

March 30, 2020

Dear Families,

First of all, we want you to know that we MISS your children very much! We hope to see them again soon. In the meantime, we've put together a packet of activities to do over the next 2-3 weeks. This material begins our next unit of study, "Growing Our Garden," and includes many of the activities we'd be doing in our classroom.

Some things to keep in mind:

- **We will be using the SeeSaw app to do many activities.** This app is interactive, so we can post videos or activities and you can respond or post your own pictures and videos within the app. Instructions for signing up for SeeSaw Class are included.
- **If you are not able to access SeeSaw, we've tried to provide other ways to complete activities.** For example, if you can't watch the read aloud books, no problem, just pick any book and read to your child!
- These are suggested activities. **You do NOT have to complete each activity on a given day-** there are no due dates!
- **We've included a sample schedule** for how you might structure a full day. Within the schedule are times for "books" or "school activities" when you could complete our activities. This schedule is only a suggestion- do what works for your family!
- **Feel free to spread the material out.** If you only have evenings to be with your child, you can do an activity or two each day, and complete more activities on the weekend. **You can also pick and choose which activities you complete.**
- Our challenge was providing enough material for those who are trying to structure their child's entire day while not providing so much that we overwhelm families. We will be looking for your feedback in the days ahead to find out how we did!
- **We've included a "checklist"** for four days worth of material each week. The checklist includes information about each activity and where the activities can be found (SeeSaw or a paper copy of instructions).
- Our SeeSaw accounts are organized into folders for each day, and we can also send out "assignments" that will notify you of the activity.
- **Please hang on to the materials we've provided.** We'll be using them repeatedly for the duration of distance learning!
- There will be some **bonus activities and "How-To" and informational videos in the resources folder for each week** for those who want more direction or information.

Stay healthy!

The Preschool Team

Sample Preschool Daily Schedule:

- ❑ Wake up

- ❑ **Breakfast**
- ❑ **Brush Teeth**
- ❑ **Book (s):** Our daily read aloud video and/or your own books
- ❑ **Movement activity :** YouTube preschool dance songs, yoga, obstacle course, etc.
- ❑ **Play time (1 hour):** Pretend play (doctor, school, vet, chef), building with blocks or Legos, dolls, kitchen, games, etc.
- ❑ **Snack**
- ❑ **School activity**
- ❑ **Outside play (20-30 minutes):** Running, jumping, climbing, spinning, swinging, walking, biking etc.
- ❑ **School activity**
- ❑ **Lunch**
- ❑ **Book (s):** Our Repeated Read Aloud video
- ❑ **Calming stretching or yoga**
- ❑ **Rest/quiet time (30-60 minutes) :** Sleep, looking at books, screen time,etc.
- ❑ **Play time (1 hour) :** Pretend play (doctor, school, vet, chef), building with blocks or Legos, dolls, kitchen, games, etc.
- ❑ **Game/School activity**
- ❑ **Outside play (20-30 minutes):** Running, jumping, climbing, spinning, swinging, walking, biking etc.
- ❑ **Fine motor activity:** Art, playdough, sewing, cutting, drawing, puzzles, etc.
- ❑ **Supper**
- ❑ **Bath**
- ❑ **Book(s)**
- ❑ **Bedtime**

This is a sample schedule of how you could structure your day. We'll provide a variety of activities from school to fit into your schedule. **Do what works for YOUR family!** The most important thing to help children feel secure in their schedule is to keep big events (wake up, meals, bed time, etc) at the same time every day. The rest of the day can be flexible. **Please do not feel pressured to fit all activities in every day.** We're here to help and support you and give you as many resources as you would like to keep your child's learning moving forward, not to increase your stress!

If you are working during the day, you can fit some of these activities into your evening routine. You might read or do a school activity when you arrive home, have your child listen to a video book or do a movement activity while you make supper, play a game after supper, and read another book at bedtime.

