

# Kindergarten Distance Learning

Week 1: March 30-April 3

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_ Building: \_\_\_\_\_

✓	Day 1
	<p><b>Literacy:</b></p> <ul style="list-style-type: none"><li>● Read or look at a book (you can read to yourself, to someone else, to a stuffed animal, etc.).</li><li>● Tell someone about a character in a story that you read or heard today.</li></ul>
	<p><b>EL (Language Development) Anyone can do these activities in any language:</b></p> <ul style="list-style-type: none"><li>● Look out your window and count how many cars and trucks you see.</li><li>● Tell someone in your family how many you see.</li><li>● You can start your sentence by saying:<ul style="list-style-type: none"><li>○ I see (saw) _____ cars go by my home.</li><li>○ I see (saw) _____ trucks go by my home.</li></ul></li></ul>
	<p><b>Math:</b></p> <ul style="list-style-type: none"><li>● Count by 1's to 100.</li><li>● Find 10 objects in your home to decompose (break apart into groups).<ul style="list-style-type: none"><li>○ Put them into two piles of 9 &amp; 1.</li><li>○ Put them into two piles of 6 &amp; 4.</li><li>○ Can you think of your own way?</li></ul></li></ul>
	<p><b>Science:</b></p> <ul style="list-style-type: none"><li>● Make a weather chart for the next 5 days. Save this chart.</li><li>● Record what the weather was each day.<ul style="list-style-type: none"><li>○ Ideas - Sunny, cloudy, rain, snow, dry, temperature</li></ul></li></ul>
	<p><b>Physical Education:</b></p> <ul style="list-style-type: none"><li>● Jump (Repeat each jump twice).<ul style="list-style-type: none"><li>○ Jump side-to-side over an object or line for 1 minute straight.</li><li>○ Go again but jump front to back.</li></ul></li></ul>
	<p><b>Music:</b></p> <ul style="list-style-type: none"><li>● Listen to a song and dance along.</li></ul>
	<p><b>Social-Emotional:</b></p> <ul style="list-style-type: none"><li>● Circle how you are feeling: 😊 ☹️ 😞 😄</li><li>● Take 3 slow deep breaths</li><li>● <b>Clear your space:</b> Clearing and organizing your learning space allows you to decide where to put your school stuff. Once your space is clear, you are ready to focus and begin your work.</li></ul>

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✓	Day 2
	<p><b>Literacy:</b></p> <ul style="list-style-type: none"><li>● Read or look at a book (you can read to yourself, to someone else, to a stuffed animal, etc.)</li><li>● Look around your house and find things that begin with the letters Bb &amp; Mm.</li></ul>
	<p><b>EL (Language Development) Anyone can do these activities in any language:</b></p> <ul style="list-style-type: none"><li>● Draw your family's transportation (car) and describe it.<ul style="list-style-type: none"><li>○ For example: My car is big and red. (big, small, old, new, red or blue, clean or dirty, how many people can ride in it)</li></ul></li></ul>
	<p><b>Math:</b></p> <ul style="list-style-type: none"><li>● Count by 5's to 100.</li><li>● Count the windows in your home and count the doors in your home. Which number is more/greater?</li></ul>
	<p><b>Science:</b></p> <ul style="list-style-type: none"><li>● Make the tallest structure you can with objects in your home. (Examples - blocks, legos, boxes, plastic cups, etc.)</li><li>● What do you notice you need to get the most height?</li><li>● Don't forget to complete the weather chart for today.</li></ul>
	<p><b>Physical Education:</b></p> <ul style="list-style-type: none"><li>● Do this:<ul style="list-style-type: none"><li>○ Hop on one leg 30 times, switch legs</li><li>○ Take 10 giant steps</li><li>○ Walk on your knees</li><li>○ Do a silly dance</li><li>○ Run in place for 10 seconds</li></ul></li></ul>
	<p><b>Music:</b></p> <ul style="list-style-type: none"><li>● Listen to a song and move to the steady beat (clap, pat, stomp)</li></ul>
	<p><b>Social-Emotional:</b></p> <ul style="list-style-type: none"><li>● Circle how you are feeling: 😊 ☹️ 😐 😞 😄</li><li>● Take 3 slow deep breaths</li><li>● <u>Drink a glass of water:</u> When you don't drink enough water, you can feel tired and drained. Drinking water will give you energy to learn.</li></ul>

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✓	Day 3
	<b>Literacy:</b> <ul style="list-style-type: none"><li>● Read or look at a book (you can read to yourself, to someone else, to a stuffed animal, etc.).</li><li>● Dip your finger in water and write the letters of the alphabet on a table.</li></ul>
	<b>EL (Language Development) Anyone can do these activities in any language:</b> <ul style="list-style-type: none"><li>● Find where the shoes are in your house and tell where you found them.</li><li>● Practice Location Words:<ul style="list-style-type: none"><li>○ under, in front of, on, and next to.</li><li>○ For example: My brother's shoes are behind the door.</li></ul></li></ul>
	<b>Math:</b> <ul style="list-style-type: none"><li>● Count by 10's to 100.</li><li>● Solve this problem: You have 5 cookies. You give 2 cookies to your friend. How many cookies do you have left? Draw a picture to prove your thinking.</li></ul>
	<b>Science:</b> <ul style="list-style-type: none"><li>● Draw the animals listed below.<ul style="list-style-type: none"><li>○ Draw an animal with four legs.</li><li>○ Draw an animal that lives in water.</li></ul></li><li>● Explain the features of the animal.</li><li>● Describe their habitat/home.</li><li>● Don't forget to complete the weather chart for today.</li></ul>
	<b>Physical Education:</b> <ul style="list-style-type: none"><li>● Dance<ul style="list-style-type: none"><li>○ Put on your favorite song or turn on the radio. Dance however you like during the entire song!</li></ul></li></ul>
	<b>Music:</b> <ul style="list-style-type: none"><li>● Sing a song to a friend, parent, or stuffed animal</li></ul>
	<b>Social-Emotional:</b> <ul style="list-style-type: none"><li>● Circle how you are feeling: 😊 😐 😞 😏</li><li>● Take 3 slow deep breaths</li><li>● <u>Smile in the mirror for 10 seconds:</u> Smiling slows the heart and relaxes the body.</li></ul>

