

# Kindergarten

## Monday, May 11, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Say the months of the year. Tell someone your birthday.</p>	<p>Count from 1-100.</p>	<p>Compare the heights of you and your family members. Who's the tallest, the shortest? Order in line shortest to tallest.</p>	<p>Acts of Kindness: Read act to your child, have them give you an example of each kind act or have them tell you about a time when they've done that kind act.</p> <p>Give a compliment</p> <p>Do an extra chore</p> <p>Say thank you</p> <p>Draw a nice picture for someone</p> <p>Ask someone how they are</p>	<p>Put on some music and do your favorite dance move.</p>	<p>Striking at a low level.</p> <p>An example of this is a golf-like or hockey-like activity. Use whatever you have available to try and hit a stationary object on the floor. to make it harder try hitting an object that is rolling or rolled to you.</p> <p>Paper balls work great and any stick-like object will work.</p>

# Kindergarten

## Tuesday, May 12, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Write a sentence using these words:</p> <p>cat dog and the can play</p> <p>Illustrate a picture to go with it.</p>	<p>Go on a shape hunt...what 2d shapes can you find? [circle, triangle, square, rectangle]</p>	<p>Talk about the four seasons. Which is your favorite? Draw a picture of you doing something in that season. Write a sentence to tell about it.</p>	<p>6 ways to handle big emotions</p> <p>Count slowly</p> <p>Color or draw</p> <p>Read a book</p> <p>Take five deep breaths</p> <p>Exercise</p> <p>Listen to music</p> <p>Taking turns</p>	<p>Draw where you want to go for your birthday!</p>	<p>Strike at a medium level.</p> <p>This is a tball-type activity. Use a bat-like object to strike any kind of ball at waist height. There does not need to be a tee, the ball can be self tossed or tossed to you so you can try to hit it.</p>

# Kindergarten

## Wednesday, May 13, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Say as many rhyming words with the following:</p> <p>fun go me can</p>	<p>Count the number of windows in your house then count the number of doors. How many are there all together?</p>	<p>Go outside and point out something that is a solid (tree), liquid (mud puddle) and a gas (air)</p>	<p>Teaching positive thoughts and Affirmations:</p> <p>I am smart</p> <p>I am an amazing person</p> <p>I believe in myself</p> <p>I can be anything</p> <p>Today is going to be a great day</p>	<p>Draw a picture of you and your teachers</p>	<p>Kicking</p> <p>Stand in front of the ball Place the foot you do not kick with next to the ball</p> <p>Swing your kicking leg back and kick the ball as far as you can</p> <p>Once you can kick a stationary ball, try kicked a moving ball, either rolled to you or one you roll yourself.</p>

# Kindergarten

## Thursday, May 14, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Highlight words you know from a newspaper or magazine. Use words that you know!</p> <p>Examples are color words and number words and words such as I, the, is, was.</p>	<p>Write an addition problem and draw a picture to go with it.</p>	<p>Help your parent(s) cook dinner. Measure, pour, use the oven timer, etc. Talk about rules of the kitchen and help clean up.</p>	<p>Build social emotional skills:</p> <p>Organize the house together</p> <p>Talk about the characters feelings in a movie</p> <p>Play board games and sports</p> <p>Do a random act of kindness</p>	<p>Sing your favorite song from school. If you have access ask a parent to look it up on Youtube.</p>	<p>Moving on a low level Log roll</p> <p>Lay on the floor either on your belly or your back.</p> <p>Keep your legs together and arms together above your head.</p> <p>Roll your body over and over from one side of the room to the other as straight as you can.</p> <p>To modify, you can pace your hands by your sides or cover your face with your hands.</p>

# Kindergarten

## Friday, May 15, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Read a book to someone. Talk about your favorite part.</p>	<p>Count by 10s to 100</p>	<p>Go outside and find a bug or a lizard. Touch it only if you want to and it's safe. Just observe it for a little while. Come inside and draw a picture of it. Write or tell your parent(s) several things you observed.</p>	<p>Mindfulness 5-4-3-2-1</p> <p>Practice mindfulness, which is a skill that helps us stay calm and in control. Have kids look around their room to find 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell, and 1 thing they can taste. This exercise can help manage tough emotions and provide a mental reset when needed.</p>	<p>Make a pasta noodle picture. Use any uncooked pasta noodles you have in the kitchen and create a masterpiece with pasta, glue, and paper.</p>	<p>Moving on a low level Egg Roll</p> <p>Lay on back Bring knees up to chest Place arms around knees Roll in your egg shape from one side of the room to the other as straight as you can Try no to lose your grip on your knees as you roll.</p>

