lego monster. I used blue, red, green and yellow legos to make it. I learned that it takes two yellow legos to make one blue



The poses



Mountain pose



Butterfly pose



Stretching



Warrior pose



Triangle pose



Tree pose



Tortoise pose



Camel pose



Archer pose




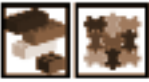

Monkey pose



Relaxation

Week 3- Changes in Weather

Choose three areas to explore each day. Then select one activity to complete from each area. Each activity should take approximately 10-15 minutes.

	Activity 1	Activity 2	Activity 3	Activity 4
 <p>Art</p>	<p>Fill a bowl or bucket with water. Go outside on a dry day. Paint the sidewalk with water using fingers, q-tips, paintbrushes or any other material you have in your home.</p>	<p>Make a rainbow using the crayons sent in Phase 1 packets, or any other materials you have in your home (playdough, sidewalk chalk, rip colored paper).</p>	<p>Go on a nature walk. Gather materials. When you get home, create a nature collage.</p> <ul style="list-style-type: none"> - How many colors did you collect? - Sort items into categories (hard/soft, big/little, living/nonliving) 	<p>Draw yourself (Mat Man) outside in the weather- add sun, clouds, rain, or an umbrella. Add clothes that would fit the weather (coat, boots, hat, bathing suit, etc).</p>
 <p>Games</p>	<p>.Make a rain puddle shape with a piece of paper, a jump rope, or other object. Practice jumping over the puddle and talk about who can jump the farthest. While jumping, shout FREEZE and PUDDLE JUMP. When the child hears "PUDDLE JUMP" they can jump in the puddle.</p>	<p>Weather Charades - parents and students take turns acting and guessing:</p> <ul style="list-style-type: none"> - Different kinds of weather (sunshine, rain, thunderstorm) - Act out getting dressed for different kinds of weather (putting on gloves, boots, etc 		
	<p>Play Rain Rain Sun a form of duck duck goose.</p>	<p>In a safe area in the home or outside, take turns "chasing" your child and letting your child "chase" you</p>		
<p>Social-Emotional</p>  <p>See ZONES Board below</p>	<p>Use a doll or bundled object (stuffed animal, other household item) and pretend that it is a baby. Encourage the child to rock, soothe, feed, sing to the baby.</p>	<p>Review the Zones Picture. Discuss weather events (rain, thunderstorms, sunny days, rainbows) how do they make you feel? What zone does it put you in - blue, green, red, yellow.</p>		
	<p>Review the Zones Picture. Draw faces with different expressions (smiling, frowning, etc.)</p> <p>-or-</p> <p>Make different emotions out of playdoh</p> <p>What zone is the picture/face/playdoh in?</p> <p>Playdough recipe on the last page.</p>	<p>Review the Zones Picture. Think of different times in your home when your child feels sad, mad, excited, bored, tired. Discuss those times:</p> <ul style="list-style-type: none"> • How does it make you feel? • What zone are you in? • What can you use in your Calm Down Kit (from Week 2) to feel better and get back in the green? Practice: deep breaths, blow bubbles, sing a song, read a book, etc. 		



Writing

Using salt/sand/dirt

- Trace horizontal lines in
- Trace vertical lines in
- Trace circular lines in
- Trace cross in

Use your 5 senses (sight, sound, smell, touch, taste) to observe the weather outside today. Generate a list of descriptive words (warm, wet, dry, chirp, sweet, bumpy, bitter) and model writing them for your child.

Go outside and observe the weather and draw a picture. Label picture with beginning sound of each object (ex. S=sun).

Draw pictures and shapes related to weather. Write the first letter of the word

Examples: Sun, Rainbow, Raindrops, Kite, Clouds, Flowers

Music



Provide household items, such as plastic plates and cups, pots and lids, empty clean cartons, etc. for your child to play with, stack, and make music. Observe their reactions.

