

Teacher: \_\_\_\_\_ Week of: \_\_\_\_\_ Lesson Plan for: \_\_\_\_\_

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Music &amp; Movement</b>	<b>Listen &amp; Move</b> <a href="https://youtu.be/j-24_xH5uvdA">https://youtu.be/j-24_xH5uvdA</a> <b>Copy &amp; Paste the link to YouTube search bar</b>	<b>Freeze Dance</b> <a href="https://youtu.be/2Uc-ZWXvgMZE">https://youtu.be/2Uc-ZWXvgMZE</a> <b>Copy &amp; Paste the link to YouTube search bar</b>	<b>Head, Shoulders &amp; Toes</b> <a href="https://www.youtube.com/wat-ch?v=h4eueDYPTIg">https://www.youtube.com/wat-ch?v=h4eueDYPTIg</a> <b>Copy &amp; Paste the link to YouTube search bar</b>	<b>Tooty Ta</b> <a href="https://www.youtube.com/watch?v=p4gNCR0HVuk">https://www.youtube.com/watch?v=p4gNCR0HVuk</a> <b>Copy &amp; Paste the link to YouTube search bar</b>	<b>Stand Up, Sit Down</b> <a href="https://youtu.be/t9-WAGkQUUL0">https://youtu.be/t9-WAGkQUUL0</a> <b>Copy &amp; Paste the link to YouTube search bar</b>
<b>Daily Activity</b>	<b>Science: Reuse It!</b> Display a collection of materials on a table (cartons, water bottles, cans). Ask your child to identify the items and where the items came from. Tell your child all the things can be recycled. When something is recycled, it is broken down and the pieces are used to make something else. Explain that we are going to think of a different way to use these things or to “reuse” it.	<b>Health/Nutrition: Fruit Plate</b> Give your child a plate and sliced fruit. Ask your child to create themselves or a self-portrait using the slices of fruit. Example grapes for eyes, sliced apple for eyebrows, banana sliced for a mouth and a kiwi slice for a nose. Discuss the importance of eating healthy foods to maintain a healthy body.	<b>Art: Finger Painting</b> Finger paint can be bought or made at home with simple ingredients. Using flour, water and food coloring. Offer your child large pieces of paper and let them go wild with the paint, with no directions. This is a great tactile experience and will work those finger muscles. 	<b>Fine Motor: Play Dough and Buttons</b> Your child will enjoy adding <b>large</b> buttons to playdough. This awesome activity is to strengthen hand muscles. <i>Be sure the buttons are large enough &amp; don't pose a choking hazard.</i> 	<b>Virtual Fieldtrip: Google Earth</b> <a href="https://www.google.com/earth/">https://www.google.com/earth/</a> 
<b>Break Time</b>	<b>Practice Meditation</b> Turn the lights off. You & your child will sit on the floor, close eyes, and just meditate. This is tough at first because kids honestly do not know how to calm their own bodies and minds.	<b>Blow Bubbles</b> Encourage your child to take a deep breath in, and then blow out all his worries and sad feelings into his bubble. As he watches his bubble float away, he can imagine his worries disappearing too.	<b>Practice Meditation</b> After a busy activity, turn the lights off. Have your child sit on the floor, close their eyes, and meditate. This can be tough at first because kids honestly do not know how to calm their own bodies and minds. Encourage your child to breath in through their nose and out through their mouth.	<b>5-4-3-2-1 Grounding</b> Use your senses to help your child to calm down and relax. Your child will look for 5 things they see, 4 things they feel, 3 things they hear, 2 things they smell, and 1 thing they taste.	<b>Imagine Your Favorite Place</b> A child's imagination is a powerful tool! Have your child use their imagination to help them take a mini vacation to their favorite place or with their favorite person.

