

# ECE Remote Learning - May

Dear ECE Families, below you will find a “calendar” of activities for you and your child to use each day while we embark on remote learning. These activities are purely suggestions, so please feel free to simplify OR extend any activity for your child, your schedule, or your access to materials. Use this calendar as more of a “menu” of options that you can use each day. If your child sees a preferable activity on a different day or even wants to repeat an activity, feel free to use the activities as choices for any day or anytime.

Week 1 ~ (May 4-8)				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Activity 1</b> Rote count to 50</p>	<p><b>Activity 1</b> Sing a song together and clap out the sounds in the words while singing.</p>	<p><b>Activity 1</b> Go for a walk around your neighborhood and look for words. Identify the letters.</p>	<p><b>Activity 1</b> Form letters using toothpicks and yarn. Identify the letter and talk about its features (long or short straight lines, curved line)</p>	<p><b>Activity 1</b> Count how many steps from one room to another. Continue until you have counted steps to each room of your house.</p>
<p><b>Activity 2</b> Practice writing your first and last name 5 times each</p>	<p><b>Activity 2</b> Read a story and draw a picture of your favorite part</p>	<p><b>Activity 2</b> Write a letter to a family member. Encourage your child to write familiar letters and help them sound out words. Read the letter together.</p>	<p><b>Activity 2</b> Practice identifying the letters in your first and last name</p>	<p><b>Activity 2</b> Plan an activity, talk about the activity, draw a picture and write about the activity. (play with a toy, eat lunch, etc...)</p>
<p><b>Activity 3</b> Count 30 objects</p>	<p><b>Activity 3</b> Practice Zipping (jackets, pants, etc)</p>	<p><b>Activity 3</b> Draw 5 squares and color them</p>	<p><b>Activity 3</b> Look through magazines and cut out pictures that begin with the letters in your first and last name.</p>	<p><b>Activity 3</b> Create stepping stones with paper plates, tape, paper. Jump from one stone to another and describe what you see around you. (I see a door in front of me. A chair is behind me.)</p>
<p><b>PE Activity</b> Mirror, Mirror: Face your child and pretend to be a mirror. When you make a movement your child should move exactly as you do. Like your reflection. Move slowly at first and then go faster.</p>	<p><b>PE Activity</b> Freeze Dance: Put on some lively music for you and your child to listen to. Pause the song every 10-20 seconds and freeze like statues.</p>	<p><b>PE Activity</b> Stuck in the mud: Pretend your feet are stuck in the mud. How many ways can you move your body w/ out moving your feet?</p>	<p><b>PE Activity</b> Circus tightrope: Find straight lines for your child to walk on. This can be on a curb outside, or by putting tape down on the floor inside.</p>	<p><b>PE Activity</b> Shake, Rattle and Roll: Grab opposite ends of a towel or pillowcase with your child. Say, “shake,rattle and roll” and shake the towel.If you use an outdoor voice shake it with really big movements, if you whisper it, use slow movements.</p>
<p><b>Art options:</b>  <b>1. Daily drawing practice - Day 1: The Sun / El Sol Day 2: A big tree / Un árbol grande Day 3: Favorite flower / Flor favorita Day 4: Clouds / Nubes Day 5: Rainbow / Un arcoiris</b></p>				
<p><b>Social Emotional Options:</b></p>				
<p>1. Watch a Second Step Video on Emotions!  a. <a href="https://www.secondstep.org/covid19support/kindergarten-lessons">https://www.secondstep.org/covid19support/kindergarten-lessons</a>  Choose from any of these lessons or watch them all! Click where it says “direct video link”</p>				
<p>2. Practice your breathing: Remember we just learned how to do some bee breaths, bubble breaths, and bunny breaths at our last</p>				

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Pee-Wee party, so practice those throughout your week. You can review those videos on go noodle or youtube. Additional breathing worksheets can be found in the resource folder.

