

4/23/20

Dear Students, Families, and Friends,

The activities on the next several pages were created for you to sharpen your skills, challenge yourself, and explore learning. These are not meant to replace classroom learning and parents are not being asked to replace teachers. If at any time, you are confused about an activity, need some extra support, or maybe just need to talk with someone, our teachers and staff are here for you.

- All teachers keep regular office hours from 9am until noon each school day.
- All teachers and staff can be contacted by email (firstname.lastname@fsd145.org).
- Some teachers also use Remind, Schoology, or Google Classroom to send and receive messages.

For the most current information about our emergency closure and remote learning plans, please visit our website (<https://www.fsd145.org/emergency>) for regular updates. You will always find information sorted by date, so it should be easy to follow the most recent updates.

Take care and stay safe. We'll see you soon,

From all of us here at Freeport School District



Remote Learning Day Student Activities:

[April 23](#)

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[Social Emotional Learning \(SEL\)](#)

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Pre-K - Earth			4/23/20 - 5/6/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Spring time	Letters	Counting	Discovering insects and animals
	Interacts with Books	Position words	
	Rhyming	Numerals	Physical Development
	Alliterations	Graphing (more, less)	

Remote Learning Activities for Students

Pre-K -- April 23rd

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge [any subject]
<p>Activity 1 and Instructions</p>	<p>Cut out 10 triangles in the shape of a carrot. Write numbers 1-10 on the tips. Cut out green strips and attach the corresponding number of strips to the carrot triangle.</p>  <p>6.A.ECa 6.A.ECd</p>	<p>Rabbit starts with 'R'. Look for things inside and outside that begin with the letter 'R'</p> <p>Write these findings down together and talk about them.</p> <p>4.A.ECe 4.B.ECb</p>	<p>Rabbits usually have large litters of baby bunnies in the spring. Bunnies are another symbol of new life. They are a sign that spring has arrived.</p> <p>Go outside and look for rabbits. How many can you find?</p>	<p>Move-</p> <p>Say this rhyme and hop like a bunny rabbit.</p> <p>"Bunny, bunny, hopping high; Bunny, bunny, hopping low; Bunny, bunny hopping fast; Bunny, bunny hopping slow."</p>
<p>Activity 2 and Instructions</p>	<p>On paper write the numbers 1 through 10. Have your child put the numbers in order.</p> <p>6.A.ECa 6.A.ECg</p>	<p>Rhyme time-</p> <p>"Come my bunnies, it's time for bed." That's what Mother Bunny said. "But first I'll count you just to see. If you have all come back to me..." Bunny 1, bunny 2, bunny 3, oh dear, bunny 4, bunny 5, yes, you're all here!"</p> <p>Read the rhyme to your child.</p> <p>4.C.ECb</p>	<p>11.A.ECa 6.A.ECa</p>	<p>Can you hop like the rhyme?</p> <p>4.C.ECb 19.A.ECa</p>

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: _____

Remote Learning Activities for Students

Pre-K -- April 24th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Cut out a variety of shapes (circle, triangles, squares, rectangles) out of different colored paper. Make a flower out of these shapes. You can glue your shapes to paper. Keep playing with shapes. What else can you make with the shapes?</p> <p>9.A.ECa 9.A.ECd</p>	<p>Go outside and look for different flowers and signs of spring. Draw pictures of the spring things that you see. Write or dictate what you have drawn.</p> <p>5.B.ECc</p>	<p>Soak a dry bean or seed in water for a few hours. Then move the bean to a plastic ziplock bag. Add a damp paper towel. Tape the bag to a window that gets bright sun. Watch it grow!</p> <p>2.B.ECa 12.B.ECb</p>	<p>Be a good helper to your grown up in the garden or yard. Pull weeds and plant flowers. Water them with a watering can.</p> <p>2.B.ECa 12.B.ECb</p> <p>Enjoy reading some spring books.</p> <p>Planting a Rainbow by Lois Ehlert</p> <p>https://www.youtube.com/watch?v=r_WhqKfIWSs</p> <p>Mouse's First Spring</p> <p>By Lauren Thompson</p> <p>https://www.youtube.com/watch?v=uFkYLgCMw7I</p>
Activity 2 and Instructions	<p>Flower petal counting. Find some spring flowers and count the number of petals on the flowers.</p> <p>6.A.ECa</p>	<p>Spring and seeds both start with the letter S. Search around your house for other things that start with the letter S.</p> <p>4.C.ECd</p>		

