

	Monday	Tuesday	Wednesday	Thursday	Friday
Literacy	<u>Pete the Cat- Super Pete</u> Talk about the book. Ask, "How does Pete save the day? How can you help someone else?"	<u>Lucia the Luchadora</u> Discuss the book and events of the story. Ask, "What do you dream of being one day?"	<u>Even Superheroes Have Bad Days</u> Talk about the book. Ask, "What are good choices you can make when you have a bad day?"	<u>The Three Little Pigs</u> Prompt your child to describe the sequence of events from the story. Ask, "What happened in the beginning of the story? What happened next? How did the story end?"	<u>The Three Little Super Pigs</u> Compare and contrast today's story with yesterday's story. Ask, "How are the stories similar? How are they different?"
Phonological Awareness	Play "Thor Says" Explain that this game is just like the "Simon Says" game, just using a Superhero character to give directions instead.	After listening to the alliteration in <u>She Sells Seashells</u> , ask your child to recall words that begin with the /s/ sound as in "sea" and the /sh/ sound as in "shell."	Practice alliteration with these tongue twisters: -Five fat frogs flying fast. -Six sick sheep. -A proper cup of coffee from a copper coffeepot.	Challenge your child to clap the syllables in the words from the list of superhero materials he wrote yesterday. (cos-tume, mask)	What is it? Have your child close her eyes, while you find something that makes a sound. Ask, "What makes this sound?" Repeat with other noisemakers.
Music & Movement	<u>Superheroes Unite</u> <u>If I Were Not a GoNoodler</u>	<u>Boom Chicka Boom</u> <u>Get Funky</u>	<u>Penguin Song</u> <u>Let's Get Fit</u>	<u>Tooty Ta</u> <u>Clap, Stomp, and Jump!</u>	<u>I'm a Gummy Bear</u> <u>Pump it Up</u>
Math & Science	<u>Playdough Geometry</u> Using playdough and toothpicks, challenge your child to build geometrical shapes as pictured.	Create a sensory table with a pot, bin, or big bowl. Put water in it and add soap if you like. Allow your child to use kitchen utensils, bath toys, etc. to fill, pour and measure the water. Consider doing this activity outside if weather is appropriate.	<u>Lego Patterns</u> Display the Lego Pattern cards (printed or digitally) and encourage your child to replicate or extend the variety of patterns.	<u>Superhero Number Match</u> Download and print cards for your child to match the numeral to the number of masks on the picture card. Or, display a numeral and ask him to draw that number of masks or display a mask card and have him write the corresponding numeral.	Have your child roll a pair of dice (or use these <u>digital dice</u>) and then collect and count a number of items to match the dice. For example: With a pair of dice, she rolls the number 10. She may collect and count 10 socks.
Motor Skills	Let your child use <u>playdough</u> to form the letter Hh for "hero." Ask, "How many Hh's can you make? Can you make the letters in your name?"	Ask, "What foods should a Superhero eat?" Divide a paper in half, on one side write "Healthy" and the other side write "Unhealthy." Allow your child to cut pictures of food from sales papers or magazines and glue on the chart to show whether it is a healthy or unhealthy food choice.	Help your child generate a list of materials that a superhero would need. Encourage her to sound out and determine as many of the letters needed to write the words as she can. Example: Cape, Mask, Costume, etc.	Using a pair of kitchen tongs, tweezers, or a spoon, encourage your child to pick up and move cotton balls (or other small items) from one bowl to another.	Let's Build Muscles: Challenge your child to do a variety of exercises: -10 Push Ups -10 Jumping Jacks -10 Frog Jumps -10 Air Punches -10 Toe Bends
Social & Emotional	<u>What Should Danny Do?</u> is a story that teaches about the power to choose. Will Danny make good choices or bad ones? The book changes depending on the choices made!	Talk to your child about how he can be a superhero by making good choices. List scenarios such as: "You see some kids push down another child on the playground. What should you do?" Talk to him about options and making super choices in his everyday life.	<u>I Can Be a Super Friend</u> Help your child recall the things super friends do: - use nice talking, - use gentle hands and feet, - look with their eyes, - listen with their ears, & - take turns with toys.	<u>Hero Focus with Captain Encouragement</u> Captain Encouragement takes young heroes through a few techniques that help reduce anxiety and stress. Ask your child which technique he will use when he needs to calm down.	Together, make a list of things that your child can do to make someone else happy. Then help her think of at least one way she can be a kindness superhero today.