

LEARNING AT HOME OLDER 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

Favorite Polar Animal

Talk to your child about what their favorite polar animal is. Encourage them to spell and write their favorite polar animals name and draw a picture to go with it.



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

Polar Animal Obstacle Course

Set up an obstacle course for your child where they can act like different animals. They can waddle like a penguin, bear walk like a polar bear, balance a ball like a seal, and hop like an arctic hare.

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Cognitive Development

Polar Animal Patterns

Print out small pictures of polar animals or use toy manipulatives (multiple of each animal). Have your child use the polar animal pictures to make simple patterns.



Creative Activity

Northern Lights Painting

Provide your child with watercolors or colored water, a paintbrush and white paper. Let your child use different colors to paint what they think the Northern Lights might look like.



Additional Activities

Cotton Ball Painting: Provide your child with paint, cotton balls, and paper. Let your child use the cotton balls as a paint brush and paint on their paper.

Animal Dens: Provide your child with playdough, toothpicks, straws, and animals. Have your child build a den for the animals using the playdough, toothpicks, and straws.

Polar Animal Guessing Game: Give your child hints about a polar animal. Encourage them to try to name the polar animal based on the hints you give them. For example, for a penguin you could say: I am white and black, I waddle, I am a bird but I do not fly.