



Integrated Pre-School

DISTANCE LEARNING DAYS 15-19



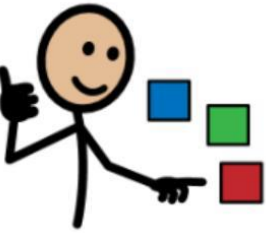

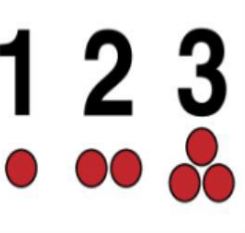




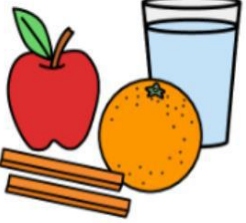
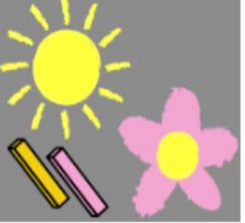

Greetings Integrated Pre-School Families,

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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Below you will find a schedule, list of suggested activities as well as additional activities for a challenge. This can be done in the morning with breaks in between or spread out across the entire day. Each should take about 10-15 minutes.

Integrated Preschool Schedule:
Morning Activities; includes greetings and self-help skills
Fine motor, visual perceptual learning
Listening & Responding, Social/Emotional Learning
Brain break, gross motor activity, music/movement;
Individualized activities IEP objectives (will be sent home individually) Additional resources science/math
Snack
Read Aloud, Literacy
Art Activity

brush teeth 	breakfast 	fine motor/ visual perceptual 	play with toys 	math/science 1 2 3 	play outside 
listening & responding/ social 	brain break/ gross motor/ music 	read aloud/literacy 	snack 	art 	individualized work 

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning Activities: -Return greetings via vocal response, wave, use of AT device -self-help skills (manage clothing, put away breakfast items, hygiene tasks)</p>	<p>Morning Activities: -Return greetings via vocal response, wave, use of AT device -self-help skills (manage clothing, put away breakfast items, hygiene tasks)</p>	<p>Morning Activities: -Return greetings via vocal response, wave, use of AT device -self-help skills (manage clothing, put away breakfast items, hygiene tasks)</p>	<p>Morning Activities: -Return greetings via vocal response, wave, use of AT device -self-help skills (manage clothing, put away breakfast items, hygiene tasks)</p>	<p>Morning Activities: -Return greetings via vocal response, wave, use of AT device -self-help skills (manage clothing, put away breakfast items, hygiene tasks)</p>
<p>Fine Motor or Visual Perceptual Matching work -Set out a variety of flatware (non-identical spoons, forks, spatulas, etc.) Help your child to match like items. Provide hand over hand help if needed. -or choose from additional fine motor activities</p>	<p>Fine Motor or Visual Perceptual Matching work -Set out puzzles if available and help your child complete them. You can combine working on requests or finding items you name into this activity. -or choose from additional fine motor activities</p>	<p>Fine Motor or Visual Perceptual Matching work -Work with your child to match socks by color. You can extend the activity to match by size, texture, pattern, etc. -or choose from additional fine motor activities</p>	<p>Fine Motor or Visual Perceptual Matching work - Show your child a common item such as a coin. Go for a hunt around the house to find 2 of the same items. Match and label the items. Do this again with 2 more common items like crayons, flatware, hats, etc. -or choose from additional fine motor activities</p>	<p>Fine Motor or Visual Perceptual Matching work -Use a crayon, marker or pencil to make a vertical line on paper, playfully ask your child to copy or do the same, provide hand over hand assistance if needed. Try additional writing strokes such as a horizontal line, then a circle or crossed lines. -or choose from additional fine motor activities</p>
<p>Listening and Responding Activity: Show your child a family picture album family picture. Gain your child's attention and say, "Show me..." and name familiar people. Help your child to identify/point to the named person if needed. -or choose from additional social emotional learning activities</p>	<p>Listening and Responding Activity: Lay out an array of familiar items such as spoons, forks, socks, etc. Gain your child's attention and say, "Show me..." and name the familiar items. Help child to identify the named items. -or choose from additional social emotional learning activities</p>	<p>Listening and Responding Activity: When other family members are present, give your child a common item such as a coin or a pencil and tell them to, "Give it to... named person" Help your child find the named family member if needed without repeating the instruction. Then repeat the game until everyone receives an item. -or choose from additional social emotional learning activities</p>	<p>Listening and Responding Activity: Ask your child to copy you as you perform different motor actions such as clapping, jumping, stomping, running in place. Then ask them to do the action without providing a model. (e.g. Can you jump? Show me clapping, stomp, etc.) If needed, help your child without repeating the instructions. -or choose from additional social emotional learning activities</p>	<p>Listening and Responding Activity: Show your child an illustration from a favorite book. Gain your child's attention and say, "Show me..." and name the familiar items. Help your child to identify/point to the named item. -or choose from additional social emotional learning activities</p>

