

Orange Items on Seesaw

Green Items in paper packet

May 18-May 21

	Monday	Tuesday	Wednesday	Thursday
Reading and Writing	Tell your child a favorite story or a classic like Three Little Pigs or Goldilocks and the Three Bears. Take your child's hands during the story to make gestures that fit the story. (make running arms, hands to face to "huff and puff") etc. Read aloud of Three little pigs on Seesaw	Draw a person. You can help your child hand over hand and label the parts as you go. Mat man pieces: parent cut out and child builds (reusable)	Offer your child 2-3 books and let them choose one. Help them orient the book with cover on top and facing right side up.	Green Book Letter Z page
Communication	Practice LOUD and QUIET talking and singing. Demonstrate for your child. Help them make the "shhh" sign with the finger over the lips when you are being quiet.	Practice identifying body parts. Help your child point to or pat his/her own head, legs, feet, arms and stomach. If your child knows those, you can add facial features.	Have your child practice saying "yes" or "no". Show them a familiar item or person and ask them, "Is this_____" and then you can answer "yes" or "no" verbally and by nodding or shaking head.	Practice word "in". Have your child put objects in containers. If your child is working on puzzles, use the word "in" as you help them with the pieces. Describe a scene: bathroom
Math	Fishbowl: color or match a cracker to each fish and label the number of fish	See Gross Motor activity. Count the lines with your child as they step or jump.	Count to 10 while clapping.	Work on concept of 1. Give child objects and ask them to hand you ONE object.
Sensory	Build a sensory path for your child to walk on in your home or outside. Have them walk across different textures: pillows, cardboard, bubble wrap, a cookie sheet, etc	Help your child twirl once and then stop. Repeat. (See Social/Behavior activity) Try having them sit on a folded towel and spin/stop/	Put oatmeal, rice or beans in a tub. Give child cups and spoons to scoop and pour. Let them pour over their other hand and cover, then wiggle fingers. Save for sensory time on Thursday.	Use tub of oatmeal, beans or rice again today. This time have them hide small toys in it and find them.
Fine Motor/Craft	Take a straw and bend it in half and have your child use it as tweezers to pick up pompoms or little balls of paper.	Practice tracing Trace #1 Star trace the line	Have child practice cutting with scissors. Make butterfly with paper plate-instructions on seesaw Cut the line bee to hive Flower color, trace, cut	Craft from Packet materials- Plate Dino Instructions on Seesaw
Gross Motor	March to your favorite song. Then try tip toe, skate (sliding feet) and stomp to it.	Put 5 lines on the ground about a foot apart (outside with sidewalk chalk or inside with tape or yarn). Jump from line to line. Stand on one line and try to stretch to the next line.	"Go" bowling. Set up plastic cups or empty plastic bottles and have your child roll a ball to knock them over	Play catch or kick a ball back and forth. Try throw/catch with bean bag instructions on seesaw
Social Skills/ Behavior	Play with your child and pretend that your toy (doll, car dinosaur) lost something they like. Talk about how your toy is feeling sad.	Stop and go: Have the child do an action and when you call "stop" they have to stop and freeze until you say go. Actions: jump, twirl, clap, stomp, run, push a car, etc.	Practice waiting. Have your child sit for snack and say "wait...wait..." and then hand them their snack. Practice the same when you are giving them a desired toy.	Have your child practice pushing against a wall. You may be able to use this as a calm down activity when your child is upset.

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Self Help Skills	Have your child help with hair grooming- shampooing/brushing/combing/applying product.	Help your child cut a soft food like bananas or cooked noodles with a butter or plastic knife. (sensory add on: have them smell, touch, and taste/lick)	Put different articles of clothing spread out on the floor and ask your child to get one of the items. Help them find the requested item.	Have your child help put away clothes into drawers.
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