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Remote Learning Activities for Students

Pre-K -- April 27th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Draw a picture of a butterfly!</p> <p>A butterfly's wings are symmetrical. The left wing and the right wing look the same. Color the butterfly's wings so they look exactly the same!</p> <p>10.C.ECa</p>	<p>Read a book about butterflies if you have one. If not, read any book you have available. Talk about the pictures, colors, and things you see in the book. What can your child find?</p> <p>Ex: Very Hungry Caterpillar by Eric Carle</p> <p>Waiting for Wings by Lois Ehlert</p> <p>The Crunching, Munching Caterpillar by Sheridan Cain</p> <p>2.C.ECa 2.C.ECb</p>	<p>Go on a bug hunt.</p> <p>Look at leaves and under rocks to see if you can find teeny baby caterpillars or other insects.</p> <p>11.A.ECf 12.A.ECa</p>	<p>Be a Caterpillar</p> <p>Pretend to be a caterpillar and crawl around. Make a chrysalis by wrapping yourself up in a blanket, then "hatch" and use your blanket as wings to fly around!</p> <p>12.A.ECb</p>
Activity 2 and Instructions	<p>Position words</p> <p>Make a butterfly or Pretend you are a butterfly. Have that butterfly fly.... On, over, in, under, between, next to, besides, behind, in front of, forward, backward</p> <p>9.B.ECa 9.B.ECb</p>	<p>Letter time!</p> <p>Find words around the house that start with the letter "B", just like butterflies.</p> <p>Ex: Ball, bike, baby, blue</p> <p>4.B.ECc</p>		

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Remote Learning Activities for Students

Pre-K -- April 28th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Go outside and blow bubbles with your adult. Count the bubbles before they pop!</p> <p>Easy Homemade Bubble Solution:</p> <ol style="list-style-type: none"> 1. Get a large cup. 2. Pour 1/2 cup of dish soap into the cup. 3. Add 1 1/2 cups of water. 4. Measure 2 teaspoons of sugar and add it to the water/soap mixture. 5. Gently stir your mixture. 6. Go outside and blow bubbles! <p>6.A.ECa</p>	<p>Draw a picture of the weather that your family member tells you about and have your adult write the details on the picture (detail could include: cloud, rain, house, etc)</p> <p>12.D.ECa 25.A.ECd</p>	<p>Call a family member that does not live with you and talk about what the weather is like where they are.</p> <p>12.D.ECa 1.B.ECa 1.C.ECa</p>	<p>Health - Bunny rabbits like to eat carrots and lettuce. Help your grown up make a veggie tray. Pretend to be a bunny and eat your vegetables. Count your vegetables and see how many you eat.</p> <p>6.A.ECa 11.A.ECc</p>
Activity 2 and Instructions	<p>Make a paper airplane from paper. Fold the paper in half, unfold it again and take the top corners, fold them into the middle crease and crease those. Fold in half again. Take each side and fold down to the middle area and let it fly!</p> <p>Measure how far it travels using unconventional measuring tools such as shoes, pencils, etc.</p> <p>7.A.ECb</p>	<p>Go outside and pick a flower, leaf, stick - something Spring and bring it inside. Discuss it. What are the parts? (flower, stem, bark, etc.) What does it feel like? Smell like?</p> <p>Have your adult write down what you say.</p> <p>12.A.ECa 5.B.ECb</p>		

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Remote Learning Activities for Students

