

<u>Duration</u>	<u>Activity</u>	<u>Description</u>	<u>Activity Resources</u>
<p>Wake up by 9:00 AM</p> <p>Aim to complete your morning routine in about 45-60 minutes</p>	<p>Wake Up Routine</p>	<ul style="list-style-type: none"> ○ Make bed ○ Get dressed ○ Eat breakfast ○ Brush teeth and wash hands ○ Calendar check-in ○ Discuss the weather 	<p><u>Breakfast</u></p> <ul style="list-style-type: none"> ○ Wash hands prior to meal prepping ○ Encourage your kiddo to help you prepare breakfast ○ Talk about each food item by describing its shape, texture, and color ○ Discuss where each food item is found in your kitchen (i.e. the cabinet or refrigerator) ○ Support your kiddo with washing their own dishes in order to increase independence <p><u>Teeth Brushing and Hand Washing</u></p> <ul style="list-style-type: none"> ○ YouTube’s “The Wiggles: Brush Your Teeth” ○ YouTube’s “The Wiggles: The Handwashing Song” <p><u>Calendar</u></p> <ul style="list-style-type: none"> ○ Use your home calendar as a visual to practice identifying which day it is, determining “If today is ____, then yesterday was ____” and then crossing it off, as well as discussing what tomorrow will be ○ Further emphasize calendar concepts through popular morning meeting songs such as YouTube’s “Days of the Week”, “Months of the Year” and “Seasons of the Year” <p><u>Weather</u></p> <ul style="list-style-type: none"> ○ YouTube’s “What’s the Weather” ○ Watch your local weather report on TV or read the 7-day forecast in the newspaper ○ Label the weather forecast images ○ Look out your window or step outside and talk about how it looks and feels ○ Discuss what clothing you should (or shouldn’t) wear with today’s weather

30 Minutes	Morning Movement	<ul style="list-style-type: none"> ○ Family walk outside ○ Ride bike outside ○ Yoga inside ○ Go Noodle 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> ○ YouTube’s “Cosmic Kids Yoga” <p><u>GoNoodle</u></p> <ul style="list-style-type: none"> ○ Create a <i>FREE</i> account and allow your kiddo to browse all of the engaging videos that support movement ○ Tip → select “Categories”, and scroll in the sections titled “Sensory and Motor Skills” and/or “Movement Type”
30 Minutes	ELA Academic Review	<ul style="list-style-type: none"> ○ Review letters ○ Review letter sounds ○ Vocabulary review ○ CVC word build/read 	<p><u>Letters and Letter Sounds</u></p> <ul style="list-style-type: none"> ○ Review with flashcards, puzzles, or finding and labeling around your home ○ YouTube’s letter videos by ABCmouse, Miss Molly, Jack Hartmann <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> ○ Flashcards, books, and/or magazines that help identify nouns and expand vocabulary ○ Take it one-step further by describing details in the picture (i.e. “You are right it is a cat! And look, the cat is wearing a red hat. You wear a hat on your head) <p><u>CVC Word</u></p> <ul style="list-style-type: none"> ○ CVC stands for consonant-vowel-consonant ○ Examples of these words include dog, cat, sit, hot, ○ Kiddos can use letter magnets or letter flashcards to build these words ○ You can also show the full, written form of these words to your kiddo and ask them to identify/read <p><u>How to review ELA content</u></p> <ul style="list-style-type: none"> ○ In my classroom we test a student’s knowledge in one of two ways → SEE-SAY or HEAR-TOUCH ○ SEE-SAY = showing a student 1 letter and asking them to “Name this letter”, therefore they are expressively identifying ○ HEAR-TOUCH = showing a student two letters and asking the kiddo to “Take the letter ___”, therefore they are receptively identifying ○ SEE-SAY or HEAR-TOUCH can be used across many areas of teaching and/or review

30 Minutes	Creative Time	<ul style="list-style-type: none"> ○ Directed craft ○ Free paint/draw ○ Building with legos 	<u>Crafts</u> <ul style="list-style-type: none"> ○ Pinterest is a wonderful resource to help you find and create engaging crafts for any focus area ○ When completing crafts encourage students to label the materials being used, identify colors, count objects, discuss positional terms (i.e. “you are putting the button on top of the shirt), etc.
30 Minutes	Sensory Play	<ul style="list-style-type: none"> ○ Play-Doh ○ Kinetic Sand ○ Water Beads ○ Rice bin ○ Writing in shaving cream ○ Water buckets (outside is best!) 	<ul style="list-style-type: none"> ○ Pinterest is a wonderful resource to help you find and create engaging sensory bins that can also include academic review (i.e. letter magnets in a rice bin) ○ Find things around your home to make your bins, like dry pasta, rice or beans! ○ <i>Remember to set, and stand by your expectations of how to use these materials properly (i.e. the sand stays in the bucket, water buckets are only used outside)!</i>
30 Minutes	Lunch		<u>Lunch</u> <ul style="list-style-type: none"> ○ Wash hands prior to meal prepping ○ Encourage your kiddo to help you prepare lunch ○ Talk about each food item by describing its shape, texture, and color ○ Discuss where each food item is found in your kitchen (i.e. the cabinet or refrigerator) ○ Support your kiddo with washing their own dishes in order to increase independence
30 Minutes	Afternoon Movement	SEE ABOVE FOR “MORNING MOVEMENT”	SEE ABOVE FOR “MORNING MOVEMENT”