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<b>Math Activity</b>	<p><b>What Do We Know about Clothes?</b>                      Grab a basket of clean laundry and dump it on the floor or couch. With your child, take a moment to simply explore the clothing. Look at the different pieces closely. Talk about what you see. You might ask – Do you see patterns, colors, shapes, letters, numbers? What words could you use to describe the clothes? Are they soft, slippery, thick, fuzzy?</p> 	<p><b>What Are You Wearing Today?</b>                      Ask everyone in your family to name all the articles of clothing they are wearing. On a sheet of paper, write down each kind of clothing item: t-shirts, pants, socks, underwear. Next, count them all! As you count each sock and hoodie, make a tally mark for each item. Talk about the item of clothing with the most tallies: Why is that so popular? Which has the fewest tallies? Talk about your discoveries!</p>	<p><b>The Long and Short of It – Compare and Measure</b>                      Put a collection of pieces of ribbon, yarn, or strips of paper of the same width, cut to different lengths in a jar or container. Ask each person to take one ribbon and put it on the floor in front of them. Talk about the similarities and differences between the ribbons. Talk about which piece is longer or shorter. Show how to line up the ribbons to compare the lengths. Explain that length means how long something is. Invite your child to find ribbons that are equal or the same length as theirs, shorter than theirs, and longer than theirs.</p>	<p><b>Same &amp; Different</b>                      Sort your clean laundry into children's clothes and adults' clothes. What's the same? What's different? Maybe you've noticed that mommy's jeans have a zipper, but that the baby's jeans don't! Talk about why some children's clothes are different and how things like snaps are easier for little fingers than buttons.</p> 	<p><b>My Shadow and Me – Spatial Relationships and Shapes</b>                      Go outside on a sunny day and have some fun with shadows! Or use a flashlight to create shadows on a blank wall indoors. Ask questions: "How do you think shadows are made? Can you touch someone's shadow without touching the person? Can you make your shadow disappear?" Draw or show a shape and ask your child to use their body to make that shape: Here's a triangle. Can you use your body to make a triangle shadow? Can we work together to make the shape?</p>
<b>Gross Motor Let's Get Moving!</b>	<p><b>Tape Balance Beam</b>                      Grab tape and place it on the floor in different lines (straight, curvy, zig zag). Then have your child walk on the line from beginning to end.</p>	<p><b>Target Practice</b>                      Set up a target practice for preschoolers to throw something at (whether it's mud or bean bags).</p> 	<p><b>Jumping Game</b>                      See how far they can jump! Put a line with the numbers 1 to 10 on it. Start with jumping on one, then two and so on. See who can make it to the highest number. You can have your child start with 2 feet and then have them do one foot.</p>	<p><b>A Big Maze</b>                      Either use tape inside or sidewalk chalk outside and make a huge maze for the kids to drive or walk through!</p>	<p><b>Learning Scavenger Hunt</b>                      Set out uppercase letters for your child to find throughout the house and have them match it up with the lowercase letters. (Use paper to write the letters and cut them out).</p>
<b>Storytime</b>	<p><b>No Clean Clothes</b>  <a href="https://youtu.be/-SfZ4r4jdz8E">https://youtu.be/-SfZ4r4jdz8E</a>                      Copy &amp; Paste the link to YouTube search bar</p>	<p><b>Smelly Socks</b>  <a href="https://youtu.be/-RGFsZ20_SNg">https://youtu.be/-RGFsZ20_SNg</a></p>	<p><b>Caps For Sale</b>  <a href="https://youtu.be/c3H-BH8FnulA">https://youtu.be/c3H-BH8FnulA</a></p>	<p><b>Pajama Day</b>  <a href="https://youtu.be/lm-YjC0IdY9g">https://youtu.be/lm-YjC0IdY9g</a></p>	<p><b>Pete the Cat and His Groovy Buttons</b>  <a href="https://youtu.be/dkQ4dff3E">https://youtu.be/dkQ4dff3E</a></p>

