

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. Have your child act out parts of the story with you. <i>Read aloud of Three little pigs on Seesaw</i>	Draw a person. See how much of the person your child can draw independently. <i>Mat man pieces: parent cut out and child builds (reusable)</i>	Read a story with your child. Focus on "where" questions. Ask where the characters are on each page. (inside/outside, location of characters, etc) <i>Read aloud of Three little pigs on Seesaw</i>	<i>Green Book Letter Z page</i>
Communication	Practice LOUD and QUIET talking and singing. Talk about places that people are loud and places that people are quiet.	Practice identifying body parts. If your child knows all of the basic body parts, you can practice parts like ankles, earlobes, nostrils, shoulders and wrist.	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 describing items by using color/ size/ textures. <i>Describe a scene: bathroom</i>
Math	<i>Fishbowl: color or match a cracker to each fish and label the number of fish</i>	See Gross Motor activity. Count the lines with your child as they step or jump.	Count objects to 10. Then divide the objects into 2 groups. Have them count each group and then count objects together.	Count to 20 while stepping, clapping or marching.
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 <i>Trace #1</i> <i>Star trace the line</i>	Have child practice cutting with scissors. <i>Make butterfly with paper plate-instructions on seesaw</i> <i>Cut the line bee to hive</i> <i>Flower color, trace, cut</i>	<i>Craft from Packet materials- Plate Dino</i> <i>Instructions on Seesaw</i>
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 <i>instructions on seesaw</i>
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 and see which ones they can put on independently.	Have your child help put away clothes into drawers.
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