



PK STEAM ACADEMY

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.

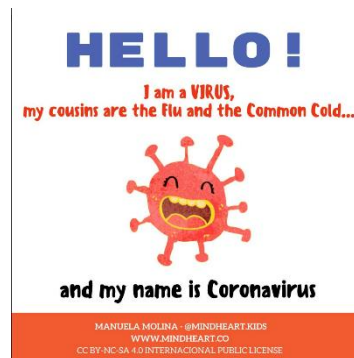
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Helpful resources at a glance:

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>



Daily Schedule	About How Long?	Description
Breakfast	20 Minutes	At school the students eat breakfast and answer the question of the day. Continue to encourage students to be independent in their self-help skills, example: pouring their own cereal/milk, throwing away their trash, wiping up spills 😊
Mindfulness/Belly Breathing	10 minutes	This is the time of the day where we are transitioning to begin our day. We start with some yoga and then belly breathing
Hypothesis Time (aka Morning Meeting)	10 minutes	We review our classroom expectations (listed below), daily schedule, and calendar.
Exploration Time (aka Play Centers)	60 minutes	This is where most of the learning takes place...Its where the students get to play and explore and learn so much 😊
Music & Movement/Read Aloud	15 minutes	Students will sing and dance and then listen to a story.
Outdoor Adventure	30-60 minutes	Within the daily schedule there are suggested activities you can do to add learning to outdoor time.
Lunch	20 minutes	At school students eat lunch and talk about a favorite part of their day as they prepare for dream time. You can do the same at home.
Rest/Dream Time	60 minutes	A perfect opportunity for some down time for the whole family. This is when students sit or lay on their cots and read a book, write in their journals, listen to music, or even close their eyes for a little bit 😊
Snack	15 minutes	Snack time is a very important time for our students. Eating together in a group helps develop table manners, self-help skills, and social skills.
Outdoor Adventure	30-60 minutes	Outdoor play allows students to explore, risk take, and develop fine and gross motor skills. It gives students a chance to exercise, enjoy nature, learn about their world, learn about self and the environment, release pent-up energy, and keep healthy. Outdoor play allows kids to be kids.
Family Time	30-60 minutes	Try to find time in the day to make connections with one another. Be silly, play a game, talk, laugh, dance, read etc.

The following are the classroom expectations that all the students know very well. We say them together every day during hypothesis time. We are confident they could even give you an example of what each expectation means 😊

1. Be Kind
2. Be Respectful
3. Be Responsible
4. Be Safe

The next set of classroom expectations come from our Second Step Program. These are the expectations that we use to gain students attention and help them stay focused when it is the adults turn to talk and share.

- Eyes are watching
- Ears are listening
- Bodies are calm
- Voices quiet

A video of the song can be found here: <https://www.youtube.com/watch?v=ZyxASIYHk30>

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing https://youtu.be/bRkLIoTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Block/Construction Play: Draw and Build: Look outside at the area near where you live. Select a building or structure that looks interesting to both of you. Draw a picture of the building/structure together. Talk about what you see as you draw together. Hang the picture at your child's eye level or place it on the floor near where you will build. Use materials you have available to build the building/structure together. For example, you might use blocks, connecting blocks (e.g. Duplo, Legos), cardboard boxes, pots and pans, cups, or other household items. If possible/desired, your child may want to leave the structure up even when they seem finished working. They may want to return to the structure later to continue building.</p> <p>Dramatic Play Store: Gather objects to buy and sell. Take on roles of cashier and customer. Discuss what the customer is buying and why. How many items they are buying? How much does each item cost individually? All together?</p> <p>Faces and Feelings: Look at pictures of people in magazines or books together. Invite your child to look carefully at the expressions on the people's faces. Ask your child to why they think the person might feel that way. Have they ever felt that way? Why and when? After discussing the expressions, you and your child may want to make the same expressions yourselves. Consider doing this activity near a mirror so children can see the expressions they create.</p> <p>Art: Draw a Family Picture: Think of the people who are important to you and your child. Draw each of them together in a picture. Consider adding people's names to the picture as well and hanging it up!</p> <p>Writing: Invite your child to write a letter to someone. They can draw pictures to create the letter, use their own writing, or share their words with you and you can write for them. If your child chooses to write on their own, celebrate any mark they make. Marks, scribbles, and creative spelling are all essential steps in learning to write. If possible, share the letter with the person your child wrote to.</p> <p>Fine Motor: Invite your child to experiment with drawing lines with you. Begin drawing and note the types of lines you are making, the types of lines your child is making, and how you can make the lines change. For example, you could start with a straight line, and then change it to a zigzag or curvy line. You could also experiment with changing the writing instrument, or the amount of pressure used on the writing instrument to change the lines.</p> <p>Math: How Many Steps to the Door? Invite your child to guess how many steps they will need to take to get to a specific place such as a door. After they have made a prediction, invite them to walk to the specified place. Help count the steps as needed. Substitute another location such as a window or bathroom sink.</p> <p>Patterns: Clap a simple pattern and invite your child to clap it back to you (e.g. two slow claps followed by 3 faster claps). Take turns creating the pattern.</p> <p>Sensory: Bath Play: Sing together during bath time to help your child remember new words and practice rhyming. Sing a song you know, in any language. Also consider asking your child to teach you a song they sing at school.</p> <p>Science/Discovery: Shadows: Turn out the lights and use a lamp or flashlight (or the light on your mobile device) to make shadows on a wall or floor. Move your bodies or hands closer to and further from the light and note what happens. Think with your child about other ways you might create shadows. https://www.youtube.com/watch?v=IOIGOT88Aqc</p>

