

Teacher: _____ Week of: May 4th- 8th Lesson Plan for: _____

Schedule	Monday	Tuesday	Wednesday	Thursday	Friday
Music & Movement	Get Up to Get Down youtu.be/GMNSH1a7jqM Copy & Paste link to Youtube	Gummy Bear Dance youtu.be/6Q7-tzCCh3w	Hokey Pokey youtu.be/iZinb6rVozc	Exercise, Rhyme & Freeze youtu.be/cSPmGPlyyKU	Dancing Robot youtu.be/hpLULy-gjyc
Daily Activity	Science: Bird Nest If you can find a deserted bird's nest, let the kids investigate it! You can also make a bird's nest! Provide lint from your lint dryer, sticks, twigs, pieces of fabric. Place it all in a can or bowl and hang it outside.	Health/Nutrition: Food Collage Make a collage of Good Snack/Bad Snack choices from magazine pictures. 	Art: Paper Collage Use any type of paper you have around the house. Dip the paper in the starch or glue and place all over the wax paper (or you can use construction paper). When dried, these look beautiful!	Fine Motor: Getting Dressed Have your child practice buttoning buttons, zipping zippers, and snapping snaps.	Virtual Fieldtrip: Hawaii Volcanoes https://artsandculture.withgoogle.com/en-us/national-parks-service/hawaii-volcanoes/nahuku-lava-tube-tour
Break Time	Stretch and Breathe Practicing yoga is a great way for children to relax. One of the most calming positions is called child's pose! You and your bundle of energy will kneel down with your backside resting on your ankles. You will then stretch your arms forward until your hands and forehead rest on the floor and your stomach rests on your thighs. https://www.youtube.com/watch?v=CBko9JPMtHs	Deep Breathing There are many ways to talk with your child about deep breathing. A simple one is to tell children to breathe in like they are smelling a flower and breathe out like they are blowing out birthday candles. 	Stretch and Breathe Practicing yoga is a great way for children to relax. https://youtu.be/zzkdjLb00UE Go to the website and try some new positions that you didn't try on Monday. 	Relax from Head to Toe You and your child can relax together. Inform your child to lie down and follow your movements. Put one hand on your stomach and the other on your chest. Have your child do the same. Both of you close your eyes and relax your muscles. Tell your child to breathe slowly and deeply and imagine the tension escaping.	Draw/Write a Gratitude Journal Encourage your child to draw or write about the things he/she is thankful for. You can write down their words. The process of drawing or writing in the journal and reading old entries can help them come to a place of calmness and relaxation. 

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Math Activity Gross Motor <i>Let's Get Moving!</i>	<p>Missing Lids – Compare and Measure</p> <p>Gather containers with lids of various sizes and shapes (pots, plastic canisters, jars, and boxes). Put containers in one pile and lids in another pile. Ask your child to match the container to its lid. Lining up the containers from shortest to tallest, or smallest to largest might help. Ask your child to point out other features that might help her find the matches like color, shape, and material.</p> 	<p>Spill the Beans</p> <p>Place four or fewer small objects (beans, buttons, paper clips, etc.) into a cup. Have your child first cover the opening of the cup by placing her hand over the top, then give it a good shake, and finally spill the objects on to a table or the floor in front of her. After the objects are released from the cup, help your child arrange them into a straight line. Push the objects into a pile as your child counts each object one-by-one</p>	<p>Shape Scavenger Hunt</p> <p>Children are learning to recognize shapes in their environment and to classify and sort. This scavenger hunt does it all! Get a few sheets of paper, draw shapes and send your child out to find objects in the room that match the shapes that's on the paper. Have your child to count and compare to see how many objects they have in each category.</p> 	<p>Musical Water— Compare and Measure</p> <p>Display five plastic tall drinking glasses, jars, or bottles of the same size. Explain you will put a different amount of water in each glass (1/4 cup, 1/2 cup, 1 cup). Ask your child to help you fill a measuring cup with each amount and pour it into each glass. Offer your child a spoon to tap a tune on the glasses. Ask your child to talk about the different sounds each glass makes: <i>What did the glass with the most water sound like? Was it different from the glass with just a little bit of water?</i></p>	<p>Add It Up!</p> <p>Inform your child that you are going to practice adding two sets of objects together. Ask, “How many forks do I have in my hand?” Encourage your child to count the 3 forks aloud. Ask, “If I get 2 more forks, how many forks will I have in all?” Write “3 + 2 =” on a piece of paper or index card and say, “3 forks plus 2 forks equals how many forks in all? Let’s count!” Repeat the demonstration using different objects around the house.</p> 
	<p>Flashlight Scavenger Hunt</p> <p>Turn off the lights and hide some objects around the house for your child to find with a flashlight. They'll be begging for you to hide them again!</p> 	<p>Alphabet Ball</p> <p>Pass a ball back and forth calling out letters, numbers, rhyming words. Be Creative!</p> 	<p>Connect the (Dots) Maze</p> <p>Create a tape maze for your child to drive their toy car through and connect the matching letters (or numbers, shapes, sight words...). Tape a maze on your floor. Use a painter's tape that's made for delicate surfaces for easy removal. Write the letters of the alphabet on all the turns and intersections.</p>	<p>Hop, Skip & Jump</p> <p>Set up paper plates around the house or outside and have them jump from one to the next. If you have different colored plates, you can make a simple pattern. Add numbers or letters to the paper plates & have your child identify as they jump on them.</p>	<p>Sensory Walking Path</p> <p>Add in different sensory objects (cotton balls, small pillows, uncooked rice, newspaper, etc) and make a path to walk along to explore with their feet. You can Add in paint for a creative experience.</p>

