

Keeping the Learning Going at Home!

Dear families and students,

While a few or more days off from school may feel like a welcome change and a break initially, it is normal for anyone to begin to feel the need for **structure, predictability, connection, and LEARNING!** Just because we are not going to see each other for some time, it does not mean that you should stop getting better each day at all sorts of things. It also does not mean that you will be forgotten. Each day that we are not together in our classrooms, we will be thinking about you and hoping that you are continuing to work hard at all sorts of things.

To help you get started, we have put together a *Home Learning Guide* for you. Don't be tricked into thinking that everything in this *Home Learning Guide* is going to be tricky and something that you will need our help to complete; you have most of the tools for success already and what you do need help with, there is a plan for you to get it!

Families, we encourage you to create a schedule for your children each day. We shared one with you last week. The schedule should include some reading and math time, some time to explore nature and scientific concepts, some time to learn about history or social sciences, movement, music, and creative expression. Add in a little bit of quiet time and a way to connect with at least one adult outside of your immediate family and one peer outside of your household, and your child will be set up for a successful (if unexpected) "school away from school."

Please see the next page for lists of experiences that you can choose under each category!

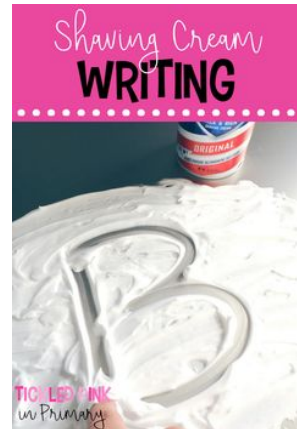
Look at all of the cool topics you have to choose from AND the options for these topics! We know that you are going to make the most of this unusual time - but let's make it as productive as possible! Have fun and keep learning!

Let's Play ABC Games

Practice writing letters in shaving cream. To make this less of a challenge provide your child with a visual of the letter to copy. To make this more of a challenge call out letters for your child to write from memory. To make this even more of a challenge call out letter sounds and see if they can write the letter that makes that sound!

For a less messy version of this activity put your shaving cream in a ziplock bag.

You can also try writing or drawing numbers and shapes.



Play alphabet soup! If you have magnetic letters put them in a bowl and give your child a spoon. Have them reach in and scoop out a letter. Have them name the letter. Create a challenge and see if they can scoop out all the letters in their name and then build their name.



Make this more or less of a challenge by putting in more or less letters. Add to the challenge by having children name the letter and the sound it makes.

If you do not have magnetic letters you can play this game by writing letters on small pieces of paper and putting those into a bowl.

You can add even more fine motor to this game by using tongs to grab the letters instead of a spoon.

Let's Read

Find a familiar book, one that you have read with your child over and over. Ask your child to "read" it to you. Encourage him/her to use the pictures and what they remember about the book to retell the story to you.

Let's Write and Draw

Rainbow Writing- Write your child's name in the middle of a piece of paper in pencil. Have your child trace the name in several different colors. Then encourage him/her to decorate the rest of the page.



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Write your child's name on a large piece of paper. Have them glue a small item, such as sequins, pom poms, or buttons, on the outline of their name.

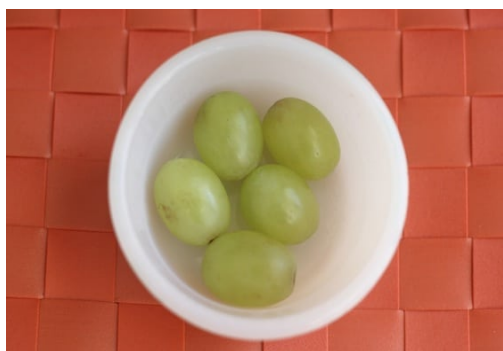


Let's Explore (Science)

Turn grapes into raisins! Kids LOVE this activity!

(This experiment takes time- a lot! Possibly 2 months, but your child can observe and record the changes s/he sees along the way!) Children get very excited to watch the grapes change over time! A really simple science experiment- all you need is some grapes (even if they are already past their prime). Place 5 grapes in a bowl, and have your child draw a picture of what the grapes look like on Day 1. Then ask your child to observe the grapes a couple times per week and record/draw the changes they see. Ask him/her to explain what they see to you too! You can modify activities to your child's level: make the "recording" part easier or harder (i.e. have your child try to write out words or label their pictures, cue your child to use words to label their drawing (scribbling is perfectly fine! I.e. "grape", "big", "small", "green").

Day 1

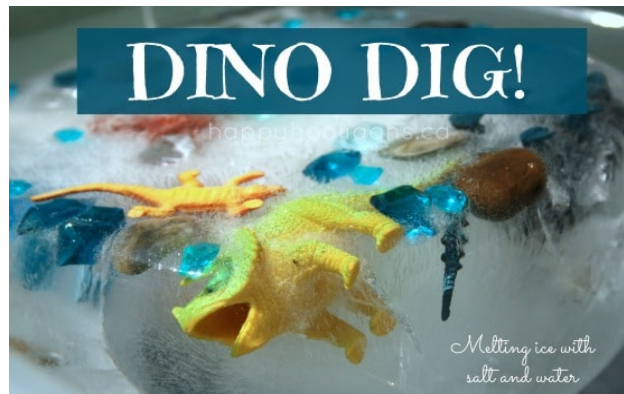


Day 21



Ice Melting- Hidden toys!