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✓	Day 4
	<p><b>Literacy:</b></p> <ul style="list-style-type: none"><li>● Read or look at a book (you can read to yourself, to someone else, to a stuffed animal, etc.).</li><li>● Name 5 objects around your home that begin with the same letter as your first or last name.</li></ul>
	<p><b>EL (Language Development) Anyone can do these activities in any language:</b></p> <ul style="list-style-type: none"><li>● <u>Practice Location Words:</u> Using a rolled up sock, gently throw it:<ul style="list-style-type: none"><li>○ under a table</li><li>○ over a table</li><li>○ on the sofa</li><li>○ behind your back</li><li>○ above your head</li><li>○ next to your foot</li><li>○ between two chairs</li><li>○ in your shoe</li><li>○ in front of the tv</li></ul></li></ul>
	<p><b>Math:</b></p> <ul style="list-style-type: none"><li>● Count by 2's to 10.</li><li>● Find 10 objects in your home to decompose (break apart into groups).<ul style="list-style-type: none"><li>○ Put them into two piles of 7 &amp; 3.</li><li>○ Put them into two piles of 5 &amp; 5.</li><li>○ Can you think of your own way?</li></ul></li></ul>
	<p><b>Science:</b></p> <ul style="list-style-type: none"><li>● Sink and Float Experiment - Find 6 small objects in your home that can be put in water.</li><li>● Predict/guess which will float or sink.</li><li>● Test your objects by putting them into a container of water.</li><li>● Don't forget to complete the weather chart for today.</li></ul>
	<p><b>Physical Education:</b></p> <ul style="list-style-type: none"><li>● Army Crawl - Lay on your stomach resting on your forearms.<ul style="list-style-type: none"><li>○ Crawl across the room dragging your body as if you're moving through a small tunnel.</li></ul></li></ul>
	<p><b>Music:</b></p> <ul style="list-style-type: none"><li>● Listen to a song and draw a picture about how the music made you feel.</li></ul>
	<p><b>Social-Emotional:</b></p> <ul style="list-style-type: none"><li>● Circle how you are feeling: 😊 😐 😞 😡 😄</li><li>● Take 3 slow deep breaths</li><li>● <u>Tell someone three things you are grateful for:</u> Gratitude is the ability to recognize and acknowledge the good things, people, and places in our lives.</li></ul>

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✓	Day 5
	<b>Literacy:</b> <ul style="list-style-type: none"><li>● Read or look at a book (you can read to yourself, to someone else, to a stuffed animal, etc.).</li><li>● Think about your favorite animal and where it lives, draw a picture of it and label your picture.</li></ul>
	<b>EL (Language Development) Anyone can do these activities in any language:</b> <ul style="list-style-type: none"><li>● Pretend to be a car, truck, bike, plane...and ask your family what you are. Take turns acting and guessing with your family.<ul style="list-style-type: none"><li>○ Ask: Are you a _____?</li><li>○ Answer: Yes, I am a _____.</li><li>○ No, I am not a _____.</li></ul></li></ul>
	<b>Math:</b> <ul style="list-style-type: none"><li>● Count down from 20 to 0.</li><li>● Solve this problem: You have 5 books. Your teacher gives you 4 more books. How many books do you have all together?</li></ul>
	<b>Science:</b> <ul style="list-style-type: none"><li>● Pick a favorite toy.</li><li>● Observe the characteristics of your toy.<ul style="list-style-type: none"><li>○ Discuss the toy's characteristics - Shapes, colors, size, textures, make any sounds, etc.</li></ul></li><li>● Don't forget to complete the weather chart for today.</li></ul>
	<b>Physical Education:</b> <ul style="list-style-type: none"><li>● Crabby Clean Up - Tidy up while walking like a crab!<ul style="list-style-type: none"><li>○ Carry items on your belly across the room to put them away.</li></ul></li></ul>
	<b>Music:</b> <ul style="list-style-type: none"><li>● Draw a line on paper and have your singing voice follow the movement with high and low sounds. Here is an example</li></ul>
	<b>Social-Emotional:</b> <ul style="list-style-type: none"><li>● Circle how you are feeling: 😊 ☹️ 😐 😞 😄</li><li>● Take 3 slow deep breaths</li><li>● <u>Take a digital break:</u> Step away from your digital devices for short periods of time during your day today. It allows you to feel more focused and centered when you do plug back in.</li></ul>

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_