



	Monday	Tuesday	Wednesday	Thursday	Friday
Literacy	<p>Time to Sleep Review story sequence by asking your child whom each animal told about winter coming. For example, Bear told Snail and Snail told Skunk. Share this definition of <u>hibernation</u>.</p>	<p>The Snowy Nap Pause the video to allow your child to observe the hints on the cover that provide clues that the season is winter. Draw attention to the border of the pages and have her describe what she notices. Ask her to name some animals that hibernate during the winter.</p>	<p>Don't Wake Up the Bear! Discuss the setting of the story (woods, cave). Have your child draw a big winter forest scene and add the various winter animals as he retells the story.</p>	<p>Skunks! Go to Bed! Explain that skunks don't fully hibernate; they enter a state called "torpor" in which their bodies slow down, but they may wake up and go out of their dens when the weather is not too cold.</p>	<p>Bear Snores On Explain the terms "fiction" and "non-fiction." Ask your child, "Would this story be fiction (make believe) or non-fiction (factual)?" "What makes you think that?" What story elements helped you figure it out?"</p>
Phonological Awareness	<p>Hibernation Station Encourage your child to listen for rhyming words throughout this story. How many pairs of rhyming words did you find?</p>	<p>Challenge your child to name words that begin with the /b/ sound as heard in bear. Take turns until neither of you can think of any other words with the initial b consonant sound.</p>	<p>I Can't Wait to Hibernate Ask your child to listen to this song and name all the words he hears that rhyme with hibernate. See if he can generate a list of additional words that rhyme (great, gate, date, hate, late, etc.)</p>	<p>Syllables! Clap along to determine the number of syllables in each word. Ask your child to name some animals and clap to see how many syllables she hears in each.</p>	<p>Sleep, Big Bear, Sleep! Ask your child to identify the rhyming words in this story as he discovers what happens when Big Bear doesn't listen very carefully.</p>
Music & Movement	<p>Where is Bear Let's Get Dressed Hibernation Song</p>	<p>The Hibernation Song If Animals Danced Move and Freeze</p>	<p>Winter Mittens Song Animal Dance and Freeze Hibernate</p>	<p>The Dance Freeze Song Hibernation Sing-Along Snowflakes Song</p>	<p>We're Going on a Bear Hunt Freeze Dance Along Hibernate, Migrate</p>
Math & Science	<p>Getting Ready for Hibernation! After watching the video, discuss what the animals do to prepare to sleep for such a long time.</p>	<p>Provide your child with a calendar that shows the dates when the seasons change. Help her flip through the calendar and count the months, weeks, and days between seasons.</p>	<p>Hibernation After watching, discuss the many different places animals hibernate: snakes in mud pits, turtles under mud, frogs in logs, bees in the ground, animals in holes in the ground or in tree trunks, in caves, etc.</p>	<p>Place an ice cube in a plastic bag and give it to your child to hold. Explain that the bag is like skin and how skin alone does not keep animals warm. Take a second plastic bag and put a spoonful of shortening in it. Now place the bag of shortening in her hand and put the bag with ice on top. She will not feel the cold. Discuss how the extra eating that animals do prior to hibernation helps build up a layer of fat that will keep them warm.</p>	<p>Why do bears hibernate? After watching the video, discuss why bears hibernate while some other animals do not.</p>
Motor Skills	<p>Create a large cave by draping a blanket over a table. Invite your child to pretend to be a bear getting ready to sleep. Have him crawl around the room, scratch his back on a doorframe, and then slowly move to his cave, crawl in, and curl up to sleep.</p>	<p>Help your child make a hedgehog by rolling salt dough (2 cups of flour, 1 cup of salt and add up to a cup of water until the consistency feels right) into a ball and sticking it to the pointy end of a pinecone. Then shape the hedgehog's head.</p>	<p>Teach your child this finger play: Here is a cave, (Make a fist with fingers) Inside is a bear. (Put thumb inside fist) Now he comes out To get some fresh air. (Pop out thumb) When snow starts to fall, He hurries inside His warm little cave, And there he will hide. (Put thumb back inside fist)</p>	<p>Make snow by combining 3 cups of baking soda and ½ cup of hair conditioner. Mix well with a spoon or spatula and then allow your child to knead with her hands. Challenge her to form snowballs, draw shapes, numbers and letters, or add vehicles and animals to play in the snow.</p>	<p>Help your child make sensory bags to retell the story, We're Going On a Bear Hunt. Have him put each of these materials in separate sandwich bags (tape to seal): grass, water, mud, snow (powdered sugar), and twigs.</p>
Social Emotional	<p>Creating and maintaining a daily schedule provides structure for your child and allows him to rely on a sense of predictability and safety. Being involved in this process helps him practice responsible decision making and self-management. Start by saying, "Wow, look at everything you have accomplished today. What was the best part of your day? What are you looking forward to for tomorrow?"</p>	<p>Thinking about positive social connections gives us reason to reflect and feel joy. To practice building your child's relationship skills and social awareness, encourage her to think about all of the important people in her life and then draw pictures to give them to show appreciation.</p>	<p>Explain that positive affirmations are kind and supportive words we say to ourselves to lift us up. Help your child practice saying: "I can do this!" "Today is going to be a great day." "I am perfect just the way I am." "I have courage and confidence." "I can make a difference." "Every day is a fresh start." "I can get through anything!"</p>	<p>Discuss what it means to be organized, and how to recognize when something is neat and orderly. Gather a set of items from various places throughout your home (brush, tv remote, toy, towel, book, etc). Set a timer for three-five minutes and see if your child can return the items to their appropriate locations.</p>	<p>When we experience strong emotions, our body responds. Breathing exercises and stretching routines can help your child increase self-awareness and self-management of his emotional responses. Say, "I notice you seem (upset, distracted, tired, experiencing strong emotions...). Would you like to do a breathing exercise with me?"</p>

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