

PreK

Monday, May 11, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Write your first name and say the letters.</p>	<p>Find things around your house that are shaped like a circle.</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>Sing your abcs.</p>

PreK

Tuesday, May 12, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>What letter does your name start with? What sound does the letter make? What are some other words that begin with the same sound?</p>	<p>Find things around your house that are shaped like a square.</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>Count to 10 while doing 10 frog jumps.</p>

PreK

Wednesday, May 13, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Have someone read a book or tell you a story. Talk about it. What was your favorite part?</p>	<p>Find things around your house that are shaped like a rectangle.</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>Look up at the clouds...what kinds of things can you find?</p> <p>[If it's not a cloudy day, switch activities on a day when you can look at clouds]</p>

PreK

Thursday, May 14, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Say as many words that rhyme with:</p> <p>cat hop day</p>	<p>Play a board game or card game.</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 a favorite song from school. Search for the song on youtube if possible.</p>

PreK

Friday, May 15, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Make a card for someone in your family or community.</p>	<p>Count the doors in your house. Count the windows in your house. Are there more doors or windows?</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>Draw a picture with material that you have (sidewalk chalk, finger paint, crayons and paper or a stick in the dirt)</p>

PreK

Monday, May 18, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Make letters of the alphabet with play-doh or legos or coins (items you have around the house)</p>	<p>Count aloud 1-20</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>Practice making patterns by clapping, stomping, snapping, etc</p> <p>ex. clap/stomp/stomp/clap /stomp/stomp</p>

PreK

Tuesday, May 19, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Find letters and/or words you know in a book, newspaper, magazine, or mail.</p>	<p>Set out a group of objects (pennies, crayons OR toy cars) for your child to count. Start with a small amount and get bigger. (Practice 5, 3, 7, 6, 8, 10) (Go higher than 10 if your child can!)</p>	<p>Character words: A a family say each word and spell them</p> <p>Positive</p> <p>Kind</p> <p>Honest</p> <p>Smart</p>	<p>Draw or make something for someone you love. Mail it or give it to them.</p>

PreK

Wednesday, May 20, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Draw a picture of something you like to do. Tell someone about your picture.</p>	<p>Count the number of socks in the laundry.</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>https://challengingbehavior.cbcs.usf.edu/docs/TuckerTurtle_Story_Home.pdf</p>	<p>Go outside and make shadows with your body or toys.</p> <p>*If it's not sunny, switch this activity for another day when it is.</p>

PreK

Thursday, May 21, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Have someone read a book or tell you a story. Talk about it. What was your favorite part?</p>	<p>Bath toys can also be props in math games. For example, line up several rubber ducks (or any toys) and reenact the "Five Little Ducks" song:</p> <p><i>Five little ducks went out one day, over the hills and far away. Mother duck said, "Quack, quack, quack, quack". But only four little ducks came back . . .</i> (Keep the song going until you reach zero ducks)</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>Travel under and object</p> <p>Make a "tunnel" using chairs, someone's legs or any other objects you can go under.</p> <p>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>

PreK

Friday, May 22, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Turn off all devices and talk with your family members while eating lunch or dinner.</p>	<p>Play a board game or card game.</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">● 4 tbsp water● 1 Tbsp concentrated dish soap● 2 Tbsp sugar● Bubble wand	<p>Turn on the radio or youtube your favorite song. Have a dance party with your family members.</p>

PreK

Tuesday, May 26, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Write your first name and say the letters.</p> <p>*If your child is writing his/her name with all uppercase letters, try teaching him/her how to write it with just the first letter uppercase and the rest lowercase.</p>	<p>Hop in place and count the number of times you hop.</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>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>

PreK

Wednesday, May 27, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Say as many words that rhyme with:</p> <p>man hill king</p>	<p>Write your numbers with sidewalk chalk or using a stick in the dirt.</p>	<p>Mindfulness activity-Be still like a frog</p> <p>(Click link no internet required)</p> <p>https://www.teachingkids-to-thrive.com/uploads/5/9/2/3/5923451/be_still_frog.pdf</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>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>

PreK

Thursday, May 28, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Have someone read a book or tell you a story. Talk about it. What was your favorite part?</p>	<p>Count aloud 1-20.</p>	<p>Say A to Z Coping skills A-Ask for help B-Breath 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>Skip everywhere you go today!</p>

PreK

Friday, May 29, 2020



Reading & Writing	Math	Health & Social/ Emotional Learning	Art/Music/PE
<p>Draw a picture of your family. Label the members with their name (or at least the first letter of their name).</p> <p>ex. m for mom</p>	<p>Go on a shape hunt...what 2d shapes can you find? [circle, triangle, square, rectangle]</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>Turn on the radio or youtube your favorite song. Have a dance party with your family members.</p>