

Teachers:

Week of: May 11-15, 2020

Lesson Plan for:

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
Music & Movement	If You're A Kid https://www.youtube.com/watch?v=Qr9ge4XGUYs&list=RDQMOfhjMkrvJOg&index=2	Clap Your Hands https://www.youtube.com/watch?v=C3c8fzbsfOE&list=RDQMOfhjMkrvJOg&index=4	Move it to the Sounds https://www.youtube.com/watch?v=7JvkWXBY2eY&list=RDQMOfhjMkrvJOg&index=3	Hokey Pokey https://www.youtube.com/watch?v=iZinb6rVozc&list=RDQMOfhjMkrvJOg&index=9	There was a Crocodile Song https://www.youtube.com/watch?v=IkanoEmIcHM&list=RDQMOfhjMkrvJOg&index=15
Daily Activity	Science: Bubbles Provide a bowl with amount of bubbles. Talk about the shape, colors, and size of the bubbles. Let children blow them and explore! 	Health/Nutrition: Have your child wash their hands 1 st . Place a few fruits or vegetables in a bag. Let children reach in and feel. Talk about the textures, shapes, and temperatures of the food. Then, let them pull them out. Let children sample the fruits or vegetables. Discuss its taste. 	Art: Draw a Zoo Give child some paper and crayons. While they draw talk about zoo animals. Have them scribble and tell about their picture! 	Fine Motor: Handy elephant! Trace your child's hand on a piece of paper & cut it out for them. Have them trace your hand. Draw 2 capital D's and cut out. Glue or tape the D as the ear of the elephant! Count the various parts of the elephant. 	Virtual Fieldtrip: Explore elephants with your child, talk about what the elephants are doing. What would you do if you were an elephant? https://kids.sandiegozoo.org/videos/livecam/elephant-cam
Break Time	Make Cloud Dough: **Recipe One 4 cups all purpose flour ½ cup vegetable oil or baby oil **Recipe Two 1 part conditioner. 2 parts corn flour/corn starch You can add food coloring to make it colorful!	Fine Motor Building Encourage your child to use the cloud dough to make different shapes to promote using their fine motor skills. 	Mini Car Wash Help your child set up a mini car wash. Fill a container with warm water and a little bit of soap and let them wash their toy cars or riding toys. If your child does not have any cars or riding toys, they can wash any toys that they have.	Tearing Gather some old magazines, mail, or any papers that are not important. Encourage your child to tear the papers up to use fine motor skills and for a later project. <u>Collect the torn papers for later.</u>	Children's Yoga Practice different yoga positions during this break. (Picture inserted at the bottom of the lesson plan.)

