

Hi Families!

Now that your children have done an in-depth exploration of their senses and learned to explore the world around them, they are ready to learn more about themselves and the people around them! This week we are learning “all about us”. Your children are beginning to develop a concept and awareness of themselves as unique individuals. A strong sense of self supports children’s success in these early years and lays the groundwork for realizing their potential throughout their school and life experiences. All worksheets related to this unit are located on the e-learning section of our website! Have fun!

Miss Trish’s Weekly At Home Lesson Plan

Week of: April 6th Theme: All about us!

Letter of the week: Q

Essential question: Who am I and who are the people in my life?

Free Play / structured play	While your child is playing you can encourage them to talk about what makes them special! Play is an important vehicle for developing a variety of skills such as self-awareness. During play see if your child can answer some of the following questions about themselves: <ol style="list-style-type: none">1. What makes me important and unique?2. What feelings do I have and why?3. What makes my family important and unique?4. Encourage dramatic play using their imaginations! (Who are you going to be today? I wonder what would happen if ____? What will you do next? What do you think about ____? What does that remind you of?)
Morning stretching yoga	Try these videos for movement breaks! Laurie Berkner- My energy https://www.youtube.com/watch?v=gKcs_oefYyk Cosmic Kids- quick yoga break https://www.youtube.com/watch?v=SusCrvowaQM Barefoot Books-the more we get together https://www.youtube.com/watch?v=ynlmvWAdCug Shake your sillies out! https://www.youtube.com/watch?v=NwT5oX_mqS0

<p>Arts and crafts</p>	<p>How old are you craft: Your child will display their ages on these cute car crafts! ** template worksheet attached on website</p> <p>3-D Me: Provide playdough for your child to use to create themselves, family members or a friend. Consider repeating this activity with other materials (i.e. recycled materials, collage materials, yarn, etc)</p> <p>Shape Me: Cut out various size shapes from construction paper and invite your child to use the shapes to create their bodies. After gluing the shapes together, or to a piece of paper, they can use writing utensils to add additional details (hair, patterns on clothes, etc.)</p> <p>Silly Faces: Provide an assortment of facial features (cut from magazines or make your own from construction paper). Invite them to create silly faces with the cutouts.</p> <p>Paper Plate Emotions: Cut paper plates in half, give your child half of a plate and invite them to draw a mouth on the plate expressing an emotion (i.e. a smile for happy, frown for sad). Attach a Popsicle stick to the bottom of the plate for children to hold and provide a mirror for your child to use as they hold the emotion mask over their own mouths. Invite them to try to make their eyes match the expressions on the plates as well.</p> <p>Feelings Faces: Invite your child to draw expressive self-portraits. Have them look in the mirror, make an expression and draw what they see.</p>
<p>Circle time</p>	<p>Morning song, weather, calendar, letter of the week, counting, shapes, sing-a-long, story time</p> <p>Practice the EVERYBODY HAS A NAME **attached on the website</p>
<p>Read aloud *listen along to these all about me stories. If you have these books at home practice reading along!</p>	<p>Click the link below to watch the Story & read the book Crazy Hair Day by Barney Saltzberg & Let's Be Friends by Amanda Miller https://bookflix.digital.scholastic.com/pair/detail/bk0100pr/start?authCtx=U.794217314</p> <p>I'm quite unique https://www.youtube.com/watch?v=0PnV8RbL6Wo</p> <p>I like me ! https://www.youtube.com/watch?v=VbhUZPA6kwE</p> <p>I like myself https://www.youtube.com/watch?v=kTLxkMa0XDk</p> <p>It's okay to be different https://www.youtube.com/watch?v=HoEclhzAn78</p> <p>Little Elliot Big City</p>

	<p>https://www.youtube.com/watch?v=5nt09nDDbNO</p> <p>*questions to ask your child while reading <i>Tell me about this book</i>. <i>What do you like about it? What is your favorite part of this book? Why? What do you notice? What do you think is happening? What will happen next? Does that remind you of anything? Would you recommend this book to a friend? Why or why not?</i></p>
Sensory play	<p>Sand Writing: Cover the bottom of a sand table or container of sand in a fine layer of sand. Invite your child to use their fingers to draw and try to write their names in the sand. <i>IF YOU DON'T HAVE SAND YOU CAN SUBSTITUTE RICE, SPRINKLES, FLOUR , WHATEVER YOU HAVE AT HOME</i></p> <p>Emotions Slime: Create slime (<i>Slime Recipe Ingredients: ½ cup non-toxic glue ½ cup water Several drops food coloring ½ cup non-toxic liquid starch</i> <i>Directions: Mix water and glue really well until thoroughly combined. Add color. Pour ½ cup liquid starch into a separate bowl. Slowly mix the glue/water mixture into the starch with a spoon being careful to add all of the glue. Mix with hands for a short time until the slime is formed. Store in a clean and dry container. Possible emotion-color combinations: Joy: yellow Love: pink Anger: red **use a lot of food coloring so the slime does not look pink Sadness: light blue Grumpy: green Curious: orange Fear: Purple</i>) Allow your child to select two or three emotion(s) they would like to explore and have them choose a color for each. As children work with the slime discuss when they might experience these emotions and why. To take this activity further, discuss the possibility of experiencing multiple emotions at once and let children use multiple colors of slime at one time. What happens to the colors? How does that relate to our emotions?</p> <p>Letters: Add small plastic letters to the pourable materials in the table. Invite your child to look for the letters in their names. If magnetic letters are available, use magnetic letters and a magnetic wand; let children drag the wand through the pourable materials to find the letters in their names. Be sure children’s name cards or another representation of their names are available for them to reference as they work.</p>
Movement/outdoor	<p>Can You _____? Suggest physical challenges and invite your child to accept the challenge (i.e. Can you jump seven times on one foot? Can you hop to the fence, etc.?).</p> <p>Sports: Provide equipment for many different sports. Invite your child to explore the equipment to determine which they like best and use the necessary equipment to play their favorite sport.</p> <p>Stick Letters: Invite your child to collect sticks. Use the sticks to create letters and numbers. Review safety rules for picking up objects from the ground before you begin collecting. Children can make the first letter in their name, their whole name or their age with the sticks. Have examples of letters and numbers available</p>

	<p>Feet: Trace your child's feet with chalk. Invite them to use chalk to decorate the outlines. Invite children to attempt to write their names by their work as well.</p> <p>Shadow Tracing: Show children where to stand outside to create shadows. Trace their shadows; then invite them to trace the shadows of their siblings or you!</p>
Table top activities *all worksheets are attached on our website	<p><u><i>Print and complete the worksheets attached on our website!</i></u></p> <p>Make a personalized name sheet for your child to practice identifying letters of their name and/or writing their names :)</p> <p>http://printables.atozteacherstuff.com/name-printable-pages/</p>