# Kindergarten

## Monday, May 18, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Say the letters of the alphabet and the sound(s) for each letter.</p>	<p>Grab a cereal box, the remote control, plate, etc...just a few things from around the house.</p> <p>Then grab some crayons.</p> <p>Measure the items you have with crayons</p> <p>Example: the remote is 2 crayons long.</p>	<p>Fill a big bowl with water. Find several objects around the house. Predict if the object will sink or float. Put them in the water and see what happens and if your prediction is correct.</p>	<p>Make good choices:</p> <p>Explain to your child this list of ways to make good choices. Add some of your own, then ask your child to tell you about a time they've made a good choice.</p> <p>Share</p> <p>Help others</p> <p>Follow rules</p> <p>Tell the truth</p> <p>Play nicely</p>	<p>Use a toilet paper or paper towel roll as a horn instrument. Blow through it and make some music.</p>	<p>Moving on a low level Forward roll</p> <p>Stand with feet shoulder width apart Bend forward and place hands on the floor Tuck your chin to your chest, chin touches your chest Lean your body forward with your chin still tucked to your chest Roll onto your back and eventually back up to your feet Stand back up on your feet</p>

# Kindergarten

## Tuesday, May 19, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Write a sentence using each sight word: my can the</p>	<p>Write numbers 1-20.  [use finger paint, sidewalk chalk, pen and paper, markers, or outside in the dirt)</p>	<p>Collect 5 rocks or sticks. Order them in a line from smallest/shortest to biggest/longest.</p>	<p>Character words:  A a family say each word and spell them  Positive  Kind  Honest  Smart</p>	<p>Go outside and collect some sticks and rocks. Tap the sticks on the different rocks and make some music.</p>	<p>Dodging and Fleeing  Tag is a great way to practice dodging and fleeing. Dodging is moving from side to side or forward or backward to avoid being tagged.  A great hands free type of tag is Shadow Tag where you try to step on someone else's shadow on the ground.</p>

# Kindergarten

## Wednesday, May 20, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Write about what you want to be when you grow up and why. Illustrate a picture to go with it.</p>	<p>Create patterns with things around your house [coins, toys, socks] or draw patterns and decide if they are            ABAB            AABAAB            ABBABB            ABCABC</p>	<p>Draw a map of your bedroom or house and label the items.</p>	<p>Stop and think activity</p> <p>Click the link to download the book (no internet required)</p> <p>Tucker Turtle takes time to think</p> <p>Read and discuss ways to stay positive ways to calm down and stop before you do.</p> <p><a href="https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf">https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf</a></p>	<p>Sing your favorite nursery rhyme. Tell your parents the words that rhyme in it!</p>	<p>Travel under an object            Make a “tunnel” using chairs, someone’s legs or any other objects you can go under.            Try to go under the objects without touching it. You can crawl on all fours, slide on your belly or back or your side or any other way you can move under an object</p>

# Kindergarten

## Thursday, May 21, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Say the names of your family members by clapping/counting the syllables.</p> <p>Choose a room in your house and name things in the room by clapping/counting the syllables. Ex. ta-ble 2 rug 1</p>	<p>Go on a shape hunt...what 3d shapes can you find? [sphere, cone, cylinder, cube]</p>	<p>Draw a picture that shows what job you want to have when you grow up.</p>	<p>Play Simons say to Build listening skills while being physically fit</p> <p>Shake your whole body</p> <p>Pretend to shoot basketball 10x</p> <p>Hop around like a bunny</p> <p>Pretend to lift a car</p> <p>Balance your left foot for 10 seconds</p>	<p>Ask your mom to get you 2 pots out and one spoon. Use them as drums and play some music.</p>	<p>Travel over an object</p> <p>Find an object you can go over. It can be anything you can step over, crawl over or jump over.</p> <p>See if you can move over an object without stepping knocking it over or touching it.</p> <p>Start off small and see if you can make it taller and try to make it over.</p>

# Kindergarten

## Friday, May 22, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Write a short message to your child and have him/her fill in the missing sight words.            ex: Hello! What do ___ want to do today? We ___ go ___ a walk and ___ for rocks.</p>	<p>Count from 1-100.</p>	<p>Take a nature walk. Collect a few things you find along the way. Use the items you found to create something.</p>	<p>Bubble Breath: Head outside, take a deep breath in, a long slow breath out to blow the bubble, and watch and notice the bubble float away. Watch the bubble until it is out of sight or pop. Make homemade Bouncing bubbles</p> <ul style="list-style-type: none"> <li>● 4 tbsp water</li> <li>● 1 Tbsp concentrated dish soap</li> <li>● 2 Tbsp sugar</li> <li>● Bubble wand</li> </ul>	<p>Ask your parents or older brother or sister to teach you their favorite dance moves. Turn on some music and have a dance party.</p>	<p>Practice your directions. Use these cues: Left, right, next too, beside, back, in front, behind to move around a space or object. You can use our locomotor skills to help you move in those directions. An example would be skip behind the chair or jump to the left of the couch. You can even make use Simon Says to make it more challenging.</p>

