



	<b>Daily Social Emotional Connection:</b>  Brain Smart Start:	<b>Language/Literacy Opportunity:</b>	<b>Physical Activity:</b>	<b>Additional Activity:</b>	Weekly Reflection
MONDAY	- Good Morning Song -Twinkle, Twinkle -Breathing of Choice. -Sing Wish Well Song  <b>see below for words or video</b>	<b>Read/Watch <u>Planting a Rainbow</u> by Lois Ehlert</b> <a href="https://www.youtube.com/watch?v=r_WhqKfIWSs">https://www.youtube.com/watch?v=r_WhqKfIWSs</a>  Vocabulary Bulbs – a plant bud that begins to grow underground Sprout – to start to grow Seedlings – a young plant grown from a seed  *Do you plant things (flowers/vegetables) with your parents? *Do the bulbs take a long or short time to sprout? *could talk about the different seasons *What do you think plants need to grow? *Which color is your favorite?	Go outside and see how many plants you can find. Sort by color or size.	<b>Math Activity:</b> Ready Rosie: Comparing Vegetables  Will be sent by teacher through email	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 a flower and tell who you would give it to.	Garden Yoga See pictures below		
WEDNESDAY		<b>Read/Watch: <u>The Tiny Seed</u> by Eric Carle</b> <a href="https://www.youtube.com/watch?v=3mtp0VHJuP4">https://www.youtube.com/watch?v=3mtp0VHJuP4</a>  sails – to travel quickly (fly) drifts – to be carried by the wind burst – to open up looms – to come into sight  Does the tiny seed fly as high as the other seeds? What happened to the tiny seed? What carried the seeds?	 see link below	Science activity How does a seed become a plant – see link below  Blippi visits the cherry farm – see link below	

THURSDAY		Journal: Draw pictures (sequence) the seed to flower from the story the tiny seed.	Obstacle Course: Make straight lines (chalk or tape). On one end draw/make flowers. Have your child balance on the line to get to the flower.	
FRIDAY		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.	Play Simon says:  Ideas below	Family Activity:  HSV Botanical Garden: Diary of a Worm – see link below

Good Morning song: [https://www.youtube.com/watch?v=Mj-dg2Inp4M&list=RDMj-dg2Inp4M&start\\_radio=1](https://www.youtube.com/watch?v=Mj-dg2Inp4M&list=RDMj-dg2Inp4M&start_radio=1)

Twinkle, Twinkle Little Star (I love you Ritual): see attachment in email and on Facebook page

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

 <p><b>Drain</b></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><b>S.T.A.R.</b></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><b>Pretzel</b></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><b>Balloon</b></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 "pbbppppb" 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.

## Garden Yoga:

### GARDEN YOGA FOR KIDS



## How does a seed become a plant

<https://www.youtube.com/watch?v=tkFPyue5X3Q>

## Blippie Visits the Cherry Farm

<https://www.youtube.com/watch?v=gpn367VW75o>

## Huntsville Botanical Garden: Diary of a Worm

<https://hsvbg.org/2020/04/20/diary-of-a-worm/>

## Exercises

<https://www.pinterest.com/pin/767089749022178866/>

## Songs:

### Grow, Grow, Grow a Garden

<https://www.youtube.com/watch?v=zdBPH7Dj1bc>

### Five Little Flowers

[https://www.youtube.com/watch?v=eFWXPmUg\\_IQ](https://www.youtube.com/watch?v=eFWXPmUg_IQ)



