

## RSU38 Remote Learning Opportunities for Pre-K 4/27/20-5/15/20

Objective: These are activities to further students' growth and development

Sample schedule		Important information
Suggested Time Frames	What are you going to learn today?	<ul style="list-style-type: none"> <li>● These educational opportunities for learning at home are meant to provide parents with resources for student learning to continue at home while our schools are not in session.</li> <li>● Don't hesitate to contact your classroom teacher by email with questions.</li> <li>● Students will benefit from engaging with academic activities daily. We encourage you to establish routines with kids to maximize this impact.</li> <li>● Set goals: setting daily goals for what your child will accomplish can help to make tasks meaningful and build confidence for students.</li> <li>● If your child has access to technology you may also use any of the digital resources as an expansion of learning.</li> <li>● For students receiving special education services, please see their distance learning plan and contact their case manager with any questions regarding that plan.</li> </ul>
<b>15 min - 30 mins per day numbers and counting activities</b>	<ul style="list-style-type: none"> <li>❖ We strongly suggest you establish a routine for example 2 to 3 learning activities in the morning? and 2 to 3 learning activities in the afternoon. (Whatever fits your situation.)</li> <li>❖ Students should be doing a variety of learning activities. Use the menus, online posts by teacher, or websites, to find something interesting to do in each category.</li> <li>❖ This is a suggested time-frame. Your child may do more or less depending on what's appropriate for them!</li> </ul>	
<b>15 min - 30 mins per day reading, writing and play with language</b>		
<b>15 - 30 mins per day movement activity</b>		
<b>1 hour or more sustained play</b>		
<b>Choose 1 of the following areas to do each day: music, art, science, building, play together with an adult</b>		
 <p>www.lets-go.org    <b>Use 5210 for balance!</b></p>	5 or more fruits and veggies daily 2 hours or less of screen time daily 1 hour or more of physical activity 0 high sugar drinks	

## Literacy

Recite a nursery rhyme & make puppets (keep it simple, paper, sticks, anything) to retell	Draw pictures of things that rhyme	Make an ABC book using your child's name (Ben-B-bird, E-egg, N-nest)	Make a Spring card for a friend or family & sign name
Read a book to your stuffed animals (can "read" using pictures)	Pick a letter and look for that letter in a book	Rainbow name- write your name & then use a color to outline letters, repeat	Read with family or Friend.
Retell a story you love.	Make up your own silly story and have a grown up write it down for you while you make the pictures.	Write/Draw about your favorite color	Read a story to a pet.
Try writing your name with the first letter uppercase and the rest lowercase. Someone in your family can give you an example to copy.	Use some folded together paper to make your own book about anything you want.	Walk around the house and find 5-10 words that you are curious about. Ask an adult what they say.	Make a letter memory game. Show three letters to your child, cover them up, take one away, have the child guess what is missing. Take turns with this!
<b>BINGO</b> Write 10 letters on a paper. Call out letters randomly for your child to find and trace.	Make silly rhyming names for your family by changing the first letters in their names. (ex. <i>Rad Dad</i> )	Make Letters with playdough, sticks, legos, or anything you find.	Hide the letters of your child's name around the house for your child to find. If your child's ready, try last name.

## Math

<p>Make a puzzle-draw a picture &amp; cut into 5 pieces</p>	<p>Build a short tower &amp; tall tower. How many objects did you use to build each?</p>	<p>Roll dice, make a tower with that many blocks. Repeat, adding to tower each roll.</p>	<p>Make a Spring counting book- (ex. 1 nest, 2 birds, 3 eggs....to 10)</p>
<p>Roll &amp; write number- Roll dice 10 times, write numerals. Which number is biggest?</p>	<p>Play War with cards- each pick a card from deck, whoever has highest number gets the cards</p>	<p>Count while exercising- 10 jumping jacks, toe touches, high kicks, push-ups,...</p>	<p>Estimate how many rocks you can fit in a container. Then find out.</p>
<p>Use objects in nature to make a pattern (ex. Stick, rock, stick, rock)</p>	<p>Play a board game that includes counting.</p>	<p>Play Go Fish</p>	<p>Count how many windows you have in your house.</p>
<p>Use sticks or rocks outside to form simple shapes.</p>	<p>Make a hopscotch game using numbers 0-5 (with chalk or in the dirt with a stick) .</p>	<p>Line 5 (or more) of your stuffed animals up by size from smallest to biggest.</p>	<p>Go on a walk with a family member (even your backyard) and find shapes in Nature.</p>
<p>Make Numbers 0-5 out of yarn.</p>	<p>Make a game of counting together. Have your child be the verbal counter and you be the finger counter. As you raise each of your fingers, your child says the corresponding number word. Take turns in each counting role.</p>	<p>Practice counting with pieces of cereal, buttons, etc.</p>	<p>Draw 2 red worms and 3 green worms. Figure out how many worms you have in all. Try different numbers.</p>

