


	Daily Social Emotional Connection: Brain Smart Start:	Language/Literacy Opportunity:	Physical Activity:	Additional Activity:	Weekly Reflection
MONDAY	- Good Morning Song -Round and Round the Garden -Breathing of Choice. -Sing Wish Well Song see below for words or video	Read/Watch <u>The Grouchy Ladybug</u> by Eric Carle https://www.youtube.com/watch?v=Jr3ha03MsK0 Vocabulary Insist – to demand something Encountered – met Grouchy – not in a good mood * Why is the ladybug so grouchy? * Why did the grouchy ladybug fly away? * If you were the grouchy ladybug, what would you have done?	Go on a bug hunt. (Draw or take pictures of what you find and share it)	Math Activity: Draw a patterned caterpillar. You can use two or three colors to make the pattern. 	What activities did your child like the most? Please take pictures and share with us via Facebook or email.
TUESDAY		Journal: Draw a picture of when you feel grouchy.	Yoga Movement		
WEDNESDAY		Read/Watch: <u>The Very Hungry Caterpillar</u> by Eric Carle https://www.youtube.com/watch?v=btFcTmhf3iI Vocabulary Life Cycle – stage a living thing goes through during its life Cocoon – the covering around a butterfly for protection Protection- keeping from harm Appetite – wanting food Metamorphosis – a change of physical form (caterpillar to butterfly) *Why did the caterpillar look for food? *How did the caterpillar feel after he ate all that food? *Do you think you would have a stomach ache if you ate that much food? *What foods would you eat if you were a caterpillar?	Move like a bug *Flutter like a butterfly *slide like a snail *buzz like a bee *wiggle like a worm *jump like a grasshopper *march like an ant *crawl like a caterpillar	Science activity Find out about insects Link below Blippi Explores the Pacific Science Center Link below	
THURSDAY		Journal: Draw the life cycle of the butterfly. Eggs, caterpillar, cocoon or chrysalis, butterfly	Kids Yoga all about bugs See link below		

FRIDA Y		Families will choose a story. Look at the front cover and make predictions about the story, discuss other ways the story could have ended. Talk about words your child might not know.	Bug and Roll See link below	Family Activity: Family Sensory Walk Video Link below	
------------	--	--	--------------------------------	--	--

Good Morning song: https://www.youtube.com/watch?v=Mj-dg2Inp4M&list=RDMj-dg2Inp4M&start_radio=1

Round and Round the Garden (I love you Ritual): <https://www.youtube.com/watch?v=pbSmK1OTYIU>

Breathing choices for you children (if they forgot some of them)

 <p>Drain</p> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "ssshhh" sound and release all your muscles, draining out the stress.</p>	 <p>S.T.A.R.</p> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p>
 <p>Pretzel</p> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p>	 <p>Balloon</p> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbpppppb" sound.</p>

Wish you Well (sing) – place hands over heart while singing (maybe see if your child can name all the friends from their class before singing)
We wish you well, we wish you well
All through the day today we wish you well.

Science:

Find out About Insects <https://www.youtube.com/watch?v=i7zpS4RkK2o>

Blippi Explores the Pacific Science Center <https://www.youtube.com/watch?v=5tCu81Ivpc4>

Cont'd

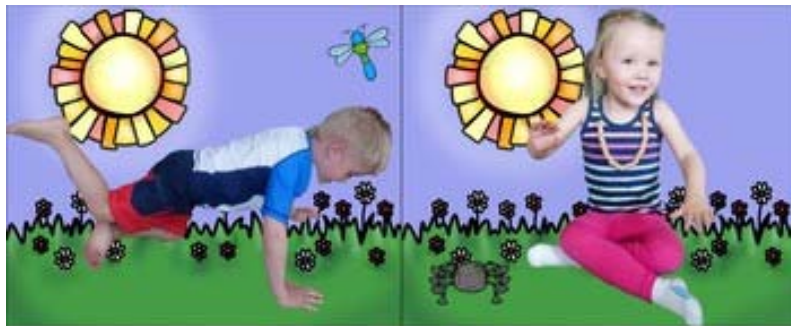
Exercises

Bug and Roll - <https://www.youtube.com/watch?v=oybEMWW23uU>

Yoga all about bugs -

<https://www.youtube.com/watch?v=qIT-9Nnlvn0>

Bug Yoga



Dragonfly

1. Get on your hands and knees
2. Lift up one leg into the air.
3. Use your opposite foot to try to get your leg even higher by placing it on the thigh of your leg that is in the air.
4. Repeat on the opposite side.



Spider

1. Sit on your bottom with your legs crossed in front of you.
2. Make sure your spine is long and you are sitting tall.
3. Move your arms to the side like a spider.



Butterfly

1. Start sitting on the floor.
2. Bend your knees and bring the soles of your feet together.
3. Pull your feet as close to your body as you can keeping them on the floor.
4. Gently bring your thighs toward the floor.
5. Gently flutter legs up and down like a butterfly!



Ladybug

1. Lay flat on your tummy.
2. Place your hands under your shoulders.
3. Lift your chest off the floor.
4. Look up.
5. Hold.

