

	Monday	Tuesday	Wednesday	Thursday	Friday
Literacy	<p><u>I Like Me</u> Listen to this read aloud with your child. Talk about things he likes about himself.</p>	<p><u>I Love the Skin I'm In!</u> Listen to this read aloud with your child. Have your child draw a picture of herself and tell why she loves the skin she is in. Write her statement under the picture.</p>	<p><u>Peter's Chair</u> Listen to this read aloud with your child. Talk about who the story is about (character) and where the story takes place (setting). Ask, "How does Peter feel about having a new sister?"</p>	<p><u>It's Okay to Be Different</u> Listen to this read aloud with your child. Have your child identify with a character in the book. Help her think of similarities and differences between herself and the character.</p>	<p><u>Stand Tall Molly Lou Melon</u> Listen to this read aloud with your child. Ask, "How does Molly Lou's grandmother make her feel special? Who makes you feel special?"</p>
Phonological Awareness	<p><u>Whole Body Listener</u> Jack Hartmann tells us how to be a "whole body listener" by giving complete attention to the speaker and what is being said. Sing and dance along!</p>	<p><u>Clapping Patterns</u> Clap a pattern and have your child imitate what she hears. Clap your hands with different intensity, speed, and rhythm.</p>	<p><u>BEEEEEE.....BOP!</u> Make a variety of nonsense sounds for your child to copy. Vary the tone, inflection and volume of the sounds. Duh, duh, DOP!</p>	<p><u>The Listening Game</u> Listen to Cosmic Kids Zen Den where Jaime introduces your child to "Mindfulness" and the importance of listening. Have fun and play along!</p>	<p><u>FIND THE SOUND</u> Ask your child to cover his eyes. Hide a ticking clock, timer, or other object that makes noise. Have your child uncover his eyes and try to find the object by listening for the sound. Repeat!</p>
Music & Movement	<p><u>Welcome Song</u> <u>I Like the Me I See</u> <u>Twinkle Twinkle Little Star</u></p>	<p><u>Action Song</u> <u>What I Am</u> <u>Head Shoulders Knees & Toes</u></p>	<p><u>This is Me!</u> <u>Safe and Calm</u> <u>My Energy</u></p>	<p><u>Good Morning Song</u> <u>I've Got So Much to Give</u> <u>Banana, Banana, Meatball</u></p>	<p><u>When I Woke Up Today</u> <u>Happy and You Know It</u> <u>Hola, Bonjour, HELLO!</u></p>
Math & Science	<p><u>Small to Tall</u> Find 5 stuffed animals/toys. Ask your child to line up the animals in order from short to tall. Do this with other similar objects in your house.</p>	<p><u>Taste and Try</u> Have a taste test. Find a new food. How does it look, smell, feel, taste?</p>	<p><u>Play number Swat!</u> Make number cards (1-10) and lay them out. Call out a number and have your child swat the card with his hand.</p>	<p><u>Math Munchies</u> Find 2 favorite snacks. Make patterns with them. For example: pretzel, cereal, pretzel, cereal, pretzel, cereal.</p>	<p><u>See what you can SEE</u> Go on a nature hunt. Have your child draw and write about 5 things he sees or hears.</p>
Motor Skills	<p><u>Edible Me</u> Allow your child to make a snackable face using food items. Use a pancake or piece of bread to serve as the face, and add fruit or veggie eyes, ears, nose and mouth.</p>	<p><u>Feed the Baby Bird</u> Have your child pretend to be a mommy bird. Let her cut string/yarn to represent worms and then use tweezers to carefully feed each worm to her baby bird.</p>	<p><u>Lawn Landscaping</u> Go outside & cut grass with scissors. Ask, "Can you cut in a straight line? Zigzag? Around in a circle? A swirl?" Remember to practice correct grasp and use of the scissors.</p>	<p><u>"Simon Says"</u> Give your child commands to follow, such as: wave your hands, hop on one foot, arms high/touch the sky. Remind her to listen and only do what "Simon Says."</p>	<p><u>Name Rainbow</u> Help your child write his name in the middle of a piece of paper. Then have him trace it with different colors saying each letter as he goes. Find a prominent spot to display!</p>
Social Emotional	<p>Have your child act out what it's like to feel: happy, afraid, frustrated, sad, excited, angry, surprised, confused, etc. Play charades and see if he can guess your emotions. Reverse roles.</p>	<p>Encourage your child to do something helpful for a family member or friend. Ask him how it feels when he does something nice for someone else?</p>	<p><u>Feelings Memory Game</u> Draw (or print from link) 2 sets of matching cards with feeling faces – happy, worried, calm, angry. Turn cards face down to play a matching memory game, discuss feelings as you play.</p>	<p><u>Role Model</u> Talk aloud about your own social behaviors. Say things like, "I said 'thank you' to Ms. Tanya because she passed me the milk" or "I think I'll hold the door open for Jamal because his hands are full."</p>	<p>Tell your child to look at himself in the mirror as he is washing his hands and list the things he likes about himself!</p>