## Science and Social Studies

Make ramps with card board, slide different objects down	Make 3 different types of bridges with blocks	Go for a Spring walk. Look for signs of spring, then draw a picture	Blooming buds- break branch, put in jar of water, watch for changes, draw observations each day
Make a "nest"- start with bottom half of paper lunch bag & fold down, add grass, leaves, string, paper	Record the weather each day for a week with a picture (Ex. a sun, raindrop, cloud) Count how many sunny days, rainy days, etc.	Make a map of your room, house, or yard. Maybe a treasure map???	Help your family set the table.
Put some ice cubes out in the sun. Make a prediction of what you think might happen.	Draw a picture of anything that you notice is growing outside of your house now it is spring.	Pretend you have your own gardening store. What would you sell? (Ex. buckets, shovels, acorns, seeds) How much would things cost? Draw pictures of flowers and plants you'd sell.	Create your own telescope or binoculars with a toilet-paper or paper towel roll. Go on a pretend safari or bear hunt.
Go outside and notice if you can see your shadow. Why or why not?	Use paints to try some color mixing. What would you name your new colors?	Build a fairy house.	Use a flashlight to make shadows of things around your house. What is your favorite? Why?
Bird Watch: Use your pretend binoculars to go on a bird watch. Draw a picture of a bird you saw.	Make a kite out of paper (Ex. a lunch bag or any other materials around your home). Will it float in the air or fly?	Make a Bubble Solution -1 spoon of dish soap -¼ cup of water. Make a closed shape with string or wire (or anything you can find) to make a wand.	Night vs Day -Draw what you see in the day sky. -Draw what you see in the night sky. What are the differences you notice?

**Note:** These activities are the same as for the first three weeks of Remote Learning. Teachers hope to focus more on science and social studies when they update again in mid May. Meanwhile, you may want to check out some of the other online resources.

**Other Online resources:**

- <https://www.sesamestreet.org/caring> *(be sure to scroll down to Elmo's brief handwashing video)*
- Eric-carle.com
- Prekinders.com
- Pbskids.com
- Kids.nationalgeographic.com      check out activities under Family or other headings of interest!

**Art, PE, Music, Guidance: Choice Learning Activities - (PK-2)**

<p><b>Art:</b></p>	<p align="center"><b>Draw yourself as a SuperHero.</b> What powers would you have?</p> 	<p>Find household items and create the color wheel. #colorwheelchallenge</p> 	<p align="center"><b>Draw your favorite toy, or try to design your own new toy. What would it look like?</b></p> 	<p><b>Create a scene that you fit in. Maybe draw with chalk on the tar?</b> Take a picture of you "acting it out" Here is an example:</p> 
<p><b>Music:</b></p>	<p align="center"><b>Sing a Story!</b> Take out some of your favorite picture books. Can you sing the story instead of saying the story?</p>	<p align="center"><b>Airplane Sounds</b> Make a paper airplane. Throw the plane around your house and follow its path with your singing voice. ("Wooo" or a slide whistle sounds)</p>	<p align="center"><b>Handwashing</b> Sing one of these songs while washing your hands: <i>Mary Had a Little Lamb</i> <i>Happy and You Know It.</i> <i>Row Your Boat</i> <i>The Alphabet Song (2x)</i></p>	<p align="center"><b>Down By The Bay</b> Sing "Down By The Bay" and make up your own rhyming words. (Ex. Have you ever seen a <i>bear</i> combing his <i>hair</i>.)</p>
<p><b>PE:</b></p>	<p>Using the superhero you drew in art, become that superhero and act out the super powers.</p>	<p>Take a hike ~Find things in nature. Make something with what you found. ~Collect things that do not occur naturally in nature (use gloves!)</p>	<p>Set up 4 markers in a large square. Pretend to: ~hit a homerun and run the bases. ~dribble a soccer ball ~ride a horse ~use different swim strokes as you travel ~travel like you're playing your favorite sport ~move like your favorite pet/animal.</p>	<p>Using any ball that you have at home, can you ~underhand toss ~overhand throw ~catch ~kick ~strike it with your hand, a paddle, racquet, or bat</p>

