<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Language/Literacy Opportunity:</th>
<th>Physical Activity:</th>
<th>Additional Activity:</th>
<th>Weekly Reflection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read/Watch: The Grouchy Ladybug by Eric Carle <a href="https://www.youtube.com/watch?v=Jr3ha03MsK0">https://www.youtube.com/watch?v=Jr3ha03MsK0</a></td>
<td>Go on a bug hunt. (Draw or take pictures of what you find and share it)</td>
<td>Math Activity: Draw a patterned caterpillar. You can use two or three colors to make the pattern.</td>
<td>What activities did your child like the most?</td>
<td></td>
</tr>
</tbody>
</table>

**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?

**Additional Activity:**

- See below for words or video

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Language/Literacy Opportunity:</th>
<th>Physical Activity:</th>
<th>Additional Activity:</th>
<th>Weekly Reflection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journal: Draw a picture of when you feel grouchy.</td>
<td>Yoga Movement</td>
<td>Science activity</td>
<td>Please take pictures and share with us via Facebook or email.</td>
<td></td>
</tr>
</tbody>
</table>

**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?

**Additional Activity:**

- See below for words or video

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>Language/Literacy Opportunity:</th>
<th>Physical Activity:</th>
<th>Additional Activity:</th>
<th>Weekly Reflection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read/Watch: The Very Hungry Caterpillar by Eric Carle <a href="https://www.youtube.com/watch?v=btFCtMhF3il">https://www.youtube.com/watch?v=btFCtMhF3il</a></td>
<td>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</td>
<td>Science activity Find out about insects Link below Blippi Explores the Pacific Science Center Link below</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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?

**Additional Activity:**

- See below for words or video

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>Language/Literacy Opportunity:</th>
<th>Physical Activity:</th>
<th>Additional Activity:</th>
<th>Weekly Reflection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journal: Draw the life cycle of the butterfly. Eggs, caterpillar, cocoon or chrysalis, butterfly</td>
<td>Kids Yoga all about bugs See link below</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Good Morning song: [https://www.youtube.com/watch?v=Mj-dg2Inp4M&list=RDjM-dg2Inp4M&start_radio=1](https://www.youtube.com/watch?v=Mj-dg2Inp4M&list=RDjM-dg2Inp4M&start_radio=1)

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

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

<table>
<thead>
<tr>
<th>Drain</th>
<th>S.T.A.R.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extend arms out, pretending your arms are flowers. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ahaaa” sound and release all your muscles, letting out the stress.</td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pretzel</th>
<th>Balloon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standing up, cross your ankles, Now cross your right hand 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.</td>
<td>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, infusing an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pffuptophlop” sound.</td>
</tr>
</tbody>
</table>

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](https://www.youtube.com/watch?v=i7zpS4RkK2o)

Blippie Explores the Pacific Science Center [https://www.youtube.com/watch?v=5tCu81Iyvc4](https://www.youtube.com/watch?v=5tCu81Iyvc4)

Cont’d
Exercises

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

Yoga all about bugs - https://www.youtube.com/watch?v=qIT-9Nlvn0

Bug Yoga