

	Monday	Tuesday	Wednesday	Thursday	Friday
Literacy	<p><b><u>Jabari Jumps</u></b> Prior to reading, discuss the cover of the book and whether your child has ever been to a pool. Ask how your child would feel his first time standing on a diving board.</p>	<p><b><u>Jabari Tries</u></b> Encourage your child to draw a picture of something that happened in the story. Ask her what she remembers about beginning, middle, and end of the story.</p>	<p><b><u>Spaghetti in a Hotdog Bun</u></b> Tell your child to draw a picture of himself (you could give him a mirror or let him draw in a special location where a mirror is) then help him list the things he likes about himself.</p>	<p><b><u>Lucia the Luchadora</u></b> Challenge your child to draw a picture of herself as a superhero. Ask, “What would your superpower be? What makes you special?”</p>	<p><b><u>The Thing that Lou Couldn't Do</u></b> Have your child draw a picture about something he can be brave about. Then write his words on the page as he looks on.</p>
Phonological Awareness	<p>Emphasize the same beginning sound in the words “Jabari” and “Jumps.” Help your child think of a movement that begins with the same sound as his name. Continue with names of friends and family members. Examples: Maria marches, Devin dances, Chris crawls, Haley hops, etc.</p>	<p>Instruct your child to jump as she counts the number of syllables in these words: flying, machine, ramp, inventor, gather, sketch, engineer, concentrating, partner, sketch, measure, frustrating, launch, patience, perseverance.</p>	<p>Use Legos to illustrate segmenting compound words. Tell your child, “Say the word hotdog. Now take away dog. What word is left?” Have him physically take the LEGO pieces apart while removing part of the word. Repeat with these compound words: cowboy, baseball, firefly, backflip, airplane, swimsuit, etc.</p>	<p>“I spy” can be used to work on almost any phonological skill. Want to work on rhymes? “I’m wearing something warm that rhymes with boat.” Or practice noticing what sounds a word begins with by using this example, “I spy something red that starts with /m/.”</p>	<p>Say, “‘Lou’ and ‘do’ are rhyming words because they sound alike at the end; they both end with ‘oo.’ Can you think of a word that rhymes with _____?” diver, ship, tree, plank, bun, hero, power, etc.</p>
Music & Movement	<p><b><u>Jump! Stop!</u></b> <b><u>Buzy Bee Song</u></b> <b><u>Jump!</u></b></p>	<p><b><u>Stand Up, Sit Down Song</u></b> <b><u>Let’s Get to It!</u></b> <b><u>Perseverance</u></b></p>	<p><b><u>Meatballs and Spaghetti</u></b> <b><u>Meatball Run</u></b> <b><u>Banana Banana Meatball</u></b></p>	<p><b><u>Let’s be Super Heroes</u></b> <b><u>Super Heroes Unite</u></b> <b><u>Let’s Go Heroes!</u></b></p>	<p><b><u>Being Brave</u></b> <b><u>Nick Jr. Yoga</u></b> <b><u>Be Brave Song</u></b></p>
Math & Science	<p>See if your child can make a pattern with items from around the house. He could use spoons and forks, two colors of Fruit Loops, Legos, or other objects.</p>	<p>Help your child build a ramp using materials in your home, like cereal boxes and cans. See how fast or slow she can make an object roll based on the ramp’s surface and angle of incline.</p>	<p>Have your child set the table by placing one plate, cup, fork, and napkin at each place. This is great practice for one-to-one correspondence.</p>	<p>Practice counting to 100 together as you exercise along with <b><u>Spider Man</u></b>.</p>	<p>Make a popsicle with your child’s favorite flavor Kool-Aid or Juice and talk to him about solids and liquids. <b><u>Sid the Science Kid: Why Do Ice Pops Melt?</u></b></p>
Motor Skills	<p>Give your child a paint brush and bucket of water to “paint” the driveway with. Encourage him to practice painting a variety of shapes, numbers and letters.</p>	<p>Show your child how to fold paper to make a <b><u>paper airplane</u></b>. Experiment with different designs and see how far they fly.</p>	<p>Boil spaghetti noodles just enough to soften them and let your child practice cutting the noodles with scissors.</p>	<p>Put ice cubes, pom poms, or other small items in a bowl of water and have your child take them out of the water, one by one, with tongs or a spoon.</p>	<p>Review the <b><u>Power of Yet</u></b> and help your child decide on a goal that he will strive for. Encourage him to write down the goal and illustrate.</p>
Social & Emotional	<p>Display these <b><u>Feeling Faces Cards</u></b> on your device and discuss the names and faces of different emotions. Ask, “What does it look or feel like to be afraid &amp; nervous, or excited &amp; brave?” There is power in naming emotions.</p>	<p>Check out these recommendations from PBS on <b><u>Becoming Brave: Help Your Child Move Past Fear</u></b>. Whether it’s riding a bike or learning to read, encouragement goes a long way.</p>	<p>Talk about kindness and how Lucy felt when Ralph was mean to her in the story, <b><u>Spaghetti in a Hotdog Bun</u></b>. Lead your child in a discussion of ways he can handle conflict and how he can be kind to others.</p>	<p><b><u>The Power of Yet</u></b> Help your child understand that it’s important to remember that she might not be able to do everything on the first try, but if she continues practicing, eventually she will succeed.</p>	<p><b><u>PBS Kids Talk About Bravery and Courage</u></b> Discuss things that make your child nervous or scared and strategies he can use to stay calm and be brave.</p>