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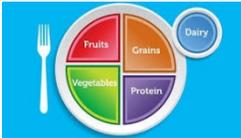
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Math/ Literacy Activity	<p>Cloud Dough Writing Encourage your child to use their finger or a writing utensil to draw shapes of the 1st letter of their name.</p>	<p>Number Match Make a chart with two columns and 5 rows. Write numbers 1-5 going down in the first column. Use small objects to help your child count out that number of objects and place the objects in the other column.</p> 	<p>Mixing Colors Use paint, markers or crayons to mix colors red, yellow and blue together to make new colors. During this activity talk to your child about the colors they mixed and the new colors they made. Use words like mix, color wheel, primary and secondary colors.</p>	<p>Color Card Match Make two sets of cards from paper and color them in. Use at least 5 colors. Lay the cards out and play a matching game. Pick up any color card and encourage your child to find the match. You go first. When the game is over let your child be the one picking up the card first.</p>	<p>My Name Use the torn papers from Thursday's break activity. Write your child's name and have them use glue to cover the letters in their name with the pieces of paper. Talk about each letter in your child's name as you do the activity.</p> 
Gross Motor Let's Get Moving!	<p>Red Light, Green Light Have a green piece of paper and red piece of paper or use crayons and paper to make them. Have the child stand about 10 feet away looking at you. Hold up the green paper and say go. Have the child walk, run, hop towards you. When you hold up the red paper and say Stop, the child will stop. Continue to do this until the child reaches you.</p> 	<p>Walk Like Your Favorite Animal Don't forget to make it fun! Have your child make the animal sound as they walk. You can even pretend to be other animals and let your imagination take you into the jungle, ocean, and desert! Move like a bird (fly) Move like a snake (slither) Move like a bear (walk on all fours) Move like a frog (hop) Move like an elephant (with heavy stomping) Move like a duck (waddle)</p>	<p>Walk The Line Find or draw a line on the ground, indoors or out. A crack in the sidewalk will do. If you don't have one of those, draw a line with chalk or lay down a ribbon, tape, rope or anything you have handy. Then, encourage your child to show you how they can walk and keep their feet on the line. Children can walk, jump, crawl on the line.</p> 	<p>Bubble Play Blow bubbles and let the kids chase them and try to pop as many as possible. While chasing them, they have to run, jump, zigzag and move in ways that require sudden shifts in balance and weight.</p> 	<p>Jump!! Allow children to make up their own dance moves and follow along with the song. https://www.youtube.com/watch?v=kcQJDpj5TSY&list=PLr3qwB3E7s8g9_xM-CxiTP3MqID7aTR1t</p>
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Storytime	Spring Has Come! https://www.youtube.com/watch?v=38xwpe8NFOI	Mouse's First Spring https://www.youtube.com/watch?v=u1DLPxa4d4	The Bravest Fish https://www.youtube.com/watch?v=x9qCa0wntIY	Just For You https://www.youtube.com/watch?v=x9qCa0wntIY	Froggy Goes to School https://www.youtube.com/watch?v=aWSAJ1ASvhl
Break & Transition to Individual Activity Time	One Little Finger https://youtu.be/eBVqcTEC3zQ	Clap Your Hands https://youtu.be/p7Bd8VH5TpY	One Elephant Went Out to Play https://youtu.be/wQf6yWEScB8	One Little Finger https://youtu.be/eBVqcTEC3zQ	One Elephant Went Out to Play https://youtu.be/wQf6yWEScB8
Individualized Target Activities		Repeat Monday's Activity.	Repeat Monday's Activity.	Repeat Monday's Activity.	Repeat Monday's Activity.
Lunch Time	Ask child to identify the color, shape and size of the foods on their plate. Play a game saying, "Let's eat something red that's crunchy!" or Take a bite of the square shape on your plate.	Take a blanket and your food outside and have a picnic with your child. 	Let your child help you prepare lunch today. They can help by assisting cook the food, help set the table, help pour drinks etc. 	Talk to your child about the different food groups. Ask them or tell them which category the food on their plate should go. 	Today during lunch talk to your child about where their dishes and trash should go. Remind them and help them put their things away after lunch is over. *They can also help you wipe the table and wash the dishes.
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Rest Time					
Outdoor Game Time	<p>Hopscotch Use a rock or sidewalk chalk to draw a game of hopscotch. Number the boxes up to 1 to 5 and encourage your child to say the numbers as they hop on each number.</p> 	<p>Water Play Use a water hose to have some fun outdoors. (If you do not have a water hose use some refilled water bottles.) Encourage your child to get wet and play with the water however they want in the warm sun.</p> 	<p>Bowling Use water bottles or cups to play an outdoor game of bowling. Stand the bottles or cups up and use a ball to roll and knock the items down.</p> 	<p>Play Catch Use a ball to roll back & forth. Start at a short distance from each other. After a few minutes move back and continue playing catch. If you do not have a ball you can use folded socks.</p> 	<p>Shadow Tracing Go outside and use a sunny area that will cast shadows on the concrete. If your child will stand still long enough trace their shadow. Then trade places with them and let them trace you. Or, you can find shadows from other objects and practice tracing shadows hand over hand. **If you do not have chalk you can use rocks to write/trace.</p>

 UPWARD FACING DOG	 MERMAID POSE	 FLOWER POSE
 STAR POSE	 RAINBOW POSE	 LION POSE
 RAGDOLL POSE	 DOLPHIN POSE	 FROG POSE