

Remote Learning for 4s 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



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



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



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

LITERACY



Clap it Out

Walk around the house and name objects. As you name them clap out the syllables.

EXAMPLES: Pillow..... Pil-low (2 claps)
Oven..... Ov-en (2 claps)
Spatula..... Spat-u-la (3 claps)
Bedroom....Bed-room(2 claps)
Spoon..... Spoon (1 clap)
Bicycle... Bi-cy-cle (3 claps)
Garage....Ga-rage (2 claps)
Cat....Cat (1 clap)

SOCIAL/EMOTIONAL



- Enrich your 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.

MATH ACTIVITIES



How Many Do You Have?

Choose 5-20 like objects (small rocks, buttons or pennies work well)

Hand your child a certain amount of the object. Help them count and have them tell you how many they have. Repeat this activity. It is also fun for them to give you objects and you can count them.

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.

STORY



Brown Bear, Brown Bear, What Do You See?

- Video link

Remote Learning for 4s Class

Wednesday 9/16/20

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



Silly Scissors Practice #1

Practice using scissors to make short snips above the faces. Then curve the face around and tape the edges so it is tubed shape and will stand upright on your table. * Video Link

FINGERPLAY/SONG



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

LITERACY



Animal Alphabet

You will need the blank letter A and the alligators.
Child traces their name, then cuts out the alligators along the grey lines and glues them into the letter A shape. * Video Link

MATH ACTIVITIES



Let children take turns rolling a dice and doing that many movements (jumping jacks, hops, twirls, arm circles, leg lifts, squats, claps, jumps, blinks, etc.)

MINDFULNESS

Continue practicing Tuesday's exercise.



STORY



Berenstains' A Book by Stan & Jan Berenstain

- Video link

Remote Learning for 4s Class

Thursday 9/17/20

ART/SENSORY



In your notebook, draw an imaginary animal. Tell your grown-up what it eats, what it looks like, what it does and your grown-up will write your words below your picture.

FINE MOTOR



Fine Motor Journals!

- Practice how to open and find a blank page to work on.
- Make dots, gently, all over the page. Try using different writing materials. Which writing tools are easier to make dots with?

FINGERPLAY/SONG



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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.

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

MINDFULNESS

Continue practicing Tuesday's exercise.



STORY



Bear Snores On, by Karma Wilson

*Video link

Coming in October: Directed Drawings, Virtual Field Trip to Apple Orchard, Name Practice

Resources:

Genesee Intermediate School District

Lovelycommotion.com

Pocketofpreschool.com