	<p>Ramps: If available, use a cardboard tube (e.g. paper towel tube) or a flat surface such as a book, to create a ramp. Invite your child to tilt the ramp to various angles and roll a small toy car, ball, or other round object through the tube/down the ramp. Talk with your child about how quickly/slowly the objects roll depending on how they angle it. https://www.youtube.com/watch?v=3COvm0TtxWg</p> <p>Literacy: Sing and Rhyme: Sing songs and play rhyming word games with your child.</p> <ul style="list-style-type: none"> • I Love to Rhyme-Jack Hartmann https://youtu.be/.RVophT8naUM • Make a Rhyme, Make a Move https://youtu.be/R4zsLZzU5xE • Rhyming Words https://youtu.be/.EuAjpgo6NSVM • Learning Songs https://youtu.be/.vkRDOcma9Qk • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Family Favorites: Invite your child to listen to some of your family’s favorite music. Find a song that each family member loves and listen to a recording of it. • Kitchen Band: Use pots and pans, containers, or another surface to create kitchen drums. Tap on them with your hands or an object. Invite your child to suggest songs to sing, or to create new songs with you. • Read Aloud: <u>The Book with No Pictures</u> by BJ Novak https://youtu.be/.6t23T6Vfan0 <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Move Your Body: Invite your child to explore different ways they can move their body. For example, can they walk, run, hop, skip, jump, or shuffle?
Lunch	Start a conversation with your child about the day. What did they enjoy so far? What did they not enjoy? Why? Be sure to answer your own questions for your child to listen as well.
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://youtu.be/1ZYbU82GVz4
Snack	Snack Counter. Count the number of items available at snack or mealtime. As your child eats, talk about how many items they have eaten and how many items are left.
Outdoor Adventure	Clouds. Look out the window with your child and discuss the clouds. Take turns telling stories about the shapes of clouds to help your child use their imagination and express ideas in words. “That cloud looks like a cat! What do you see?”
Family Time	Start a story: Start the story, then pass it to your child to determine what comes next with a line such as, “and then…” You and your child can pass the story back and forth until it comes to an end. I Love You: Talk with your child about things you do to show that you love each other. Draw pictures or use words to create a description.

Day 21

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing https://youtu.be/bRklLioTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	Art: Draw your favorite animal (do they have paws or claws?)

	<p>Writing: Practice writing your name (think of an animal that has the same letter as your name) Example: Bobà Bird</p> <p>Fine Motor: String buttons use string, yarn or ribbon and have children make a neckless using buttons, cheerios/fruit loops, anything “string-able”!</p> <p>Math: Shapes search your house for squares and triangles. Make a checklist to keep track of how many you find!</p> <p>Sensory: Fill different containers with water and talk about what object absorbs water (toys, sponges, spoon, paper towels, etc.)</p> <p>Discovery: Build a shelter for a stuffed animal. Make sure it has a roof, sides, bed and is sturdy!</p> <p>Literacy: tell your parents about your shelter for your pet! (Parents, document the story if you can and share it with us!)</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement- Go Noodle – Cat Party https://www.youtube.com/watch?v=go19Sf8laXQ • Read Aloud- Some Pets by: Angela DiTerlizzi https://youtu.be/XOGSedNnjVI <ul style="list-style-type: none"> ○ What’s your favorite animal? ○ Does it have paws or claws? ○ Does it slither or fins? ○ What kind of shelter does your animal live in? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Play I spy an animal, take a walk, ride a bike, set up an obstacle course, chalk, or hopscotch
Lunch	Plan a picnic lunch inside or outside. Make a check list of things (blanket, plates, cups, etc.) and food you will need to pack. Then enjoy your picnic lunch together.
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://youtu.be/hlWil4xVXKY
Snack	Talk about what color your snack is. Count how many pieces are in your snack.
Outdoor Adventure	Look for animals (birds, squirrels, neighborhood pets). Count how many you see!
Family Time	Build a "Hibernation Fort". Crawl out, roll out, jump out, and hop out like different animals coming out of hibernation to welcome spring!