Week of March 30th

Day 1 Suggested Activities:

- ❑ **Monday Message** (SeeSaw)
- ❑ **Watch "Our Community Garden" read aloud book** (SeeSaw)
 - ❑ If no internet, pick a book to read with your child
- ❑ **Learn about Seeds video** (SeeSaw)
- ❑ **Alice the Farmer Song** (SeeSaw video or sing with paper lyrics)
- ❑ **The Letter Hh** (SeeSaw video and activity)
 - ❑ Practice writing uppercase and lowercase letters with whiteboard or paper using letter formation script
- ❑ **Complete Seed Sprouting Experiment** (SeeSaw video and/or use paper instructions)
- ❑ **Repeated Read Aloud video** (SeeSaw)
 - ❑ If no internet, pick a book to read with your child
- ❑ **Walk heel to toe** from your bedroom to the bathroom to brush your teeth
- ❑ **Give someone a compliment**, "I like when you....." (mealtime conversation)
- ❑ **Write your name** (Use paper copy of letter formation script to help your child)
 - ❑ Model letters by writing them yourself first, saying the script as you write, and have your child copy each letter. See how-to video on SeeSaw.
 - ❑ If your child can independently write their first name, you can do this activity with middle name, last name, names of family, or other words!
 - ❑ See SeeSaw "Sign In" how-to video for an example and tips on pencil grip.

Day 2 Suggested Activities:

- ❑ **Watch "Zinnia's Flower Garden" Part 1 read aloud book** (SeeSaw; or pick a book to read with your child)
- ❑ **Disappearing Numbers Game** (Use number cards; How-to video available on SeeSaw)
 - ❑ Work with your child to put the number cards in order. Use numbers 1-5, 1-10, or 11-20 depending on your child's ability.
 - ❑ Have child point to and say each number
 - ❑ Cover numbers with a towel and remove one number, leaving a gap where the number should go.
 - ❑ See if your child can guess which number is missing! If not, point out clues (example, it is the number before 4) or help them count to figure out which number belongs in the gap.
 - ❑ For more challenge, don't leave a gap. For even more challenge, mix the numbers up.
- ❑ **Pattern Block Picture Puzzles**
 - ❑ Use pattern blocks to fill in the designs on the pattern sheets.
 - ❑ Child can also create their own designs.
 - ❑ As a bonus activity, you could use the shapes to discuss colors, shapes or make patterns.
- ❑ **What Is It Bag- H**
 - ❑ Have your child cut out pictures of items that start with "H."
 - ❑ Put them in the bag, sing: "What is it, what is it, what is it do you know? It is _____, it is _____, tell me what you know!" Then discuss the picture with your child.
 - ❑ See SeeSaw "What Is It Bag" how-to video for a demonstration or "Ripping and Cutting" video for tips on assisting your child to cut.
- ❑ **Repeated Read Aloud video** (SeeSaw; or pick a book to read with your child).
- ❑ **Gallop like a horse** from your bedroom to the bathroom to brush your teeth
- ❑ **Say three things that you are thankful for** (mealtime conversation)
- ❑ **Write your name**
- ❑ **Make a flower** (art project- See paper visual instructions; see SeeSaw "Ripping and Cutting" how-to video for tips on assisting your child with these skills)

Day 3 Suggested Activities:

- ❑ **Watch "Happy" read aloud video** (SeeSaw, or pick a book to read with your child).
- ❑ **Simon Says- Feeling Faces**
 - ❑ Use emotions booklet to take turns making different faces. For example, "Simon says, show me your sad face."
 - ❑ Talk about different things that make you sad and what you can do when you feel sad or see someone else feeling sad.
 - ❑ Repeat with a variety of emotions.
- ❑ **Draw in journals- How are you feeling today?**
 - ❑ Write the date- show your child how to form each number by writing on the whiteboard or paper and saying the number script as you form the number. Your child can copy the numbers on the journal page. Example: 4-3-20.
 - ❑ Draw a picture of how you are feeling
 - ❑ Write words to go with your picture- first the child can write at their ability, then the adult can write the words
 - ❑ Take a picture of your journal page, and post to SeeSaw
 - ❑ See SeeSaw for "Learning to Write" informational video to understand what "writing" looks like for your child
- ❑ **Finger Counting**
 - ❑ Say, while showing with your fingers: "I have two bean seeds and three radish seeds. How many do I have all together?" Have your child use their fingers to count.
 - ❑ Repeat with other numbers and items.
 - ❑ If your child responds correctly, ask, "How did you know?"
 - ❑ If your child doesn't know, help them count their fingers.
- ❑ **The Letter Qq** (SeeSaw video)
 - ❑ Practice writing Qq on a whiteboard or with paper
 - ❑ Have child cut out Qq words and put them in the "What Is It Bag"
 - ❑ Play "What Is It Bag" (See Day 2 for instructions)
- ❑ **Repeated Read Aloud video** (SeeSaw, or pick a book to read with your child).
- ❑ **Hop on one foot** when you get your jammies on, switch feet and hop again. Try for 5-10 hops per foot.
- ❑ **Help clear the table after a meal**
- ❑ **Write your name**

