



DISTANCE LEARNING DAYS 20-29

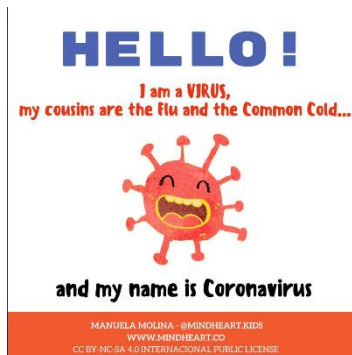
Greetings Stowe Head Start PK Families,

We can't THANK YOU enough for your dedication to helping your child adjust to the school closure by establishing some of our daily school routines and activities at home. I have said it before and it remains true, while we may not physically be in the building, we are still **HERE FOR YOU!** Remember there is no right or wrong way to engage in learning at home! Use these activities and schedule as a guide and be flexible with yourselves! **Connection over perfection!** These activities are not intended to add any pressure, so please make them work for you.

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

Helpful resources at a glance:

PK friendly Graphic to explain COVID to kids:



Other:

- <https://www.211ct.org>
- **Ready Rosie**-Talking points for parents regarding distance learning/healthy self-care and their young learner. <https://healthyathome.readyrosie.com/en/>
- <https://challengingbehavior.cbcs.usf.edu/emergency/index.html>

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:

www.Learningstationmusic.com
Why Can't I Go to School? Social Story https://consciousdiscipline.s3.us-west-1.amazonaws.com/Free-Resources/Printable-Posters-Tools-Activities/FREE-Printable-Why-Cant-I-Go-to-School-Social-Story.pdf
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.youtube.com/watch?v=CGU39bo45pI	Kennedy Space Center with Nat Geo Kids – length of video: 7 Minutes
https://kids.sandiegozoo.org/videos	San Diego Zoo- Explore the different animals in the zoo
https://www.pbs.org/show/kidvision-vpk/	Different Field trips 10 seasons 10 episodes (9-10 minutes long)

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 20:

Breakfast:

- **Question of the day:** Do Ladybugs have six legs? Yes or No



Circle Time:

- Do a Cosmic Kids yoga video, 'Arnold the Ant': <https://youtu.be/iWowDC3x0hE>? Talk about how your body feels when you are stretching, help your child identify where they feel the stretch.
- **Message of the Day:** _____ . **We are going to count the legs of a Ladybug.**

Calendar:

- Count the number of days that have passed already this month. How many days until the end of April? Talk about special days or what you have planned. Clap or stomp as you count a number to find out "how many".

Center Time:

- Find objects to trace. Create your own insect. The bottom of a cup can be traced for the body. Have fun adding details! How does an insect move? Crawl around the floor like a spider, caterpillar, or ladybug!
- Read a book and talk about the pictures. Can you tell what season it is in the story? Maybe the pictures, clothing, or something the characters said give you clues! Talk about the seasons and how Spring is here!

Physical Activity:

- Take a walk and look at the trees, birds, grass, sky, and maybe a Ladybug!

Music: Learn a new finger play!

- **Five Red Ladybugs**
Five red ladybugs climbing up a door,
One flew away then there were four.
Four red ladybugs sitting on a tree,
One flew away then there were three.
Three red ladybugs landed on a shoe,
One flew away then there were two.
Two red ladybugs looking for some fun,
One flew away and then there was one.
One red ladybug sitting in the sun,
She flew away and then there were none.

Lunch:

- Enjoy sitting together and talking about anything.

Rest for 1 hour: Taking a nap or just having quiet time is important for everyone to get a recharge. It can be a great time to look at a book alone imagining your own story, gather thoughts, and reflect about the day.

Snack: A healthy snack helps our bodies to get a little boost before our next meal. This is a wonderful time to talk about your child's favorite part of the day.

Outside Time:

- Go for a bike ride or walk to observe nature in the neighborhood; play 'Simon Says' outside; make a simple obstacle course to run around the backyard.

Family Activity: Hopscotch with colors and numbers

Day 21

Breakfast:

- **Question of the day:** Do you have an E, e in your name? Yes or No

Circle Time:

- Watch this short video about how to recycle. https://www.youtube.com/watch?v=6jQ7y_qQYUA. Talk about household objects that you recycle or can start to recycle.
- **Message of the Day:**
- _____ . We are going to make something out of recyclables. (allow your child to tell you what they want to make out of recyclables). See below activity.

Calendar:

- Clap and count the number of days until today's date.

Center Time:

- Use recyclable objects you have collected and sort by type (ex: paper, metal, plastic, glass). Brainstorm what you can do with these items in order to use them again. Be creative!
- Use what you have collected to make ramps for balls or cars.
- Use objects to build a home for an animal, build a robot, build a maze for a marble, make flowers to use as decorations.
- Have conversations about what you want to make and how you are going to make it. This is a great way to use your imagination and engineering skills!

