



PK STEAM ACADEMY

DISTANCE LEARNING DAYS 40-49

Greetings PK STEAM Academy Families,

It's hard to believe that this packet marks 40 days of distance learning. Please pause and take a moment to acknowledge all the work you have done to support your PK student over the past 40 days! Again, we THANK YOU repeatedly for your commitment to providing your child with routine, predictability, and experiences that keep them curious! We hope using the MSTEAMS platform is becoming more intuitive and familiar to you. Your child's teacher will continue to help guide you as needed, just say the word! Stay well and let us know if there is anything we can do to help!

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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>

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. In the event the school closure extends past May 20, simply add a red “no” symbol to the remaining days.

May

									
1	2	3	4	5	6	7	8	9	10
									
11	12	13	14	15	16	17	18	19	20
									
21	22	23	24	25	26	27	28	29	30
				Memorial Day					
									
31									


Day 40

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.
Mindfulness/Belly Breathing-	Cosmic Kids Yoga: https://www.youtubekids.com/watch?v=v9W8iV4AJYQ Rainbow Breaths- https://www.youtubekids.com/watch?v=O29e4rRMrV4
Hypothesis Time	Read together the classroom expectations, daily schedule, and calendar. When counting the numbers on the calendar have your child clap and count with you and when you get to the day, have your child cross the day off with an X.
Exploration Time	Art: Make a flower by tearing up pieces of paper and gluing the pieces together in the shape of a flower. You could also make a rainbow, a bug, a butterfly, etc. Writing: Use your finger as a magic wand and write your name in the sky (you can also go around the house and find letters or shapes that children can trace with their finger)! Fine Motor: Clothespins on a box: Children can squeeze clothespins and clip them to the side of the box. (you can also paperclips) Math: tape out shapes on the floor (square, triangle, square) and have your child sort objects by color, size, and shape. Example: put the little bunny in the triangle, put the ball in the square Sensory: pouring station: create water play using cups pots and pans (you can do it inside or outside) Discovery: Use recyclable objects you have collected and sort by type. Ex: paper, metal, plastic, etc. Brainstorm what you can do with these items in order to use them again. Ex: Use what you have collected to make ramps for balls, cars or buildings. Literacy: Cut and label different parts of your house! This helps children learn new vocabulary and attach print to objects. You can also make a map of your house.
Music & Movement/ Read Aloud	Music & Movement- Move like the dinosaurs https://www.youtubekids.com/watch?v=hVDVhwuq2qI Read Aloud: Curious about Fossils (On your classroom Microsoft Teams page) <ul style="list-style-type: none"> • What is a fossil? • Have you found a fossil before? • If you found a fossil, what would you do with it? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Go outside with a blanket or towel, 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.
Lunch	Pretend you are at a restaurant. Ask your child to role play (waiter, waitress, customer, chef, etc.) Depending on the roles each person took on your child can take the order, help make lunch, clean up, etc.
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.youtubekids.com/watch?v=JwxsVwOld7I
Snack	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 dinosaur that is sleeping? A dino-snore!
Outdoor Adventure	Make a treasure map and then create an obstacle course to find the treasure!
Family Time	Create a new recipe together and make it!