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Storytime	<p>The Grouchy Ladybug youtu.be/Jr3ha03MsK0</p>	<p>Up, Down, and Around youtu.be/IFUwZJVDiFU</p>	<p>Little Blue Truck Springtime youtu.be/GXQ1ot9SNEI</p>	<p>Lola Plants a Garden youtu.be/OC7qurRN37A</p>	<p>Little Blue Truck youtu.be/sBC-7cNABXU</p>
Literacy Activity	<p>Same Sound Sort – Letter Sounds With your child, gather several objects in a box or bag, including some that start with the same sound (sock, spoon, button, ball) and some that do not start with the same sound (ribbon, car, marker). Ask your child to name the items in the box, and take turns sorting the objects that have names that begin with the same sound.</p> 	<p>Pantry Labels – Recognizing Print Pull a few items out of your pantry and take turns picking an item. Ask your child to describe what they see. Point out colors, shapes, and letters. While pointing to the large T on the a Taco box, ask “What sound does the T make? It’s the first letter in the words tomatoes and Tomás. This carton of cream has the word fresh. What letter does fresh begin with?”</p> 	<p>Stick Letters – Alphabet Gather a collection of craft sticks, chopsticks, or small branches. Explain that you will work together and use the sticks to make letters. Show how to make a letter with the sticks. Talk about the letters that are made with only straight lines. Write or show letters for reference. Let’s say the alphabet together and think about the shape of each letter. Discuss the difference between forming upper- and lower-case letters: Names start with upper-case letters.</p> 	<p>Character Feelings – Using Language to Express Ideas Invite your child to join you in reading a book. Explain that you want her to pay attention to the characters’ feelings as you read. Talk about the book’s title and the cover. As you read, use your voice and facial expressions to show the characters’ feelings. Ask questions about what the character is feeling: Ex., What makes the turtle feel frustrated? Invite your child to talk about a time when she was feeling the same way the character felt: Ex., You were excited yesterday? What made you feel excited?</p> 	<p>Rhyming Chart— Rhyming Words Write the following poem on a sheet of paper. Draw pictures or symbols to illustrate it: <i>Cobbler, cobbler, mend my shoe. Get it done by half past two. Stitch it up and stitch it down. Make the finest shoes in town.</i> Read the poem and explain that mend means to fix something and that a cobbler is a person who mends shoes. Invite your child to listen and chant it along with you.</p> 

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Lunch Time & Transition to Individualized Activity Time	<p>Rhyme Time with Food As you make lunch, ask how many rhymes can we come up with using ingredients? Ex., <i>Banana, fanana, Hanna, samana.</i> <i>Cheese, bees, leaves, trees</i></p> 	<p>What Was for Lunch? Invite your child to draw or write about what he ate for lunch. Ask your child to explain what they drew. Offer to write about their picture at the bottom of the page.</p>	<p>Setting the Table For lunch, invite your child to help set the table. Have your child to count out that number of plates, utensils, cups, napkins, etc.</p> 	<p>Guess the Food Have a mystery bag with a fruit or vegetable inside. Describe the food and have children try to guess what is in the bag.</p>	<p>Favorite Fruit Graphing Allow children to try a variety of different fruits. Make a graph their favorites.</p> 
Individualized Target Activities		Repeat Monday's activity	Repeat Monday's activity	Repeat Monday's activity	Repeat Monday's activity
Rest Time					

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Outdoor Game	<p>Potato Sack Race</p> <p>An easy way to enjoy an old-fashioned “potato sack” race is to use a large sturdy sack or pillowcases and hop into action! Have your child count the number of times they hop.</p> 	<p>Wash the Car</p> <p>Have a sudsy good time keeping the car clean at home. Kids love to play in the water. While washing the car, talk about the parts of the car and its purpose. Ex., Why do cars need tires? What are the lights for?</p> 	<p>Go for a Bike Ride or a Walk</p> <p>Riding bikes or walking is a great way to get exercise and enjoy being outside together.</p> 	<p>Create Patterns</p> <p>Gather items from nature and create patterns. For ex.) leaf, pinecone, leaf, pinecone</p> <p>Challenge your child to fill in the blank of a pattern or create his own pattern.</p> 	<p>Walk & Count</p> <p>Take a walk around your neighborhood (observing all social distancing guidance) and count what you see:” I see one blue van. I see two windows in the house. I see three lights on the traffic light, one, two three.”, etc.</p> 