



	Monday, July 21 <sup>st</sup>	Tuesday, July 22 <sup>nd</sup>	Wednesday, July 23 <sup>rd</sup>	Thursday, July 24 <sup>th</sup>	Friday, July 25 <sup>th</sup>
Literacy	<p><a href="#"><u>Annabelle Swift, Kindergartener</u></a> Talk about colors and counting. What colors can your child find? How many objects of certain colors can he count?</p>	<p><a href="#"><u>Miss Bindergarten Gets Ready for Kindergarten</u></a> Ask your child about the rhyming word pairs in the book, challenging him to think of other words that rhyme with each pair.</p>	<p><a href="#"><u>Countdown to Kindergarten</u></a> Talk with your child about the silly rules from the book. Ask your child if he feels like there will be the same rules in kindergarten? What are some school rules?</p>	<p><a href="#"><u>First Day</u></a> Talk with your child about feeling nervous when they begin kindergarten. What does feeling nervous mean? What are some things that might make him nervous? Help him get prepared by talking.</p>	<p><a href="#"><u>First Day Jitters</u></a> Discuss with your child how Sarah felt better about her new school each day, and that it's alright to feel a little anxious. Each day will be less anxious as the new school is not so "new" anymore.</p>
Math & Science	<p>When washing clothes, sort clothes with your child into piles of "more" or "less." Ask her to help put a specific number of clothing items into the hamper or basket. Have your child match socks.</p>	<p><a href="#"><u>Pepper and Soap Germ Experiment</u></a> Add black pepper to a bowl of water. (Pepper is the germs.) Stick your finger in the pepper water and watch the germs. They collect on your finger. Now, dip your finger in soap. Where does the pepper go?</p>	<p>Have your child find things that are different shapes. As you talk about different shapes, have her describe why a shape she spots is a triangle (three sides) or a rectangle (two long and two short sides).</p>	<p><a href="#"><u>PBS Kids: Talking to your kids about Coronavirus Playlist</u></a> Use these short videos to start conversations about best practices at school this year to stay healthy and safe.</p>	<p>Arrange favorite stuffed animals in a circle and give two or three crackers to each toy. Then ask your child to predict the total number of crackers needed if another guest(s) is added or one guest must leave.</p>
Music & Movement	<p><a href="#"><u>Greet from 6 Feet Learnin' My Letters Moose on the Loose</u></a></p>	<p><a href="#"><u>Pancake Manor Handwashing Betsy the Banana Best Day of My Life</u></a></p>	<p><a href="#"><u>Clap it Out The Rules of the Classroom If You're a Kid</u></a></p>	<p><a href="#"><u>Greet from 6 Feet Rap Shake it Like a Duke Zumba Dance Party</u></a></p>	<p><a href="#"><u>Victor Vito Fresh Start Fitness Baby Shark-Moose Tube</u></a></p>
Motor Skills	<p>Practice for lunch. Make sure your child can open all lunch items independently. Consider zip top baggies, and other easy open containers.</p>	<p>Help your child learn to write her name. This is an empowering experience and allows your child to begin to identify as a writer.</p>	<p>Use hula hoops or chalk to designate targets on the ground. Have her aim bean bags or balls to "ring" inside the target.</p>	<p>Write down names of family members and friends. Talk about upper- and lower-case letters.</p>	<p>Paper plate skates: Use paper plates to glide along on a carpet. Try to imitate speed skaters, hockey players, or figure skaters.</p>
Social & Emotional	<p>Self-Regulation: Dancing gives children an opportunity to practice self-control and helps them gain awareness of their own bodies and others'. Dance quickly to fast songs, slowly to slow songs and then try doing the opposite.</p>	<p>Practice following directions with your child at home in fun ways, starting with two-step then progressing to three-step directions. Some fun ideas are playing games, doing crafts and cooking.</p>	<p>Talk to your child about meeting new people when he begins Pre-K or Kindergarten. Practice how to greet people by saying "My name is _____; it's nice to meet you."</p>	<p>Use a drum to create a beat (an upside-down laundry hamper or a pot with a wooden spoon works as well). Take turns drumming different beats while marching, tiptoeing, stomping or hopping. Move when the drummer plays and freeze when the drumming stops.</p>	<p>Make a game out of practicing self-help skills. These skills include unzipping a coat, hanging a coat on a hook, putting on a backpack, fastening your shoes. For example, you might want to have a "race" with your child to see how quickly she can put on her shoes.</p>

Post pictures of you and your child learning together using #gaprekathome