

	Social and Emotional Support/Daily Connection	Language and Literacy	Physical/Music and Movement	Math	Fine Motor	Science and/or Sensory Play
Monday	<p><u>I Love You Ritual: Humpty Dumpty</u></p> <p>Check our class YouTube playlist to practice and review this I Love You Ritual with your child throughout the week. This is an I Love You Ritual review!</p>	<p><u>Language group with Ms. Robin</u></p> <p>Check your email for a language group led by Ms. Robin.</p>	<p><u>Living Room Olympics</u></p> <p>Set an obstacle course up using cones, rings, pillows and any other items that encourage kids to move in a different way. How you go through it is up to you. Kids can. Hop, run, jump, shuffle, walk backwards, dance, gallop, or tiptoe to get to the end of the obstacle course.</p>	<p><u>Block Building and Counting</u></p> <p>Have your child try to make the tallest block tower they can. Ask them to count the blocks while stacking.</p>	<p><u>Gold Medal Cereal Necklace</u></p> <p>Use pipe cleaners or string and cheerios or fruit loops to make a necklace by stringing the cereal.</p>	<p><u>Olympic Artwork</u></p> <p>Use dixie cups or toilet paper tubes and paint to stamp and create circles on paper.</p>
Tuesday	<p><u>I Love You Ritual: Humpty Dumpty</u></p>	<p><u>She's Got This by Laurie Hernandez Read Aloud</u></p> <p><a href="https://www.youtube.com/watch?v=ei05nO_ByW8">https://www.youtube.com/watch?v=ei05nO_ByW8</a></p>	<p><u>Pool Noodle High Jump</u></p> <p>Create your own high jump using a pool noodle and two chairs (or stools). Let your child jump back and forth over the pool noodle without knocking it down. Super simple and fun!</p>			

<p>Wednesday</p>	<p><u>I Love You Ritual:</u> <u>Humpty Dumpty</u></p>	<p><u>Name Writing Practice</u></p> <p>Use whatever materials you have at home to allow your child to get some practice writing his/her name. Try out a variety of materials to make it more fun! You can have your child focus just on the first letter in his/her name or all the letters, whatever he/she is ready for. Start with tracing the letters and move to independent writing only if your child is ready. *See notes for some ideas for this activity.</p>	<p><u>Nature Walk</u></p> <p>Bring a bag or cup to collect nature treasures on your walk.</p>			
<p>Thursday</p>	<p><u>I Love You Ritual:</u> <u>Humpty Dumpty</u></p>	<p><u>Language group with Ms. Robin</u></p> <p>Check your email for a language group led by Ms. Robin.</p>	<p><u>Freeze Dance/Dance Party</u></p> <p>Turn on your child's favorite tunes or favorite freeze dance song and get up and get moving and grooving!</p>			

Friday	<u>I Love You Ritual:</u> <u>Humpty Dumpty</u>	<u>Family Friday Book Time</u>  Curl up and pick a favorite book! Let your child choose a book to read aloud and enjoy this time together.	<u>Gymnastic Balance Beam</u>  Lay a pool noodle on the floor and encourage your child to walk across it. Trust me, it's harder to stay balanced on than you think!			
--------	---	--	---	--	--	--

### Notes



Name Writing Practice (Wednesday)- Here are some fun ideas for helping your child write the letters in his/her name: (hand over hand or only focusing on the first letter in your child's name is always an option)

- Use a highlighter to write your child's name on a large piece of paper and then have your child trace each letter with a crayon or marker.
- Rainbow writing/painting involves your child tracing over each letter multiple times with different colored markers or paint. Make it big and beautiful!
- If you have a chalkboard at home, try this wet, dry, try activity from our Learning Without Tears curriculum. First, write a letter of your child's name with chalk on the chalkboard. Then, have your child use a small piece of sponge that is wet to trace the chalk line. Next, have your child use a small piece of paper towel to trace over the wet and dry it. Last, your child tries tracing the letter on his/her own with chalk.
  - Or you can use chalk and a chalkboard to have your child practice tracing the letters you wrote on the board using a small paintbrush and some water.
- Get out the watercolors and trace his/her name with watercolor paint and a paintbrush.
- Use a salt, shaving cream (or whip cream), or flour tray to practice writing the letters in his/her name.
- Get outside in the sunshine and use chalk to help your child trace his/her name. Your child can trace over the letters you make with different colored chalk or he/she can use a paintbrush and water and trace over the letters that way.



# MOVEMENT CHOICE BOARD

PICK A SQUARE, DO THE ACTIVITY, AND COLOR THE SQUARE!

<p>Tape or chalk maze! Make a maze on the floor with tape (inside) or chalk (outside) by making lines (ex: straight, zig zag).</p>	<p>Play hockey. Cut a pool noodle in half for the stick and use a laundry basket for a goal.</p>	<p>Do ocean animal walks around. Crawl like a crab, giggle like a jellyfish, swim like a fish. Move slow or fast.</p>	<p>Have a race. Run a race with someone special. Mark the starting and stopping points.</p>	<p>Have a spoon race. Place a cotton ball on a spoon and walk around the house balancing it on the spoon. Don't let it drop.</p>
<p>Ice skate with paper plates. Put a paper plate under each foot. Slide around and ice skate around the house.</p>	<p>Puddle jumps. Place blue paper on the ground. Jump over the puddles.</p>	<p>Set up an obstacle course. Jump over stuffed animals, go through a chair, or go around pots.</p>	<p>Have a parade. March around the house playing instruments. Use pots for drums.</p>	<p>Have a clean up race. Play some music and see how many songs it takes you to clean up.</p>
<p>Build a fort with pillows and blankets.</p>	<p>Letter musical chairs. Write letters on sticky notes and place on a chair. Play the music and when it stops say the letter you sit on.</p>		<p>Grab a deck of cards. Flip a card and move that many times. You can hop, stretch, jump, spin, stomp, skip.</p>	<p>Do yoga. Try moves like downward dog, star, and pyramid.</p>
<p>Put on a fashion show. Dress up in fun outfits, play music, and dance down the runway. Put towels on the floor for a runway.</p>	<p>Move like transportation. Fly like a plane, chug like a train, race like a racecar. Move fast or slow.</p>	<p>Have a feather or cotton ball race. Lay on your belly and blow the feather or cotton ball across the floor.</p>	<p>Draw a hopscotch on the ground with chalk or tape. Play hopscotch.</p>	<p>Ride your bike, scooter, or skateboard.</p>
<p>Have a dance party. Play your favorite music and dance to the beat.</p>	<p>Play soccer. Use a laundry basket as a goal. If inside use a beach ball instead of a soccer ball.</p>	<p>Go on a walk with someone special.</p>	<p>Do pet animal walks. Slither like a snake, hop like a bunny, gallop like a horse, pounce like a cat. Move fast or slow.</p>	 <p>POCKET OF PRESCHOOL</p>