Children can create the sounds of rain. Rub their fingers together to make a mist, rub their hands together to make a drizzle, pat knees to make a downpour, stomp the floor to make thunder. Then reverse the movements to make the rain stop.

Sing this song with your child: (to the tune of: If You're Happy and You Know It)

If it's windy and you know it
Swing and Sway (clap, clap)

If it's windy and you know it
Swing and Sway (swish, swish)

Scarf/Clothing/Fabric Creative Movement Activity (inside and/or outside) choose your favorite music and move to the beat with your scarf/fabric/clothing.



Math

Use anything in your house to make a rainbow tower (different items that are the color of the rainbow (red, orange, yellow, green, blue, purple)- see how many items you can stack!

Draw your own version of the sun and count the number of rays you have put on it.

Counting "raindrops" use cotton balls, torn paper, coins to work on 1:1 correspondence "hand me 1 raindrop" etc
Also rote count to 5 with "raindrops".

Observe the weather for a week. Make a chart with the sun and rain at the top and put a check for each day. Count the total on Friday and write the number under each. See chart below



Science

Pretend you're the wind. Use a straw in a ziploc bag with torn pieces of paper and see if you can blow the wind around. Blow it fast, slow.

Make the playdough recipe below. Use it to complete activities from other sections!

Lay outside and observe the clouds. What shapes/animals do you see? Describe.

Go for a walk and observe your shadows as you walk. Do you have a shadow when it's sunny? When it's cloudy?

Take a nature walk outside. Take your scissors with you and cut pieces of nature that you see to take with you (blades of grass, a piece of branch, dandelions). Bring the cuttings inside and use the scissors to cut and explore the Spring objects. Talk about what you found and describe them.

Free Choice

Choose something you want to do at home that can help you learn. Examples include but are not limited to: cooking, building with legos or blocks, doing a scavenger hunt in the yard, organizing, helping an adult, cleaning, or walking your dog.

Complete the activity of your choice. Draw a picture and try to write about what you did. Be sure to tell what you learned.

Example: I made a lego monster. I used blue, red, green and yellow legos to make it. I learned that it takes two yellow legos to make one blue

**Reading/
Writing**

Book Awareness: Select a book and practice turning the pages and pointing and naming items on that page

Look at books together. Point out different faces and feelings. Talk about feelings that character might have.

- She is sad
- He seems mad.
- She is happy.

Look at books together. Point out different faces and feelings. Talk about feelings that the character might have. Expand on language and gestures. For example:

- "She is sad. She is frowning" (make a sad face)
- "She seems mad. Her face is pinched." (make a mad face and ball fists)
- "He is laughing; I think he is happy!"

Sit with your child outside. Create a story about your family. Take turns adding to the story. Draw a picture of your favorite part of the story.

Retell the story you created with your child. Add to the story by doing one of these:

- Acting out the story
- Adding more descriptive words to the story
- Adding music or sounds to the story
- Changing the ending

**Online
Learning**

Watch the song and sing along to

How's The Weather?
using this link:

<https://safeYouTube.net/w/lwE3>

Watch the book and move along to

Going on a Bear Hunt
using this link:

<https://safeYouTube.net/w/OtE3>

Watch this video on Art Hub about how to draw a rain cloud and give it a try.

<https://safeYouTube.net/w/5wE3>

Watch this video about being a weather watcher. Can you create a journal?