Physical Activity:

- Walk like different animals around the yard. Stomp like a dinosaur, fly like a butterfly, slither like a snake, hop like a frog, walk like a crab. Add your own!!

Music:

- Play music and use the recyclable objects you collected as instruments! Use more than one at a time to make different sounds and beats.

Lunch: Talk about what you are having for lunch. What does it taste and feel like? What color is it? Is this your favorite? Play relaxing guitar music and talk about how rest is also good for your body.

<https://www.youtube.com/watch?v=pd4j9osCNT4>

Rest for 1 hour

Snack: Talk about your day. What was your favorite part?

Outside Time:

- Use water and paint brushes to “write” letters, numbers and shapes on the driveway.

Family Activity: Make circles with chalk on the sidewalk or driveway and have a “ring toss game” with small rocks, sticks, or pebbles!

Day 22

Breakfast:

- **Question of the day:** Are you wearing blue? Yes or No

Circle Time:

- Read one of your child's favorite books. Ask them to point to the front, back, spine of the book before reading. After you read the story see if your child can retell the story to you with your help.
- **Message of the day:**
- _____ . We are going to put on a play.

Calendar:

- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- **Put on a play!**
 - Have your child gather up some of their stuffed animals, dolls, or toy figures to use as your cast.
 - Divide them up between the two of you and act out a favorite story or make one up on your own.
 - Try using different voices for different dolls, improvise as you go and have fun.

Physical Activity:

- Practice balancing on one foot. Use a timer to record how long you can stand on one foot. Challenge yourself to balance for longer.

Music:

- Sing Old MacDonald Had A Farm

Lunch: Take this time to have a simple conversation with your child. See if you can get your preschooler to increase their sentences back and forth to you.

Rest: 1 hour

Snack: Would you rather have a magic carpet that flies or your own personal robot?

Outside Time:

- Go outside with a blanket or towel and lie on your back and look at the sky. Observe all the different shaped clouds. Ask your child what they see when they look at the clouds and compare it to what you see.

Family Activity: Make a garage band with household items!

Day 23:

Breakfast:

- **Question of the Day:** Does your name have more than 5 letters in it? Yes or No

Circle Time:

- Literacy: Read your favorite book with your child. Talk about what the author and illustrator do.
- Song: (to the tune of Farmer in the Dell) "The author writes the words, and then he makes the book, the illustrator draws the pictures, now let's take a look!"
- Message of the Day: Calendar can be a great opportunity to give your child a message about something special that is coming up for the day.
- _____ . We are going to use scissors.

Calendar:

- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Cut and label different parts of your house! This helps children learn new vocabulary and attach print to objects. (See labels sheet below. Use these or make your own using any materials you have!)

Physical Activity:

- Play *Hide the Penny!* Children will want to play this game repeatedly. Use a penny, button or other small object. One person hides the object and then the others try to find it. Use the clues of hot and cold to direct the search. For example, if it is hiding on a chair under the kitchen table, as the searchers get closer to the table you say warmer, if they get farther away you say colder. When they are very close you say hot! Get creative finding hiding spots and have a great time playing!

Music:

- Go Noodle Milkshake Video-
- <https://www.youtube.com/watch?v=dNL6RwymoNg>
- Go Noodle Dinosaur Stomp Video-
- <https://www.youtube.com/watch?v=lmhi98dHa5w>

Lunch: As with breakfast, children can use mealtimes to practice independence skills such as clearing their own plates and helping with preparation and clean up.

Rest: 1 hour

Snack: Reflect upon the day with your child. Discuss the new words you learned today and the many places that they were found.

Outside Time:

- Take a walk around your neighborhood. Look for labels (street signs, stop signs, etc.) together and discuss what the signs say and why they are used.

Family Activity: Create horns with toilet paper and paper towel rolls. Have a backyard parade!

Day 24

Breakfast:

- **Question of the Day:** Is today a sunny day? Yes or No

Circle Time:

- Literacy/Social Emotional: Choose a favorite story and play "How do they feel?" Say: We are going to play "How do they feel?" We will look at the pictures in this book without reading the words. Then we'll try to tell how the people in the pictures feel.
- **Message of the Day** _____ . We are going to go on a scavenger hunt.

Calendar:

- Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- Shape Scavenger Hunt! Children will walk around looking for different shapes in their home environment. When a shape is found, you child can check it off on the chart (See below for chart! Use this one or make your own!)

Physical Activity:

- If available, practice using a ball. Bounce it, throw it, catch it. Talk about how the ball's shape helps it to bounce up and down or makes it easier to catch.

