

LEARNING AT HOME YOUNG PRESCHOOLER WEEK 8

January 18th- January 22nd



Dear Families,

We are excited to launch plans for Week 8. 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

Polar Animal Names

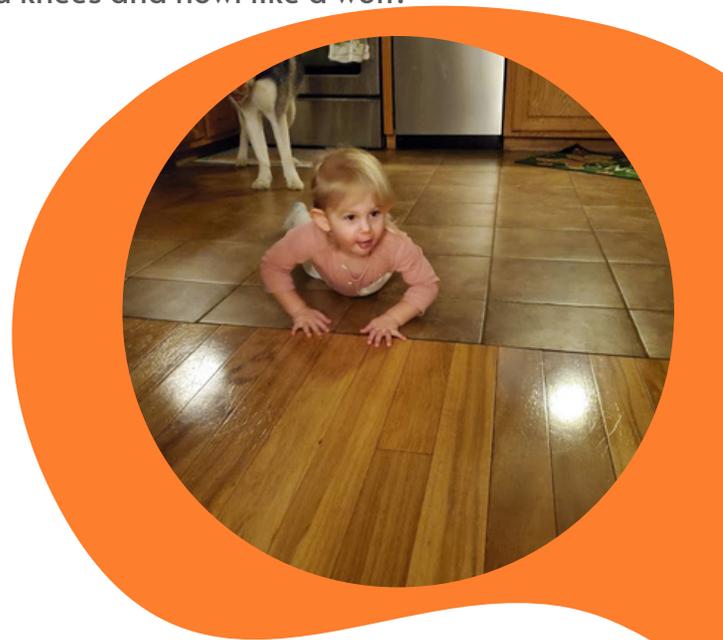
Hold up pictures of polar animals. Encourage your child to name the polar animal. If they are unable to name it, help them by giving the name of the polar animal.



Social-Emotional Development

Polar Animal Yoga Poses

Have your child practice doing yoga as a way to calm their body while doing polar animal yoga poses. Polar Animal Poses: Moose- Warrior pose: one foot back, one foot bend in front arms in the air. Walrus- Lay on their belly and push their arms up. Polar Bear- Bear walk. Wolf- On your hands and knees and howl like a wolf.



Physical Literacy

Penguin Bowling

Make penguin bowling pins with your child (see additional activities). Set up the pins and let your child practice rolling a ball to knock over the pins.

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Cognitive Development

Counting Fish

Provide your child with paper fish or toy fish that they can use to count. You can write numbers on the fish to practice number recognition as well as counting practice.

Creative Activity

Ice Cube Painting Northern Lights

Make colored ice cubes using food coloring, water, and ice cube trays. Let your child use the colored ice cubes on paper to paint the Northern Lights.



Additional Activities

Ice Sculptures: Provide your child with ice cubes and salt. Let your child experiment with trying to stack the ice cubes without using salt and then with salt. Which one works better?

Sorting Arctic Animals: Provide your child with arctic animal pictures (multiples of each). Have your child sort the animals into groups.

Penguin Bowling Pins: Make penguin bowling pins with your child by adding black paper or paint to an empty water bottle. Add a felt or paper beak, googly eyes and a white paper tummy.