Pre-K -- April 29th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Relax</p> <p>Ask your grown up if you can take a bath. Pretend that your bathtub is a pond. Make your own lily pads out of plastic plates or other items that float. How many bath toys can you balance before it sinks?</p> <p>Talk about what sink and float mean. What else can you find that will sink or float?</p> <p>6.A.ECa 11.A.ECc 11.A.ECf</p>	<p>Create your own set of 5 speckled frogs using play dough, paper, markers, or any other supply you have. Once you create these you can sing the song that goes along with it.</p> <p>“5 green and speckled frogs Sat on a speckled log Eating some most delicious bugs Yum-yum! One jumped into the pool Where it was nice and cool Now there are 4 green speckled frogs Glub glub”</p> <p>You continue singing this song counting down from 5 until there are no green speckled frogs left.</p> <p>6.A.ECa</p>	<p>Go for a walk. What kinds of things in your neighborhood remind you of signs for Spring?</p> <p>Spring is the season when new life starts to appear- trees and flowers bloom, baby animals are born and weather begins to get warmer.</p> <p>12.A.ECb</p>	<p>Helping out -</p> <p>Ducks and frogs both love water. Fill the kitchen sink with soapy water. Help your family by washing and drying your own dishes.</p> <p>19.A.ECa</p>
Activity 2 and Instructions	<p>Pretend to be a frog. How many times can you jump forward? Count them then try other ways of travel. (waddle like a duck, jump over puddles)</p> <p>6.A.ECa 19.A.ECb</p>	<p>Frog begins with F Make a list of things that begin with the letter F in and around your home. How many things can you come up with?</p> <p>4.A.ECe 4.B.ECb</p>		

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Remote Learning Activities for Students

Pre-K -- April 30th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>When we start seeing birds outside again, that is an early sign of Spring!</p> <p>Say this rhyme and do the fingerplay.</p> <p>5 Bright Birdies hopping all around (hold up 5 fingers) Strutting and pecking on the dewy ground. One bright birdie flies up in the tree. And sings a little song Tweet, tweetle-ee! (Continue counting down until all the birds have flown away.)</p> <p>4.C.ECb 6.A.ECa</p>	<p>When we start seeing birds outside again, that is an early sign of Spring!</p> <p>Make a bird's nest out of blankets and other things that you have in your home. Snuggle up and read a good book in your enst!</p> <p>2.A.ECa&b</p>	<p>Put two toilet paper tubes together with glue, tape, or staples to make binoculars. Use them to look for birds. How many birds do you see? What color are the birds?</p> <p>12.A.ECa</p>	<p>Fill plastic eggs with small objects (rice, pennies, beads). Shake the eggs and listen to the different sounds they make. If you don't have plastic eggs, use empty containers, tupperware or bottles, etc. Use them to make music too!</p>
Activity 2 and Instructions	<p>Make eggs out of paper and decorate them with crayons or markers. If you make dots on your eggs-count the dots. If you make stripes on your eggs, count the stripes. Make different size eggs and sort them from biggest to smallest.</p> <p>6.A.ECa 8.A.ECa</p>	<p>The word BIRD starts with the letter "B". Make a list of things that you find in your house that start with the letter "B".</p> <p>4.B.ECc</p>		<p>11.A.ECa</p>

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Remote Learning Activities for Students