<p>Brain Break/Gross motor movement: Put on some music and dance! Or choose from additional gross motor activities Playfully support motor imitation during this activity!</p>	<p>Brain Break/Gross motor movement: Put on some music and dance! Or choose from additional gross motor activities Playfully support motor imitation during this activity!</p>	<p>Brain Break/Gross motor movement: Put on some music and dance! Or choose from additional gross motor activities Playfully support motor imitation during this activity!</p>	<p>Brain Break/Gross motor movement: Put on some music and dance! Or choose from additional gross motor activities Playfully support motor imitation during this activity!</p>	<p>Brain Break/Gross motor movement: Put on some music and dance! Or choose from additional gross motor activities Playfully support motor imitation during this activity!</p>
<p>Individualized activities: *See the individual work personalized to your child's IEP goals/objectives sent with this packet Or choose from additional science/math activities</p>	<p>Individualized activities: *See the individual work personalized to your child's IEP goals/objectives sent with this packet Or choose from additional science/math activities</p>	<p>Individualized activities: *See the individual work personalized to your child's IEP goals/objectives sent with this packet Or choose from additional science/math activities</p>	<p>Individualized activities: *See the individual work personalized to your child's IEP goals/objectives sent with this packet Or choose from additional science/math activities</p>	<p>Individualized activities: *See the individual work personalized to your child's IEP goals/objectives sent with this packet Or choose from additional science/math activities</p>
<p>Snack Student can work on self-help skills by washing hands, retrieving and cleaning up snack items. Student can work on requesting and labeling skills as well as listening and responding skills related to familiar snack items.</p>	<p>Snack Student can work on self-help skills by washing hands, retrieving and cleaning up snack items. Student can work on requesting and labeling skills as well as listening and responding skills related to familiar snack items.</p>	<p>Snack Student can work on self-help skills by washing hands, retrieving and cleaning up snack items. Student can work on requesting and labeling skills as well as listening and responding skills related to familiar snack items.</p>	<p>Snack Student can work on self-help skills by washing hands, retrieving and cleaning up snack items. Student can work on requesting and labeling skills as well as listening and responding skills related to familiar snack items.</p>	<p>Snack Student can work on self-help skills by washing hands, retrieving and cleaning up snack items. Student can work on requesting and labeling skills as well as listening and responding skills related to familiar snack items.</p>
<p>Read Aloud Choose from favorite books you have at home, or use a resource from the list of on-line read aloud resources Or choose from additional literacy activities.</p>	<p>Read Aloud Choose from favorite books you have at home, or use a resource from the list of on-line read aloud resources Or choose from additional literacy activities.</p>	<p>Read Aloud Choose from favorite books you have at home, or use a resource from the list of on-line read aloud resources Or choose from additional literacy activities.</p>	<p>Read Aloud Choose from favorite books you have at home, or use a resource from the list of on-line read aloud resources Or choose from additional literacy activities.</p>	<p>Read Aloud Choose from favorite books you have at home, or use a resource from the list of on-line read aloud resources Or choose from additional literacy activities.</p>
<p>Art Activity Work side by side with your child to draw a variety of lines and shapes on paper using markers,</p>	<p>Art Activity Ripped Paper Collage: Work side by side with your child to rip scrap paper from used magazines</p>	<p>Art Activity Draw faces on paper with different expressions and have your child color in or have your child draw different faces.</p>	<p>Art Activity Rip cotton balls and glue on paper to make a cloud.</p>	<p>Art Activity Put shaving cream on the table and make lines with your fingers.</p>

crayons or colored pencils. Encourage imitation and requesting skills.	and junk mail into strips. Reinforce concepts such as big, small, long and short. Glue the strips of paper onto another sheet of paper or a page from the newspaper. Encourage imitation, requesting skills.	Encourage imitation and requesting skills.	Encourage imitation and requesting skills.	Encourage imitation and requesting skills.
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Additional Activities (challenge):