<https://safeYouTube.net/w/RxE3>

Play Dough Recipe

Making the Play Dough:

Ingredients:





- 1 cup of flour
- 1/4 cup of salt
- 3/4 cup of water
- 3 tablespoons of **lemon juice**
- 1 tablespoon of vegetable oil
- **Food coloring**
- Any seasonings or **scents** you would like

1. Add the water, oil and lemon juice to a medium non-stick pot and heat on medium heat on the stove (maybe even slightly lower heat depending on your stove).
2. Add **food coloring**, liquid scents or **Kool-Aid** to the water mixture.
3. In a mixing bowl, combine the flour, salt and any dry seasonings you are using.
4. After the water is hot, but not boiling, slowly add the dry ingredients to the pot and while mixing to combine. I use a wooden or plastic cooking spoon.
5. Continuously stir until the ingredients combine, dry out and begin to form a ball. If there are parts that seem a bit sticky still, just flatten the dough out and put the sticky side down on the bottom of the pot very briefly. Flip back and forth frequently until it doesn't seem sticky anymore. However, don't cook it too long. It is better to be a bit undercooked as it will firm up as it cools down.
6. Place on a sheet of **wax paper** until it cools down a bit. Then knead the dough for a minute or two to bring it all together.

Zones of Regulation Board:

The ZONES of Regulation® Reproducible E The Zones of Regulation Visual

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control



Sunny Day



Rainy Day

Write an 'S' or make a check for every sunny day.




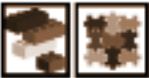




Write an 'R' or make a check for every rainy day.

How many sunny days were there? _____

How many rainy days were there? _____

Week 4- Changes Outside

Choose three areas to explore each day. Then select one activity to complete from each area. Each activity should take approximately 10-15 minutes.

	Activity 1	Activity 2	Activity 3	Activity 4
 Art	Collect leaves, flowers, grass outside, and glue or just arrange on paper to create a spring picture.	Using a paper plate, markers, colored pencils, or crayons draw how you can help a plant.		
	Collect some leaves, then create and glue a spring animal like a rabbit, squirrel, bird. Then try to write the name of the animal.	Egg Carton: Use watercolors or markers, tape, straw or wooden stick. Cut the egg carton, decorate and paint. Make a wonderful flower for your mom or special family member.		
 Games	Pick a nice grassy spot outside and at least one person to play with you. Play ring around the rosie (join hands in a circle and recite "ring around the rosie, pocket full of posies, ashes, ashes, we all fall down" and fall to the ground), make sure to "fall down" in the soft grass! Choose a different song/circle game to do outside if your family has one you prefer.	If the weather is warm, play some water games outside like water relay or water tossing using materials like buckets, cups balls, and sponges. 	Egg and spoon race using plastic eggs or other objects found at home. 	Create an obstacle course using yarn, crepe paper streamers or other material found at home. Place an object at the end. Use a timer to increase challenge. 
 Writing	Use shaving cream, salt or sand to practice letters, numbers, lines and shapes. Put shaving cream, sand, or dirt onto the table and have	Use a cotton swab, kids can submerge onto some paint or water and trace the alphabet letters, they can practice the letters of their family members'	Spring Scavenger hunt: Kids will go outside and look for items on a list and try to write using crayons, pencils or markers the name of the item	Turn pre-writing strokes into a drawing about what you saw outside (practice yellow circles to make a sun, make a circle and add a line for a tree or

the kids write or trace a letter, number, shape or line that you tell them. They can use the finger to trace.



name or objects around them.



next to the picture or check off the ones they've found.



flower, draw green vertical lines to make grass or draw a horizontal line and color green below it)



Social-Emotional



Take a walk around your neighborhood, wave and say "hi" (from a distance) to anyone you see or cars as they pass by. If no one is outside making sure to say hi to the birds, squirrels, dogs/cats, bugs, etc.

Allow the child to make a flower card or art project for mom or a friend. Use this opportunity to talk about Mother's day if your family celebrates it.

Call a family member to ask them how they are, describe what you see outside, the changes in the spring, ask them what they see

Using paper plates, paper bags or paper, scissors, crayons or markers, make emotions masks. Draw how it looks to be feeling mad, happy, sad, excited and frustrated. When you are done, act out the emotions with your family, or share it with your teacher. Practice how you can calm down by taking deep breaths, blowing bubbles, singing a song, reading a book, etc.



Math

Count how many **birds** you see around your home.