Pre-K -- May 1st

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	ExtraChallen ge (any subject)
Activity 1 and Instructions	<p>Counting Sheep Sometimes when it's hard to fall asleep, people like to close their eyes and count sheep. Isn't that silly? Pretend you are counting sheep. How high can you count?</p> <p>6.A.ECf</p>	<p>Baa Baa Black Sheep Baa Baa Black Sheep, have you any wool? Yes sir, Yes sir, Three bags full. One for the master One for the dame, and One for the little boy who lives down the lane.</p> <p>Can you find the words that rhyme?</p> <p>4.C.ECb</p>	<p>Sheep's Wool</p> <p>Do you know what sheep's hair is called? It's called wool. Wool is used to make clothing, hats, and blankets because it is warm and easy to clean. See if you have anything in your home that is made from wool. Talk Green Sheep</p> <p>Baa Baa about how it feels and how the object is used.</p> <p>12.A.ECa</p>	<p>Silly Nursery Rhyme Challenge</p> <p>Make a silly nursery rhyme. Change the color of the sheep each time you say the poem Baa Baa Black Sheep.</p> <p>Baa Baa Purple Sheep</p> <p>See if you can find an object in your home that is the color you changed your sheep to.</p> <p>11.A.ECa 8.A.ECa</p>
Activity 2 and Instructions	<p>Hunting for Black Objects In the poem Baa Baa Black Sheep all the sheep are black. Look around your house and find something that is black. How many black things can you find?</p> <p>8.A.ECa</p>	<p>Starting Sound Activity <u>Sheep</u> starts with the /sh/ sound. Can you make the /sh/ sound? How many words can you think of that start with the /sh/ sound like sheep? (shoe, ship, shoulder, shop, shadow)</p> <p>4.C.ECd</p>		

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Remote Learning Activities for Students

Pre-K -- May 4th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Help your family get ready for dinner. How many plates (spoons, forks,) will you need?</p> <p>6.A.ECa</p>	<p>Rhyme</p> <p>Hey Diddle Diddle The Cat and the Fiddle The cow jumped over the moon The little dog laughed to see such a sight And the dish ran away with the spoon.</p> <p>Find the rhyming words.</p> <p>4.C.ECb</p>	<p>Make a list of living vs non-living things outside.</p> <p>Examples of living things: butterflies, people, animals, plants, etc.</p> <p>Examples of non-living things - rocks, sticks, sidewalk, etc.</p>	<p>Go outside and find a worm. Measure the worm using paper clips. How many did you need?</p> <p>7.A.ECb</p>
Activity 2 and Instructions	<p>Make a graph your list of living vs non living things:</p> <p>Use words like more than, less than, equal to.</p> <p>10.B.ECa</p>	<p>Color and cut out puppets for each of the characters (cat, cow, dog, dish and spoon) Attach the puppets to popsicle sticks or straws. Act out the rhyme</p> <p>https://resource-bank.scholastic.co.uk/resources/77683</p> <p>25.A.ECb 25.A.ECd 19.A.ECa</p>	<p>12.A.ECa</p>	

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

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Remote Learning Activities for Students

Pre-K -- May 5th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Build your own clock!</p> <p>Build your own grandfather clock tower. Use blocks or other objects to see how big you can make your clock.</p> <p>How tall is it?</p> <p>How many blocks did you use?</p> <p>Would a mouse be able to run up your clock without knocking it down?</p> <p>6.A.ECf 7.A.ECc</p>	<p>Rhyme</p> <p>Hickory, Dickory Dock The mouse ran up the clock The clock struck one. The mouse ran down, Hickory, dickory dock.</p> <p>Practice the rhyme over and over. Say it fast. Slow, Medium. Substitute your name for the mouse to be silly.</p> <p>4.C.ECb</p>	<p>How long does it take you to run from one end of your home to the other? How long does it take you to make lunch? How long does it take you to brush your teeth?</p> <p>Have your adult time how long you do this activity.</p>	<p>Let's Act!</p> <p>Use your body to act out Hickory Dickory Dock.</p> <p>Use your arms to make the clock movements. Clap your hands to make the clock strike "one".</p> <p>25.A.ECb</p>
Activity 2 and Instructions	<p>Let's graph!</p> <p>Looking around the house, use the clocks to make tally's or a graph.</p> <p>How many clocks do you find?</p> <p>What do they look like (digital, analog (minute hands), alarm, pendulum)?</p> <p>Who wears watches (brother, sister,mom)?</p> <p>How many in each room?</p> <p>6.D.ECb 10.B.ECa</p>	<p>Letter hunt!</p> <p>Tip toe around like a quiet mouse to find things that start with the letter "M"..</p> <p>Ex: movie, mom, milk, money</p> <p>4.B.ECc</p>	<p>7.A.ECd 7.A.ECc</p>	

