**Week of: May 18 to May 22, 2020**

**Theme: Self**

**Focus questions: How I helping the children notice and explore ways they may change (e.g. emotions, hungers)?**

**Class: 3K**

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|  | **Monday**  | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Morning****Activities** |  **Happy face, sad face** **Material need: small paper plate or circle paper shape, crayons, any craft stick and a mirror. Encourage your child to look at the mirror and draw a happy face. Then on the other side of the plate encourage your child to draw themselves with a sad face and glue the craft stick on the bottom. They turn their “faces” to show the side that corresponds to the question. For example; you need to go to bed early. Are you happy or sad? They can turn their “faces” to show the way it make them feel.** | **Explain emotion** **Explain emotion to children by saying “Emotions are feelings, our feelings change from moment to moment depending on what’s going on around us. For example: you are very happy because mommy bought an ice cream, but them your ice cream fell down, now you are sad. Ask your child to tell you an emotion that they are felt today? Then encourage then to make a drawing about how they are feeling.**  |  **The story of my ----day****Encourage children to draw a picture of a day that made them happy. Write down their story when they are done, place it in their room or favorite area of the house. You can make one each day and make them into individual books so children can look and talk about it.** | ***Name Puzzles spelling activity.*** ***Material: some paper, a marker, an envelope, and scissors, started by writing your child’s name on a piece of paper. Use an uppercase letter for the first letter and lowercase for the remaining letters, cut the letter out, so each letter is its own puzzle piece. Pop them in an envelope, present the envelope to your child saying “what is in here” Let find out*. Have your child name the letter if they can, if not, you name it for them.** | **Red light, green light****You may not immediately think of this game being about emotions, but it teachs children to wait when all they want to do is run. Here are the rules: One person stands on one side of the room, the children are at the other side, explains that green means go, yellow means slow, and red means stop. Say the colors randomly to help with listening skills. For further, you can provide them with an action for example, hop like a bunny. Give them some feedback for controlling their emotions and wait since they will be so eager to reach you on the other side of the room.** |
| **Books/eBook****ebook online/****You Tube****Questions:** | The Grumpy Morning by Darcia Labrosse<https://youtu.be/a8gSVYqdoDE>What is the animal asking for?. ( food they were hungry) Who supposed to feed them? ( the farmer)Where are they going? ( to the house)What did they do in the house? | The Feeling Book by Todd Parkhttps://youtu.be/Wg1ZesqcFcQing BookWhen do you feel happy?When do you feel scared? On the end of the reading ask your children how they are feeling today? | The Way I Feel by Janan Cain<https://youtu.be/gtTKXuzBh00>What makes you feel happy? When are you thankful? When do you feel disappointed?Describe your feeling too!  | Llama llama mad at mama by Anna Dewdney<https://youtu.be/oaXfk5QC5rE> Why Llama llama is mad at mama?What llama did when she was mad?  | My friend is Sad by Mo Willems<https://youtu.be/HTcixxSc7eQ>How can you make your friend happy when they sad?What make elephant happy?Ask your children what makes them happy? |
| **Fine motor****Activities**  | **Shape Hunt** **Material: contrition paper, scissor and a pen** **Traces different shape on a piece of paper, then with parents help cut each shapes. Hide one half of each pair around your home, place the other half in central place and make that home base, now start the search by calling out a shape and sending your child out to find its match.** | **Hand trace Book****Help your child to fold a construction paper in half, have your child to trace his/her hands and then help them to cut-out their hands (do not cut the folded side) when done, the hand print should open like a book, them allow your child to write, draw, paint, also they can try to write their name on his/her book.** | I likeMaterial; a small picture of your child magazines, scissors, glue, crayons, construction paper or any paper you have. Encourage your child to glue he/she picture on the paper, then with parents’ guide cut out items from the magazines that she/he like such as dogs, flowers, doll, family picture, food etc. Then she/he can paste each items next or under her/his picture. | **Fruit loop Towers****Material: Pasta/ spaghetti, cheerios, and play dough.** **Directions, encourage your child to build a ball with the play dough then place the spaghetti inside the play sough, standing up straight, Now let have fun inserting the cereals through the spaghetti and build a big towers.**   | **Marshmallow Sculptures****Materials: mini marshmallows, toothpicks and imagination.** **Encourage your children to push the toothpick inside the marshmallow and to make lines connecting them, they can create train tracks, building, straight lines etc.**  |