Day 4 Suggested Activities:

- ❑ **Watch "Zinnia's Flower Garden" Part 2** video read aloud (SeeSaw app, or pick a book to read with your child)
- ❑ **Play "I Spy Shapes"** (Paper instructions)
 - ❑ Use the shape sticks to go on a scavenger hunt for shapes around your house
 - ❑ Start with basic shapes- circle, triangle, square, rectangle and add harder shapes if a challenge is needed!
 - ❑ Talk about the attributes, or characteristics of shapes
 - ❑ Record a video with at least one object and post on SeeSaw- tell your teacher what shape it is and how you know (example: It's a triangle because it has three sides).
- ❑ **Play "I Know What You're Thinking"** (See SeeSaw for How-to video)
 - ❑ Find several of two different types of objects (Examples: squares & triangles OR spoons & forks OR socks & underwear, etc)
 - ❑ Say, "See if you can figure out my sorting rule!"
 - ❑ Put (for example) a spoon in one spot and a fork in another. Hold up another spoon and move it back and forth between the piles. Place it with the other spoon. Repeat with the fork.
 - ❑ Pick up another object and have your child tell you which pile it belongs in. Continue until all objects are sorted. Ask, "What's my sorting rule?"
 - ❑ For more challenge, try sorting categories that are less obvious. For example, one pile of things you write with, one pile of things you eat with.
- ❑ **Make Green-Haired Gus** (See SeeSaw video and/or Green-Haired Gus booklet)
 - ❑ If you do not have a nylon, just plant the dirt into the cup and draw face or decorate with stickers!
 - ❑ Please save the rest of the dirt for another project coming up!
- ❑ **Compare Hh and Qq**
 - ❑ Find the Hh and Qq letter cards
 - ❑ Talk about how they look the same and different. (Example, H has straight lines, Q has curvy lines)
 - ❑ Say "hat" and have your child decide if the word starts with H or Q. Repeat with other words.
 - ❑ As a bonus activity, your child could look around the house (food boxes, in books, etc) to find examples of the letters H and Q.
- ❑ **Repeated Read Aloud** (SeeSaw, or pick a book to read with your child).
- ❑ **Crawl** from your bedroom to the kitchen for breakfast
- ❑ **Practice calming down like Tucker the Turtle** at bedtime (see Tucker the Turtle handout).
- ❑ **Rainbow Write triangles** (Paper handout)
 - ❑ Take a picture and send to your teacher on SeeSaw
- ❑ **Check your seeds and dampen the paper towel if necessary.** Add seeds that didn't grow without water to bag so they will sprout, too!
- ❑ Write your name

Week of April 6th

Day 1 Suggested Activities:

- ❑ **Monday Message** (SeeSaw video)
- ❑ **Watch *The Life Cycle of a Bean* read aloud video** (SeeSaw app, or pick a book to read with your child)
- ❑ **Human Beans** (Paper instructions)
 - ❑ Follow the instructions to act out the life cycle of a bean
 - ❑ Take a video and post to SeeSaw for your teacher to see!
- ❑ **Add It Up Game** (See SeeSaw for How-To video)
 - ❑ On a white board, draw a T. Write a number (example 4) above the T
 - ❑ Take 4 objects (small blocks, noodles, dried beans, crayons, etc) and say "Let's think of all the ways we can make 4!"
 - ❑ Put 2 objects on the left side of the white board and 2 objects on the right side. "How many do we have in all?"
 - ❑ Help your child figure out other combinations that add up to 4 (3,1 or 0,4)
 - ❑ Repeat the activity with a different number
- ❑ **Make a Green Haired Gus** art project (paper instructions)
 - ❑ Feel free to use collage materials (pom poms, wrapping paper, fabric, cereal, pasta, etc) to make his face!
 - ❑ Take a picture and send it to your teacher on SeeSaw!
- ❑ **Put Them Together** (See SeeSaw for "Put Them Together" how-to video)
 - ❑ Say, "Let's play a game where we put sounds together to make words. Hmm... sssss (pause) eeeee. What word does that make?" Give your child an opportunity to respond, then say, "sss, eee, see!"
 - ❑ Repeat with more words. Examples: Fee, shee, gee, wee, tee, he"
 - ❑ For more challenge, break up longer words. " Ssss (pause) eee (pause) d." Give your child an opportunity to respond, "Seed."
 - ❑ Try with: peek, sheep, seal
- ❑ **Read and Color Seed Poems** (paper copy)
- ❑ **Repeated Read Aloud** (SeeSaw or pick a book to read with your child)
- ❑ **Walk backwards** to the kitchen for breakfast
- ❑ **What are some expectations at your house?** (Mealtime conversation. Example- what are you expected to do at mealtimes, bedtime, etc)
- ❑ **Check Green Haired Gus plant and seeds-** water/dampen if necessary