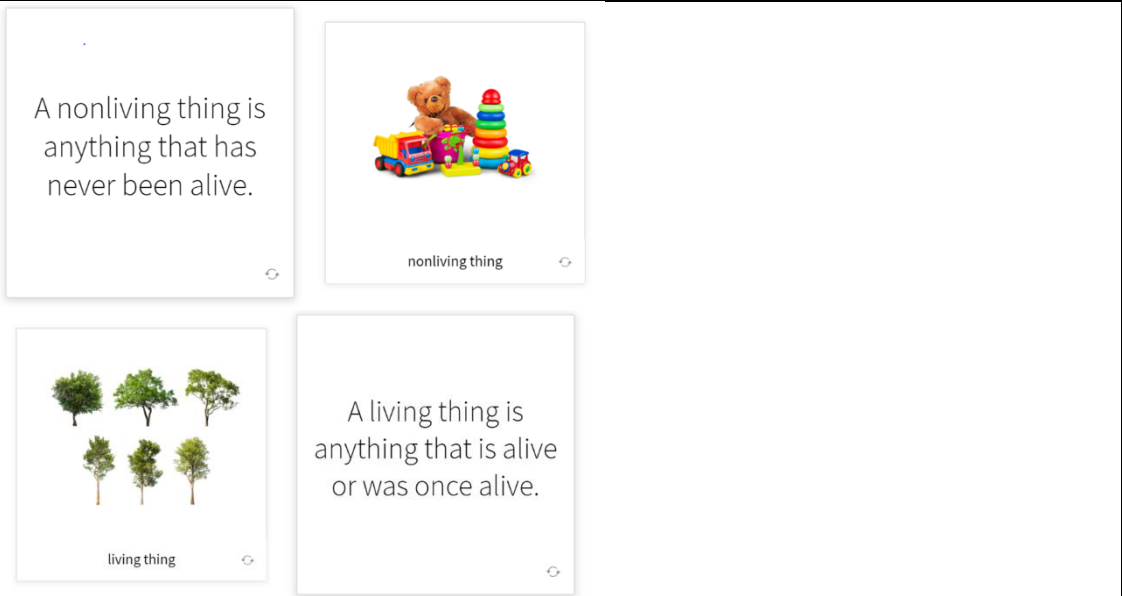
Day 22

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids: On the Farm https://www.youtube.com/watch?v=YKmRB2Z3g2s • Balloon Breaths https://www.youtube.com/watch?v=2PcCmxEW5WA <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Art: Go on a scavenger hunt around the house or outside and collect items that you use to make your own collage. The items can big or small</p> <p>Writing: Have your child describe their collage to you. Encourage them to use their own writing to write and draw about it.</p> <p>Fine Motor: Use tongs and try to pick up smaller items like a paper clip, a rock, piece of paper, a toy. Also try to pick up bigger items with the tongs.</p>

	<p>Math: Go around the house and find different shapes. If the items are small enough sort them into categories (same shape, same color, same size).</p> <p>Sensory: Go on a sensory scavenger hunt. Using your five senses find different items in your house for each sense. Keep a list if you want to do extra writing!</p> <p>Discovery: Build a cave for a bear or another stuffed animal. Today's story talks about a bear sleeping in a cave during the winter. Talk about what a cave needs.</p> <p>Literacy: Make your own story. Take turns adding to the story. If you want to, write your story down and draw pictures to go along with your unique story.</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement- Go Noodle Roller Coaster https://www.youtube.com/watch?v=GSDxhF6GIUU • Read Aloud- Spring is Here https://www.youtube.com/watch?v=2gBL7I1Bm8E <ul style="list-style-type: none"> ○ Why did mole want to wake up bear? ○ How did mole wake up bear? ○ What do you like to do in the springtime? ○ Look outside: What do notice about the season of spring so far? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Play I-spy while taking a walk, ride a bike or tricycle, set up an obstacle course, chalk, hopscotch
Lunch	Talk about what your favorite part of the day was and why.
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. Under the sea https://www.youtube.com/watch?v=LdQJw5S4nAQ
Snack	Talk about what your favorite snack is. Explain why it is your favorite snack.
Outdoor Adventure	Go for a walk as a family, ride a bike or scooter, draw with chalk, play frisbee
Family Time	Take a walk together and count how many animals you see!

Day 23

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing https://youtu.be/bRklLioTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	PLTW Activity Day 1. Show your child these pictures and read the definitions.



2. Watch the living and non-living things presentation:

<https://www.youtube.com/watch?v=CgPM10T0Oo0>

- How did we know to sort items as living or nonliving?
- What are the characteristics of the living things sorted in the presentation? (The living things are flowers, fish, and monkey.)
- What are the characteristics of the nonliving things in the presentation? (The nonliving things are clouds, rocket, and lion statue.)

3. Gather items that are considered living and nonliving. These items might include leaves, branches, rocks, fruit, toy food, blocks, and other common items.

