



DISTANCE LEARNING DAYS 50-57

Greetings Stowe Head Start PK Families,

This packet includes learning activities for the last 8 days of school year 2019-2020. As a staff, we applaud you for EVERYTHING you have done to keep your child engaged, learning, and safe. At the risk of sounding like a broken record, we encourage you to keep up with your commitment to providing your child with routine, predictability, and experiences that keep them curious throughout the summer. Be well and stay in touch!

Room 1. Tracy Guile	tguile@enfieldschools.org
Room 3. Katie Brown	kbrown@enfieldschools.org
Room 9. Ellie Smith	esmith1@enfieldschools.org
Room 10. Jenn West	jwest@enfieldschools.org
Room 11. Jennifer Lampro	jlampro@enfieldschools.org
Room 12. Virginia Prentiss	vprentiss@enfieldschools.org
Jaclyn Valley, Director	jvalley@enfieldschools.org
Kathy Piccuiro, Site Supervisor	kpiccuiro@enfieldschools.org
Jennifer Maier, Health Manager	jmaier@enfieldschools.org
Kelly Bowles, Family Support Manager	kbowles@enfieldschools.org
Casey DeHorta, Family Advocate	cdehorta@enfieldschools.org
Cindy Eugenio, Family Advocate	ceugenio@enfieldschools.org

Throughout this packet, you will see notes **highlighted** to indicate a connection to your classroom TEAMS page!

Suggested Daily Schedule

Breakfast	20 minutes
Circle Time	20 minutes
Linear Calendar/Math	5 minutes
Center/Work/Play	30-60 minutes
Physical Activity/Outdoor	30-60 minutes
Music	20 minutes
Lunch	20 minutes
Rest	1 hour
Snack	15 minutes
Outside	30-60 minutes
Family Time	30-60 minutes

Helpful Links:

<https://www.youtubekids.com/channel/UCVcQH8A634mauPrGbWs7QIQ> awesome movement but also educational songs!

<https://www.pbs.org/parents/> scroll down to 'Parenting during Coronavirus', great resources including read alouds and 'You are Enough' message to parents.

<https://sesamestreetincommunities.org/>

www.secondstep.org use code **SSPE FAMILY68 (social-emotional curriculum)**

Virtual Tours: Typing in “virtual tours for kids” brings you to zoos, aquariums, and museums. Take a trip in your own home and talk about the animals or the artwork. Children can draw a picture of their favorite animals or recreate their favorite paintings. Encourage them to create their own ideas and pictures. Perhaps the children can create a picture journal to share with others about what they saw.

Virtual Field Trips	Description
https://www.sdzsafaripark.org/tiger-cam	Check out the tigers in the San Diego Zoo’s live web cam.
https://www.youtubekids.com/watch?v=Jty9wwL7um8	Check out the manatees at the Cincinnati Zoo!
https://www.youtubekids.com/watch?v=uZMFsnsKSc	Let’s go to the beach!

Tips for doing Message of the Day – At school we sit together during circle time and the teacher has a message in mind and then draws a picture of the idea while the children guess what it is. The teacher and the children say the message as the teacher draws a line for each word. Then the teacher and the children say the message as the teacher points to the empty lines. Children then say the message as the teacher writes the words on each line.

See the examples outlined for each day below and feel free to use any materials you have at home: chalk, crayons, pencils, paper, tablets, and have fun together!

Day 50:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do you have an Ss in your name? Yes or no

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book "Swimmy" by Leo Lionni
 - Talk with your child about the ocean animals in the book.
 - Are any of these animals his/her favorite?
- Message of the day:
- _ _ _ _ _ . We are going to paint with sponges.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Clap and count the number of days until today's date.