Day 41

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.
Mindfulness/Belly Breathing-	Super Yoga Cosmic Kids: Sun Salutation https://www.youtubekids.com/watch?v=qIGRZS-YMWo Cosmic Kids Zen Den: https://www.youtubekids.com/watch?v=wf5K3pP2IUQ
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 a picture of yourself with stripes, stars or polka dots Writing: Tape a piece of paper on the wall. Use a crayon or marker to write your name. Fine Motor: Spooning: use two bowls, one with the beans, rice, marbles, pom-poms, etc. and a spoon. Move the objects from one bowl to the other. Math: use your <i>Calendar</i> . Count the number of days that have passed already this month. How many days until the end of May? Talk about special days or what you have planned. Clap or stomp as you count a number to find out “how many”. Sensory Painting with different objects: Use homemade brushes, cars, stamps, a few old toys or things from your recycling bin. Crack open paints and be creative! Discovery: Float your Boat: Design a boat out of tinfoil or use different size containers. How many pennies can your boat hold before it starts to sink? Literacy: We are going to search for letters. See how many letters you can find! <ul style="list-style-type: none">• Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	Music & Movement- Go Noodle Bubble Pop https://www.youtubekids.com/watch?v=JdBIXPWM8AI&list=UU2YBT7HYqCbbvzu3kKZ3wnw Read Aloud: Saturday Night at the Dinosaur Stomp by Carol Diggory Shields (On your classroom Microsoft Teams page) <ul style="list-style-type: none">• What dinosaur did you like the best?• What kind of tracks did they make?• What kind of dances did they dinosaurs do?• Do you think the dinosaurs had fun at the dinosaur stomp? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Practice balancing on one foot. Use a timer to record how long you can stand on one foot. Challenge yourself to balance for longer.
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.youtubekids.com/watch?v=pd4j9osCNT4
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. (Piano Disney cover songs) https://www.youtubekids.com/watch?v=JwxsVwOld7I
Snack	While eating, talk about what you are having and what colors are on the plate.
Outdoor Adventure	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 Time	Make a garage band with household items!

Day 42

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.
Mindfulness/Belly Breathing-	<ul style="list-style-type: none"> • Super Yoga Cosmic Kids: The Very Hungry Caterpillar • Candle Breath- Breathing Technique from the book Breathe like a Bear https://www.youtubekids.com/watch?v=xhWDiQRrC1Y 
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: Find objects (leaves, sticks, pinecones, grass) that you can bring inside to create a rubbing. Place the object underneath the paper and use a crayon to color over the object on top of the paper.</p> <p>Writing: Practice writing your name: Use chalk, marker, paint, in the dirt</p> <p>Fine Motor: Use scissors to practice cutting out shapes.</p> <p>Math: Go around the house and measure different items with a tape measure or a ruler. You can also use your hand as a measuring device to see how many hands each item is. Record your measurements.</p> <p>Sensory: Bury objects in the dirt or in a sandbox. Pretend to be a paleontologist; dig and discover!</p> <p>Discovery: Go outside and listen to the environment around you. What do you hear? Are they loud noises or quiet noises?</p> <p>Literacy: Take a picture walk through a book before you begin reading. Make predictions as to what you think is going to happen</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement- Animal Dance and Freeze https://www.youtubekids.com/watch?v=HpOe8lmgp_o <p>Read Aloud: You Can Be a Paleontologist! On your classroom Microsoft Teams page!</p> <ul style="list-style-type: none"> • What do you think a paleontologist is? • Have you found any fossils? If so, what were they? • Would you want to be a paleontologist? <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	Talk about being a paleontologist. If you were a paleontologist, what kinds of things would you want to discover 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. https://www.youtubekids.com/watch?v=JwxsVwOld7I
Snack	Talk about what you have learned about today. What was favorite thing to learn about and what was your least favorite thing to learn about?
Outdoor Adventure	Ride a bike, take a nature walk, draw with chalk, play hide and seek, play hopscotch.
Family Time	Create a Spring Journal Together. When you go outside or look out your window talk about the signs of spring and write and/or draw what you noticed. Write down any questions that you may have about what you noticed and find the answer together.