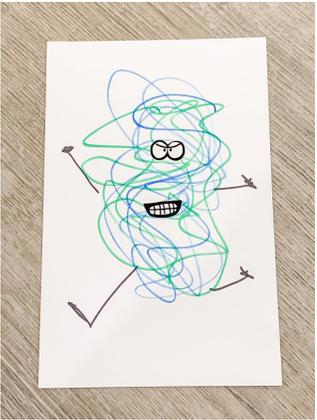
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

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Remote Learning Activities for Students

Pre-K -- May 6th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge (any subject)
Activity 1 and Instructions	<p>Sorting:</p> <p>Go through your toy box and sort your toys into categories or bins that they belong. Game pieces go with their other game pieces. Puzzles go together. Etc.</p> <p>7.A.ECa</p>	<p>Pretend:</p> <p>Can you make noises that sound like thunderstorms?</p> <p>Talk about how you can make sounds that remind you of those moments?</p> <p>Wind Rain Rain drizzling Thunder Heavy rain</p> <p>12.D.ECa 1.B.ECa</p>	<p>Walking rainbows:</p> <p>What you need: 6 small cups Water Paper towels Food coloring - red, blue, yellow</p> <p>Put about an inch of water in each cup. In the first cup put a couple drops of red dye. In the third cup put a couple drops of yellow and in the fifth cup put a couple drops of blue dye in it. Take the paper towels and place an end in each cup (shown below). Watch the rainbow walk</p> <p>1.A.ECa 11.A.ECc</p>	<p>Spend time playing today. Can you find items that are red, orange, yellow, green, purple, blue? Can you put them in rainbow order?</p> <p>1.A.ECa 8.A.ECa</p>
Activity 2 and Instructions	<p>Skittle Rainbows:</p> <p>Using skittles make a pattern around the edge of a plate. After you are done making your pattern put a little bit of water up to half of the skittle. Watch the rainbow form from the skittle</p> <p>If skittles are unavailable use anything you have at home to make a pattern. (buttons, toys, crayons, etc)</p> <p>1.A.ECa 8.A.ECa 8.A.ECb</p> 	<p>Scribble day</p> <p>Make something scribble. Scribble birds, rabbits, any animals you saw outside.</p> <p>25.A.ECd 19.A.ECa</p> 	 	

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Remote Learning Activities for Students

Pre-K -- (SEL)

The columns below offer choices for student activities for any day.