Day 2 Suggested Activities:

- ❑ **Watch *In the Garden: Who's Been There?* read aloud video** (SeeSaw app, or pick a book to read with your child).
- ❑ **Play Subitize** (See "Subitize" how-to video on SeeSaw for a demonstration)
 - ❑ Using pattern block shapes, place 3 triangles and 2 squares under a towel without your child seeing.
 - ❑ Say, "We're going to play Subitize! Get your eyes like cameras ready to take a picture!"
 - ❑ Uncover the shapes for about 2 seconds and cover them back up again. Ask, "How many shapes were there all together? How did you know?"
 - ❑ If your child doesn't know, help them count.
- ❑ **Play What Number Now?** (See "Subitize" how-to video on SeeSaw for a demonstration)
 - ❑ Lay out 4 pattern block shapes and have your child tell you how many.
 - ❑ Cover the shapes with a towel, and as your child is watching, place one more shape under the towel. Without showing the child ask, "How many shapes are there now? How do you know?" Help your child count if needed.
 - ❑ Continue to play, adding or subtracting 1-2 shapes at a time.
- ❑ **Plant and Grow** (Reuse Human Bean paper instructions if needed)
 - ❑ Crouch on the floor like a seed in the ground and slowly grow to a plant while counting to 10 (or 15 or 20).
 - ❑ Sink back to the ground while counting backwards from 10 (or 15 or 20).
- ❑ **Put Them Together** (See Day 1 activities or SeeSaw "Put Them Together" video)
 - ❑ Make more words from sounds- say the individual sounds in each word slowly, leaving a pause between each sound. Example: nnnnn (pause) o: no
 - ❑ Repeat with the words: go, bye, doe, my, up, it, say, do
 - ❑ More more challenge try words with 3 sounds: pet, log, big, cub, bat
- ❑ **Repeated Read Aloud** (SeeSaw video, or pick a book to read with your child)
- ❑ **Hop like a bunny** to the kitchen for meals
- ❑ **Talk about a problem you had today** and how you worked through it or what you could do differently next time (Mealtime conversation)
- ❑ **Make a necklace** by stringing cereal, pasta, or a straw cut into small pieces onto yarn or a shoelace
- ❑ **Write your name**

Day 3 Suggested Activities:

- ❑ **Watch *The Way I Feel* read aloud video** (Seesaw app, or pick a book to read with your child)
- ❑ **Journal: Emotions Garden**
 - ❑ Look through the emotions booklet and review the different emotions- practice making the facial expressions for each emotion
 - ❑ Help your child write the date in their journal
 - ❑ Draw a picture of a garden-brown dirt, blue sky, yellow sun, flowers or vegetable plants, and at least one garden animal showing an emotion. (Example: confused ladybug or happy bee)
 - ❑ Take a picture of your journal and send to your teacher on SeeSaw.
- ❑ **Play Finger counting**
 - ❑ Say as you show on your fingers, "I want to buy 3 carrots and 2 cucumbers. How many vegetables will that be all together?" Help your child make those numbers with their fingers and count if needed.
 - ❑ Repeat with other numbers and vegetables.
- ❑ **Play Farmer's Market Game**
 - ❑ If desired, make play money or use real dollars/coins.
 - ❑ Gather 10 items of two objects (foods, blocks, shapes, writing utensils, etc)
 - ❑ Take turns buying objects. Each object costs \$1 or 1 coin. For example, "I'd like 3 blue blocks and 5 red blocks." Have your child count out the correct number of blocks and tell you how many blocks all together so you can pay.
 - ❑ Switch roles! Help your child count as needed.
- ❑ **Play Blending Names** (See "Blending Names" how to video in SeeSaw if needed)
 - ❑ Put sounds together to make food words. Say each sound separately. For example p (pause) eeeee (pause) ch (pause): peach!
 - ❑ Repeat with the words: fish, soup, beet, rice, meat, bun, pea, fig, lime
- ❑ **Repeated Read Aloud video** (Seesaw or pick a book to read with your child)
- ❑ **Hop like a frog** to the bathroom to brush your teeth
- ❑ **Write your name**
- ❑ **Feeling check-in:** How are you feeling today? Why are you feeling that way? What can we do to change that feeling? (Mealtime conversation)