Day 43

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.
Mindfulness/Belly Breathing-	Super Yoga Cosmic Kids https://www.youtubekids.com/watch?v=ybPwuaGoa9E Go Noodle- On/ Off flow https://www.youtubekids.com/watch?v=1ZP-TMr984s
Hypothesis Time	Read together the classroom expectations, daily schedule, and calendar. When counting the numbers on the calendar have your child clap and count with you and when you get to the day, have your child cross the day off with an X.
Exploration Time	Art: Paint with Q-Tips. Try writing a letter and having your child dot along the line with the Q-tip. Writing: Practice writing your name. If your child can spell his/her first name, practice last name. Fine Motor: Cutting, tearing, forming balls using fingertips with tin foil, etc. https://www.theottoolbox.com/fine-motor-strength-foil-activity Math: Think of 5 things that are bigger than you and 5 things that are smaller than you. Sensory: Play with playdough. Talk about how it feels, how it smells, what color it is, etc. Make shapes and cutouts with the playdough. Talk about those with your child. Here's a recipe for making dough! https://www.pbs.org/parents/crafts-and-experiments/no-bake-playdough-recipe Discovery: Find and collect objects from nature (sticks, leaves, rocks, etc.). Be creative and make land art! Literacy: List as many things as you can that start with the letter S sound (i.e. star, sing, silly) •Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud	<ul style="list-style-type: none"> • Music & Movement: https://youtu.be/1b6axyuaKcY <p>Read Aloud: HOW DO DINOSAURS EAT THEIR FOOD? By Jane Yolen and Mark Teague. On your classroom Microsoft Teams page! https://www.youtubekids.com/watch?v=7SU2QSI7ObA</p> <ul style="list-style-type: none"> • How many Dinosaurs were in the book? • How did the dinosaur eat their food? • What was your favorite dinosaur? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Set up an obstacle course in your backyard using materials from your house (i.e. towel to jump over, cups to walk around etc.) Create a Wiggle Jar: Write down ideas and put them in the jar. Pull them out and WIGGLE! Ex. jog in place, touch the sky then touch your toes 5 times in a row spin, etc.
Lunch	Talk about what you are having and what letter the food begins with. Did you include a fruit or vegetable?
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.youtubekids.com/watch?v=JwxsVwOld7I
Snack	Have a conversation about healthy vs unhealthy foods.
Outdoor Adventure	Go for a walk and have your child choose a different way to go home, i.e. jumping, skipping, running, and walking.
Family Time	Hop! Skip! Jump! with Paper Plates Hop along the paper plates, one to the next. Jumping if they needed to. If students mastered that in no time, then it is time for a challenge: hop every other one of by color. (if you don't have plates use chalk to create a pattern)



Day 44

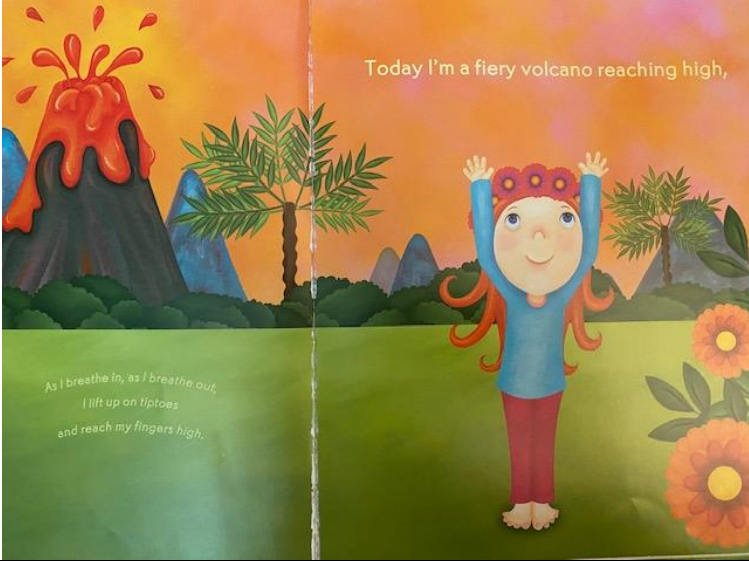
Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.
Mindfulness/Belly Breathing-	Sesame Street Belly Breathing : https://www.youtubekids.com/watch?v=Xq3DwzX6MUw Sesame Street Yoga : https://www.youtubekids.com/watch?v=r4sd3ks_eLo
Hypothesis 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: use recycled items (boxes, plastic bottles) to create a dinosaur! How big can you make it? What will you use for claws?</p> <p>Writing: practice tracing letters lower case and upper case.</p> <p>Fine Motor: Make slime and put different objects in it (beads, coins, etc.)</p> <p>Math: Make a pattern using blocks (blue, green, blue, green, etc.)</p> <p>Sensory: Shaving cream fun: put shaving cream on a cooking sheet have your child write letters and numbers in the shaving cream. For extra fun add food coloring!</p> <p>Discovery: Have your child use their favorite building materials (paper towel tubes, empty tissue boxes, boxes, blocks) to build a bridge- integrate with choice of figurines to cross the bridge.</p> <p>Literacy: Clap for each letter as you say the alphabet</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/Read Aloud	<p>Music & Movement- Move to the Sounds: https://www.youtubekids.com/watch?v=7JvkWXY2eY</p> <p>Read Aloud: How Do Dinosaurs Get Well Soon? By Jan Yolen and Mark Teague. On your classroom Microsoft Teams page! https://www.youtubekids.com/watch?v=asu8hhHYFRw</p> <ul style="list-style-type: none"> • Do dinosaurs go to the doctors? • Do Dinosaurs take medicine to get better? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Traffic Lights Game- play red light green light 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.youtubekids.com/watch?v=JwxsVwOld7I
Snack	While eating, talk about what you are having and what colors are on the plate.
Outdoor Adventure	Practice pedaling or ride on toy.
Family Time	Read “Hi Cloud” https://www.youtubekids.com/watch?v=oJOoDSyqyXA