Subject	Monday	Tuesday	Wednesday	Thursday	Friday
Fine motor	Practice zipping your jacket five times today.	Practice pouring your own water into a cup during mealtime.	Peel stickers from a sticker sheet and place them onto a piece of paper.	Use scissors to cut snip strips or shapes.	Chip clip squeeze: work on grip strength by having your child put chip clips or clothes pins on the edge of a Tupperware container. Depending on the clips or clothes pins you may be able to work on color identification or counting.
Social/Emotional Learning	Draw a picture of when you were sad and talk about what made you feel better.	Look at your face in the mirror: make an angry face, make a sad face, make a happy face. Note the differences you see.	Help your parents complete a job in your house: sweep, wash the dishes, or make your bed.	Make a card for a friend/teacher in your school.	Look in the mirror. Have the child describe what they look like: hair color, two eyes. Then, have them describe what you look like.
Gross motor	Play Simon Says with your family. <u>Simon Says:</u> 1. "Simon says touch your nose". 2. "Simon says stand on one foot". 3. "Simon says jump on one foot". 4. "Stop". <i>Those who stop are out! Because the instruction was not preceded by "Simon says".</i> 5. "Simon says stop". <i>Now they can stop.</i>	Practice balancing on one foot. Use a timer to record how long you can stand on one foot. Challenge yourself to balance for longer.	Sign onto: www.gonoodle.com Complete five dances. Follow the movements you see.	Move like a variety of named animals. (bird, bear, snake, etc.)	Cosmic Kids Yoga: https://www.youtube.com/user/CosmicKidsYoga

	And the game goes on... until there's just one player standing.				
Math	Count the number of socks you have in your drawer. Count the socks in Mom's drawer. Who has more?	Look for shapes around your house. Trace the shape with your fingers.	Put together a puzzle. Try it independently or ask an adult for help.	Sort the coins in your piggy bank or parents change purse.	Find a few items from around the house. Sort and group them different properties such as color, weight, size and texture. Ex. Different toy cars, dolls, building blocks, kitchen utensils, coins
Science	Look through magazines and cut out pictures of healthy food options. Make a collage.	Help a parent cook today. Follow a recipe. Help to measure and pour the ingredients needed.	Listen to the sounds you hear outside of your window. Make a list of the things that you hear.	Play "I Spy" with a partner today. Describe your object in detail.	After looking in the mirror and talking, you and the child draw a picture of yourselves with details such as facial features, hair color, and more.
Literacy	Read 2 books today. Who were the characters in the story?	Go on a letter hunt around your home, write down all the letters that you find on a sheet of paper.	Look for sight words in your books that start with the same letter. (Find all the words that start with P)	Sing: "Every letter makes a sound" along with leapfrog sound factory. (online)	Let's make a plan! Ask the child what they would like to learn to do. Ex. draw a __, build a __, ride my bike, write my name or numbers to 5 Draw a picture of your plan.

Supplemental activities:

Websites	Apps	T.V. Shows
<ul style="list-style-type: none"> • www.abcmouse.com • www.starfall.com • www.turtlediary.com • www.brainpopjr.com 	<ul style="list-style-type: none"> • Kahn Academy Kids • Teach me kindergarten • Jumpstart preschool • Kids Academy • Reading Eggs-Learn to Read • Fuzzy Numbers 	<p>Daniel Tiger: A modern day Mr. Rogers, touching on all social/emotional topics</p> <p>Wild Kratts: Amazing information about wildlife in a fun real life/cartoon format</p> <p>Odd Squad: A great show for math skills and problem solving</p> <p>Ready, Jet, GO: Full of space and other science information.</p> <p>Nature Cat: Fun and Funny information about science and nature</p> <p>Dinosaur Train: all things Dinosaur</p> <p>Peg + Cat: Another great show for math skills and problem solving</p> <p>Super Why: Awesome reading skills show</p> <p>Cyberchase: A show full of math, reading, science and problem solving</p> <p>Word Girl: A great, funny show that teaches reading and vocabulary</p> <p>Word World: A fun, animated show that teaches phonics and pre reading skills</p> <p>Sid the Science Kid: All things science</p> <p>Splash and Bubbles: an underwater adventure that teaches about ocean science and other environmental topics</p> <p>Let's Go Luna and Molly of Denali: teaches tons of multicultural content and vocabulary</p>

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2020

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.



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.

FEELINGS



HAPPY



BORED



ANGRY



SORRY



HOPEFUL



PLAYFUL



PROUD



SAD



SCARED