<b>Guidance:</b>	Think about someone in your life, or more than one person, who is special to you. What makes that person special? How do they help you or make you feel? Draw that person and share it with whoever it is and let them know why they are so important to you.	If you are feeling upset or worried, you may need to calm your body and mind. Find a quiet place to sit and think about 5 colors you see, 4 shapes you see, 3 soft things you see, 2 people you see and 1 book you see.	What is the difference between a NEED and a WANT? A <i>need</i> is something we must have to survive; a <i>want</i> is something that makes life more fun. Look around your house and make a list of needs and wants. Is water a need or a want? What about warm boots? Legos? The newest nintendo game?	Game time! Everyone likes to play games and no one likes to play with a poor sport. Find a game to play with a family member like UNO, Candyland, basketball or a racing contest. Practice being a GOOD sport by doing these things: 1. I played the entire game without quitting 2. I used kind and respectful words 3. I kept my body calm 4. I didn't argue 5. I said "good game" and meant it!
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Dear Families,

We want you all to know that we still miss you terribly, and we are looking forward to seeing you again soon. The extended closure of school has thrown a wrench in our plans for spring performances, art shows, and events. At this time, we have not yet made any attempts to reschedule. It's still too soon to make changes, as information and decisions that impact our calendar changes daily. We promise to work with our administrators to find solutions and/or alternatives to our scheduling problems, and will let you all know as soon as possible.

In the meantime, we are working together to provide you with some opportunities to participate in "specials" at home. We believe that music, art, movement, and selfcare can lift our spirits, open our hearts, and bring positivity into your home during challenging times such as this. We have updated the menu of activities and resources for your convenience, and we encourage any and all family members to join in and participate. All of us will be available via email, should you have any questions, concerns, requests, or simply want to share your creations!

Sincerely,

- Mrs. Tripp, Music [dorie\\_tripp@maranacook.com](mailto:dorie_tripp@maranacook.com)
- Mrs. Shively, Music [amanda\\_shively@maranacook.com](mailto:amanda_shively@maranacook.com)
- Mrs. Blake, Art [nicole\\_blake@maranacook.com](mailto:nicole_blake@maranacook.com)
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**Supplemental Websites for Music Exploration:**

Chrome Music Lab: <https://musiclab.chromeexperiments.com/>

New York Philharmonic Kids Zone: <https://www.nyphilkids.org/>

Classics for Kids: <https://www.classicsforkids.com/>

**Supplemental Websites for Art Exploration:**

<https://www.tate.org.uk/kids>

<https://www.moma.org/interactives/destination/#>

<http://toytheater.com/category/art/>

<https://www.youtube.com/artforkidshub>

<https://www.thehomeschoolmom.com/simple-art-activities-for-your-homeschool/>

**Supplemental websites for Movement:**

Great site for movement videos: <https://www.gonoodle.com>

Yoga for kids: <https://www.cosmickids.com>

**Supplemental websites/articles for Guidance:**

<https://www.common sense media.org/blog/free-online-events-activities-kids-at-home-coronaviru>

<https://www.centralmaine.com/2020/03/24/maine-voices-families-getting-a-crash-course-in-distance-learning>