## Week 2 ~ (May 11-15)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Activity 1</b> Sort coins (pennies, nickels, dimes, quarters)</p>	<p><b>Activity 1</b> Look for words on food boxes and copy them. Say each letter and practice the sound.</p>	<p><b>Activity 1</b> Go for a walk around your neighborhood and look for numbers. Count to that number.</p>	<p><b>Activity 1</b> Play the game What time is it Mr. Fox? Make a line with masking tape, your child will ask What time is it Mr. Fox? Mr. Fox answers it's 5 o'clock. Your child will take that many steps. Continue with different times.</p>	<p><b>Activity 1</b> Pick out 4 or 5 objects. Put 1 object in a bag so your child cannot see. Ask your child to reach in the bag and guess what it is. Have them describe what they feel. (soft, smooth, rough)</p>
<p><b>Activity 2</b> Act out your favorite story</p>	<p><b>Activity 2</b> Using a cookie sheet and shaving cream practice writing letters or words. Identify the letter and practice the sounds.</p>	<p><b>Activity 2</b> Make a AB pattern with pennies and nickels</p>	<p><b>Activity 2</b> Make numbers cards 1-10. Pick 2 numbers and count out the objects and determine which has more and which has less.</p>	<p><b>Activity 2</b> Practice recognizing letters that you find in a book</p>
<p><b>Activity 3</b> Practice “Tying” your shoes</p>	<p><b>Activity 3</b> Practice writing the names of your family members. Say each letter and the sound.</p>	<p><b>Activity 3</b> Using a book or magazine find words that begin with the same letter as your first name. Identify the letters and sounds.</p>	<p><b>Activity 3</b> Play Go Fish with a deck of cards. Count out the symbols on each card.</p>	<p><b>Activity 3</b> Act out the song “Five Little Monkeys Jumping on the Bed”</p>
<p><b>PE Activity</b> Popcorn! Utilizing a towel or bedsheet, place soft items on top to simulate kernels of corn. When you say popcorn start shaking the towel/blanket/sheet in an effort to get all of the “kernels” of popcorn off of the towel.</p>	<p><b>PE Activity</b> Drink water or milk with every meal.</p>	<p><b>PE Activity</b> Can you? Using an item in your house can you have your child show you different positions. For instance: in front of, behind, next to, over, under, around and between.</p>	<p><b>PE Activity</b> Switcheroo! When you and your family are being inactive, someone can call out “switcheroo” and everyone needs to quickly move to a new place.</p>	<p><b>PE Activity</b> Circle Fun- Join your child in creating circles using different body parts. What are some of the ways you made a circle?</p>

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## Art options:

1. Drawing practice: **Day 6:** Something from your dream place to live or visit / *Algo de tu sueño lugar para vivir o visitar* **Day 7:** The moon / *La luna* **Day 8:** Self portrait / *Autorretrato* **Day 9:** Favorite animal / *Animal favorito* **Day 10:** Something old / *Algo viejo*
2. **Day 1:** Read the book [Home](#) (YouTube). - What makes your home unique? Draw the things you love about your home. **Day 2:** Collect found and natural objects (shoe box, sticks, twigs, leaves, pebbles, rocks) to use for making your small “home.” **Day 3-4:** Using the found and natural objects you collected, create a small “home” to tell an imaginative story.  
**Day 5:** Share the story of your small “home” with someone you love.

## Social Emotional Options:

1. Make a sensory bottle with an adult's help! Find an empty bottle (soda bottle, soap bottle, etc) fill half up with water, fill half up with oil. Add food coloring, glitter or confetti for fun! Shake well and watch the bottle!
2. Practice asking for a break! Ask for a break when you need it, remember to set a timer for 2-3 minutes and when the timer goes off, get back to what you were doing!

## Week 3 ~ (May 18-22)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Activity 1</b> Practice rote counting as far as you can.</p>	<p><b>Activity 1</b> Create different patterns using small objects (coins, beans, paper clips)</p>	<p><b>Activity 1</b> Go on a color hunt. Name a color or hold up a color card and ask your child to identify the color and search around the room for objects of that color.</p>	<p><b>Activity 1</b> Find a picture in a magazine and describe what they see in the picture using complete sentences.</p>	<p><b>Activity 1</b> Practice writing your complete name 5 times. Name each letter and sound.</p>
<p><b>Activity 2</b> Practice saying sounds A-Z</p>	<p><b>Activity 2</b> Sing the song “BINGO” changing the movements for the missing letters each time you sing the song. (clap, jump, snap)</p>	<p><b>Activity 2</b> Have your child find a certain number of objects of each color. Practice counting the objects.</p>	<p><b>Activity 2</b> Find a picture in a magazine and make up a story about the picture with adult support.</p>	<p><b>Activity 2</b> Draw a picture of something you did today and write about it. Read it to a family member.</p>
<p><b>Activity 3</b> Practice counting 50 small objects one by one.</p>	<p><b>Activity 3</b> Read a story with a family member. Retell the story using the pictures.</p>	<p><b>Activity 3</b> Draw a picture and write about it. Read it to a family member.</p>	<p><b>Activity 3</b> Pick a number and practice jumping that many times.</p>	<p><b>Activity 3</b> Using a page in a book, ask your child to describe what they see using positional words. (The dog is under the table. The cat is behind the chair)</p>
<p><b>PE Activity</b> Scarf Shapes: Use a scarf, plastic bag or napkin and have your child make different shapes (circle, square, triangle) or lines (straight, curved or zigzag).</p>	<p><b>PE Activity</b> Ballon Fun: If you have balloons, blow some up, put on some music and just have some fun.</p>	<p><b>PE Activity</b> Clean your room: Divide a room in half and put an equal amount of light objects (socks, balloons, crumpled up paper) on each side. Have your child on one</p>	<p><b>PE Activity</b> Toss it High: Have your child practice tossing a ball or other item at low (barely rises from their hands), medium (height of their head) and high (above</p>	<p><b>PE Activity</b> Toss and Count: Toss an object back and forth with your child. You can recite the alphabet, count out loud, say the days of the week or months of the year.</p>

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		side and you on the other. Then turn on some music and while it plays, try and get all the items into the other persons side.	their heads) heights.	
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### Art options:

- Daily drawing practice - Day 12:** Favorite book character / *Personaje favorito del libro* **Day 13:** Favorite movie / *Película favorita* **Day 14:** Someone you love / *Alguien que amas* **Day 15:** Water drops / *Gotas de agua* **Day 16:** Your pet / *Tu mascota*
- Day 1:** Read the book [Beautiful Oops!](#) (YouTube). Use a torn piece of paper to create a beautiful oops. **Day 2:** With adult support, use juice, coffee, tea, or food color to make a spill, a smudge, and a smear on paper. Let the spill, smudge, and smear dry for one day. **Day 3:** Use your spill, smudge, and a smear to create your beautiful oops art. See [oops art example](#) (image). **Day 4-5 (optional):** Explore other ways to create oops art: What can a crumpled piece of paper become? What about things that are recycled or thrown away? What can an old shoe box become?