30 Minutes

Math Academic Review

- Number review
- Number sequence
- Number correspondence
- Color identification
- Shape identification
- Telling Time

Numbers

- Review with flashcards, puzzles, or finding and labeling around your home
- YouTube's number videos by Bubble Pop Box, The Singing Walrus, Jack Hartmann

Number Sequence and Correspondence

- Sequence numbers with flashcards
- Encourage your kiddo to rote count their snack (i.e. if they are having goldfish for a snack, have them rote count the random amount you give them)
- Count the number of steps it takes to walk between different areas of your home

Color and Shape Identification

- Find and label real-life things around your home and outside
- Discuss the color of toys they are playing with
- Discuss the color of the food they are eating

Telling Time

- Help your student continue to build on their skill of telling time by pointing out digital clocks before/during transition times
- This may be errorless teaching, which just means that you may be giving them the answer. This is okay! The focus is to keep their telling time skills fresh and relevant!

How to review Math content

- In my classroom we test a student's knowledge in one of two ways → **SEE-SAY** or **HEAR-TOUCH**
- **SEE-SAY** = showing a student 1 number and asking them to "Name this number", therefore they are expressively identifying
- **HEAR-TOUCH** = showing a student two numbers and asking the kiddo to "Take the number __", therefore they are receptively identifying
- **SEE-SAY** or **HEAR-TOUCH** can be used across many areas of teaching and/or review

15 Minutes	Fine Motor	<ul style="list-style-type: none"> ○ Handwriting ○ Lacing ○ Sorting 	<p><u>Handwriting</u></p> <ul style="list-style-type: none"> ○ Writing name, letters, numbers, etc. by completing independently, copying from a visual, or tracing over your own handwriting <p><u>Lacing</u></p> <ul style="list-style-type: none"> ○ Use fine motor skills to practice lacing shoes <p><u>Sorting</u></p> <ul style="list-style-type: none"> ○ Use tweezers or large spoons to sort objects by common characteristics (i.e. use tweezer to grab a bead, place the bead in its corresponding bin, and continue this until all beads are sorted by color)
30 Minutes	Quiet Time	<ul style="list-style-type: none"> ○ Book browsing ○ Playing with a puzzle ○ Coloring on own ○ Anything that can be self-directed, is engaging, and motivating 	<p><u>GoNoodle</u></p> <ul style="list-style-type: none"> ○ Create a <i>FREE</i> account and allow your kiddo to browse all of the engaging videos that support movement ○ Tip → select “Categories”, and scroll in the sections titled “SEL and Mindfulness”
30 Minutes	Play Therapy	<ul style="list-style-type: none"> ○ Old, new, favorite, unused toys 	<ul style="list-style-type: none"> ○ Model how-to play in an engaging, imaginative way ○ Offer vocabulary to describe character traits, feelings, and actions of the toys you are using ○ Take this time to increase what toys interests your kiddo
30 Minutes	Science	<ul style="list-style-type: none"> ○ Online Videos ○ Easy, engaging experiments 	<p><u>Online Video Resources</u></p> <ul style="list-style-type: none"> ○ PBS Kids → Sid the Science Kid, Wild Kratts ○ Using Facebook, go to the page for Cincinnati Zoo & Botanical Garden. Then, scroll down to “videos” and select the most recent, daily live video. These will be streamed live each day at 3 PM EST! What a great way to learn about animals! <p><u>At-home Experiments</u></p> <ul style="list-style-type: none"> ○ Pinterest is a wonderful resource to help you find and create engaging science experiments

15 Minutes	Story Time	<ul style="list-style-type: none"> ○ Independently read/look at a story ○ Read a story aloud to your kiddo ○ Watch an online story 	<p><u>Reading to your kiddo</u></p> <ul style="list-style-type: none"> ○ Select a story that holds their attention ○ Utilize the stories they love, while balancing introducing new stories (i.e. let's read this story first, then I will read your story) ○ Engage your kiddo by having them follow simple directions (i.e. turn the page, he has a hat on his head touch your head, let's jump like she is, count the ducks on this page, etc.) <p><u>Watching an online story</u></p> <ul style="list-style-type: none"> ○ StoryLineOnline.net ○ YouTube and type in a popular children's book ○ JustBooksReadAloud.com ○ StoryTimeWithMsBecky.com
15 Minutes	Chores	<ul style="list-style-type: none"> ○ Put toys away ○ Wipe counters/tables ○ Wipe door handles ○ Vacuum/sweep 	