|---|---|---|---|---|
| **MONDAY** | - Good Morning Song  
- Twinkle, Twinkle  
- Breathing of Choice.  
- Sing Wish Well Song  
See below for words or video | Read/Watch: **Planting a Rainbow** by Lois Ehlert  
https://www.youtube.com/watch?v=r_WhqKfIWSs | Go outside and see how many plants you can find. Sort by color or size. | Math Activity:  
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. |
| | | 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? | | |
| | Journal: Draw a picture of a flower and tell who you would give it to. | Garden Yoga  
See pictures below | | |
| **TUESDAY** | | | | |
| | Read/Watch: **The Tiny Seed** by Eric Carle  
https://www.youtube.com/watch?v=3mtp0VHJuP4 | Science activity  
How does a seed become a plant – see link below  
Blippi visits the cherry farm – see link below | | |
| | 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? | | | |
| **WEDNESDAY** | | | | |
| | | | | |
Good Morning song:  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)

- **Drain**: Extend arms out, pretending your arms are flowers. Tighten arms, shoulders, and face muscles. Inhale slowly making a “shhhhh” sound and release all your muscles, turning out the stress.

- **S.T.A.R.**: 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.

- **Pretzel**: Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumb are facing the floor, put palms together and interface 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.

- **Balloon**: 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 “pftpftpft” sound.

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:

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=eFWXmUg_IQ