Center Time:

- Let's make Swimmy and his friends!
 - Cut a sponge into the shape of a fish.
 - Use paint to create a scene from the book.
 - Use household items to add to your picture, ex. Rip paper to make seaweed; use tissue, ribbon or streamers to make a jellyfish or sea anemones; use fingerprints to make rocks or pebbles on the ocean floor.
- Talk about why this is your child's favorite part of the book.
- Have your child write a sentence about their picture. Help them sound out words, if they can, or write down what they dictate to you.

Physical Activity:

- <https://www.youtubekids.com/watch?v=qC83oFEeVZA> Use this link to learn Aquatic animal yoga poses.

Music:

- Sing along to 'Five Little Fishes' https://www.youtubekids.com/watch?v=u4_L7CM46M4

Lunch:

- Talk about what you are eating. What do you think fish eat?

Rest for 1 hour: Play ocean sounds quietly while relaxing and recharging.

Snack: Did you have a nice rest? Did you have any dreams? What were they about?

Outside Time:

- Draw an ocean with chalk in the driveway. No chalk? Use a bin or bucket. Find household items to represent fish. Toss the 'fish' back into the ocean. Count how many fish you saved!

Family Activity: Move like an ocean creature! Chomp like a shark, step to the side like a crab, move your arms like an octopus, jump like a dolphin, dig like a sea turtle, blow like a puffer fish, swim like a fish.

Day 51

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do seahorses begin life as an egg? Yes or no

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book "*Mister Seahorse*" by Eric Carle.
- Talk about the illustrations and how they are the same or different from the book yesterday.
- **Message of the day:**
- _____ . We are going to do a science experiment.
- Talk about an experiment (a scientific procedure to make a discovery). Tell your child they are going to make a guess(hypothesis) as to what they think is going to happen.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Clap and count the number of days until today's date.

Center Time: Sink or Float?

- Have your child help gather items needed:
 - raw eggs or grapes
 - 4 see through cups or glasses
 - Salt, baking soda, sugar, spoons *You can just use plain water and salt if you do not have all the ingredients. (Feel free to add other substances such as corn starch or dish soap).
- Explain that you are going to put 2 tablespoons of each substance into a cup and stir until dissolved (all gone or mixed in). Label the cups so you do not forget what is in each cup, leave one plain water.
- Have your child guess if the egg or grape will sink or float before doing the experiment.
- Place an egg or grape into each cup and see what happens! (There should be enough salt and baking soda in the cups for items to float.)
- Were your child's answers correct? Can you try with other substances or objects?

Physical Activity:

- Have your child pretend to be ocean animals. Sidestep like a crab, jump like a dolphin, stretch like a starfish, move backward like a squid, float like a jellyfish and blow like a puffer fish.

Music:

- Down in The Deep Blue Sea <https://www.youtubekids.com/watch?v=7pMEQsk3c5Y>

Lunch:

- Talk with your child about ocean animals. Do you think you eat any of the same foods that ocean animals eat?

Rest for 1 hour

Snack: Have a fun ocean themed snack like Goldfish crackers, a cucumber made into a boat or blue Jell-O!

Outside Time:

- Play with water! Have your child help wash the car, water the garden, fill a bin and wash toys, or run through a sprinkler.

Family Activity: Edible sensory activity-make blue Jell-O and add gummy fish or sharks. Use different utensils to explore and investigate.

Day 52

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for an interactive way to answer!
- Are all starfish orange? **Yes or no**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book "Starfish, Stars of the Sea" by Connie and Peter Roop.
 - Talk about starfish. Have you ever seen one? Touched one? What do you think they feel like?
- **Message of the day:**
- _____ . We are going to learn about starfish.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center Time:

- Gather any textured household items, ex. Sandpaper, wrapping paper, tissue, sand, dirt, gems, rice, glitter, etc.
- Draw a starfish on a paper, inside of a cereal box or whatever you have.
- Create a beautiful starfish using items you collected.
- Talk about the number of legs you drew. (not all starfish have 5 legs) Why did you draw that many?
- Decorate the background to look like the ocean.
- Talk about the letter S for starfish. Have your child write or trace the word starfish.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Sticky, Sticky, Little Starfish (Tune of Twinkle, Twinkle, Little Star)
- Sticky, sticky, little starfish,
How I wonder what you are.
Beneath the sea so cool and blue,
Do you see me as I see you?
Sticky, sticky little starfish,
Beneath the sea so cool and blue

Rest for 1 hour

Snack: 15 minutes

Outside Time:

- Try to learn a new sport or game. Better yet, make up a new one together!