Count how many **trees** you see around your home.

Count how many **big rocks** you see around your home.

Count how many **squirrels** you see around your home.

Measuring/comparing outside. Students will gather 5 leaves and they will decide which one is the smallest vs largest or which one has a different color



Find and count rocks. Sort them by color, shape and size



Match familiar items in nature outside, pick one flower and see if you can find another, or make a collection of all of the green things you find.



Music



Choose a spring song to learn to sing:

La Primavera
Llego:
<https://www.youtube.com/watch?v=hbUro-BSJFc>

Primavera
<https://www.youtube.com/watch?v=IY1bclw0cnk>

Listen to the sounds of the birds outside, try to imitate their songs

Make music with things you find outside, have fun being creative (use a stick to hit a tree or hit two together, tap a rock on the sidewalk, have an adult show you how to “whistle” with a piece of grass, etc.)



Use your body to make music/rhythms as you walk along--clap your hands, stomp your feet, jump up and down, make funny sounds with your mouth

Plants (to the Tune of Farmer in the Dell)

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

The farmer plants the seeds

The farmer plants the seeds

Hi, Ho, the Dairy O

The farmer plants the seeds

Additional verses-

- The sun comes out to shine
- The rain begins to fall
- The seeds begin to grow
- The vegetables are here
- The farmer digs them up
- Now it's time to eat

Spring is Here

<https://www.learningstationmusic.com/blog/2014/04/24/spring-spring-dance-song-lyrics/>

Additional verses

- I just saw a bee
- I just saw a ladybug
- I just saw a butterfly
- I just saw a frog

Free Choice



1. Choose something you want to do at home that can help you learn. Examples include but are not limited to: cooking, building with legos or blocks, doing a scavenger hunt in the yard, organizing, helping an adult, cleaning, or walking your dog.
2. Complete the activity of your choice. Draw a picture and try to write about what you did. Be sure to tell what you learned.



Reading/ Writing

Book Awareness: Select a book and practice turning the pages and pointing and naming items on that page

Look at the sky and observe. Draw or write or point out what you see.

Make up a story using the sky and nature as your resource.

Bottle story: go outside, grab a few small items, place it inside the bottle, make up a story with those items or show them to another family member.

Go for a walk and take note or draw what you see or have mom/dad take pictures so you can show them to someone else later (Flowers, trees, birds, squirrels, etc.)



Science

Use your senses to explore outside (smell flowers/wild onions, look and talk about the different colors, touch different textures-flowers vs tree bark, listen to and look for the birds).

Leaf collage: The kids can pick up different kinds of leaves, then they can make an amazing collage.



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Plant using an eggshell:

- Keep an eggshell
- Find some soil or dirt from outside
- Put the soil and the seed inside the shell
- Water the soil and seed gently by sprinkling with just enough water.
- Place the shell in a location that will receive sunlight and water as needed



Plant a bean: You can use a cup or clear plastic bag, water, 2 dried beans and a paper towel.

- Wrap the bean in the paper towel
- Put the bean and the paper towel in the cup/ziploc bag
- Water the beans and paper towel gently by sprinkling enough water
- Place the cup/ziploc bag in a location that will receive sunlight for at least six to eight hours a day and water as needed.
- Use a journal and try to draw what happened to the bean.



Online Learning

Counting butterflies memory game:
<https://www.primarygames.com/math/countingbutterfliesmemory/>






path puzzle spring:
<https://www.digipuzzle.net/mini-games/pathpuzzle/spring.htm?language=english&linkback=../education/spring/index.htm>






Spring patterns:
<https://www.primarygames.com/math/springpatterns/>

Turn bugs into butterflies:
<https://www.primarygames.com/arcade/action/butterflybash/>

Week 5- Changes in Living Things

Choose three areas to explore each day. Then select one activity to complete from each area. Each activity should take approximately 10-15 minutes.

