**Week of: March 30th-April 3rd, 2020**

**Theme: Self**

**Class :3K**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning**  **Activities** | **What I like to wear**  Create a collage of things your child likes to wear, you can also have your child draw what he/or she likes to wear when they go to school, when they are going to a party, or even what they like to wear to bed. | **My Emotions**  Create a feelings chart using any type of paper.  Talk about what feeling mad,angry, sad, scared and happy means.  Then on the chart paper fill out the endings of the sentences example  I feel angry when….  I feel sad when….  continue with other emotions | **I Love My Family**  Some families are big (spread arms wide)  Some families are small (bring arms closer together)  But I love my family (cross arms over chest)  Write your child's name on a piece of paper with magnetic letter or letter that you cut out, have your child try to identify the letters in their name. | **My Bones**  On your cell phones or computers search for the Human skeletal system, show children where some bones are located on their body. Point to a bone for example point to the hand, have children locate their hand and then show them the types of bones in their hands. | **B is for body**  Have your child lay on the floor and outline their body( you can either use paper or objects within your house. Once this is done you can help your child identify where their arms,legs, head are etc. |
| **Books/ebooks**  **books are found on youtube**  **Questions:** | “I like Myself” by Karen Beaumont  What do you like about yourself? | “ I like me” by Nancy Carlson  What are some of the things you do when you get up? | “White Rabbit's color Book” by Alan Baker  Have children guess what colors the rabbit will turn next | “Be who you are” by Todd Parr  Ask children who they think they are? | “ The I love you Book” by Todd Parr  Tell your child why you love him/her |
| **Fine motor**  **Activities** | **My Name**  In advance, pre-print/or trace each child's name on a piece of paper.  Provide sorters (shapes, macaroni, etc.) for them to cover the letters of their name with. | **Lines**  Have children on a piece of paper draw vertical lines / horizontal lines. To make it fun you can draw eyes, nose , mouth and ears on each side of the paper then have your child draw a line to match the body parts | **Zipper /Button Me**  Have a moment where you can teach your child how to put on their jackets once this is done then assist them on trying to zipper or button them.Remember remain positive our children are eager to learn and love doing things alone. | **Cut Me out**  Draw a few shapes onto a piece of paper and allow your child to try to cut them out.Draw them big enough so they can see what they are cutting. | **Towers**  If you have 1 inch blocks or any type of blocks have your child try to stack about 5 blocks on top of each other if they can without a problem increase the number of blocks. |
| **Gross motor Activities**  **Music & Movement** | **Body Match Game**  Play music and have your child listen to you call out a body part that they need to match. If you say "Knees" your child needs to make one or both of their knees touch/they can use their hands to touch that body part that you call out  You can also play the song Head, Shoulders,Knees and toes noting that they will be familiar with parts of their bodies. | **Who is Missing?**  Tell the children to close and cover their eyes. Take one away and have them open and uncover their eyes and ask "Who is missing?" You can play this with parents,grandparents who ever lives in the house with you/or you can lay pictures down with missing people and tell them to hop/skip/jump to the picture of the family member missing. ex pic with mom,pic with dad have the child jump towards the picture with mom | **How Do You Feel?**  Have different tempos of music available. Play one song and ask the children what type of mood the music is in-happy, sad, excited, scared, etc. The children then act out that mood through movement. Change the songs often and repeat! | **Healthy Me**  Play music and encourage your child to join you in some healthy exercise! "Let's jog five times. Let's jump four times." Etc. | **Rainbow Hop**  With your child you can color about five circles in different colors, if you don't have solid color objects. Once done you can place the colored objects around the room and have your child hop 4 times to the color blue then walk backwards to the yellow circles.You can make up your own directions just make sure you know your child can do it. Most children struggle with balance so just as a little brain teaser, have them try to balance on a specific color for 5 seconds. |
| **Arts & Crafts** | **My Portrait**  The children use the mirrors to look at themselves and then draw themselves onto a piece of paper. This is best done when you talk with your children about their eye color, hair color, etc. Help them with colors. | **Feelings** Usingthe same activity during the morning help your child create a feelings book assist them with drawing and labeling what a sad face is, what a happy face is etc. let them draw how theyfeel even if its a scribble and they say it's a happy face let it be that's their view | **I Like**  Materials Needed: A small picture of each child, magazines, scissors, glue, crayons, construction paper  The children glue their picture on the construction paper. They cut out items from magazines of things that they like such as: dogs, cats, flowers, family pictures, etc. | **Me and My Family**  Materials Needed: shaving cream of flour and a table!  Encourage the children to smooth the shaving cream and/or flour onto the table. They can draw a circle and add eyes, nose, mouth hair, etc. They can add their family members, pets, etc. | **Just like me**  Assist your child with tracing his/her hands and feet. Then have them either trace yours or their siblings hands/feets and compare the sizes. They can also add Q-tips to all fingers and toes representing that they have bones underneath their skin. |
| **Science/Math** | **Height and Weight!**  Materials Needed: a tape measure, a scale (for the children to stand on), paper and a pen  Weigh your child and measure their height. You can compare your height and weight with theirs or with other siblings.if there is no scale you can see how far each of you can jump then mark it with a piece of tape. | **Puzzles-Big and Small**  Make puzzles available that have families in them: both table puzzles and floor puzzles. If you don't have any, make one! Find pictures or print pictures from your computer of families. Make a collage of it and then laminate or tape over it and cut it out into large puzzle shapes! | **I'm a Color Scientist**  Provide small plastic cups (clear) with water in them. Provide eye droppers and small cups of paint for the children to experiment with color identification and color mixing!  if you do not have an eyedropper you can poke a very tiny hole in a baggie and use that as an alternative | **Big and Little**  Provide an item in small and large sizes (balls, stuffed animals, cut out people shapes) and then provide 2 boxes one that says Big and one that says LITTLE or SMALL. The children learn to sort by size. | **Clean Up, Clean Up!**  Add soapy water to your sink along with small cups and utensils if you have plastic or toy dishes that would do. Allow your children to just explore and play in the sink, you can even place a large bowl of water on the table with other objects just to give them that sensory play.  Include sponges and towels! |
| **Goals & Objective** | Children will gain understanding and knowledge of who they are and the different types of emotions they can express. | Children will gain understanding and knowledge of who they are and the different types of emotions they can express. | Children will gain understanding and knowledge of who they are and the different types of emotions they can express. | Children will gain understanding and knowledge of who they are and the different types of emotions they can express. | Children will gain understanding and knowledge of who they are and the different types of emotions they can express. |