- Go outside and talk about the clouds you see!

Day 45



Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.
Mindfulness/ Belly Breathing-	<ul style="list-style-type: none"> • Yoga for Kids: https://www.youtubekids.com/watch?v=2ynxTDloqBo • Zen Den: https://www.youtubekids.com/watch?v=K7FUbtac_ds <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>Writing: Tape a piece of paper on the wall and have your child write or trace letters.</p> <p>Fine Motor: String beads/cereal on a piece of yarn.</p> <p>Math: Make numbers and shapes with playdoh or pieces of string or fabric.</p> <p>ART: Use egg cartons to create something amazing (flowers, bus, boat)!</p> <p>Sensory: Set out puzzles, if available, and help your child complete them.</p> <p>Discovery: Use pots and pans, wooden, metal, and plastic utensils to make music. Talk about the different sounds they make. (I wonder....? Will the wood and plastic sound the same?)</p> <p>Literacy: Practice finding opposites for words, i.e. hot/cold, happy/sad, big/little, wet/dry.</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement / Read Aloud	<p>Music & Movement- Go Noodle – https://www.youtubekids.com/watch?v=BQ9q4U2P3ig</p> <p>Read Aloud: A Dinosaur Called Tiny by Alan Durant. On your classroom Microsoft Teams page! https://www.youtubekids.com/watch?v=qYyv_F8vuEU</p> <ul style="list-style-type: none"> • Where did Tiny come from? • Why did his parents name him Tiny? • Who did Tiny play with? <p><i>* Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	Move like an animal! Monkey, elephant, kangaroo, etc.
Lunch	While eating, you can talk about what you learned from the story.
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.youtubekids.com/watch?v=JwxsVwOld7I
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?
Outdoor Adventure	Copy Me! Do a series of exercises or silly movements and have your child copy; Jump like a kangaroo, scratch like a monkey etc.
Family Time	Create an indoor balance beam with tape. Turn this fun activity into a balance activity. Add music.


