

**Week 16 SERIES 1400**

**LEARNING GOALS**

- Discussing feelings; Demonstrating understanding of vocabulary
- Using color for designs
- Practicing directional commands
- Creating movements to accompany musical selections
- Experimenting and formulating hypotheses
- Recognizing rhyming words
- Using imagination and creativity to express thoughts
- Demonstrating knowledge of musical sounds
- Manipulating and blending sounds

**DAILY SCHEDULE**

Morning Routine  
 (Brush teeth, get dressed, breakfast)

**Curriculum Activity**

Snack

Independent Play

**Brain Waves**

Lunch

Quiet Time

**Curriculum Activity**

Outdoor Play

Evening Routine

**MATERIALS NEEDED**

- |                   |                          |
|-------------------|--------------------------|
| ▪ Blanket         | ▪ Scissors               |
| ▪ Blue paper      | ▪ Small object           |
| ▪ Cardboard tube  | ▪ Small sticks and twigs |
| ▪ Crayons         | ▪ Small tub              |
| ▪ Flat stone      | ▪ Tape                   |
| ▪ Internet access | ▪ Water                  |
| ▪ Markers         | ▪ Water bottle           |
| ▪ Paper           |                          |
| ▪ Rice            |                          |

**CURRICULUM SCHEDULE**

**MONDAY**

Language/Literacy: *I'm Sorry*  
 Creative Exploration: *Crumpled Paper Design*  
 Brain Waves: *NoGo*

**TUESDAY**

Math: *Which Way Do I Go?*  
 Music and Movement: *Freeze Dance*  
 Brain Waves: *NoGo*

**WEDNESDAY**

Science: *Sound Vibrations*  
 Cognitive Exploration: *Vacation Time*  
 Brain Waves: *NoGo*

**THURSDAY**

Language/Literacy: *Up High in the Sky*  
 Dramatic Play: *Star Gazing*  
 Brain Waves: *NoGo*

**FRIDAY**

Social Studies: *Music Store Visit*  
 Sensory Activity: *Rain Stick*  
 Brain Waves: *NoGo*

## Language/Literacy

### I'm Sorry

**Learning Goal:** Discussing feelings

**Materials:** paper, marker

**Preparation:** Write the poem on a sheet of paper for you and your child to read together.

**Instructions:**

1. Invite your child to a conversation about apologizing for hurting someone's feelings.
2. Use the following poem to start the discussion:

I don't always know or just what I did,  
But there is no doubt, I'm sorry.  
When time for bed or I just need a meal,  
I don't always express it nicely how I feel.  
But there is no doubt, I'm sorry.  
I just say the first words that come to mind  
And I realize now that they were often not so kind.  
But there is no doubt, I'm sorry.  
I'll work on saying sorry less, and more on being my very best.  
I'll find the words to better express how much I love you.  
And sorry less.

3. Talk about the meaning behind the poem about saying "sorry" with your child. When is it appropriate to tell someone that you are sorry? How can telling someone that you are sorry solve conflicts and restore friendships? Discuss poetry as a reading/writing method that can tell a story in rhyme.

## Creative Exploration

### Crumpled Paper Design

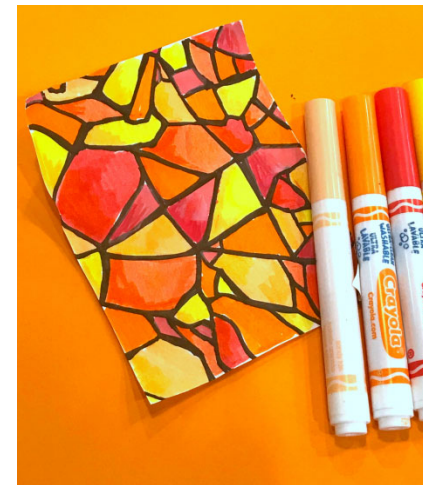
**Learning Goal:** Using color for designs

**Materials:** paper, crayons, markers

**Preparation:** Crumple paper into a ball and then unfold it and flatten it out as smooth as possible.

**Instructions:**

1. Invite your child to make a colorful design following the lines created on the paper after it is crumpled and stretched out flat.
2. Outline the lines in a dark color and then fill in the spaces with a lighter or contrasted color.
3. Admire your child's creative drawing and make it part of your refrigerator gallery!