| **Gross motor Activities****Music & Movement**  | **Feeling Dance****With the “if you are happy, and you know it” song, encourage your children to make the faces along with the body language. So often we focus emotion lesson only on faces, but children’s bodies tell us how they are felling too. You can replace happy with different emotions, For example; If you mad-cross your arms, frustrated-stomp your feet, excited- jump and down, Sad- make a frown, scared-hide your face.** | **Family Bowling** **Have fun burning off energy and learning about physics with this simple bowling game. Material: you will need some paper rolls, picture of your family you can print it out, glue or tape and a ball. If you can print out picture label the pins with numbers, letter or shapes. Also if you don’t have a ball you can make one with a socks. After you label or paste the pictures on the paper rolls which are going to be our pins, let have fun knocking them down.****`** | **Feelings Parade****This’s an activities that you can do with your family. The feeling Parade (much like fallow the leader) tell a story as you walks with your child and encourage them to act out the feeling as their walk for example: “I was walking to school and saw a butterfly and it made me so happy” (everyone walk with a big smile) “But then it started to raining and I didn’t have my umbrella and that made me angry (make an angry face and stomp as you walk.)… If they want let them make their own story.**  | **Walk like a Penguin using a balloons****Blow up a balloon, have your child put the balloon between their knees and walk a penguin, or they can toss the balloon and catch it so that it never hits the floor.** **Here is the link for the penguin song****<https://youtu.be/uf0uKmKwnKs>** | **Stand up, Sit Down children song by Patty Shukla****It is Friday let exercise while we have fun with this fun music video which kids love.** <https://youtu.be/t9WAGkQUUL0> |
| **Arts & Crafts** | **Paint a feeling** **Materials needed: paint, brushes and paper. This is a completely free art choice, just let them paint! No expectations no “Adult” decided” when they are done, ask them to name their picture with a feeling. Let’s name our pictures with a feeling. When you were painting, how you were feeling, happy, sad, angry, scared etc. And why** | **Straws Necklace** **Materials: straws, scissor, yarn or shoes laser.****With parents supervision cut the straws on small pieces like 5 inches to create the string beads. When you done cutting the straws started inserting them in the string. You can use different color of straw to make it colorful.**  | Secret LettersMaterials: white paper, white crayon, paints and a paint brush.Help or guide your children to write some letter or their names on the white paper with a white crayon, then encourage then to paint on top of the letter or all over the paper to find the letter. As they find the letters encourage them to spell the letter and if they can’t you do it for them. | **Emotions Play Dough** **Materials: Play Dough, construction paper or any paper you have and a pencil or market. Help your child to draw a big circle to create their own face or a family member. Then use Play Dough to create the expression of the faces for example; used play Dough to do the eyes, the nose, mouth hair, eyebrow etc. can be a happy, sad, crying face etc.**  | **Let create our own monster.****Material: a piece of paper, pain, goggle-eyes and your imagination.****Start by folding your paper in two. Then you open it and pop some paint on one side of the paper, when you done close the paper together hold it for a few minute then open the paper, and started decorating your monster as you like you can paste two eye or three, add some leg, don’t forget to name your monster.**  |
| **Science/Math** | **Rainbow color soothing and counting.****Materials: cups, colorful cereals.****Place three or five cups on a table or the floor, then encourage your children to separate the cereal by colors and place them inside the cups, as he/she place the cereal encourage them to count the cereal. Also you can label the cups with number so they Mach the cereals with the number that is in the cup.** | **Heavy or light Measuring Weight****Material: for this activity you can collect any material that you have in the house, for example pencil, leaf, glue bottle, cotton ball, cup etc. Allow your children to touch and feel the item first, then ask them is the leaf heavy or light? Is a pencil heavier or lighter than a glue bottler? And Why.**  | **Floating M off an M&M experiment****Materials: Water, M&M, and cups.****You can do this activity on individual cups or in one cup, first to fill the cup with water, then you add one of two M&M in the water side up. Have your kid make predictions, what happen to the m&m? It sinks. The color of the M&M will dissolve creating a rainbow colored water and after like 10 minute the letter M will started to float. This happen because the M is not make of water soluble as the shell does.**  | **Math. Tracing Numbers on tape****Taped numbers on the floor or on a table with painters tapes, if you don’t have tape you can do the activity on a piece of paper. After you place the numbers give your child washable markers for tracing the numbers, as they trace the number ask them what number is and if they don’t know the number say it for them. It will help them to get familiar with the number and a fun way to practice writing.** | **Magic Milk science experiment****Supplies: Milk, liquid food coloring, dish soap, cotton swabs.****Directions: pour a thin layer of milk to in a shallow pan, next have your kid add drops of food coloring all round in the milk, then the kids will pick up a cotton swab and dip it in the dish soap. Finally let then put the cotton swab in the milk pressing it down in one spot and holding it there for about 15 seconds. Watch what happen! Ask the kids some questions, like what did you notice? What happen when you put the cotton swab in the milk? Why did you think that happen?** |
| **Goals & Objective** | Children should be able to understand that emotion and feeling are part of our daily life, therefore they can change from moment to moment and it’s ok to have different emotions. | Heavy or lightThis activity is perfect for students to learn about measuring weight. Also this is a great math activity to open up a discussion about measurement and comparisons.  | Secret LettersChildren will practicing identifying their letter, also it’s the perfect combination of art and literacy in one magical activity that kids will love. | Children should be able to understand that emotion and feeling are part of our daily life, therefore they can change from moment to moment and it’s ok to have different emotions. | Children will be able to build small motor skills while play. Children need to use fine motor skills to do many school-related tasks. And daily tasks like getting dressed, brushing their teeth, writing, using scissors etc. That’s why it’s so important to develop it.  |