Day 46

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.
Mindfulness/Belly Breathing-	<p>Yoga for Kids: https://www.youtubekids.com/watch?v=z2UQ5-cVHjs</p> <p>During some belly breathing read this excerpt from: “Good Morning Yoga” <i>“As I breathe in, as I breathe out, I lift up on tiptoes and reach my fingers high. Today I’m a fiery volcano reaching high”</i></p>  <p>The illustration is split vertically. On the left, a volcano erupts with red lava against a sunset sky. On the right, a child with red hair and a blue shirt is in a yoga pose, standing on tiptoes with arms raised. Text overlays include: 'Today I'm a fiery volcano reaching high,' at the top right; 'As I breathe in, as I breathe out, I lift up on tiptoes and reach my fingers high,' at the bottom left; and 'Today I'm a fiery volcano reaching high,' at the top right.</p>
Hypothesis Time	Read together the classroom expectations, daily schedule, and calendar. When counting the numbers on the calendar have your child clap and count with you and when you get to the day, have your child cross the day off with an X.
Exploration Time	<p>PLTW Activity Day:</p> <p>Before this activity gather a variety of materials such as tape, brown paper bags, string, glue, pom poms, foil, cotton balls, pipe cleaners, tooth picks, feathers, clay, yarn, craft sticks (popsicle sticks), cardboard boxes, toilet paper tubes, egg cartons, etc.</p> <p>You do not need all these materials; this is just a suggestion of what you <i>might</i> use.</p> <ol style="list-style-type: none">1. Reread the introduction story “Design A Home” found in your classroom teams.2. Tell your child that you will be creating a home for an animal<ol style="list-style-type: none">a. In magazines, books, newspapers, or online help your child find an animal that they would like to create a home for.3. Have them draw the animal and write the name of the animal (either by encouraging prewriting, tracing the letters or by telling them what the letters are).4. Explain that the structure they build needs to be strong, so it doesn’t fall apart and safe, so it doesn’t hurt the animal and/or offers protection.<ol style="list-style-type: none">a. Or other criteria you decide based on chosen animals, such as: water resistant/proof, soft, warm, or cool.5. Let you child explore the materials that you have gathered for this activity and have them sketch ideas for their home design.

	<ul style="list-style-type: none"> a. Talk to them about what makes their design sturdy, safe or the other attributes you have chosen such as waterproof. b. Notice different features of their design such as having a “door” or a “roof” c. Ask them why they chose certain materials for different parts of their structure. <p>6. Encourage your child to draw several different structure “blueprints” and discuss with them which one they feel is the best.</p> <p>7. Explain that tomorrow they will be building the structure they chose</p>
Music & Movement/ Read Aloud Recommendation: First Music & Movement, and then Read Aloud	Music & Movement- Animals in Action https://www.youtubekids.com/watch?v=DYPTJj6hd44 Read Aloud- Dinosaur Woods on your classroom Microsoft Teams page. <ul style="list-style-type: none"> • Vocabulary word: Endangered –there are not a lot of that kind of plant or animal. • Emotions: excited, troubled, scared, happy • Were the animals trying to protect their habitat? <ul style="list-style-type: none"> ○ What did they do? • Did a dinosaur really live in the woods? • What happened when the people saw the animals? • Notice some familiar words in this story: extinct, scientist.
Outdoor Adventure	Silly Walking – How many body parts do you use when you walk? Can you touch the ground and move using one, two, three or even four body parts? Practice skipping with alternating feet, twirling, frog jumping or rolling.
Lunch	Some possible lunch discussion ideas: What other materials do you think would make a good home? Tell me why you think this. How would you adapt your home to meet the needs of a different animal? In what ways can you help protect animals’ habitats?
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.youtubekids.com/watch?v=JwxSVwOld7I
Snack	While eating snack think of words that rhyme with the foods that you are eating. Encourage your child to make up rhyming words as well – this helps them to identify the rhyming sound.
Outdoor Adventure	Memory Game: Tell your child to listen to clues about different things you are thinking of “I’m thinking of something that starts with the letter “D”, it grows in the yard, it is green and yellow (dandelion). You can also include rhyming hints (I’m thinking of something that rhymes with bee... “tree”)!
Family Time	Exploring Lines – Use tape, string, or another object to create a long line on the floor. Make parts of the line straight, curved, or diagonal. <ul style="list-style-type: none"> • Write on three pieces of paper or use letter cards – have the letter B represent the curved lines, L represent straight lines and A represent diagonal lines. Talk about how the lines make the letters. Walk along the lines that you have created together. <ul style="list-style-type: none"> • Try keeping your body straight as you walk on the straight line, curve your body for the curved line and try walking while leaning when you are on the diagonal line. • You can also add wiggly sections, walk on the sections backwards and forward, and try crawling along the lines!