Social Emotional Learning Choice Board - Aligns with Standards; 1A.1a Recognizes own emotions and how emotions can impact behavior. 1A.1b Uses calming down techniques to control impulsive behavior and anger.		
<p>Talk about the following Zones of Regulation chart with your child and discuss how each zone makes them feel (inside and out):</p> 	<p>There are many different types of emotions. Some make us happy, some make us angry, or even excited. Talk about ways to manage your emotions.</p> <p>What are some calm down strategies you can use when you need to control your emotions?</p> <p>Try These :</p> <ul style="list-style-type: none"> -Draw a Picture-This gives the brain something to focus on other than stressors. -Drink a Glass of Water-Drinking water has a calming effect on the nervous system. -Rock in a Rocking Chair- Its repetitive nature offers stress-relief as well. 	<p>Practice the following breathing techniques to help when you're upset.</p> <p>Balloon Breathing: Pretend like you are blowing up a balloon. Take a deep breath in, put the pretend balloon up to your mouth and blow your air out. Do this slowly four times.</p> <p>Volcano Breathing: Put your hands together in front of your chest. Keeping your hands together raise your hands up above your head all while you are breathing in. When you reach as high as you can let your air out and spread your arms apart and then bring them back to the starting position. Do this slowly four times.</p> <p>Soup/Brownie Breathing: Pretend like you have hot food in your hands, breathe the smells of that food in and then blow out to help cool down your food. Do this slowly four times</p>
<p>Before a volcano erupts there are warning signs that come from the volcano. Before a person erupts with anger, they often have warning signs.</p> <p>Ofentimes, when we can identify our body becoming upset we can find a healthy way to calm our body down before we explode, like going to a calm space..</p> <p style="text-align: center;">Create a Calm Down Space</p> <ol style="list-style-type: none"> 1) Pick A favorite corner in your home. 2) Decorate the space with things that make you happy and calm. <ul style="list-style-type: none"> -Pillows -Drawings -Stuffed animals -Blankets -toys, bean bag, etc. <p>Use your Calm Down Space when you feel angry or need to calm down.</p>	<p>Place a small object (crayons or markers will work) of the following colors into a paper sack or a deep bowl: red, green, blue, purple, yellow, orange. Sit in a circle and have the first person reach into the bag/bowl and pull out an object. The color of the object correlates to a statement to discuss below.</p> <ul style="list-style-type: none"> Red-Say one thing that makes you angry Green-Show one way you can breathe when you are angry (balloon breathing, volcano breathing, soup breathing, box breathing). Blue-Say one thing you can do to help your body calm Purple-Say one thing that makes you excited Yellow-Say a poor choice you made Orange-Say a good choice you made 	<p>You are in control of your anger and if you are able to turn negative thoughts into positive thoughts that will help you have better control over your anger.</p> <p>Practice positive thinking by saying 10 daily positive affirmations::</p> <ol style="list-style-type: none"> 1) I am LOVED 2) I am SAFE 3) I have lots of FRIENDS that love me 4) I am FRIENDLY 5) I am HELPFUL 6) I am RESPONSIBLE 7) I am SMART 8) I am AWESOME 9) I am RESPECTFUL 10) I am BEAUTIFUL <p>Think of some more positive statements that you can add to the list to practice everyday.</p>
<p>We all have triggers. Triggers are things that can change our mood in a good or a bad way.</p> <p>What are some of your triggers?</p> <p>Think about some things that make you sad OR Think about some things that make you happy</p> <p style="text-align: center;">Draw a picture of what you feel</p>	<p style="text-align: center;">Time to Exercise!</p> <p>Exercise is a great way to regulate your emotions.</p> <p>Do the following:</p> <ul style="list-style-type: none"> -Cherry Picking Alternate arms reaching to pick "cherries" off a tree. Pull elbows down by sides and then reach straight up again. Can you do 20 seconds? -Toe Touches Touch up to the sky on your tippy toes and then bend down to touch the ground 10 times. -Cat Stretch Start on all fours and curl back up into an arch like a cat, hold for 5 seconds, and then flatten back out. Do this 10 times. -Run in Place for 60 seconds Go as fast as you can. Pretend you are trying to when a race. 	<p>Talking to your teacher or with friends when you are having BIG emotions is hard right now. Try one of the following:</p> <ol style="list-style-type: none"> 1. Draw a picture of your teacher 2. Role play/make believe play that you are in school talking to your teacher. 3. Talk with an adult about how to be safe, respectful, and responsible when talking to teachers. 4. Talk to a parent about how you feel

