



DISTANCE LEARNING DAYS 15-19

Greetings Stowe Head Start PK Families,

We want to commend you for the outstanding job you are doing navigating the current situation. We are truly all trying to figure this out together. We may not physically be in the building, BUT 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!

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Helpful resources at a glance:

Internet: Cox Communications: Effective Monday March 16 they are providing limited -time, first month free of Connect2Compete Program service, \$9.95/month thereafter until May 15, 2020.

<https://www.cox.com/residential/internet/connect2compete.html?>

Food: Enfield Food Shelf **FOOD DISTRIBUTION HOURS:** Wednesdays: 9 to 1 p.m. Thursdays: 2 to 6:30 p.m.

Other: <https://www.211ct.org>

Linear Calendar: A linear calendar provides a more concrete, visual representation of time than the matrix calendar. Each PK classroom uses a linear calendar. We represent weekend or “home” days as a house and school days as a backpack. When school is not in session due to a holiday, snow day, or in this case emergency closure, a red “no” symbol is placed over the backpack. You can cut and tape/glue the template calendar below to make a linear calendar for home or duplicate it using this structure as a guide using whatever materials you have available. This calendar will be familiar to your child.

April

1	2	3	4	5	6	7	8	9	10
									No School
11	12	13	14	15	16	17	18	19	20
		Spring Break	Spring Break	Spring Break	Spring Break	Spring Break			
21	22	23	24	25	26	27	28	29	30
31									



*In the event the school closure extends beyond the 20th, you can use these to adjust the 21st-the 31st accordingly.

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:

<http://family.gonoodle.com>

Create a dance party! Move fast, then slow, then freeze. Youtube.com has freeze dance songs to use.

Cosmickidsyoga.com

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



Day 15

Breakfast:

- **Question of the day** – Do you have a Bb in your name?

Circle Time:

- Do a Cosmic Kids yoga video, 'We're Going on a Bear Hunt': www.youtube.com/watch?v=KAT5NiWHFIU? 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 sort objects. At school we sit together during circle time and the teacher has a message in mind and then draws a picture of the idea first 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 example below and feel free to use any materials you have at home: chalk, crayons, pencils, paper, tablets, and have fun together!
- _____ . We are going to sort objects.

Calendar:

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

Center Time:

- Gather assorted objects in a box, explain to your child that several of them start with the same sound. Ex: ball, blanket, bowl, boot, book. Also include objects that do not begin the same way. Ex: dish, ribbon, sock, marker.
- Ask your child to tell you what they see, and that you are going to put objects in a group with names that begin the same way. Assist your child in grouping objects by beginning sound. Play this game multiple times, reviewing names of objects and emphasizing beginning sound.

Physical/Outdoor Time:

- Make a hopscotch design out of chalk. Take turns hopping and counting. Use a rock to gently throw onto the design, skip the spot it lands on!

Music:

- Do finger plays such as 'Five Little Monkeys', 'Itsy, Bitsy Spider' or 'Wheels on the Bus'.

Lunch:

- Help your child make healthy lunch choices using 'My Plate'.

<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/health-and-nutrition-information>

Rest for 1 hour

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

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: Stretch together to a favorite song.

Day 16

Breakfast:

- Question of the day – Do bat and ball start with the same sound?

Circle Time:

- Practice belly breathing with Elmo: www.youtube.com/watch?v=mZbzDOpyIA. Talk about your expectations for the day. Refer to second step feelings cards or lesson.
- Message of the day – We are going to play in water. (soap, shaving cream, slime)
- At school we sit together during circle time and the teacher has a message in mind and then draws a picture of the idea first 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 example below and feel free to use any materials you have at home: chalk, crayons, pencils, paper, tablets, and have fun together!
- _ _ _ _ _ . We are going to play in water.

Calendar:

- Count and clap the number of days until today's date.

Center Time:

- Sensory play – Use objects from yesterday, magnetic letters, Legos, cars or other objects you have. Put objects in a bucket with soap and water, shaving cream, slime or corn starch and water. Once your child retrieves the objects, talk about them.
- What shape is it? What color is it? How do you use this object? How does it move or stack? Do the objects look alike or different? How? What does it feel like? (smooth, bumpy, hard or soft)

Physical/Outdoor Time: Make an obstacle course out of items such as hula hoops, a tunnel, cones, rocks, bean bags, balls...be creative!!