# Kindergarten

## Tuesday, May 26, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Make a chart of the ABCs and find something in your home that begins with each letter.</p>	<p>Use drawings or items around your house to solve addition and subtraction problems. ex: <math>3+2=</math> <math>3-2=</math></p>	<p>Draw a picture of a flower and label each part (roots, stem, leaves, petals, seeds)</p>	<p>Taking turn activity: Plan a family fun night. Choose which food to eat, movie to watch, or game to play. Or leave things wide open, and let the person in charge pick.</p> <p>Make categories like “Waiting my turn” and “Staying calm when doing something I don’t like.” Then talk about what’s been working well and what they want to improve on.</p>	<p>Draw a picture of you and your family at your favorite place to go with them.</p>	<p>Body recognition</p> <p>Identify all the different parts of your body. The major parts of your body to identify are: Head, neck, shoulders, arms, elbows, wrists, hands, fingers, back, belly, hips, legs, knees, ankles, feet, toes You can make it a game as in Simon says or ask a question such as, wiggle the part of your body you use step with</p>

# Kindergarten

## Wednesday, May 27, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Write a short “how-to” book about something you know how to do. (ex. brush your teeth, make a sandwich, choose a center at school, etc.)</p>	<p>Write these problems and solve:</p> <p>4+4= 6+3= 5+1=</p> <p>6-3= 7-4= 5-2=</p> <p>Draw a picture or use objects if you need to.</p>	<p>Discuss what plants and animals need to survive (water, sunlight, food, shelter, etc.)</p>	<p>Mindfulness activity-Be still like a frog</p> <p>(Click link no internet required)</p> <p><a href="https://www.teachingkidsathrive.com/uploads/5/9/2/3/5923451/be_still_frog.pdf">https://www.teachingkidsathrive.com/uploads/5/9/2/3/5923451/be_still_frog.pdf</a></p> <p>Be still like a frog</p> <p>I am little frog</p> <p>Sitting still as can be</p> <p>I take a breath in</p> <p>I let go</p>	<p>Sing a top song you have heard on the radio, make up a dance to go with it.</p>	<p>Catching and throwing at a low level.</p> <p>Use your underhand and overhand toss to throw an object and catch it below your waist using the basket catch. You can throw it to yourself or have someone else throw and object to you. I suggest it is something on the softer side so it won't hurt if you don't catch it and it hits you.</p>

# Kindergarten

## Thursday, May 28, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Write the letters of the alphabet on small pieces of paper, scramble them up and put them in order.</p>	<p>Write numbers 1-20 on small pieces of paper, scramble them up and put them in order.</p>	<p>Draw a picture of your pet. Tell its name and what it needs to survive. (water, food, shelter, love)</p>	<p>Say A to Z Coping skills            A-Ask for help            B-Breathe deeply and slowly            C-Count backwards            D-Drink cold water            E-Exercise (run in place)            F-Family Fun            G-Go to your happy place            H-Hug a family member            I-Inhale            J-Jumping jacks            K-Kind hands, share            L-listen to music            M-Mindfulness activity            N-Name the emotion you are feeling            O-Observe nature            P-Paint a picture            Q-Quiet time            R-Run as fast as you can            S-Safe place            T-Think about a happy time            U-Use your breathing techniques            V-Vision the beach or favorite place            W-Write a letter            X-Exhale, breath out your feelings            Y-Yell into a pillow            Z-Zig zag lines on a blank paper</p>	<p>Draw you and your best friend in your favorite center at school.</p>	<p>Catching and throwing at the mid level.</p> <p>Use your underhand and overhand toss to throw an object and catch it at your waist using the basket catch. You can throw it to yourself or have someone else throw and object to you. I suggest it is something on the softer side so it won't hurt if you don't catch it and it hits you.</p>

# Kindergarten

## Friday, May 29, 2020



Reading & Writing	Math	Science & Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education
<p>Have a family member read a story to you. Retell the story and identify the beginning, middle, and end of the story.</p>	<p>Write these numbers and fill in the missing ones</p> <p>0, 1, <u>  </u>, 3, 4, <u>  </u>, <u>  </u>, 7, <u>  </u>, 9, <u>  </u>, 11, 12, <u>  </u>, 14, 15, <u>  </u>, 17, 18, <u>  </u>, 20</p>	<p>Make a list or draw pictures of things you need to have versus things you want to have.</p>	<p>Glitter Sensory Bottle</p> <p>Add Glitter to Empty water bottle</p> <p>Add Baby Oil</p> <p>Pour in water until half full.</p> <p>Add some baby oil</p> <p>Put cap on and shake to mix</p>	<p>Draw your favorite memory from kindergarten.</p>	<p>Catching and throwing at a high level.</p> <p>Use your underhand and overhand toss to throw an object and catch it above your head using the window or triangle catch. You can throw it to yourself or have someone else throw and object to you. I suggest it is something on the softer side so it won't hurt if you don't catch it and it hits you.</p>