

# May 4-May 7

	Monday	Tuesday	Wednesday	Thursday
Reading and Writing	<a href="#">The very hungry caterpillar read aloud and questions posted on seesaw</a>	Trace name or use name puzzle	Sing ABCs together. Point to them on the alphabet chart.	See sensory activity. Help your child make letters of his/her name with a finger or a stick.
Communication	Work on words "on" and "off". Help your child get on a bed/couch/chair or couch and say, "You are ON the couch." Then have them get off and label.	Work on word "under". Put a favorite object under a blanket and put a towel or blanket over the top. Ask your child where the object is and say, "The toy is UNDER the blanket."	Put 2-3 different objects in front of your child and ask them to point or grab the one that you ask for.	Have your child pat their lap or clap as you say the syllables of their name.
Math	Practice concept of ONE. Put a few pieces of cereal or other small objects and ask your child to hand you one. You also can model by handing your child one piece of cereal and saying, "Here is ONE cheerio." <a href="#">Also, see number tracing activity on seesaw</a>	Matching/Sorting activity <a href="#">Set of cards in packet dropped off at your home. Instructions and example on seesaw</a>	Draw a big triangle and a little triangle. Help them point to or pat the big triangle and then point to the little triangle. Help them pat the triangles while you count them. <a href="#">Also, See bug pattern activity on seesaw</a>	Count how many steps are from your child's bedroom to the bathroom.
Sensory	Put beans or rice or small objects into a small Tupperware container, plastic jar with lid or paper bag so your child can shake it. Have them shake it while you sing a song.	Play with bowl of water beads or beads in water from yesterday's fine motor activity.	Practice Candle Breath/ blowing a scarf or kleenex, blowing out a "candle." <a href="#">Picture of Candle Breath in seesaw.</a>	Play with flour/shaving cream/whipped cream. Make a handprint in it and help your child count the fingers. Help your child make shapes with fingers or a stick.
Fine Motor/Craft	Pick up water beads (or other beads) and put them into a cup or small bowl of water. Leave in a cup overnight to use as sensory activity tomorrow.	Cook noodles and have your child cut the noodles.	Play dough. Help your child squish, roll, and poke popsicle sticks (sticks, toothpicks, etc.) into the playdough. <a href="#">Recipe on website</a>	Ripped paper Owl <a href="#">Project from paper packet, Directions on seesaw.</a>
Gross Motor	Help your child practice kicking their leg in the air. If they can do that easily, have them try to clap underneath their leg. Practice jumping forward. Put an object on the floor and have your child jump toward the object.	Dance to your favorite song. Dance low to the ground and then reach up high. Spin around.	Have your child practice balancing on one foot. They can be watching their favorite show or doing a favorite activity and you can lift one foot for them off of the floor.	<a href="#">Gross Motor Obstacle course- Video on Seesaw</a>
Social Skills/ Behavior	Practice imitation skills. You do a simple movement or make a sound and then help your child do the same movement or sound. Then, copy something that your child does.	Play hide and seek in the house. If you don't have someone to help your child hide, then you can hide a toy and the two of you can search together.	Practice squeezing a pillow, stuffed animal or a small squishy object. If your child gets upset, see if you can have them try this as a cool down strategy.	Play red light/green light. Hold up a green piece of paper, say GO and dance or run. Then, hold up a red piece of paper and say STOP and help your child freeze. <a href="#">Example in seesaw</a>

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Self Help Skills	Practice opening and shutting doors in the house. Label "open" and "shut" verbally as you practice.	Practice opening Ziploc bags.	Label each step as you are helping your child wash their hands or brush their teeth. Work toward having them independently do even the smallest of steps- like picking up the toothbrush from the drawer.	Have your child help with a simple snack by helping you put crackers in a bowl or on a plate or cutting up a banana with a plastic/butter knife.
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