

## PreKindergarten and Kindergarten Learning Plan Week 2

This Learning Plan in PreK and Kindergarten will include a list of suggested learning activities that students and parents can engage in.

### Guidance for Families

**GOAL...** use the experience to help children understand anxiety and how to manage it in a healthy way.

**IMPORTANT THOUGHTS FOR CAREGIVERS...**children often feel stress and anxiety without understanding its cause. Taking the time to explain what's happening and limiting exposure to the media are important ways to lessen fears.

#### **WHAT TO DO...**

- Help your child learn to recognize what anxiety feels like to them (*"Is your heart beating really fast like you're in a big hurry?" "Do you feel like you have a pit in your stomach... nervous butterflies?"*)
- Help your child define what they are experiencing (*"What are you thinking about that scares you... makes you feel mad... makes you feel sad?"*)
- Respond to your child in a way that shows you understand how they feel (*"It makes sense that you feel that way...I understand."* *"Lots of people, even grown-ups, feel that way"*)
- Practice STAR breathing (*"stop... take a breath... relax"* Repeat 2 times)

- *A Feel Better Book for Little Worries* by Holly Brochmann and Leah Bowen

**Learning Experience:** Students and families may participate in the activities suggested below or create your own activities.

**Learning Timeframe:** Students and families are encouraged to engage in learning at home with the understanding that activities do not have to be done all at once but over the course of their day at home.

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Approximate Time per Day	Subject Area	
5-10 minutes	Reading and/or Writing	
5-10 minutes	Mathematics	
Limitless	Art, Music, Play, Games, Outdoor Activities	
SUGGESTIONS FOR AT HOME LEARNING		
Reading and/or Writing	Mathematics	Social Skills Activities (art, music, play, games, outdoor activities)
<ul style="list-style-type: none"><li>• Create your own alphabet chart (materials needed: paper, crayons)-Find items in your home that begin with the letters of the alphabet and draw a picture for each item you find (ex: apple for a, or a box for b)--<i>This activity may take 3-4 days to complete.</i></li><li>• Read a story or orally tell a story (materials needed: book)-Ask your child what part they liked best and why they liked the part they named.</li><li>• Create a grocery list or any other type of list (materials needed: paper and pencil). Have your child either write or draw the items needed for the list.</li></ul>	<ul style="list-style-type: none"><li>• Create your own number chart (materials needed: paper, crayons or markers, glue or tape, Cheerios or something to glue onto your chart). Write numbers on your number chart and then glue that amount of Cheerios in that box.</li><li>• Make a shape book (materials needed: paper, crayons or markers, stapler or yarn). Find items around the house that are different shapes and draw a picture of them in your shape book. Write about your shapes and how many you have on each page.</li></ul>	<ul style="list-style-type: none"><li>• Create an imaginary creature (materials needed: paper, markers, glue). Your child can either draw or build this creature. Have them tell you a story about who the creature is and what it can do.</li><li>• Play the Freeze dance with your child. Play music and you and your child dance. When you stop the music you have to freeze.</li><li>• Have your child help you cook and follow a recipe. Let them measure, stir and count the ingredients for the recipe.</li></ul>

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<ul style="list-style-type: none"> <li>• Ask your child what their favorite story is. Have them tell you what happens in the story and ask them why it is their favorite.</li> <li>• Clap the names of everyone in the home, ask them how many claps were in each person's name (ex: Ifra has two claps, If-ra). Take a few minutes to talk about whose name had the same number of claps, less claps, or more claps)</li> <li>• Look for insects outside. Observe them and use words to describe them.</li> <li>• Sound Patterns -Make a pattern using sound with kitchen items</li> <li>• Play "Guess What"-Describe a familiar object, person or animal. Have your child guess what/who it is!</li> </ul>	<ul style="list-style-type: none"> <li>• Play Compare (materials needed: playing cards and at least two people). Pass out the cards so everyone has the same number of cards. Each player puts a card down, face up, and the person with the largest number takes both cards.</li> <li>• Create a weekly calendar of activities to do. (materials needed: paper and crayons). Draw a weekly calendar with seven boxes on the top row and seven boxes on the bottom row. Write the days of the week in the top row. Include in the bottom row the dates for the week you are creating. Think of some activities you can do on your own for each day of the calendar and write, draw, or have someone write in the calendar your ideas.</li> <li>• Build a house and count the number of blocks you used (materials needed: blocks, Lego's, empty boxes, boxes and cans from your kitchen, paper and crayons). Using whatever items you have at home, build a house. When you are finished building your house, draw a picture of it on the paper and write how many of each kind of block you used.</li> </ul>	<ul style="list-style-type: none"> <li>• Have your child help with a chore in the home. Give them a two-step direction such as, wipe the counter down and then put the cloth in the sink.</li> <li>• Play a board game with your child such as Candyland or Trouble.</li> <li>• Go for a spring walk with your child. Take pictures of different types of flowers you see. Talk about the different colors, shapes, and sizes of flowers.</li> <li>• Play high and low with a favorite song. Make your voice sound high and low as you the song. Try singing fast and slow too!</li> <li>• Sink/Float Heavy Light Fill the kitchen sink with water. Collect items around the house that are heavy/light that can go in water. Have your child predict which ones will sink and which ones will float.</li> <li>• Take cubes of ice outside. Place one in the sun and one in the shade. Watch what happens and talk about observations.</li> </ul>
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