Day 47

<p>Breakfast</p>	<p>Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.</p>
<p>Mindfulness/Belly Breathing-</p>	<p>Super Yoga Cosmic Kids https://www.youtubekids.com/watch?v=Uyi-8i1f4bg During belly breathing, read this excerpt from “Good Morning Yoga” <i>“As I breathe in, as I breathe out, I press down through my feet and stretch my spine, so it is long. I roll my shoulders back and press my palms together. Today I am a mountain, quiet and still”</i></p> 
<p>Hypothesis Time</p>	<p>Read together the classroom expectations, daily schedule, and calendar. When counting the numbers on the calendar have your child clap and count with you and when you get to the day, have your child cross the day off with an X.</p>
<p>Exploration Time</p>	<p>PLTW Building Day</p> <ol style="list-style-type: none"> 1. Put out the materials that your child has selected for building 2. Review the flash card <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="565 1283 906 1625" style="border: 1px solid gray; padding: 5px; text-align: center;">  <p>habitat</p> </div> <div data-bbox="946 1262 1325 1646" style="border: 1px solid gray; padding: 10px; text-align: center;"> <p>A habitat is the natural home of a plant or animal.</p> </div> </div> <ol style="list-style-type: none"> 3. Using their design have them build their new animal habitat! <ol style="list-style-type: none"> a. Remind them that their design should be sturdy, safe, and whatever other features you chose such as waterproof, windproof, etc. 4. Once your child is done building, find ways to test the different features of their structure. For example, if they were building something that should be windproof try blowing on it with a fan or hairdryer.

	<p>5. Take a picture or video of the structure your child has created and send it to your teacher. There will be an assignment space in Teams for you to submit.</p>
Music & Movement/ Read Aloud	<p>Music & Movement- Jump, Run and Shout https://www.youtubekids.com/watch?v=hft6uJQIF4g</p> <p>Read Aloud- How Big Were the Dinosaurs? On your classroom Microsoft Teams page!</p> <ul style="list-style-type: none"> • Vocabulary – Gigantic: big, huge! It’s like another word we learned, enormous. • Which dinosaur was your favorite in the story? Was it a plant eater or a meat eater? • Do you wonder how small the dinosaurs were? <p><i>*Recommendation: First Music & Movement, and then Read Aloud</i></p>
Outdoor Adventure	<p>Go on a pretend water adventure – Have your child pretend they are in the water; can they hear the ocean? Can they feel the waves moving their body?</p> <ul style="list-style-type: none"> • Have them sway their body and pretend to swim in the ocean. • Tell your child to change their movement for gentle waves, strong waves, or swimming back to shore. • Brings scarves, ribbons, or streamers outside for them to use for the movements.
Lunch	Lunch Doodle with Mo episode 2 https://www.youtubekids.com/watch?v=30DCOgTGn_o
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.youtubekids.com/watch?v=JwxsVwOld7I
Snack	Habitat Chat - Talk about what other kinds of habitats you would make if you could make more and what you would include. If you put your animal habitat outside, take time after snack to check on it. Has an animal moved in?
Outdoor Adventure	<p>Can you put your animal habitat somewhere outside? If you built a bird house, can you hang it from a tree? Find a good spot if it’s an outdoor habitat!</p> <p>For example, Mrs. Parker has a “bug hotel”, like this one, in her yard for different kinds of bees and butterflies!</p> 
Family Time	<p>Family Movement Activity Sing to the tune of “Jingle Bells” while acting out the movements This is Up, this is Down It is up and down. This is up, this is down It’s up and then it’s down. Hey! Repeat with left/right, whisper/shout, asleep/awake, big/small</p>