	Activity 1	Activity 2	Activity 3	Activity 4
 <p>Art</p>	<p>Draw or paint your favorite insect (ladybug, bumblebee, butterfly, and ect).</p>	<p>Design a paper plate insect of your choice using items found in your home.</p>	<p>Craft a few crawling and flying critters with popsicle sticks. Use other art supplies you have around your house to help create them.</p>	<p>Create 3-D Bugs using the playdough you created in week 3 https://docs.google.com/document/d/1OSUv7UFzpXNyRyVxwSg-fgvE0PTvmAWM5Mm9nIDjMdU/edit</p>
 <p>Games</p>	<p>Bug Charades- Act out your favorite bugs and see if your family can guess which bug you are.</p>	<p>I Spy- Describe bug characteristics and see if your family can guess which bug you are describing.</p>	<p>Bug Builder https://www.pestworldforkids.org/games/bugbuilder/index.html</p>	<p>Sort the Bugs https://www.pestworldforkids.org/games/sortthebug/index.html</p>
 <p>Writing</p>	<p>Use playdough/string/yarn to form numbers 1-10</p>	<p>Practice writing Foundations- letters: l,h,k</p>	<p>Create a journal and draw a picture, write, scribble, and draw shapes</p>	<p>Copy words from a favorite story you read at home.</p>
<p>Social-Emotional</p> 	<p>Notice the child's feelings. Ask them to name what they are feeling, such as excited, frustrated, and happy.</p> <p>Have them share what is making them feel that way. Ex. I notice that you are frowning. How are you feeling? Why?</p>	<p>Have open conversations on various topics of interest to the child. Simple answers are all that is desired or needed. The child's curiosity needs to be supported. Find answers together if needed.</p>	<p>Social story: <u>I Miss My Friends</u> (Attached)</p> <p>Have the draw and write the names of their friends at school.</p>	<p>Fairness becomes a big issue for children at this age. Notice opportunities to examine aspects of fairness and justice with the child. Have discussions about how to be fair to others.</p>
<p>Music</p> 	<p>Sunny-Side Up, Kids song-Days of the Week https://www.youtube.com/watch?v=IRnnLPjRn84</p>	<p>Sesame Street-Usher's ABC song https://www.youtube.com/watch?v=SWvBAQf7v8g</p>	<p>Months of the year syllable song (Jack Hartman) https://www.youtube.com/watch?v=SSI-SbVz2oA</p>	<p>Dr. Jean-Insects body https://www.youtube.com/watch?v=6pe_p5FXE2g</p>

 <p>Math</p>	<p>Elmo's Egg counting game https://www.sesamestreet.org/games?id=230#</p>	<p>Bug counting survey worksheet (attached)</p>	<p>Create Bug Pattern https://www.abcya.com/games/fuzz_bugs_patterns</p>	<p>Count to 20 Exercise https://www.youtube.com/watch?v=_MVzXKfr6e8</p>
 <p>Science</p>	<p>Bug Hunt- If permissible, look in and around your home for different bugs and insects. Draw pictures or take notes in your journal.</p>	<p>Bug Research- Pick a bug that you found or that you are interested in research online. Practice writing some keywords in your journal. Cut insect pictures out from a magazine and compare color, size, etc.</p>	<p>Help your child write a list of every insect they can think of. Then encourage them to discuss all they know about insects. You can use the list from the worksheet to help.</p>	<p>Brainstorm about ways insects can get the things they need. Compare these things to what humans and other animals need for life.</p>
<p>Free Choice</p> 	<p>Choose something you want to do at home that can help you learn. Examples include but are not limited to: cooking, building with legos or blocks, doing a scavenger hunt in the yard, organizing, helping an adult, cleaning, or walking your dog.</p> <p>Complete the activity of your choice. Draw a picture and try to write about what you did. Be sure to tell what you learned.</p> <p>Example: I made a lego monster. I used blue, red, green and yellow legos to make it. I learned that it takes two yellow legos to make one blue</p>			
 <p>Reading/ Writing</p>	<p>Book Awareness: Select a book and practice turning the pages and pointing and naming items on that page</p> <p>Transition to bed-No More Noisy Nights</p>	<p>Bug hunt by Tom Story-(Extended learning: Name some of the bugs found in the story)</p>	<p>Very Hungry Caterpillar-(Extended learning: Trace or write the letter Cc and make the caterpillar's body)Add eyes, legs, etc.</p>	<p>Ten Magic Butterflies-(Extended learning: Create simple math problems using flowers and butterflies) Modifications: count flowers and butterflies, name colors</p>
 <p>Online Learning</p>	<p>10 interesting insects-Bugs for kids(Talking flash cards) - Video</p>	<p>Kids vocabulary-Bugs - Video</p>	<p>National Geographic Kids - Explore the site to learn cool facts about different insects. Write down, draw a picture, or discuss your findings.</p>	<p>Bug Facts - Explore the site to learn cool facts about different insects. Write down, draw a picture, or discuss your findings.</p>