4. Put the items that you gathered in an area where you child can investigate the items that you have collected. If you have a magnifying glass, you can have your child “look closely” at the items to help focus their investigation.

- Have your child draw a picture of what they saw when they were investigating the items. Write on the page what their description was.

5. After investigating the items, help your child measure the items with cubes, blocks, or other measuring tools. Record the lengths of each item.

- Are all living and nonliving things the same length? Why do you think this?
- Which item was the longest/shortest you measured?
- You can record the longest/shortest measurements

6. When you are finished sort the items into living and nonliving and talk about why you sorted the items into each category

**Music & Movement/
Read Aloud**

- **Music & Movement-** Freeze Game Kiboomers
<https://www.youtube.com/watch?v=2UcZWXvgMZE>
- **Read Aloud-** Read the attached PLTW Story, Design A New Home and use the questions within the story to guide your reading

** Recommendation: First Music & Movement, and then Read Aloud*

Outdoor Adventure

If you wish to extend the learning from the PLTW activity notice and wonder about different living and nonliving things that you see outside

Lunch

Use this time to check in with each other and address any misconceptions that they might have from the PLTW activity. Below are some common misconceptions

	Misconception	Reality
	A living thing is the same as something that is alive.	To say that something is “alive” means that it is currently living. Living things include things that are alive and were once alive (but are now dead), as well as parts of things that are or were once alive.
	A fallen branch or leaf is nonliving.	Because they were once alive, fallen leaves and branches are considered living things in science.
	Nonliving means dead.	“Nonliving” is used to describe anything that has never been alive, such as rocks or wind.
	All things that move are considered living things. For example, a robot is living.	Cars, robots, and clouds can all move, but they are nonliving things.
	Plants do not have senses.	Plants do have senses but use them differently than humans and animals do. For example, some plants can sense an insect on their leaves and retract them to defend themselves. Plants can also sense the sun and grow toward it to survive.
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://www.youtube.com/watch?v=uNsrXzY3Mgc	
Snack	A fun song about favorite foods to encourage discussion of preferences - https://www.youtube.com/watch?v=frN3nvhIHUK	
Outdoor Adventure	Encourage your child to play pretend outside, develop roles for play and a story / adventure for the characters they create or are pretending to be.	
Family Time	Create a chart of living and nonliving things that you see around the house. Record and discuss the characteristics (or a feature about them) Examples: <i>Characteristics of an apple: Apples grow on trees, apples have seeds inside them, and they have a peel on the outside.</i> <i>Characteristics of a rock: Rocks do not move on their own, and they do not need food, water, or air.</i>	

Day 24

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing https://youtu.be/bRklLioTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	Art: How can you use materials from around the house to make a new art project? Old wrapping paper, tissue, or maybe even old drawings and paintings. Create something new together from something old!

	<p>Writing: Create a prop for imaginative play such as a menu for a restaurant, a checklist for a veterinarian, doctor, or astronaut, or even a blueprint for a construction zone. Encourage your child to use their own writing for this!</p> <p>Fine Motor: If you have beads and string, have your child string the beads and make a necklace. You can also use buttons and pipe cleaners. Another way to build fine motor skills is squeezing, such as squeezing out a wet sponge.</p> <p>Math: Watch the shapes song https://www.youtube.com/watch?v=AnoNb2OMQ6s Go on a shape hunt around the house. See who can find more rectangles!</p> <p>Sensory: Fill a bucket and have your child wash toys such as Lego bricks, plastic dolls, or blocks. This creates a new way to play with the same toys and get them clean!</p> <p>Discovery: Look at the moon tonight and draw what you see. What else do you see in the night sky? How many stars can you count? Do you recognize any constellations?</p> <p>Literacy: Instead of reading a story to your child, have them describe each picture of a book to you.</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement- Head Shoulders Knees and Toes https://www.youtube.com/watch?v=RuqvGiZi0qg&list=PLdkj6XH8GYPTsmlFV_EG10k3WwO4KVJkS&index=8 • Read Aloud- Green Eggs and Ham https://www.youtube.com/watch?v=rpR13CZxYtI&t=56s <ul style="list-style-type: none"> ○ While reading notice the rhyming words ○ Talk about how words that rhyme sound the same ○ Encourage your child to try and finish rhymes ○ Make up your own rhymes when the story is over <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	If it has rained recently, how many puddles can you count outside? Are they all the same shape? Same size?
Lunch	Talk about what you have done so far today and what you might want to do tomorrow. Has anything you've done today inspired a new idea? Do you want to revisit some previous activities?
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://youtu.be/hlWi4xVXKY
Snack	While eating, talk about what you are having and what colors are on the plate.
Outdoor Adventure	Before going outside, talk about the weather and what the sky looks like. When you're done outside talk about what you noticed. Was it windy? Cloudy? Sunny? Warm?
Family Time	Hop the alphabet together, then hop the ABC song!

