

	Daily Social Emotional Connection: Brain Smart Start:	Language/Literacy Opportunity:	Physical Activity:	Additional Activity:	Weekly Reflection:
MONDAY	- Good Morning Song -Peter, Peter Pumpkin Eater -Breathing of Choice. -Sing Wish Well Song see below for words or video	Read/Watch <u>Mr. Seahorse</u> by Eric Carle https://www.youtube.com/watch?v=yoqxhIi4HbQ Vocabulary Drifted – to be carried by water Pouch – a natural pocket of skin some animals use to carry young (eggs) Protect -to keep safe Hatch -break out or be born Tumbled – to roll end over end while falling Questions *Where did Mr. Seahorse put Mrs. Seahorse’s eggs? *How did the other sea animals protect their eggs?	Flying Fish Catch – toss paper (or any kind) of fish into a bowl, bucket, tray Picture below	Math Activity: * graph rainbow goldfish	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 sea animal and write a sentence telling about it.	Beach Towel Ball Toss		
WEDNESDAY		Read/Watch: <u>Hermit Crab</u> by Eric Carle https://www.youtube.com/watch?v=C_1xqhM6_0I Vocabulary Frightening – to cause fear in; scare Shell – a hard outer covering of certain animals; used for protection Decorate – to make more beautiful by adding designs Dim – dull; not bright Questions: *Why did Hermit Crab need a new house? *How did Hermit Crab decorate his house? *What happened to Hermit Crab’s house(shell)?	Ocean Yoga See Link below	Science activity: Ocean in a bottle See link below Marco Polo	
THURSDAY		Journal: Decorate a shell for Hermit Crab to live in.	Crab Walk (forward, sideways, backwards, etc.)		



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.	Crab walk race	Family Activity: Beach Dessert See below	
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Good Morning Song: https://www.youtube.com/watch?v=Mj-dg2Inp4M&list=RDMj-dg2Inp4M&start_radio=1

Peter, Peter Pumpkin Eater (I love you Ritual): <https://www.youtube.com/watch?v=US2Jnqo75G0>

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:

Ocean in a bottle: <https://www.youtube.com/watch?v=9ZfbxNROcSQ>

Marco Polo Ocean: <https://www.youtube.com/watch?v=Rvwkk092rEY>

Exercises



OCEAN YOGA

-  **I am a jellyfish.**
STANDING FORWARD BEND
-  **I am a shark.**
LOCUST POSE
-  **I am a dolphin.**
DOLPHIN POSE
-  **I am a crab.**
TABLE TOP POSE
-  **I am a turtle.**
TORTOISE POSE

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Family Activity:



Summer time dirt cups. Pudding, crushed white oreos, sour straw for the towel and a Teddy Graham!