I Miss My Friends

School is one of my favorite places to be. Everyday we can count on our teachers to teach us something new and share lots of experiences with our friends. Right now we are not able to be together at our school. It's just not safe for us to be in a close space for a long period of time.



Why Can't We Go To School ?

A virus called corona or covid-19 has begun to spread across the United States. In order for us to remain safe, our governor would like for us to stay home and keep a safe distance if we go to the grocery store. Most public places are closed temporarily, this means for a short time.

Should I Be Afraid?










We will be okay. You may see a lot of grown ups and kids wearing face masks or gloves when you are out in the grocery stores but this is just a precaution to be safe. Germs can stay on surfaces for a long time, gloves protect our hands from getting the germs we may not see. It's really important that you wash your hands regularly. Make it fun by singing the ABC song as you wash your hands.



What Should I Do If I Feel Sad?

If you feel sad about not seeing your friends and teachers, talk to your parents about how you are feeling. This is very normal and we all are feeling a bit sad that we are not able to see each other regularly. Maybe you can sing your favorite song or do a favorite fingerplay. You could also draw a picture of a friend and give it to them when you see them again. We are in this together.

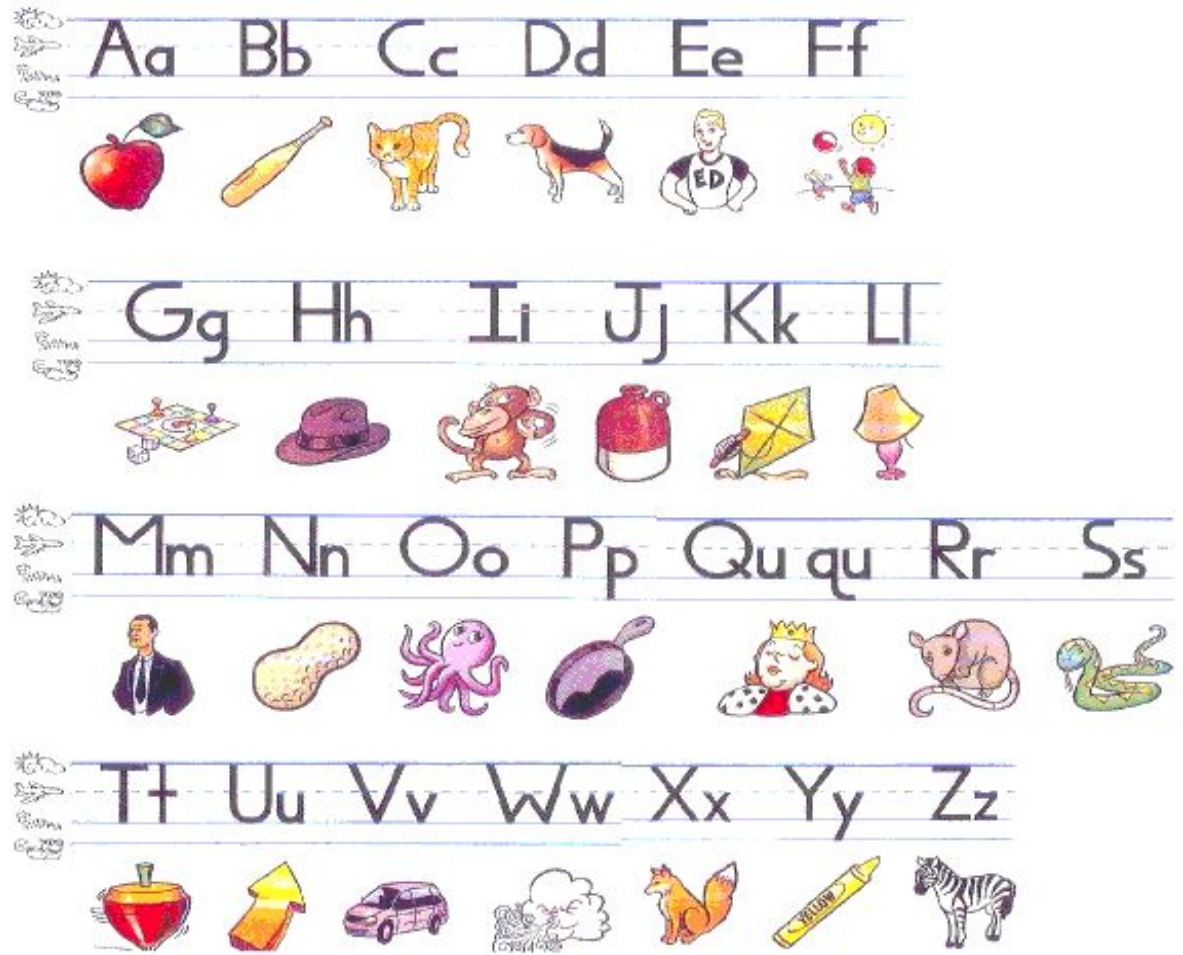