Music:

- Sing "If you're Happy and You Know It", "The Farmer in the Dell", "I'm a Little Teapot" or "Head, Shoulders, Knees and Toes".

Lunch:

- Lunch Doodles With author Mo Willems! <https://youtu.be/RmzjCPQv3y8>

Rest for 1 Hour

Snack: Have a conversation about healthy vs unhealthy foods.

Outside Time:

- Have a sensory scavenger hunt – look for items such as leaves, wood chips, pebbles or flowers. Bring in and tape to a piece of paper or put in a bowl to discuss or add to throughout the week.

Family Time: Take a walk and count how many animals you see.

Day 17:

Breakfast:

- Question of the Day- Do you have letters on your shirt? Yes or No

Circle Time:

- Literacy/Social Emotional: Start by belly breathing. Use this technique when your child needs a break or needs to get focused. Go Noodle- Bring it Down-Balloon Breathing <https://youtu.be/bRklLioTNa>
- Read the book, *Chicka Chicka Boom Boom* <https://www.youtube.com/watch?v=ice6wGCR3wE>
 - Talk about what an illustrator does in a book. (draws the pictures)
 - Why is it helpful to have an illustrator? What is the purpose? (To help us figure out what the book will be about or “reading the book” by looking at pictures instead of knowing how to read all the words.)

Calendar:

- Count the number of days that have passed this month, clapping once for each number.
- Say or sign the number sequence up to at least 20

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 first 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 example below and feel free to use any materials you have at home: chalk, crayons, pencils, paper, tablets, and have fun together!
- _____ . We are going to search for letters.

Center/Work:

- Have your child write his/her name on a paper. They can trace the letters or write it independently.
- Letter Hunt! Children will walk around looking for different letters in their home environment. When a letter is found, write it down on a piece of paper. Try to find 20 letters. Use books, magazines, decorations in the house, etc. to find letters. As they walk around, talk about the objects they are finding.

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Physical Activity: Bike, trike, scooter, or skip!

Music:

- ABC Song - Alphabet Song - Phonics Song for Kids - Kids Songs by The Learning Station:
<https://www.youtube.com/watch?v=dyJTnG6UNFw>

Lunch:

- Talk about what you are having and what letter the food begins with. Did you include a fruit or vegetable?

Rest: 1 hour

Snack: Talk about your favorite snacks and a time you enjoyed them together.

Outside:

- Search for letters while you are taking a walk. Play the letter game while you walk around. Start by looking for the letter A then B and see how far you can get. You could also start recognizing words such as stop on stop signs. Have your child repeat the letters after you read them.

Family Activity: Hop the alphabet together, then hop counting to 10.

Day 18:

Breakfast:

- Question of the Day- Do you like to build? Yes or No

Circle Time:

- Literacy/Social Emotional: Start by doing cosmic yoga. <https://www.youtube.com/watch?v=Nac95KdNaZ0>
- Read the book, *The 3 Little Pigs* <https://www.youtube.com/watch?v=HtHjB6rRmQc>
 - Talk about the story. Who are the characters? What did they make? What makes a house strong? Why did they choose different materials? Where did they get the materials? What would you choose? Why?

Calendar:

- Count the number of days that have passed this month, clapping once for each number.
- Say or sign the number sequence up to at least 20

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 first 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 example below and feel free to use any materials you have at home: chalk, crayons, pencils, paper, tablets, and have fun together!
- _ _ _ _ _ . We are going to build.

Center/Work:

- Gather some materials for building. Use whatever you have at home. Some ideas are sticks from outside, popsicle sticks, hay, grass, Legos, rocks, blocks, etc. Begin to build some structures using the materials and talk about why some are stronger or weaker.

Physical Activity: Relay race or red-light green light

Music:

- Review the story by listening to the song: <https://www.youtube.com/watch?v=R3Gx8InTAjM>

Lunch:

- While eating, you can talk about what you learned from the story.

Rest: 1 hour

Snack: Cut a healthy snack (cheese, fruit, etc.) into different shapes and talk about them. What shape is this? How many sides? What happens if I turn it?

Outside:

- Search for building materials to make something outside, a structure or an obstacle course using whatever you found or have at home. Talk about why your child chose those objects and how they can be used.

Family Activity: Create an indoor obstacle course. Use a timer and see who can complete it the fastest.

