

LEARNING AT HOME YOUNG PRESCHOOLER WEEK 2

March 30th-April 3rd



Dear Families,

We are excited to launch plans for Week 2. There are some great options for physical activities in an indoor environment. Additionally, some simple ideas with materials available at home to support the creative undertakings. We hope you enjoy this week's plan with your little ones!

Language Development

Creating Stories

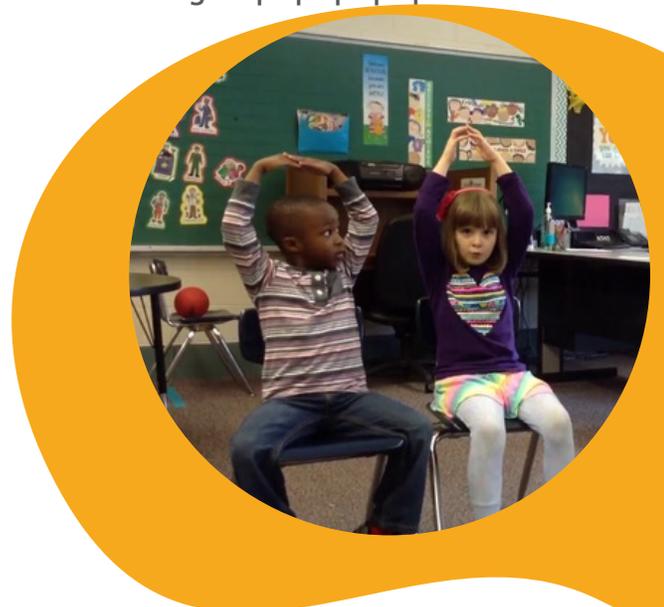
Provide your child with paper and writing materials. Work with your child to create their own story. Have them create pictures to go with their story.



Social-Emotional Development

Calming Strategy

Breathing strategies help bring oxygen to the brain and calm a child down. Practice the balloon breathing technique with your child when they are upset. Place your hands on the top of your head with your fingers interlaced. As you take a deep breath, raise your hands inflating your balloon. When you release your breathe, bring your hands down while making a "pbpbpbpb" sound.



Physical Literacy

Volleyball

Work on the basics of volleyball with your child. Blow up a balloon or beach ball. Practice hitting the balloon back and forth with your child. Count how many times you can hit the ball without letting it hit the ground.

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Cognitive Development

Cooking activity

Cooking skills help a child learn measuring, counting, and healthy foods. Have your preschooler work with you in the kitchen to prepare meals or bake.

Creative Activity

Story Props

Using recycled materials and paints, let your child create props for them to act out stories that you are reading together. Let them build castles, houses or other interactive pieces. Once they are finished, read the story with your child and bring the story to life by acting it out.



Additional Activities

Get Outside: Get outside to get some fresh air. Do a scavenger hunt with your child searching for nature items outside.

Writing: Make sensory bags using shaving cream or hair gel and a bag. Tape the bag down to a surface and let your child practice writing letters, their name, numbers or shapes.

Science: Start a garden at your home. Plant fruits and vegetables with your child. Start your garden indoors using cups or an egg carton.