Family Activity: Make a foil fish-use scissors to cut out a fish outline from aluminum foil. Tape or glue fish to paper and decorate with markers, stickers etc.

Day 53:

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do Beluga whales live in the ocean? Yes or No

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Baby Beluga* by Raffi
- **Message of the day:**
- _____ . We are going to make an ocean bottle.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Ocean in a bottle
 - Materials
 - 1- or 2-liter plastic bottle with cap,
 - baby oil or cooking oil, water, food coloring
 - tape or hot glue gun
- Fill plastic bottle one-third to one-half full of water, add blue/green food coloring, fill remainder of bottle with oil and leave a couple of inches at top. Secure lid with heavy tape or glue. Turn the bottle over and watch the "ocean".

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Look at the variety of whales. Can you find a Beluga whale?
https://www.youtubekids.com/watch?v=gg1rv84_a8E

Lunch: Enjoy sitting together and talking about anything.

Rest for 1 hour: Listen to relaxing ocean sounds.

Snack: A healthy snack helps to refuel our bodies before our next mealtime.

- If you could be any sea creature what would you be? Why?

Outside Time:

- Look up in the sky and see if you can find any sea creatures in the clouds. Use your imaginations.

Family Activity: Seashell investigation-find seashells or pictures of seashells for children to inspect. Ask questions and explain to children; What are seashells? Where can we find them? What color are they? What do they feel like? Do they make noise?

Day 54

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do you have letters in your name? **yes or no**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Rainbow Fish A, B, C*.
- **Message of the day:**
- _____ . We are going to make a rainbow name.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Get a piece of white paper out and a variety of crayons (at least 5 colors).
- Start with one color to write your first name. Trace the letters with each color. Repeat as many times as you have different colors.
- Challenge yourself by writing your last name too!

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- The Rainbow Fish <https://www.youtubekids.com/watch?v=fo4LWHrnkAQ>
- What letter is it? https://www.youtubekids.com/watch?v=qwOQvh_mJ4w

Lunch: Help set the table for lunch. Help the adult make lunch and clean up after lunch.

Rest for 1 hour

Snack: Try to guess what letter your snack starts with.

Outside Time:

- Go for a walk and look at street signs. Try to name as many letters as you can

Family Activity: Practice writing by copying ocean themed vocabulary:

- Ocean
- Sand
- Sun
- Fish
- Shark
- Seashell
- Turtle
- Dolphin
- Whale
- Crab

Day 55

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Does an octopus have eight (8) arms? **Yes** or **No**

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *Commotion in the Ocean* by Giles Andreae.
- **Message of the day:**
- _____ . We are going to make a paper plate octopus.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Gather your materials: paper plate, or use paper cut into a circle, string, ribbon, pipe cleaners.
- Punch holes in the bottom of your plate or paper and make eight spots to thread string, ribbon, or pipe cleaners. You can use things you have around the house for this project.
- You can draw eyes or use other materials you have at home: buttons, pom poms, or paper.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- The Underwater Song <https://www.youtubekids.com/watch?v=J267y7izNag>

Lunch: Enjoy sitting together and talking about anything.

Rest for 1 hour

Snack: A healthy snack helps to refuel our bodies before our next mealtime. This can be a great time to reflect about the day and talk about your favorite parts of the day.

Outside Time:

- Water play is so much fun! Fill a bin with water, put caps from milk jugs in the water and go fishing for them with a net or large spoon. Have fun getting the caps out without dropping them back in the water! Or even better, let them drop and do it again.
- Make a coffee filter boat and see if it floats! Try a paper plate or the milk caps for floating too!

