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| May11 - May 15 |
| 2020 |
| Feelings |

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|  “Learning is the only thing the mind never exhausts, never fears, and never regrets.” Leonardo da Vinci |  |

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|  **Monday 11** |
| **YouTube:**  <https://www.youtube.com/watch?v=K3jLDEbeEoI> 🡨 **Click to hear Ms.B sing the Five Little Ducks (Numbers)** **Parent & Child Activity:** * Write or type out the Alphabet and point to each letter as you sing the Alphabet song with your child.
* Write your child’s name on a piece of paper and practice naming the letters in order.
* Make a daily weather observation (Sunny, Rainy, Cloudy, Etc.)
* Talk about shapes and their sides choose a shape and draw it on a paper allow your child to trace/color.

**Five Finger Relaxation** Tracing is a great way to clear the mind and relaxTalk to your child about strong emotions, such as anger, stress and sadness. Guide your child as they trace their hand. As they inhale, trace up the finger. As they exhale, trace down the finger. (Practice on both sides for 10 breaths)(Please make of use of the free website Education.com for free fun learning games that your child may use when you sign in using the code 32pbh2) For more information look at the Previous email sent on how to access |

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|  Tuesday 12  |
| **Book Reading: Caterpillar Spring Butterfly Summer** **YouTube:** <https://www.youtube.com/watch?v=SjZCqsLv8QM>🡨 **Click to hear Ms.B reading a book****Parent & Child Activity:** * Write or type out the Alphabet and point to each letter as you sing the Alphabet song with your child.
* Write your child’s name on a piece of paper and practice naming the letters in order.
* Make a daily weather observation (Sunny, Rainy, Cloudy, Etc.)
* **Make a calm down bottle**

Talk to your child about how their body feels when they feel a strong emotion. Explain stragtegies that they can use to relax. Together make a calm down bottle using a small plastic bottle (soda or water bottle), warm water and some pompoms.Add warm water to the plastic bottle and add pompoms. If you do not have any art supplies find small objects that you can fit inside. You may also cut paper into small pices and convert them into tiny paper balls and fit them in the bottle. Be sure to tape around the top to avoid it from spilling. |

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|  Wednesday 13  |
| **YouTube:** <https://www.youtube.com/watch?v=OdCttLLupAA>**🡨 Click to learn the Alphabet with Ms.B**  * Parent & Child Activity:
* Write your child’s name on a piece of paper and practice naming the letters in order.
* Talk about shapes and their sides choose a shape and draw it on a paper allow your child to trace/color.

**Draw your feelings**Provide your child with paper, color pencils, crayons and music. Play s snipet of a song to your child. Ask your child how the song makes them feel. Then play the song and ask them to draw themselves and how they feel. |

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|  Thursday 14 |
| **YouTube:** <https://www.youtube.com/watch?v=m7PKZgD07dI> 🡨 Click to hear Ms.B sing the Green Grass song  * Parent & Child Activity: Use the Alphabet chart provided or write out the Alphabet and point to each letter as you sing the Alphabet song with your child.
* Write out the numbers 1-10 and practice counting, be sure to also ask the child to name the number sporadically to help them actually learn the numbers. (Use chart provided or write the numbers on a blank sheet of paper)
* Make a daily weather observation (Sunny, Rainy, Cloudy, Etc.)

Identifying feelingsUse the chart of emotions provided or use the internet to search for pictures of emotions. Talk to your child about the different faces shown. Ask your child which is sad, happy, silly etc . Take turns acting out each emotion. |

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|  Friday 15 |
| **You Tube:** [**https://www.youtube.com/watch?v=5KHCKlEK348**](https://www.youtube.com/watch?v=5KHCKlEK348) **🡨 Click to hear Ms.B singing Five Frogs*** **Parent & Child Activity:** Use the Alphabet chart provided or write out the Alphabet and point to each letter as you sing the Alphabet song with your child.
* Write your child’s name on a piece of paper and practice naming the letters in order.
* Make a daily weather observation (Sunny, Rainy, Cloudy, Etc.)
* Talk about shapes and their sides choose a shape and draw it on a paper allow your child to trace/color. (You may use shape chart provided)
* Practice counting 1-10 using small objects such as blocs, Coins, or Dried beans**. SUPERVISE child as small items can be a choking hazard.**

 **Scavenger hunt:** Play a scavenger hunt game with your child where you are looking for toy animals with different emotions (sad, happy, silly) or finding items that can help you relax. Once you are finished talk about your findings and what is it helpful for. |