Day 48


<p>Breakfast</p>	<p>Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.</p>
<p>Mindfulness/Belly Breathing- Recommendation: start with the super yoga and then belly breathing.</p>	<p>Super Cosmic Kids Yoga- Enzo the Bee https://www.youtubekids.com/watch?v=uyj5LooYWyg</p> <ul style="list-style-type: none"> • Be a Bumblebee breathing technique from the book Breathe like a Bear
<p>Hypothesis Time</p>	<p>Read together the classroom expectations, daily schedule, and calendar. When counting the numbers on the calendar have your child clap and count with you and when you get to the day, have your child cross the day off with an X.</p>
<p>Exploration Time</p>	<p>Writing: Make up YOUR story about what the dinosaurs did while they were alive! Encourage your child to use their own writing. Share your story with your teacher!</p> <p>Fine Motor: Practice your cutting skills. Use the scissors to cut out different shapes or different type of lines (squiggly, curvy, straight, etc.)</p> <p>Math: Movement Game. Use five different types of movement to get somewhere in your house. (i.e. crab walk to the door and back, walk backwards, hop like a frog, fly like a bird, etc.) Count each time you do a new a movement!</p> <p>Art: Using objects you have around the house or recyclable items, make a habitat for a living thing (an animal, person, etc.). Use a variety of items to construct the habitat.</p> <p>Discovery: Make an eye spy bottle. Use an empty water bottle or any container that has a lid. Fill the container with rice, beads, or beans, and small objects (dice, paper clips, rocks, cheerio, penny, etc.) that you can find around your house. Write down the items you put in your container, so you can check them off as you find them as you shake the bottle!</p> <p>Sensory: Make colored ice cubes using food coloring. Once the ice cubes are frozen, use different things (warm water, cold water, salt) to see how you can get the ice cubes to melt the fastest.</p> <p>Literacy: Find as many objects as you can that start with the letter L, l.</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
<p>Music & Movement/ Read</p>	<p>Music & Movement- Act Out The Alphabet https://www.youtubekids.com/watch?v=dLReNTmMkKA</p>

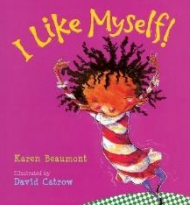


Aloud	Read Aloud- Plant the Tiny Seed on your classroom Microsoft Teams page! <ul style="list-style-type: none"> https://www.youtubekids.com/watch?v=JYMgUvqs-D4
Outdoor Adventure	Using nature (sticks, rocks, leaves, etc.) build a fort for a small object.
Lunch	Talk about the fort that you built outside. Brainstorm ideas of what you or a small object is going to do in the fort.
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.youtubekids.com/watch?v=JwxsVwOld7I
Snack	Talk about what your favorite and least favorite part of the day has been and why.
Outdoor Adventure	Go for a nature walk, take a bike ride, play a game of hide and seek.
Family Time	Alphabet scavenger hunt- Go around your house or outside and see if you can find objects that start with a different letter in the alphabet. Try to find 26 items, for every letter in the alphabet!

Day 49

Breakfast	Have your child help set the table for the number of people eating. Count out the bowls, spoons, etc.
Mindfulness/Belly Breathing-	Super Cosmic Kids Yoga- Peace Out https://www.youtubekids.com/watch?v=K1SVHDcQH7o *In this video Jamie reads a calming story to help us with anxiety.
Hypothesis Time	Read together the classroom expectations, daily schedule and calendar. When counting the numbers on the calendar have your child clap and count with you and when you get to the day, have your child cross the day off with an X.
Exploration Time	<p>Writing: A Rainbow-Ask your child to complete these sentences and write or draw their answers.</p> <ul style="list-style-type: none"> A Rainbow is as red as a _____. A Rainbow is as orange as a _____. <p>Continue to go through all the colors of the rainbow.</p> <p>Fine Motor: Collect a variety of leaves outside and then have your child cut or tear the leaves into smaller pieces. See if your child can create other objects from the pieces of the leaves. For example, a leaf person, a house, a number or letter, a smiley face, etc.</p> <p>Math: Create shapes and numbers with sticks, grass, or rocks.</p> <p>Art: Draw a picture of a rainbow using a variety of materials. You can make a rainbow using crayons, markers, or find objects that are red, orange, yellow, etc. and create the shape of a rainbow with the objects. Take a picture and show us!</p> <p>Sensory: It's Raining! Fill a bin up of water and place cotton balls (clouds) and 2-3 cups. Poke holes at the bottom of one cup so it looks like rain when your child fills it up. Have your child squeeze the water out of the "cloud" into the cup. Did it fill the cup?</p> <p>Discovery: Flower Exploration-Find any type of flower and ask your child the following questions:</p> <ul style="list-style-type: none"> How does the flower feel? Look? Smell? Compare the qualities of different plant parts (stem is stiff, petals are soft etc.)

