

Goal for March 23rd: Reconnecting with a friend and Virtual Fieldtrip!

Before 9:00	Wake Up / Morning Jobs Get dressed, take care of pjs, brush teeth, make the bed	
9:00-9:30	Breakfast and plan the day with your child.	
9:30-10:00	Activity Time	Journal Day! Think about a friend from school that you are missing. Draw a picture of you and your friend. Have mama help you write what you like to do at school with your friend. Take a picture of your picture and upload it to the link below-
10:00-10:10	Plan for Work Time (playtime): Build your child's ability to organize their time by having them make a "plan" with you about what they would like to play with. Children do this everyday with us at school. It helps children learn to organize their thoughts. Adults make plans all the time to organize their thoughts (shopping lists are made before going to the grocery store, to do lists are made to help plan your day etc..). Kids will tell you what they are planning to do/want to play with/how they will use toys at home.	
10:10-11:10	Worktime/Kids play WITHOUT ELECTRONICS Kids can use toys to pretend play, build, and create.	
11:10-11:25	Clean Up: Kids clean up the mess they have made while playing.	
11:25-11:35	Recall: Build your child's memory of events by having your child tell you what they did while they played (ask "tell me how you did that" or "what did you do next?")	
11:35-12:00	Prepare lunch: have your child help you prepare lunch. They can help with cooking/setting table- whatever seems appropriate for the meal time.	
12:00-12:30	Lunch	
12:35-1:35	Rest time or quiet activity. Kids that don't sleep at school use this time for book reading, puzzles, board games , card games- quiet/calm types of toys.	
1:30-2:00	Screen time	Field Trip Day to the Zoo! Take a look at some of the animals' YouTube Videos at the Cincinnati Zoo. http://cincinnatizoo.org/home-safari-resources/
2:00-3:00	Outside Play: Go for a walk outside, ride your bike- enjoy some fresh air.	
3:00-4:00	Afternoon Stories	Find a story at your house about animals and read it with mama. If you do not have a story about animals, try a few of these stories: Horses: https://youtu.be/rA9c5GbRydk Sharks: https://youtu.be/e16aXiLWONk Tigers: https://youtu.be/2sRJRG2nQOU Cows: https://youtu.be/-MJOnKU8wdI Farm Animals: https://youtu.be/2NabxmEj5GE

		Snakes: https://youtu.be/xTYZ-Hhev2g Wolves: https://youtu.be/CifgAvrgtNs
4:00-5:30	Creative Time	Do an activity/craft from the Cincinnati Zoo website- make a lion mask, make a porcupine/ocelot with materials you have at home. Go back to the Cincinnati Zoo link in the screen time section and look at the activities ideas and choose one to do!
5:30-6:00	Dinner: Preschoolers can help you prepare dinner/set the table.	
6:00-6:30	Chores: Specific tasks your child can do by themselves for the family or jobs they help you with.	
6:30-8:00	Free play Bath/Brush Teeth/Pajamas/Ready for bed/Bedtime Story/Bed	

Photos/Videos can be submitted here:

<https://forms.gle/Qczf7h8zYiJiVbSg9>