Day 25

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing https://youtu.be/bRklLioTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>

Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Block/Construction Play: Using tape, string, yarn, etc. make different shapes on the floor (triangle, circle, square, diamond, etc.) Give your child the challenge of building something inside the shape. Make the shapes a variety of sizes.</p> <p>Dramatic Play/ Taking Care: Take care of a doll or stuffed animal together. If you do not have a doll or stuffed animal, look for household items you could use to create one such as stuffing a paper bag or a sock with soft materials and adding details with a marker. Work together to care for the doll. Consider pretending to feed it, give it a bath, put it to sleep, etc. Take a virtual field trip to the doctor’s office: https://youtu.be/.gXXmVqS3tLk Take a virtual field trip to the Vet’s office: https://youtu.be/.sGBvLwzWgX4</p> <p>Art: Create a Mural: Take apart a large cardboard box, several smaller boxes, or use pieces of paper and attach them together. Use tape, glue, staples, or any materials you have on hand to secure the pieces together. Gather any writing or drawing tools you have available such as pens, pencils, markers, crayons, or paint to create a picture. Invite family members to join in the fun.</p> <p>Writing: Keep a Journal: Talk with your child about the activities they do each day. At the end of the day take a few minutes to reflect using open-ended questions such as, “What did you like best? Why? Was anything difficult or challenging? Why?” Jot down your child’s thoughts about these activities and invite them to add pictures to the journal as well.</p> <p>Math: Scavenger Hunt: Invite your child to look around the place you live for objects you and your child use to take care of yourselves. For example, you might use specific items to care for your hair, soap to wash your hands, etc. After creating a small collection of objects, count them with your child. If desired, use pictures or words to create a numbered list of items. https://www.youtube.com/watch?v=UdrG_UUNacY</p> <p>Sensory: Go on a sensory scavenger hunt. Have your child list things that they want to find outside by using their five senses (touch, hear, see, listen, and taste).</p> <p>Science/Discovery: Breathe: Place a light object (e.g. cotton ball, feather, piece of paper, round pencil, small ball, etc.) on one end of a table and see if you and your child can blow it to the other side. Repeat with other objects of differing weights. https://pbskids.org/video/sid-science-kid/1568872858</p> <p>Literacy: Listen: Invite your child to be very quiet and use their ears for listening.</p> <ul style="list-style-type: none"> • What sounds are in the room? • What sounds do we hear outside if we open the window? • Can we stay totally quiet for 10 seconds and listen? For 20 seconds? For 60?! • Describe the sounds you hear – like beeping cars, vrooming buses, and barking dogs – to help your child learn new words to describe the world. https://www.youtube.com/watch?v=TsPbIjENEWs https://www.youtube.com/watch?v=1ID9ucqKtsE • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music and Movement: 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. • The Learning Station: Move and Freeze https://www.youtube.com/watch?v=388Q44ReOWE • Read Aloud: How Do Dinosaurs Go to School? <ul style="list-style-type: none"> ○ Spanish Version https://www.youtube.com/watch?v=l6Bh9d9DTb8 ○ English Version https://www.youtube.com/watch?v=GY331MT4Xfw <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Play Tic Tac Toe using sticks and rocks, find, sort, and make a leaf scrapbook, or make up a new game with your child

Lunch	Start a conversation with your child about the day. What did they enjoy so far? What did they not enjoy? Why? Be sure to answer your own questions for your child to listen as well.
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://www.youtube.com/watch?v=Wm15rvkifPc
Snack	While eating, talk about what you are having and what colors are on the plate.
Outdoor Adventure	Design a treasure hunt, collect rocks, sit on a blanket with some favorite toys and read some books.
Family Time	<ul style="list-style-type: none"> • Cultural Music: Share your family's cultural music with your child. Does this music include any special instruments from your heritage, religious practice, or community? Invite your child to listen for these instruments or sounds. • Invite your child to explore different sounds you can make with our mouths. You might sing, hum, pop your lips, etc. Ask your child to note how it feels to make each type of sound.

Day 26

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids https://youtu.be/.8k3YeCAWesY • Go Noodle- Bring it Down-Balloon Breathing https://youtu.be/bRklLioTNa <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Art: Play a variety of different songs with different beats (ex. Fast, slow, etc.) have your child listen to the music while drawing a picture. When finished ask your child how they felt when they were drawing and listening to the music.</p> <p>Writing: Practice writing your name – write the letters or trace them</p> <p>Fine Motor: Transferring Water : Use straws or spoons to practice transferring water into small ice cube trays or bowls.</p> <p>Math: Sorting candy by color or toys by characteristics such as land and sea animals, transportation vehicles with wheels vs no wheels.</p> <p>Sensory: Wrap rubber bands or hair ties around a can.</p> <p>Discovery: 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.</p> <p>Literacy: 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.</p> <ul style="list-style-type: none"> • 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. • Starfall- https://www.starfall.com/

Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement: <ul style="list-style-type: none"> ○ Bear Hunt https://youtu.be/5_ShP3fiEhU ○ Gummy Bear Dance https://youtu.be/08o6Z8PjTMM • Read Aloud: Brown Bear, Brown Bear what do you see? By Bill Martin, Jr https://youtu.be/F5bW_US6vaw <ul style="list-style-type: none"> ○ Look at the cover ask your child what they think a bear might see? ○ What was your favorite animal in Brown bear, Brown bear what do you see? ○ Talk about the colors in the book ask your child if they have ever seen a real horse and what color was it? Can a horse really be blue? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Take a walk, ride a bike, set up an obstacle course, chalk, hopscotch
Lunch	While eating, ask your child: would you rather play in the rain or the snow? Ask them for 3 reasons why!
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://youtu.be/hlWil4xVXKY
Snack	Enjoy sitting together and talking about anything.
Outdoor Adventure	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 Time	Play a form of “I spy” with the brown bear chant (example “child’s name, child’s name what do you see? Encourage them to respond, “I see a looking at me!”

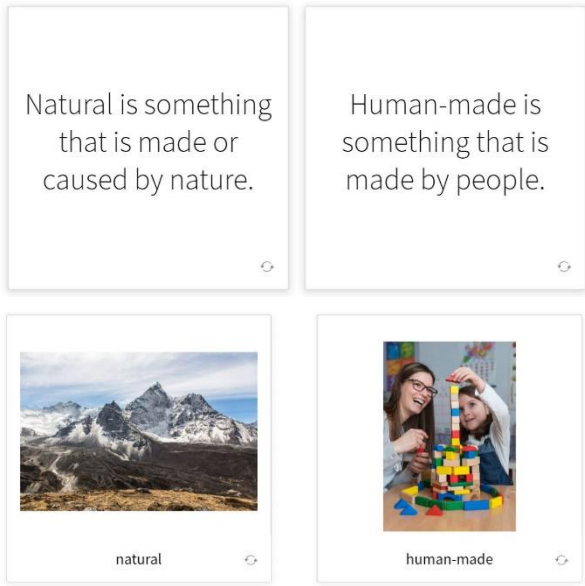
Day 27

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids: Frozen Yoga https://www.youtube.com/watch?v=3mSW12zLB2g • Belly Breathing- Breathing and Stretching https://www.youtube.com/watch?v=cyvuaL_2avY <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Art: Invent a new flower by drawing, building, painting, etc. Talk about the different features of your flower and what it needs to survive.</p> <p>Writing: Practice writing your name. Write your name on paper, with chalk, outside in the dirt, or any other way you choose!</p> <p>Fine Motor: Draw different size lines on a piece of paper and then use scissors to cut on the lines.</p> <p>Math: Comparing and Contrasting with water: Fill up different size bowls, cups, or jars with different amounts of water. How are they the same? Different? Talk about why some containers hold more than others.</p> <p>Sensory: Bath Time Memory Game: Take sponges and draw a design on each sponge with a waterproof marker (sharpie). Each design should be drawn twice. Place all the sponges in the tube with the design side face down. See how many matches you can find.</p>

	<p>Discovery: Homemade Bubbles: You will need: 4 cups of warm water, ½ cup of sugar. ½ cup of dish soap, a bowl and a spoon. Bubble Wand options: Use a whisk, straw, a bubble wand, or create your own! https://www.youtube.com/watch?v=Kg9nF8yXtww</p> <p>Literacy: Talk about the letters in your name and the sounds they make.</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement- Learning Station- Get Funky https://www.youtube.com/watch?v=w6YbSxMhsQ0 • Read Aloud- The Tiny Seed https://www.youtube.com/watch?v=ls6wTeT2cKA <ul style="list-style-type: none"> ○ What season do plants begin to grow? ○ What does a seed need to grow? ○ Look outside. Do you see any flowers or plants growing? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Play I-spy while taking a walk, ride a bike or tricycle, set up an obstacle course, chalk, hopscotch
Lunch	Talk about springtime and the different living things you begin to see and how those living things grow.
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. Dolphin Singing. Disney Piano Collection https://www.youtube.com/watch?v=GBexfwe-9j0
Snack	Talk about different living things, such as a flower, bee, etc. and what makes them living.
Outdoor Adventure	Go for a walk, blow bubbles, ride a bike or tricycle, create a picture with chalk
Family Time	Take a virtual field trip to the farm. After your field trip talk about the different animals you saw on the farm. https://www.youtube.com/watch?v=Hg2ZX0PF-jl

Day 28

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids: Frozen Yoga https://www.youtube.com/watch?v=3mSW12zLB2g • Belly Breathing- Breathing and Stretching https://www.youtube.com/watch?v=cyvuaL_2avY <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p><u>PLTW Activity Day</u></p> <ol style="list-style-type: none"> 1. Review these new words “Human-Made” and “Natural”



2. Use the picture chart attached below to show more examples of natural and human made nonliving items
 - Discuss how some items that are nonliving are natural and some are human made.
 - Go on a scavenger hunt for nonliving items around your house and outside. Make sure to collect some natural objects (rocks, soil, sand, etc.) and sort the items into human made and natural.
3. Read the story A Rock Can Be...
<https://www.youtube.com/watch?v=xBuJIFys-9M>
4. Have your child draw a picture of something nonliving that they use to get ready in the morning.

Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement: I love this roller coaster – Go Noodle https://www.youtube.com/watch?v=GSDxhF6GIUU • Read Aloud: Please read the PLTW Story –A Rock Can Be... https://www.youtube.com/watch?v=xBuJIFys-9M <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Create a game like red light green light that involves stopping and starting, changing direction, or following a set of rules.
Lunch	Talk about favorite foods and foods you didn't like before, but you've tried and now like!
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://www.youtube.com/watch?v=uNsrXzY3Mgc
Snack	Talk about the changing weather and springtime!
Outdoor Adventure	Shape scavenger hunt – how many shapes do you see outside? Can you find any living things that are in the shape of a triangle?
Family Time	<p>Play the What Am I? game with your child. What Am I? is a guessing game for children to gain knowledge about human-made and natural nonliving things.</p> <ul style="list-style-type: none"> • Your child will ask questions that can be answered with a “Yes or No” to help them identify an image or item (such as a book or a pebble) of a nonliving thing you have chosen and hidden out of view.

	<ul style="list-style-type: none"> • They will begin by asking, “Am I natural?” or “Am I human-made?” and continue until they have guessed correctly. The only question a player cannot ask is, “What Am I?” • Encourage your child to ask as many questions as possible before they pose the final question, “Am I a...?”
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Day 29

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc. https://youtu.be/ziSR3ZLeDR4
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids: Frozen Yoga https://www.youtube.com/watch?v=3mSW12zLB2g • Belly Breathing- Breathing and Stretching https://www.youtube.com/watch?v=cyvuaL_2avY <p><i>* Recommendation: First Super Yoga then Belly Breathe</i></p>
Hypothesis Time	Review the daily expectations, schedule and calendar. When counting the numbers on the calendar have your child clap and count with you. When you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Art: create a magical monster! (Does it have special powers?)</p> <p>Writing: Tape a piece of paper on the wall and use a crayon or marker and write your name.</p> <p>Fine Motor: Tracing with Buttons (or any other item you have in different sizes): Use buttons to trace. Lay the button on the paper and trace the different sizes. Can you trace them in order from biggest to smallest?</p> <p>Math: Sort your toys into different color categories (big, small, color, shape). Make labels for your groups!</p> <p>Sensory: Let your child help to open any containers with a twist such as a water bottle or a snap like a zip lock container.</p> <p>Discovery: Play a board game, a puzzle, a card game, dominos, or make up a game</p> <p>Literacy: Find a book and take a picture walk. As you are looking through the pictures, talk about what you see. Make predictions for what will happen in the next picture</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement- Go Noodle https://youtu.be/Pwn4beja1QE • Read Aloud: Hey, That's MY Monster! by Amanda Noll https://www.storylineonline.net/books/hey-thats-monster/ <ul style="list-style-type: none"> ○ How did the little boy feel when Gabe the monster left? ○ What was Emmy's monster's name? ○ What would you name your monster? ○ What would your monster look like? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Take a walk, ride a bike, set up an obstacle course, chalk, hopscotch
Lunch	Lunch Doodles With author Mo Willems! https://youtu.be/RmzjCPQv3y8
Rest/Dream Time	At school while the students are reading, writing in their journals, or resting their eyes we play mindful music in the background. https://youtu.be/hlWil4xVXKY
Snack	Snack Counter: Count the number of items available at snack or mealtime. As your child eats, talk about how many items they have eaten and how many items are left.

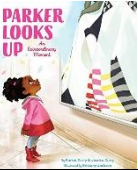
Outdoor Adventure	Search for letters while you are taking a walk. Play the letter game while you walk around. Start by looking for the letter A then B and see how far you can get. You could also start recognizing words such as stop on stop signs. Have your child repeat the letters after you read them.
Family Time	Hop the alphabet together, then hop counting to 10.

Multicultural Read Aloud: Brought to you by Mrs. Mac!



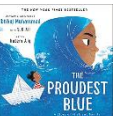
When Will It Be Spring- Catherine Walters

Online Link:	Mrs. Mac reads this to you on YouTube! 😊 https://www.youtube.com/watch?v=XrxPI6kc6rU
Vocabulary Focus:	Sign- a clue, or hint, (or evidence), of something to come.
Discussion Questions:	<ul style="list-style-type: none"> In this story, Alfie is so excited for Spring to arrive! What were some signs of Spring that Mama Bear told Alfie to look for? Have you noticed any signs of Spring where you live? What are they?