### Social Emotional Options:

- Start your day by saying your declaration! “I am AMAZING” “I work HARD!” I can LEARN and do ANYTHING” “ I WILL SUCCEED!” You can also say other affirmations such as “Today will be a good day!” “I look and feel good today” “I can do this!”
- Share how you are feeling with someone today! Start by saying “I feel \_\_\_\_\_ (use feelings like happy, sad, excited, angry, frustrated, calm, tired, bored, etc) today because \_\_\_\_\_.” A feelings chart can be found in the resources folder.

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Week 4 ~ (May 25-29)				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Activity 1</b> Cut out shapes from a magazine and make a collage.</p>	<p><b>Activity 1</b> Practice “Tying” your shoes</p>	<p><b>Activity 1</b> Using a book or magazine find words that begin with the same letter as your last name. Identify the letters and sounds.</p>	<p><b>Activity 1</b> Practice writing your complete name 5 times. Identify each letter and sound.</p>	<p><b>Activity 1</b> Draw a picture using only squares and circles</p>
<p><b>Activity 2</b> Practice saying sounds A-Z</p>	<p><b>Activity 2</b> Play Go Fish</p>	<p><b>Activity 2</b> Pick a number and practice clapping that many times.</p>	<p><b>Activity 2</b> Using a magazine go on a shape hunt. How many shapes can you find?</p>	<p><b>Activity 2</b> Practice writing the names of your family members. Identify each letter and sound.</p>
<p><b>Activity 3</b> Read a story with a family member, draw a part of the story that you remember and write about it.</p>	<p><b>Activity 3</b> Using number cards and coins, pick a card and count that many coins.</p>	<p><b>Activity 3</b> Practice drawing squares, rectangles, triangles and trapezoids</p>	<p><b>Activity 3</b> Draw a picture using only rectangles and triangles</p>	<p><b>Activity 3</b> Draw a picture of something you did today and write about it. Read it to a family member.</p>
<p><b>PE Activity</b> Roll and Bowl: Set up empty cereal boxes or water bottles and have your child roll a ball to knock over the containers.</p>	<p><b>PE Activity</b> Head, Shoulders, Knees and Toes: You and your child sit criss cross with an object in between you. When you name a body part your child and you touch that body part, however when you say the name of the object, you both quickly try and grab it. After someone wins, put the object back in the middle and start over again.</p>	<p><b>PE Activity</b> Target Throwing: Practice the underhand toss with your child by having them toss objects into a target (like a box, crate or laundry basket). To increase difficulty have them move further away from the target.</p>	<p><b>PE Activity</b> Make a beanbag by filling a sock, sandwich bag or heavy-duty balloon with dried beans or rice. Then have your child walk around while balancing the beanbag on different body parts.</p>	<p><b>PE Activity</b> Record all the foods you ate today. Then put them into these categories: Fruit, Vegetables, Meat, Dairy or Grains.</p>
<p style="text-align: center;"><b>Art options:</b></p> <p>1. <b>Daily drawing challenge: Day 17:</b> Your favorite drink / <i>Tu bebida favorita</i> <b>Day 18:</b> Your fear / <i>Tu miedo</i> <b>Day 19:</b> Favorite candy / <i>Candy o dulce favorito</i> <b>Day 20:</b> Your favorite artist / <i>Tu artista favorito</i> <b>Day 21:</b> Favorite memory / <i>Memoria favorita</i></p> <p>2. <b>Day 1</b> Listen to <a href="#">My Map Book by Sara Fanelli</a> (YouTube) List all the things in your home you could map. <b>Day 2</b> Choose a person, place, or thing to map. Draw your map. <b>Day 3</b> Label all the things you drew in your map. Share your map with someone in your family. <b>Day 4</b> (optional) Now that you know how to map, try a <a href="#">heart map</a></p>				

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(document). Start listing all the people, places, and things in your heart. **Day 5** (optional) Use your list of all the people, places, and things in your heart to draw your [heart map](#) (example)

## **Social Emotional Options:**

1. Think of a happy memory or a happy place.. Imagine it! Now draw a picture of that memory or place and share it with someone you love!
2. Use a calm down choice when you get upset this week! Remember it is okay to get upset and to have big feelings, we all do! Calm down choices include drawing a picture, taking deep breaths, reading a book, putting your head down, getting a drink, taking a walk, counting to 10, squeezing something, asking for a bear hug etc. A visual chart is in the resource folder.