

Remote Learning for 3s Class

Tuesday 9/15/20

ART/SENSORY



Oobleck: mix equal parts water and corn starch (for example $\frac{1}{4}$ cup water with $\frac{1}{4}$ cup of corn starch). Food coloring can be added to the water prior to mixing to tint the Oobleck. Now play – scoop and pour! Save in a lidded container to play with again this week.

FINE MOTOR



Playdough Creations Task Cards

Using playdough, practice making balls. If your child can make several balls, talk about how the balls are alike and different (ie. big/small). * Video link

FINGERPLAY/SONG



Teddy Bear, Teddy Bear Your child can use a teddy bear or other favorite stuffed animal.

Teddy Bear, Teddy Bear, Turn around!

Teddy Bear, Teddy Bear, Touch the ground!

Teddy Bear, Teddy Bear, Do a clap!

Teddy Bear, Teddy Bear, Touch your lap!

Teddy Bear, Teddy Bear, Arms out wide!

Teddy Bear, Teddy Bear, Touch your side!

Teddy Bear, Teddy Bear, Hop on one!

Teddy Bear, Teddy Bear Your turn is done! * Video Link

GROSS MOTOR



Create shapes with chalk (outside) or tape (inside) on the ground /floor. Just make the basic shapes like square, circle, and triangle. Children can:

- Hop from one shape to another.
- Toss a small object (bean bag, rock, ball, etc) into the shapes.
- Draw their own shapes.
- Find a way to move around the shapes. Dance in the shapes.
- Talk with children as they explore the shapes, what they look like, size, names of the shapes etc.
- Find other shapes around the house or outside.

LANGUAGE



Bake or cook with your child!

Point out numbers in recipes or count the number of ingredients. For example, "It says we need 2 eggs. Let's count 2 eggs from the carton" or "This is a 3, we need 3 cups of flour".

SOCIAL/EMOTIONAL



- Enrich you child's daily routines (meals, bath and nap time) by making eye contact and sharing smiles, conversation, and singing.
- Make puppets out of old socks or paper bags. Puppets are a great way to talk about emotions (happy, sad, angry, frustrated) or to have a conversation about feelings

LEARNING EXPERIENCES



Rhyme Time - Rhyming (words with the same ending sound, e.g., pig and wig) is an important element of learning

Hickory, Dickory Dock
The mouse ran up the clock
The clock struck one
The mouse ran down
Hickory, Dickory Dock

As you say the rhymes, place emphasis on the rhyming words:

“Hickory, dickory, **dock**.
The mouse ran up the **clock**.”

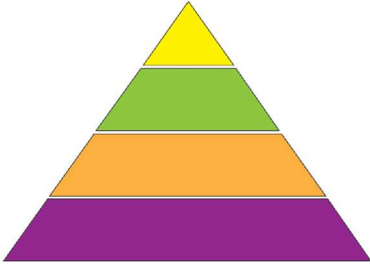
MINDFULNESS



Mindfulness helps us focus better and helps us to quiet our brains and feel calmer and more relaxed. Good for adults and children!!

Have your child lay down and place a stuffed animal on his or her tummy. Encourage your child to breathe normally and see how the stuffed animal moves up and down. Your child can rock the stuffed animal to sleep using the rise and fall of his or her stomach.

NUTRITION IDEAS



Child friendly snacks that are healthy:

1. Yogurt
2. Oatmeal
3. Crackers and Hummus
4. Cheese
5. Raisins
6. Pickles
7. Fruit
8. Cereal

Sweet Potato Fries

Cut up sweet potatoes into “fries”. Coat them with olive oil and seasoning. Place on a cookie sheet (on parchment paper if you can), and bake for 20 minutes at 400 degrees, flip, and bake for another 15 minutes. Yummy and healthy!

STORY



Brown Bear, Brown Bear, What Do You See?
By Eric Carle

- [Video link](#)

Remote Learning for 3s Class

Thursday 9/17/20

ART/SENSORY



Continue exploring the Oobleck from Tuesday.

Clean Up Hint: Let the Oobleck dry completely.

Once dry it will come off the container in big chunks. Toss the chunks in the garbage. **DO NOT PUT OOBLECK DOWN THE DRAIN!**

FINE MOTOR



Fine Motor Journals!

- Practice how to open and find a blank page to work on.
- Free draw whatever you'd like on the page today. Use markers, crayons, etc.

FINGERPLAY/SONG



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GROSS MOTOR



Moving & Grooving

- Fly like a bird
- Hop like a bunny
- Wiggle like a worm
- Leap like a frog
- Swim like a fish
- Stand like a flamingo
- Crawl like a bug
- Slither like a snake
- Stomp like an elephant
- Move slow like a sloth
- Gallop like a horse

HEALTHY HABITS



How to care for your child's teeth:

- Brush teeth twice a day. Use a pea sized amount of children's fluoride toothpaste.
- Give milk with meals and water between meals. Children do not need juice or other sugary drinks.

Baby teeth are important!

- Children cannot have a healthy body without a healthy mouth.
- Children with dental problems are sick more, and can have trouble paying attention.

Children with healthy teeth do better in school!

Find out more information about your child's dental health at www.brushdental.org

LEARNING EXPERIENCES



Children learn best through hands-on games. Collect objects from around the house like blocks or toys and use them to do hands-on counting. Point to each object while counting.

MINDFULNESS

Repeat Tuesday's exercise.



STORY



Ten Baby Bears, by Emily Ford

*Video link

STEM



Ramps

Using books, a cookie/baking sheet, or another flat surface create a ramp. Try rolling balls, the playdough balls you've been practicing and other objects down the ramp. What happens if you raise or lower the angle of the ramp? Do not-round objects go down the ramp?

- Video link

Resources:

Genesee Intermediate School District

Lovelycommotion.com

Pocketofpreschool.com