Family Activity: Math skills during snack time-use goldfish crackers (or any other small snack) to practice counting and other simple arithmetic skills such as addition and subtraction.

Day 56

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Is a seagull a bird? Yes or No

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *A Day at Seagull Beach*.
- **Message of the day:** _____ . We are going to make a seagull.

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Take a paper plate and draw a head shape at the top with pencil or crayon. Next, cut around the head but leave it connected at bottom, then fold down the wings! Last draw eyes, a beak, and if you have paper cut out little feet. Your seagull is ready for the beach.

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music: Down by the Seashore (sing to Down by the Station)

Down at the seashore
Early in the morning.
See the little seashells
Lying in the sun.
See the happy children
Coming out to count them.
One, two, three, four,
Off they run!

Lunch: Talk about what you would pack for lunch if you were going to the beach.

Rest for 1 hour

Snack: Discuss what you think seagulls eat at the beach.

Outside Time:

- Go for a walk and see how many birds you can see. Are there any seagulls?

Family Activity: Watch a read aloud of an ocean themed book on YouTube, *The Rainbow Fish* by Marcus Pfister, *10 Little Rubber Ducks* by Eric Carle, *Pout Pout Fish* by Deborah Diesen, or *Mr. Seahorse* by Eric Carle.

Day 57

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Where do dolphins live?
 - A) in the ocean B) in the woods C) in the desert

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book *10 Little Rubber Ducks* by Eric Carle
- **Message of the day:**
- _____ . **We are going to move water.**

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Prepare for this activity by filling a large tub or bucket with water. Gather straws and some floatable items (toy boats, sponges, etc.). Invite your child to move the water by blowing through the straw. Talk about how air and water move the items in the bucket. Do they drift away like the rubber ducks in the book?

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Watch and sing along with "Let's Go Swimming" <https://www.youtubekids.com/watch?v=Cg-wnQKRHTs>

Lunch: Enjoy a simple back and forth conversation about what foods we get from the ocean.

Rest for 1 hour

Snack: Talk about your favorite part in the day.

Outside Time:

- Run around outdoors letting the wind blow you around. Talk about the directions that you are headed in ("The wind is blowing me south!"). They don't have to be correct but using the vocabulary can be helpful to connect with the story.

Family Activity: Have a conversation and brainstorm a list of things used on a trip to the beach:

- Sunscreen
- flip flops
- sunglasses
- bathing suits
- towel
- hat
- beach ball
- bucket
- shovels

Day 58

Breakfast:

- **Question of the day:** Check out your classroom's TEAMS page for a fun interactive way to answer!
- Do sharks have teeth? Yes or No

Circle Time:

- See your classroom's TEAMS page for a fun **read aloud** of the book
- **Message of the day:**
- - - - - - . **We are going to make shark teeth.**

Calendar:

- See the **Linear Calendar** channel on your classroom's TEAMS page for today's video!
- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Begin by gathering paper, crayons, and scissors. Explain to your child that we are going to make shark teeth. What shape are shark teeth? Invite your child to try and draw a triangle and/or assist your child by drawing triangles with them, and then cut out the shapes!

Physical Activity:

- Choose an activity from the **Movement** channel on your TEAMS page!

Music:

- Watch and sing along to Down in the Deep Blue Sea <https://www.youtubekids.com/watch?v=7pMEQsk3c5Y>.

Lunch: Discuss with your child what sharks like to eat. Do you think they eat the same foods as we do?

Rest for 1 hour

Snack: Discuss your favorite part of the day. What made it so fun and special?

Outside Time:

- Practice some gross motor skills by kicking and throwing a ball back and forth.

Family Activity: Have a family conversation about the importance of sun and water safety. Discuss why we use sunscreen and hats to protect our skin from the sun and how important it is to never go swimming alone.