

LEARNING AT HOME OLDER PRESCHOOLER WEEK 18

July 20th-July 24th



Dear Families,

We are excited to launch plans for Week 18. 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

Moon Dust Writing

Make moon dust using salt, glitter, and food coloring (to make gray). Add your moon dust to a cookie sheet and let your child practice writing letters and words.



Social-Emotional Development

Hydroponic Garden

You will need a soda bottle, potting soil, yarn, screwdriver and hammer. With your child, cut the bottle in half. Put the screwdriver on the cap and use the hammer to make a hole in the top. Cut the yarn and make a knot on the end and pull it through the hole in the cap. Add water to the bottom of the bottle. Put the cap on the top of the bottle and put the bottle upside down into the bottom of the bottle. Add soil, plant seeds and water it the first time. The garden should water itself using the water from the bottom after that.



Physical Literacy

Astronaut Training

Make an obstacle course that your child can pretend to be an astronaut. You can have them crawl through a tunnel, tiptoe through "asteroids" (pitballs or balled up aluminum foil), jump on the "moon" (pillows) and spin on a chair, lift "moon rocks" a few times (balls), toe touches, jumping jacks, balancing on one leg.

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Cognitive Development

Moon Crater Math

Make playdough using 2 cups flour, $\frac{1}{4}$ cup salt, 1 cup warm water, $1\frac{1}{2}$ tbsp oil and red & green food coloring (make gray). Mix together all the ingredients until the playdough forms. Let your child flatten the playdough with their hands. Have them roll a dice and count the number of craters they need to add. Using a golf ball, let them add the craters.



Creative Activity

Gravity Painting

Using a piece of cardboard as a ramp, have your child dip a ball in paint and roll it down the ramp onto the paper below. You can also do gravity painting by using pom poms or cotton balls. Let your child dip them in paint and drop them from about their head onto the paper below.

* This activity is best done outside.



Additional Activities

Space Melt: Cut off the top of a milk carton. Add space items such as stars, little people, spaceships or any items your child may want to freeze. Add water to the milk carton and place in freezer. To spread the items out throughout the ice, you will want to add in stages. Fill a little of the carton with water and items, freeze and repeat. Once the ice is frozen, take the ice out of the carton and give your child salt shakers with salt, condiment bottles with warm water and even a pretend hammer to try to melt the ice and get the items out.

Moon Observations: Go outside with your child at night to observe the moon. Keep track of the day, time, whether you can see the moon and what it looks like. Let your child draw the moon each day. At the end of the week, look at your observations and talk about what you saw.