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<b>Literacy Activity</b>	<p><b>Riddle Dee Dee – Rhyming</b>            Say the following rhyme: <b>Riddle dee dee, riddle dee dee.</b> Can you make a rhyme with me?            I say [ball], you say [fall]. [Ball], [fall], [mall], [gall].            Provide the first two rhyming words and invite your child to continue making rhymes with that word. Try it again with another word and take turns choosing the rhyming words as long as children are interested</p>	<p><b>What Was for Breakfast? – Writing</b>            Invite your child to sit at a table with paper and crayons and to draw or write about what he ate for breakfast.            Ask your child to explain what he drew and then write what they said about their picture at the bottom of the page.</p> 	<p><b>What Are You Wearing Today?</b>            Encourage everyone to go and grab their favorite piece of clothing and then gather together.            As a family, talk a little bit about each person's favorite special piece of clothing. Describe what it looks like, what makes it special, and see if you can remember where you got it!</p> 	<p><b>Dramatic Story Retelling – Literacy</b>            Make props related to the story of Little Red Riding Hood to represent each character. <i>use paper bag puppets, drawings of characters, items from the story (a towel as Little Red Riding Hood's cape).</i> Read the story and show how to use the props you made in the story. Then ask your child to retell the story to you. Remind them that storytellers must include all the information in the story. You can say, Before you start, think about the important parts of the story that you don't want to leave out.</p>	<p><b>What do you want to find out about clothes?</b>            You and your family have been exploring what you already know about clothes, but today it's time to wonder! Do your children ask why we need to wash their favorite clothes, or why they have to wear a jacket when it's cold or rainy? There's a lot to learn about clothes! As a family, write down your thoughts and ideas in a journal or sheet of paper. You will use these questions to lead you through your investigation!</p> 
<b>Lunch Time &amp; Transition to Individualized Activity Time</b>	<p><b>What's on My Plate?</b>            What are you eating for today? Which one is a vegetable and a fruit? What colors do you see on your plate? Do you see any shapes? What is the difference between a vegetable and a fruit? Are both good for you? If so, why?</p>	<p><b>Fractions:</b>            Serve a whole sandwich, then cut it in half while explaining to your child that two halves equal one whole. Cut the halves again. Show the child that there are now four pieces that make a whole, so each piece is 1/4.</p>	<p><b>Feed Me: Guess the Ingredients</b>            Invite your child to help you prepare a meal. As you discuss what you will be making, have them try to guess the ingredients. After guessing, discuss the ingredients and its purpose for meal.</p>	<p><b>Veggie &amp; Fruit Lineup</b>            Invite your child to line the vegetables up for counting. Model touching each object as you count, slowly saying the number name. You might say things like: "One, two, three, four, five, six, seven. We have seven peppers." If I add two more to the line, how many will we have?"</p>	<p><b>How to Bake a Cake!</b>            Discuss the steps on baking a cake. What do we need to do first? <b>We need to wash our hands.</b> What is the second step? And so on. Talk about the ingredients, the temperature to cook and how long to cook it. You might be surprised at your child's answers!</p>

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<b>Individualized Target Activities</b>		Repeat Monday's Individualized Target Activity.	Repeat Monday's Individualized Target Activity.	Repeat Monday's Individualized Target Activity.	Repeat Monday's Individualized Target Activity.
<b>Rest Time</b>					
<b>Outdoor Game</b>	<p><b>Simon Says</b>            Designate one person as Simon and the others as players. Simon stands in front of the players and tells them what they must do. The players must only obey commands that begin with the words "Simon says".</p>	<p><b>Hide and Seek</b>            The idea is that one person is "it," that person closes his or her eyes and counts to a certain number without looking and then he or she tries to find the others.</p>	<p><b>Freeze Tag</b>            This is a variation of Tag where if the person who is "it" tags you, you have to freeze where you are. Another participant can tag you to unfreeze you.</p> 	<p><b>Nature Scavenger Hunt</b>            Make a list of natural things to look for outside. For example: clouds, a bird's nest, dandelions, a stream. Add to your experience in nature. Add 4 things to <b>smell</b>, 2 things to <b>feel</b>, and 4 things to <b>hear</b>. Go for a walk and see what nature you can find!</p>	<p><b>Find Shapes in the Clouds</b>            Spend time watching the sky and exercising your child's imagination by finding different shapes in the clouds.</p> 