Parker Looks Up- Parker & Jessica Curry (A true story)

Online Link:	https://www.youtube.com/watch?v=tmnag1uSTps
Vocabulary Focus:	Inspire- is when you see someone (or something) that makes you feel a sense of awe and think, “Wow! I want to be like that, or do something, or create something like that!”
Discussion Questions:	<ul style="list-style-type: none"> Who or what inspires you? (Maybe a family member, friend, or leader? Or something you want to be when you grow up?) Why? (<i>explain</i>)



The Proudest Blue- By: Ibtihaj Muhammad (Olympic Medalist)

Online Link:	Mrs. Mac reads this to you on YouTube! 😊 https://www.youtube.com/watch?v=pUmv3Hyz1OE
Vocabulary Focus:	Strong- able to stand up to pressure in what you believe in, having inner courage
Discussion Questions:	<ul style="list-style-type: none"> Why was the boy pointing and laughing at Asiya? Was that boy being kind? (yes/no?) Why do you think that? What did Asiya, her friends, and Faizah do when the boy laughed to show they were “strong”?

Virtual Field Trips

Amazon Rain Forest	https://www.youtube.com/watch?v=JEsV5rgbVNO&feature=youtu.be
Boston Children’s Museum	https://www.bostonchildrensmuseum.org/museum-virtual-tour
Dinosaur Activities- 50 Dinosaur Crafts and Activities	https://kidsactivitiesblog.com/67920/50-dinosaur-crafts-activities/
Georgia Aquarium	https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/

PLTW Story for Day 23:

Angelina, Mylo, and Suzi are on a nature hike with their class and teacher, Ms. Morales.



The three friends are observing the animals that live near trees outside their school.



"I see birds high in the trees,"
said Mylo.



"I see squirrels in the tree trunk,"
said Angelina.





"I wonder what lives under this rock," asked Suzi.
"I see worms and insects!"

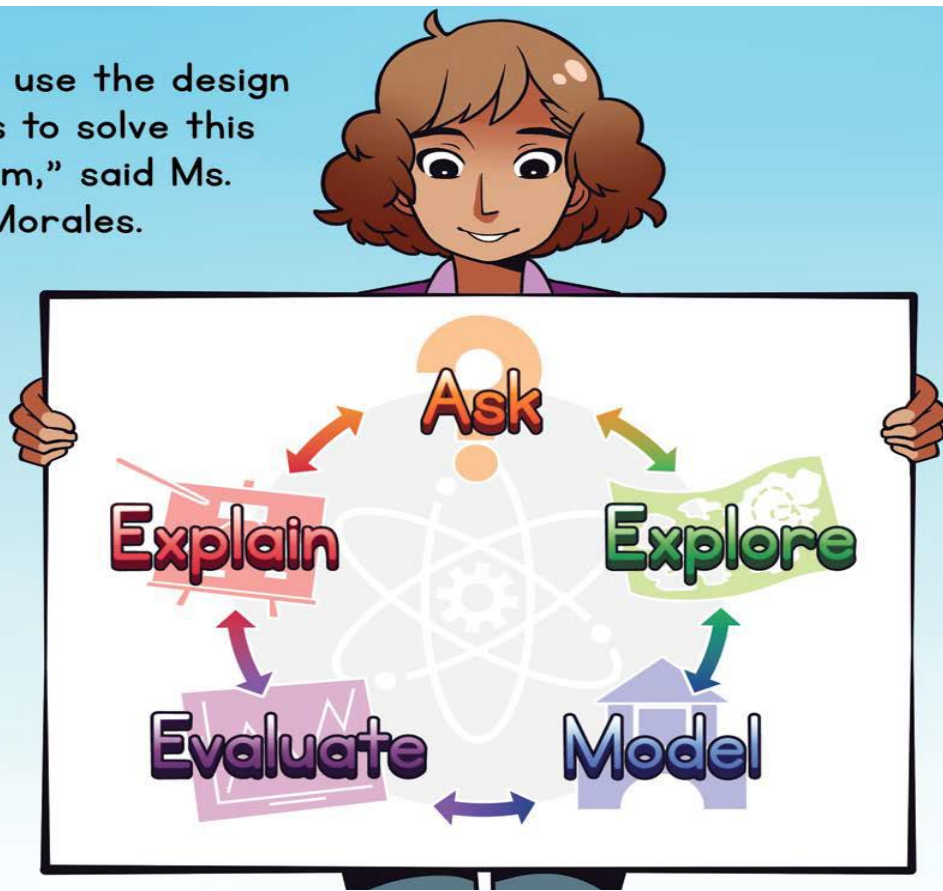


What are some animals that live outside your school?





“We can use the design process to solve this problem,” said Ms. Morales.



Can you help the three friends build new homes for these animals?

Think about the problem as you work through the module, Life Science: Living and Nonliving Things.