Music:

- We're Going on a Bear Hunt-
https://www.youtube.com/watch?v=5_ShP3fiEhU
- We're Going on a Lion Hunt-
<https://www.youtube.com/watch?v=03i5v1PS7P4>

Lunch: Would you rather be a bird or a horse?

Rest: 1 hour

Snack: Recall together the variety of shapes that you found today. Do you have a favorite shape? Which shape did we find the most?

Outside:

- Continue your shape scavenger hunt! What kinds of shapes do you see in your outdoor environment? Look at rocks, clouds, and plants for inspiration.

Family Activity: Have a jumping jack and hopping challenge!

Day 25

Breakfast:

- **Question of the day:** – Do you have a Rr in your name? Yes or No

Circle Time:

- Jack Hartmann song “Recycle” <https://www.youtube.com/watch?v=DyhbovE5lrk>
- **Message of the Day:** _ _ _ _ _ _ _ _ _ _ . We are going to look for the **recycling symbol**.

Calendar:

- Clap and count the number of days until today’s date.

Center Time:

- Search around your house for objects that can be recycled. Look for the **symbol on the bottom of the plastic objects**.
- Do you have a recycling bin at your house? Recycling limits the amount of waste/garbage that we throw away.
- Count the number of items you found. You could make a graph and sort the objects
 - **What Can Be Recycled Curbside**
 - Paper including newspapers, magazines, and mixed paper
 - Cardboard (OCC)
 - Glass bottles and jars
 - Rigid plastic products
 - Metal containers, including tin, aluminum, and steel cans



Physical Activity:

- Go outside and look for any trash or recyclable objects on the ground as you take a walk.
- Use gloves or a plastic bag to pick up the objects.
- Count the objects and see who found the most. Talk about the objects as you collect them.

Music:

- Going green song <https://www.youtube.com/watch?v=TDL3xOEjAe8>

Lunch: Talk about what you had for lunch and what can be recycled. Examples are a tuna fish can, plastic water bottle, yogurt container, etc. How can we minimize waste when we are eating? (reusable containers)

Rest for 1 hour

Snack: Would you rather live in space or at the bottom of the ocean?

Outside Time:

- Go for a bike ride or walk to look for recycling bins. Do your neighbors have one? Did you see the recycling symbol on it? Count the amount. See if you can find 10.

Family Activity: Act our scenes from a favorite book!

Day 26

Breakfast:

- **Question of the Day:** Do you have a Cc in your name? Yes or No

Circle Time:

- Either read aloud or watch this read aloud of the book “Peter’s Chair” by Ezra Jack Keats: <https://www.youtube.com/watch?v=2XXSxwNDSy0>
- Talk about the toys that your child could share or reuse as something new.
- **Message of the Day:** Calendar can be a great opportunity to give your child a message about something special that is coming up for the day!
- _____ . We are going to gather paper towel rolls.

Calendar:

Count the number of days that have passed this month, clapping once for each number.

Center/Work:

- **Prep:** Gather paper towel rolls. Use scissors to cut the ends into different shapes-see the image below for ideas:
- **Project Time:** Gather the rolls, paint, bowls and paper. Invite the children to dip the roll in the paint and make prints on the paper. Discuss the different shapes that the rolls make. How are they different or similar?
 - **NOTE:** If you do not have paint at home, get creative! Find creative ways for kids to make different marks on paper, the sidewalk, etc.



Physical Activity:

- Try and make some shapes with your body. Can you make your body look like a star? A circle? A square? (See image below!)

Music:

- Reduce, Reuse, Recycle Song: <https://www.youtube.com/watch?v=AOvcW8l3RzE>

Lunch: Laughter stops us feeling stressed and leads to our bodies working better and feeling relaxed. To help with the giggles try telling a joke: What do you call a gorilla with bananas in his ears? (Anything you like, he can't hear you!)

Rest: 1 hour

Snack: Reflect upon the day with your child. Discuss other recyclable objects in your home and ways that they could be reused.

Outside Time:

Puddle Fun! Grab some cups, scoops, or sticks and use them to move the puddles around. Talk about the shapes of the puddles and how they are made.

Family Activity: Take a nature walk and count how many squirrels, birds, and blossomed trees you can find!

Day 27

Breakfast:

- **Question of the day** – Can you recycle an egg carton? Yes or No

Circle Time:

- Watch this short marching band video. <https://youtu.be/1h6F-YngTi0>.
- Make a list of musical instruments!
- Talk about household objects and recyclables that you could use to make an instrument!
- **Message of the Day:** _____. We are going to make a musical instrument out of recyclables. (allow your child to tell you what instrument they want to make).

Calendar:

- Clap and count the number of days until today's date.