	<ul style="list-style-type: none"> • Have you ever seen this before? • How many petals does the flower have? <p><i>*Look Inside a Flower</i> https://www.youtubekids.com/watch?v=R9sn7HZM7uY Literacy: Miss Maples Seeds Read by Michelle Obama https://www.youtubekids.com/watch?v=ShaO355bpDQ After listening to the story write or draw something that you can do now, that you could not do when you first came to school this year.</p> <ul style="list-style-type: none"> • Starfall- https://www.starfall.com/
Music & Movement/ Read Aloud Recommendation: First Music & Movement, and then Read Aloud	Music & Movement- Dance to the stages of a butterfly https://www.youtubekids.com/watch?v=1EQeYA5Qbic Read Aloud- Ten Magic Butterflies on your classroom Microsoft Teams page! <ul style="list-style-type: none"> • https://www.youtubekids.com/watch?v=kBi_RoXKV00
Outdoor Adventure	Play follow the leader-Some movements may include blow in the breeze like a tree, flap your arms like a chicken, walk on tiptoe, gallop, stomp, twist, fly like an airplane, fall like a leaf, wiggle, etc.
Lunch	Ask your child questions such as: What do you think you are good at? If you could go to another planet, what would you bring with you? If you could make your whole house out of one food, what would it be? 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://www.youtubekids.com/watch?v=JwxsVwOld7I
Snack	Riddle Time: Read these riddles together. <ul style="list-style-type: none"> • What do you call cheese that's not yours? Nacho Cheese! • What's a pirate's favorite letter? Arrrrrr. • What's a cow's favorite thing to do on a Friday night? Go to the moooooooooooooovies! • What do you get if you put three ducks in a box? A box of quackers!!!! • What is a kitten's favorite color? Purrrrr-ple
Outdoor Adventure	Take a time out and unplug-sit on the steps, lay on the grass, etc. Close your eyes and listen to all the sounds you hear around you. Talk to your child about what they hear, smell, etc.
Family Time	Have your child pick a theme for the day. For example, Disney Day. Dress up as Disney characters, dance to Disney music, watch Disney movies, etc.
Read Alouds: Brought to you by Mrs. Mac!	
One by: Kathryn Otoshi	
	
Online Link:	Read to you by Mrs. Mac on Safe YouTube! 😊 https://safeYouTube.net/w/xkdE
Learning Focus:	Vocabulary Focus: Notice how words can have different meanings in this story: <ul style="list-style-type: none"> • Hot- can mean: “super cool and popular”, <u>or</u> an angry, mad feeling.

	<ul style="list-style-type: none"> • Count- can mean: counting with numbers <u>or</u> it means to “matter” and be considered an important and valued part of a group.
Discussion Questions:	Discussion Questions: <ol style="list-style-type: none"> 1. Can you think of a time when someone was bullying or picking on you? How did that make you feel? 2. Did anyone stand up to the bully and say “NO!”? Would it have helped if someone had? 3. What would you say to Red if he picked on you, or you saw Red picking on a friend?
I Like Myself! By: Karen Beaumont -Illustrated by David Catrow	
<i>A story about self-love and embracing your individuality.</i>	
	
Online Link:	Read to you by Mrs. Mac on Safe YouTube! 😊 https://safeYouTube.net/w/ICTE
Vocabulary Focus:	Vocabulary Focus: <ul style="list-style-type: none"> • Unique- being “one of a kind” • Self-love- loving who <u>you</u> are inside and out
Discussion Questions:	Discussion Questions <ul style="list-style-type: none"> • How did this book make you feel? How did the girl feel in this book? • What are some unique (“one of a kind”) or special qualities about you? (<i>It can be anything! I have crooked fingers, but they help me play my favorite simple song on the piano.</i>) • In the book, when the little girl is called “names” or teased about her “unique” qualities, <u>she doesn’t care</u> or let the words bother her. Instead, she taught us two powerful words to say to someone being hurtful: “<u>So what?</u>” • Maybe we can all practice that the next time someone says something hurtful. Just say, “So?” and walk away.
Virtual Field Trips	
Amazon Rain Forest	https://www.youtube.com/watch?v=JEsV5rqbVnQ&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/