

LEARNING AT HOME YOUNG PRESCHOOLER WEEK 5

April 20th-24th



Dear Families,

We are excited to launch plans for Week 5. 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

Pond Animals

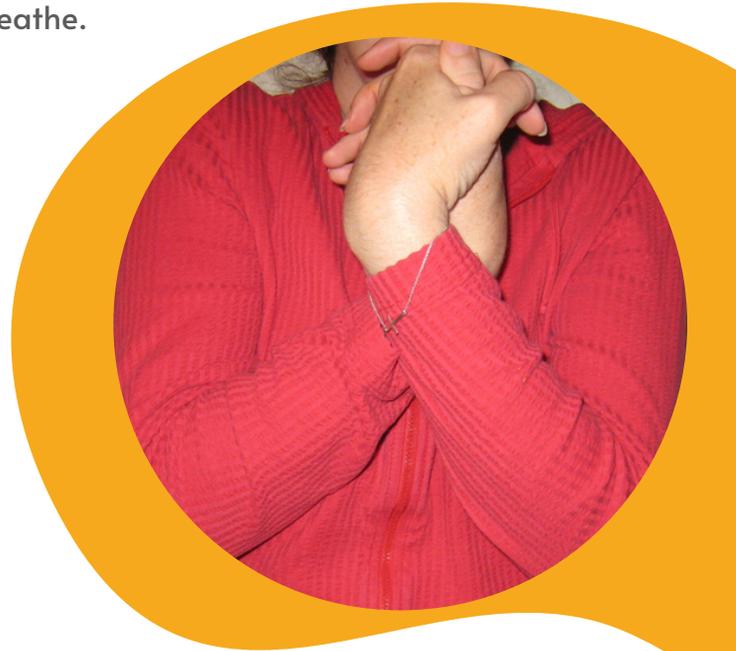
Make a list with your child on animals that live in the pond. Take about the letters that the animals start with and the sounds taht the letters make.



Social-Emotional Development

Calming Strategy

Breathing strategies help bring oxygen to the brain and calm a child down. Practice the pretzel breathing technique with your child when they are upset. Stand up and cross your legs. Put your hands out in front thumbs down and cross. Lace your fingers together and pull your arms in to your chest. Take a deep breathe.



Physical Literacy

Animal Races

Encourage your preschooler outside to act like pond animals. They can move like the animals hopping, swimming or flying through the backyard (or living room). Have them change speeds to move as fast or slow as that animal.

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Cognitive Development

Building Challenge

Build with recycled materials. Use recycled boxes, cans, milk cartons and more to create different things. Challenge your child to build different things (bridge, tower, building, maze)

Creative Activity

Nature Art

Go on a nature walk with your child to collect items that you can use to make a pond animal in art. Give your child paper and glue that they can use with their nature materials and encourage them to make a pond animal.



Additional Activities

Sensory: Use sand and plastic eggs. Hide the plastic "turtle" eggs in the sand for your child to find. Encourage them to count how many eggs they can find.

Writing: Provide the children with paper and writing materials to practice their writing skills. Help your child write out their favorite pond animal and draw a picture to go with it.

Yoga: Do simple yoga poses with your preschooler throughout the day to help calm their bodies. This is also a great transition to do before a nap.