Center Time:

- Look back at your list of instruments from earlier today and decide which instrument you are going to make.
- Plan out how you will make it and what materials you will need.
- Use recyclable objects you have collected and other household items to make your instrument!

Physical Activity:

- Play hopscotch! This game can be played inside by using tape to make your "board". Use buttons rolled up socks, or bean bags instead of rocks. Outside, use chalk to draw your "board" and rocks or the chalk itself as a marker!

Music:

- Pick your favorite song and play it on your musical instrument! Or put music on and play along!

Lunch: Why did the fish make such good musicians? Because they know their scales.

Rest for 1 hour

Snack: - Would you rather have one eye in the middle of your head or two noses?

Outside Time:

- Bouncing to The Beat Grab some outdoor balls for your child to sit and bounce on to music

Family Activity: Have a scavenger hunt in your house. Find items by shape, color, etc.

Day 28

Breakfast: Enjoy sitting together and talking about anything.

- **Question of the Day:** Does our car have (4) wheels? Yes or No

Circle Time:

- **Message of the Day:** _____ . **We are going to make a vehicle.**

Calendar: Clap and count the number of days until today's date.

Center Time:

- Gather some reusable materials from around the house. Egg carton, milk carton, cardboard, newspapers, or paper towel rolls.
- Think how these items can be put together to make a vehicle of any kind. Maybe a school bus, or a dump truck can be created from these types of materials.
- Help your child to use their imagination to make something that interests them and have fun together.

Physical Activity:

- Going for a walk can be a great time to talk about different vehicles. You may see parked vehicles on your walk or one driving by. Ask your child what they think certain vehicles are used for and why?
- This is a wonderful opportunity to discuss **pedestrian safety**. Help your child learn safety rules that are simple to follow and encourage your child to become more aware of their surroundings.
- Use some outdoor time to run in the yard with your child. Pretend to be vehicles and "drive" around the yard.

Music:

- **Water Xylophone:** Fill a few drinking glasses with differing amounts of water. Use a spoon to gently tap them. What do you and your child notice about the sounds? Try to play a little tune together.

Lunch: Enjoy sharing a meal together talking about anything.

Rest for 1 hour: Taking a nap or just having down time is important for everyone to regroup. It can be a time to gather thoughts and reflect about the day.

Snack: Would you rather have a purple nose or green ears?

Outside Time:

- Make a treasure map and then create an obstacle course to find the treasure.

Family Activity: Create a new recipe together and make it!

Day 29

Breakfast:

- Question of the day – Is B an uppercase letter? Yes or No

Circle Time:

- Choose a favorite story from home to read. Point to the title and see if your child can point out all the uppercase letters. As you read the story have your child point to one uppercase and one lowercase letter on each page. This will prepare them for a later activity.
- **Message of the Day:** _____. We are going to sort letters.

Calendar:

- Clap and count the number of days until today's date.

Center Time:

- First write each letter of the alphabet on its own piece of scrap paper. You should have 26 uppercase and 26 lowercase. Label your container or bags. Have your preschooler help you crumble all 52 pieces of paper and drop them on the floor. The aim is to demonstrate what litter is.
- Invite your child to pick up a piece of paper, open it and identify the letter written on the paper. Ask your child which trash can paper goes in, uppercase or lowercase. Encourage your child to sing or shout out the letter they picked up.
- *Feel free to adjust the number of letters used during this activity!*

Physical Activity:

- Play freeze dance. Play a song that you preschooler can dance to. Randomly stop the music and your child must freeze in place.

Music:

- Sung to (row your boat)
 - We recycle glass, Plastic, paper to.... Sort them out and bag them up, In the box that's blue.

Lunch: Before lunch, have your child do this favorite fingerplay

Open, shut them, open shut them

Give a little clap, clap, clap

Open, shut them. Open shut them

Lay them on your lap.

Creep them, crawl them creep them, crawl them

Right up to your chin, chin, chin

Open wide,

But do not let them in!

Rest for 1 hour

Snack: Talk about the activities during the day, what did they like the most and why?

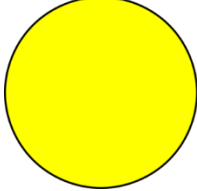




Outside Time:

- **Some ideas for outside time:** throw or roll a ball, practice skipping, draw with chalk, ride a bike, play fishy, fishy cross my ocean, go for a scavenger hunt, play I spy something....

Family Activity: Have a teddy bear picnic complete with dancing and songs you can sing together!

Resources mentioned in Days 23, 24, & 25:

Refrigerator
Table
Chair
Floor
Door

Shape	Check
 Circle	
 Square	
 Triangle	
 Rectangle	
 Oval	