Day 19

Breakfast

- Enjoy sitting together and talking about anything.
- **Question of the Day:** Can you hop on 2 feet while counting to the number 11 out loud?

Circle Time:

- Literacy and Social Emotional- Read a favorite book or tell your child a story and talk about what happened in the story. Talk about the characters and how they felt during the story. This can be a great time to talk about how the story makes you and your child feel and why you may feel a certain way.

Calendar

- Concentrate on counting the days that have passed this month already and how many are left for the remainder of the month. It can be fun to add clapping after each number and it helps to recognize each number as a separate unit and understand “how many there are.”

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 first 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 example below and feel free to use any materials you have at home: chalk, crayons, pencils, paper, tablets, and have fun together!
- _ _ _ _ _ . We are going to read a book.

Center/Work:

- Gather pencils, markers, or crayons and paper. Choose a favorite song and put it on. Invite your child to draw a picture as they listen to the music. As they are drawing, ask your child to describe with words what they hear in the music and/or how the music makes them feel. Encourage them to show that in their drawing.

Physical/Outdoor Time

- Going for a walk and having conversations about what you see and asking questions is a wonderful way to connect.

Lunch

- Enjoy sitting together and talking about anything.

Rest

- Taking a nap or just having quiet time is important for everyone to regroup. It can be a time to gather thoughts and reflect about the day.

Snack

- A healthy snack helps our bodies to refuel a little before the next meal and it can be a fun time to ask your child about their favorite thing they did today.

Family Activity:

- Create an indoor balance beam with tape. Turn this fun activity into a balance activity. Add music.

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2020

Enfield Head Start

BEST BITES

Better ballpark choices

Baseball season is here! If you take your child out to a ball game, look for healthier concession-stand options. Examples include plain popcorn, grilled chicken strips



dipped in mustard, fresh fruit, and veggie wraps. Watching the game at home?

Let your youngster set up his own nutritious snack bar. *Tip:* Drink water rather than soda.

Take a homework break

When your child does homework, encourage her to take active breaks. A younger child may need a break every 20 minutes, while an older one might work for 45 minutes at a time. She could set a timer to remind herself. When the timer goes off, she can march in place, do jumping jacks, or walk up and down the stairs.

DID YOU KNOW?

Rhubarb is in season now, and it contains a lot of calcium and vitamin C. Since rhubarb is naturally tart, your child may enjoy it roasted and sweetened. Remove the leaves, cut into bite-sized pieces, drizzle with honey, and roast 5 minutes at 450°. Chill, then serve with strawberries.

Just for fun

Q: Why is a tomato round and red?

A: Because if it were long and green, it would be a cucumber!



Whole grains for health

Whole grains provide zinc, magnesium, B vitamins, and fiber—nutrients your growing child needs. Plus, they add many flavors and textures to meals. Get more whole grains into her diet with these ideas.

Track your grains

Help your youngster make half of her grains whole. Have her draw a slice of bread on brown paper, cut it out, and draw a line down the middle. She can label one half “Whole” and the other “Not whole.” Each time she eats a grain serving (one slice of bread or one cup of rice or pasta, for example), she lists it on the correct side. At the end of the day, have her count her grains.

Revamp recipes

Together, create new recipes for foods your child likes—swapping in whole grains. If she loves pizza, she could write a recipe for mini pizzas on whole-wheat English muffins. Her recipe for chicken nuggets might include crushed whole-grain cereal for the breading.



Now let her help you make the recipes for family meals.

Eat something new

Has your youngster ever had farro? How about barley or quinoa? Trying a new whole grain as a family—and incorporating it into something familiar—may make her more likely to eat it. For example, add farro to soups, toss cooked barley into salads, or put cooked quinoa into burritos. ●

Food-related field trips

Your youngster can learn about food—and get more steps in while walking around—with these family outings.

● **Visit a garden center.** Let your child pick seeds to plant in containers or a garden. Talk about how you can use the vegetables or herbs he'll grow. (“We could make yummy pasta sauce with fresh basil.”)

● **Attend a food festival.** Try a “taste of the town” event where you can sample many different foods. Or look for a festival dedicated to a specific food like watermelon or potatoes—your youngster will see the various ways it can be served. Maybe you'll find an international fair where you could eat foods from Scandinavia or Guatemala, for instance, and expose your child to other cultures. ●