Parent Signature: _____

Remote Learning Activities for Students

Pre-K -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	PE/Health
<p>Make eggs out of paper and decorate them with crayons or markers. If you make dots on your eggs-count the dots. If you make stripes on your eggs, count the stripes. Make different size eggs and sort them from biggest to smallest Tape them up in your window.</p> <p>25.A.ECd</p>	<p>Use the plastic eggs that you made above filled with small objects (rice, pennies, beads) to make music. Turn on some music and shake along! Shake the eggs and dance!. If you don't have plastic eggs, use empty containers, tupperware or bottles, etc.</p> <p>25.A.ECa</p>	<p>Use the plastic eggs that you made above filled with small objects (rice, pennies, beads) to make music. Shake the eggs and dance, march, climb the stairs, etc. Shake them high, low, left, right, etc. If you don't have plastic eggs, use empty containers, tupperware or bottles, etc.</p> <p>19.A.ECb</p>
<p>Use markers to color coffee filters. Spray the filters with water to see the colors mix. When the coffee filters dry, glue them together to make a pretty flower.</p> <p>25.A.ECd</p>	<p>I'm a Little Seed Sing to the tune of "I'm a Little Teapot"</p> <p>I'm a little seed deep in the ground, I lie asleep, I don't make a sound. I am waking up now, see me sprout! I grow bigger as I come out!</p> <p>Pretend to be a little seed in the ground and slowly sprout up into a flower.</p> <p>25.A.ECa</p>	<p>Move-</p> <p>Say this rhyme and hop like a bunny rabbit.</p> <p>"Bunny, bunny, hopping high; Bunny, bunny, hopping low; Bunny, bunny hopping fast; Bunny, bunny hopping slow."</p> <p>Can you hop like the rhyme?</p> <p>19.A.ECb</p>
<p>Using watercolors:</p> <p>Paint a picture of a butterfly.</p> <p>You can also use markers, crayons or colored pencils to make your picture.</p> <p>25.A.ECd</p>	<p>Dance</p> <p>Pretend you are a butterfly moving to the music. When the music speeds up, you fly/flutter faster. When the music slows down, move slowly. Change directions, speeds and movements to the music.</p> <p>25.A.ECa</p>	<p>The Very Caterpillar ate apples, pears, plums, oranges, strawberries and watermelon on his journey.</p> <p>If you have some of these foods, make yourself a caterpillar fruit salad. Talk about the colors of each and how healthy they make you!</p> <p>22.A.ECa 23.B.ECa</p>

Parent Signature: _____

Remote Learning Activities for Students

Pre-K -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	PE/Health
<p>Paint/color</p> <p>The face of a clock is a circle. Gather different sizes of cups and paint/markers/crayons. Dip the rim of your cup into paint and print onto paper. If using markers or crayons, help trace the rim of the cup onto your paper. You will have lots of little circles to decorate.</p> <p>25.A.ECd</p>	<p>5 little duck finger play:</p> <p>Five little ducks went out one day Over the hill and far away Mother duck said, "Quack, quack, quack, quack" But only four little ducks came back</p> <p>One, two, three, four</p> <p>And so on until zero...</p> <p>Five little ducks went out to play Over the hill and far away Mother duck said, "Quack, quack, quack, quack" And all of the five little ducks came back!</p> <p>25.A.ECa</p>	<p>Play hide and seek:</p> <p>Hide and seek is so much fun. Pretend to be a little mouse and hide while a grown up counts to 10. Don't forget to be quiet like a mouse!</p> <p>19.B.ECa 19.B.ECb</p>
<p>Bunnies have soft, fluffy tails that look just like a cotton ball. Use a cotton ball, lufa, etc dipped in paint or water to make a picture on paper or the sidewalk.</p> <p>25.A.ECd</p>	<p>Twinkle, Twinkle Little Star</p> <p>Twinkle, twinkle, little star How I wonder what you are Up above the world so high Like a diamond in the sky Twinkle, twinkle little star How I wonder what you are</p> <p>Go outside and look at the stars. Sing Twinkle, twinkle little star.</p> <p>25.A.ECa</p>	<p>Move!</p> <p>Play outside! Stretch your arms up to the sky. Run, jump, and climb.</p> <p>Have a dance party with your family. Can you do the hokey pokey?</p> <p>19.B.ECa</p>
<p>Practice cutting. Cut scrap paper or magazines into pieces. Talk about the colors and shapes that you are cutting.</p> <p>19A.ECd</p>	<p>Make up your own songs about the colors.</p> <p>Ex: to the song of Farmer In the Dell</p> <p>R-e-d spells red R-e-d spells red I know my colors R-e-d spells red</p> <p>25.A.ECa</p>	<p>Breathe</p> <p>Open up a window or go outside to your yard. Take a deep breath of the spring air. Use all of your senses to discover spring. What do you see? What do you hear? What do you smell? How does the air feel? Close your eyes and breathe.</p> <p>30.C.ECa</p>

Parent Signature: _____