This is a simple experiment you can do with a container/bowl, salt, and any small toys you have around the house or small rocks. Get a bowl/container that will fit in your freezer and gather some small plastic toys (i.e. dinosaurs, cars, beads, etc.) or rocks from outside. Put a few toys in the bowl and cover with water...put in freezer until frozen. Then add more toys and add more water until bowl is almost full, then freeze. Get a shallow tray or large bowl to put the container in. Let your child use a spoon (or pinch the salt with their fingers to work on fine motor skills) to sprinkle salt on the block of ice, and watch the ice melt and find their hidden toys!



Let's Play Math Games

1. Number boxes- Draw a grid on a large sheet of paper (or use large piece of cardboard). Write 1 number 0-10 in each box. Use stickers (or other loose materials such as buttons, pennies or pom poms) and have your child place the appropriate number of stickers in each box. Using loose parts 0 will make this a game that can be played again and again. Make this less challenging by writing numbers 0-5 or more challenging by writing numbers 11-20 or 0-20!



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2. Head outside and find 10 rocks. Sort them by size. Line them up from biggest to smallest. Make this more or less challenging by finding more or less rocks (ie 5 or 15-20).

3. Find 10 stuffed animals or other toys. Line them up from shortest to tallest. Make this more or less challenging using more or less items (ie- 5 or 15)

Let's Create!

Make your own BUBBLES!

Here's an easy bubble solution recipe that works well: 1 cup liquid dish soap in a pint mason jar (or any jug you have available), fill it with water, add 2 teaspoons granulated sugar and a few drops of food coloring if you have it. Use bubble wands that you have on hand, the bigger the better!



Rock coloring/painting

This is a fun and easy activity to do with your child, and all you need is rocks and markers! (or paint and yarn if you have it). Have your child go outside and find some smooth rocks, then color the rock and make a face! Or you can have your child write or paint one letter on each rock to spell out their name!



Fine Motor Activities

Midline Crossing to support fine motor skills

The establishment of hand dominance may still be developing. Until it does, a child may switch hands at the midline when doing certain activities. The following activities are intended to help facilitate midline crossing:

1. Encourage reaching across the body for materials with each hand. It may be necessary to engage the other hand in an activity to prevent switching hands at midline.
2. Do not discourage a child from using the left hand for any activity. Allow for the natural development of hand dominance by presenting activities at midline, and allowing the child to choose freely.
3. Start making the child aware of the left and right sides of their body through spontaneous comments like, "the crayon is in your right (or left) hand." Play imitation posture games like "Simon

Says" with across the body movements.

4. When painting at an easel, encourage the child to paint a continuous line across the entire paper. Then also one from diagonal to diagonal.

Crawling Cleanup Game: spread out 10-12 toys, blocks, stuffed animals, etc. across a room. Have your child crawl with you around the room and pick up the objects to clean up.

Gross Motor Activities

Crossing Midline Gross Motor Skills



Infinity Symbol - Make a giant infinity symbol and have your child drive a car around the "track", color it in using one hand, trace it with their fingers. Be sure that your child's arm moves across their body to build the crossing midline skill.



Cross Crawl - Bring your right elbow down to your left knee, then switch sides bringing your left elbow down to your right knee. Repeat 20 times.

Challenge Movement for Skilled Movers: Slower movements are more difficult as this incorporates more balance reactions. Hold each movement for 5 seconds before switching sides.



Shoulder to Shoulder- Move your right hand to your left shoulder, while moving your left arm out straight (elbow straight), then follow with moving your left hand to your right shoulder while moving your right arm out straight. Repeat 10 times. *Please note:* this can be done in sitting or standing.

What to Watch for If your child's right arm doesn't make it over to the left shoulder (maybe they only got half way), they are not crossing the midline and will not get the full benefit of the exercise. You may also see your child

swinging too far back or way over the midline. This also prevents them from getting the full benefit of the exercise.



Leg Kicks – Stand with your feet shoulder width apart, place your hands on your hips, Slowly kick your left leg across your right leg, then switch to kick your right leg across your left leg. Repeat 10 times. *Please note:* Help your children with slow and accurate steps to ensure full benefits of the exercise, try placing a target on the floor for them to tap with their toes.

What to watch for: Watch your child to ensure their shoulders are square during the movement and that they are not crossing their full body over to the other side. Only their legs should cross the midline.

FOCUS on Prek Related Activities

Below is the link to materials that have been created by Boston Public Schools and are directly linked to the Focus on Pre-K curriculum and activities we have been doing in the classroom. Many of these activities require a printer. No printer? No problem! Think about ways you can adapt the games/activities to be done without printing anything! Please know this week introduces a new theme that we have not yet covered in our classroom. The 5th unit in Focus on Prek is Shadows and Reflections. These activities are similar to ones we would have begun introducing at this time if we were still in session.

[this weeks Focus on Prek Activities](#)

Additional Online Resources

[Many authors are reading their books online to us!](#)

[Cosmic Kids yoga and storytelling](#)

<https://happyhooligans.ca/> (lots of fun homemade crafts, games, science experiments, etc!)