Survey the family to see what kind of insect everyone likes. Make a check or write their name.


<u>Insect Choice</u>	<u>How many family members Like this insect?</u>	<u>How many family members Dislike this insect?</u>
Ant 		
Butterfly 		
Bee 		
Dragonfly 		
Firefly 		
Wasp 		
Beetle 		
Moth 		
Ladybug 		

Which insect got the most likes? _____

Additional Resources

Foundations: Have your child say the letter, picture, and sound. Have your child practice writing the letters using the lines.



 <p>Online Learning Spanish</p>	<p>Vowels/Vocales: https://arbolabc.com/juegos-de-vocales/juguemos-con-burbujas-vocales</p>	<p>Alphabet memory game/:Juego de memoria del alfabeto https://arbolabc.com/juegos-de-l-abcario/memoria</p>	<p>numbers 1 - 20/numeros 1-20 https://arbolabc.com/juegos-de-numeros/que-desorden-numeros-1-20</p>	<p>Flowers: website is in Spanish but game can be played by any child as no language is involved/ Flores: la página web está en español pero el juego puede ser jugado por cualquier niño ya que no hay ningún idioma involucrado https://www.juegosinfantilesputm.com/teclado/04-flores.php</p>
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- [Milestone Tracker](#)
- [NAEYC Math at Home](#)
- [PBS Parents](#)
- [Storyline Online](#)
- <https://www.sesamestreet.org/games>
- <https://www.teacherspayteachers.com/FreeDownload/Insect-Survey-86188>
- https://www.abcya.com/games/fuzz_bugs_patterns
- https://www.youtube.com/watch?v=_MVzXKfr6e8
- <https://www.actionforhealthykids.org/activity/exploring-imagination-play-based-yoga/>