Day 4 Suggested Activities:

- ❑ **Watch *Planting a Rainbow* read aloud** (SeeSaw video, or pick a book to read with your child)
- ❑ **Play Add It Up Game** (See SeeSaw for How-To video)
 - ❑ On a white board, draw a T. Write a number (example 5) above the T
 - ❑ Take 5 objects (small blocks, noodles, dried beans, crayons, etc) and say "Let's think of all the ways we can make 5!"
 - ❑ Put 2 objects on the left side of the white board and 3 objects on the right side. "How many do we have in all?"
 - ❑ Help your child figure out other combinations that add up to 5 (4,1 or 0,5)
 - ❑ Repeat the activity with a different number
- ❑ **Planting Sprouts Experiment** (See paper instructions)
 - ❑ Review with your child that you discovered in your seed sprouting experiment that seeds need water to grow.
 - ❑ Say, "Let's try a new experiment. Do you think plants need sunlight to grow?"
 - ❑ Plant a bean and radish sprout in one cup and place in a dark cupboard.
 - ❑ Plant a bean and radish sprout in another cup and place in sunlight.
 - ❑ Send a picture of your sprouts to your teacher on SeeSaw and share your prediction: Will the plants need sunlight to grow?
 - ❑ Continue to water BOTH cups of plants, but keep one in the cupboard.
- ❑ **Play Blending Names** (See "Blending Names" how to video in SeeSaw if needed)
 - ❑ Put sounds together to make food words. Say each sound separately. For example p (pause) eeeee (pause) ch (pause): peach!
 - ❑ Repeat with the words: bean, pea, nut, cheese, fig, date, kale, seed, egg, yam
- ❑ **Play What Number Now? Game** (See "Subitizing" how-to video on SeeSaw)
 - ❑ Lay out 4 pattern block shapes and have your child tell you how many.
 - ❑ Cover the shapes with a towel, and as your child is watching, place one more shape under the towel. Without showing the child ask, "How many shapes are there now? How do you know?" Help your child count if needed.
 - ❑ Continue to play, adding or subtracting 1-2 shapes at a time.
- ❑ **Crab walk** to the kitchen for breakfast
- ❑ **Discuss: How was your week?** What are you looking forward to for the weekend? (Mealtime conversation)
- ❑ **Rainbow write squares** (Paper handout)
- ❑ **Write your name**

Bonus Activities:

Alphabet Cards:

- Pull out 4-6 pairs of cards at a time to match uppercase and lowercase letters or play a memory game
- Hang letters all over your living room. Call out a letter name or letter sound and have your child search for the correct order, or take the alphabet plate and have your child search for matching letters. Fold down the letter on the plate when a match is found.
- Put letters in order
- Use letter card to form simple words
- Play Kaboom- put all letter cards in a bag. Take turns pulling out a letter and saying the letter name or the sound the letter makes (if your child isn't sure which letter, give a choice: "Is it A or X?") If you say the letter name or sound, you keep it. If you pull out a Kaboom card, all the letters go back in the bag.
- Pick out a letter and have your child count how many times they can find that letter on the page or a book, a cereal box, or some other item with words

Number Cards:

- Put numbers in order forwards or backwards- depending on your child's abilities use numbers 1-5, 1-10 or 1-20.
- Play Math Magic: Put numbers in order, then turn the cards over so the number isn't showing. Point to a card and ask your child, "What number is on this card?" If your child isn't sure, show how you can start at the first card and count up until you get to the selected card. Flip the card to see if you are correct, then see if your child can guess the cards that come before and after. Continue until all cards are flipped.
- Show a number card and have your child say the number and do an action (jump, clap, etc) that number of times.
- Pick a number card and have your child count on from that number or count backwards from that number
- Pick a number card and have your child say the number and then count out that number of items (crackers, blocks, dried beans, etc)
- Play number Kaboom.

Shapes Sticks:

- Describe shapes by attributes and have your child give you the correct shape(s). For example, "I'm looking for shapes with 4 sides."
- Place the shapes throughout your living room. Say the shape by name and have your child find it. Ask, "How do you know it was a (example) square?"

Pattern Blocks:

- Use the smaller pattern blocks to recreate bigger blocks. "Look, if I put 3 triangles together it makes a trapezoid!" Or "2 trapezoids make a hexagon!"