## Math

### Which Way Do I Go?

**Learning Goal:** Practicing directional commands

**Materials:** small object to hide

**Preparation:** Hide the small object somewhere in the house or outside.

**Instructions:**

1. Invite your child to a game of “Which way Do I Go?”
2. Explain that you have chosen a surprise to hide and your child will be given verbal directions to find it.
3. Use commands such as: Take \_\_\_\_ steps forward or backwards. Take \_\_\_\_ steps in the opposite direction. Turn to your right, left, or turn completely around.
4. Take  $5 - 3 = ?$  steps in a certain direction or take  $2 + 2 = ?$  to the right or left. Use verbs such as: hop, slide, or jump.
5. The commands should be challenging but not frustrating. Always follow the commands with a “please!”
6. Reverse roles to vary the game.



## Music and Movement

### Freeze Dance

**Learning Goal:** Creating movements to accompany musical selections

**Materials:** internet access, website for dance along *Freeze Dance* by The Kiboomers:

<https://youtu.be/2UcZWXvgMZE>

**Instructions:**

1. Invite your child to a Dance Off Freeze Dance contest.
2. Use the website to follow the directions.
3. Invite family to join in!



## Science Sound Vibrations

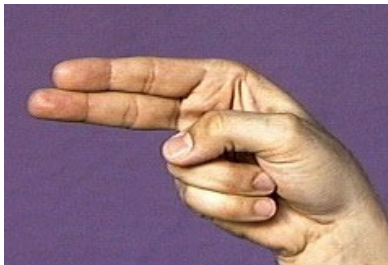
**Learning Goal:** Experimenting and formulating hypotheses

**Materials:** stone (flat), small tub, water

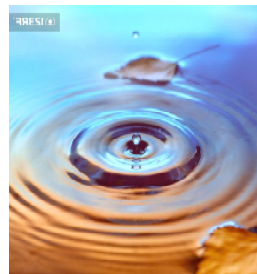
**Preparation:** Fill a small tub with water.

### **Instructions:**

1. Show your child the ASL sign for the letter Hh.
2. Define “sound” as “vibrations that travel to the ear.”
3. Drop a rock into water. Invite your child to hypothesize (a good guess) what happens and why. Explain that the water ripples outward from the rock because the rock is pushing the water around it. Say, “Sound waves travel through the air by vibrating or moving particles of matter in the air like the waves of water.”
4. Try dropping the stone from different heights into the water.
5. How are the water ripples affected by the height from which the stone is dropped?



Hh is for hearing



Sound Vibrations

## Cognitive Exploration Vacation Time

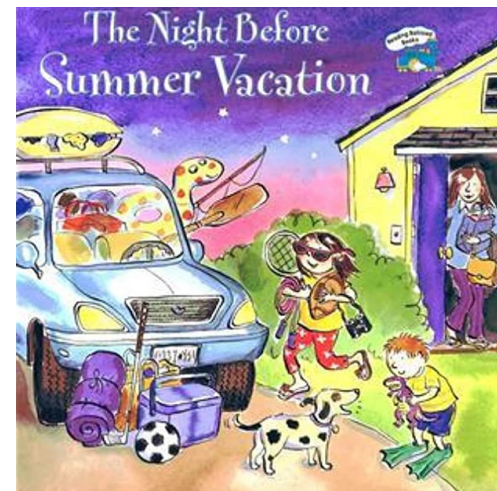
**Learning Goal:** Recognizing rhyming words

**Preparation:** internet access, website for read aloud *The Night Before Summer Vacation* by Natasha Wing:

<https://youtu.be/8nsJgBr-lzs>

### **Instructions:**

1. Invite your child to a reading of the book. The story unfolds in rhyme.
2. Make a list of the rhyming words that you hear as the story unfolds.
3. Practice reading the words.
4. Ask your child to tell all the things that the family in the story is taking with them on vacation.





## Language/Literacy

### Up High in the Sky

**Learning Goal:** Demonstrating understanding of vocabulary

**Materials:** internet access, website for read aloud *The Second Sky* by Patrick Guest & Jonathan Bentley:

<https://www.youtube.com/watch?v=AQKYfTbJIHg>

**Preparation:** Preview video.

**Instructions:**

1. Listen to the story with your child.
2. Discuss what the character in the story tried to do? Ask your child what the character learned that he could do? (Example: The character in the story realized that although he could not fly, he could swim.)
3. Discuss with your child what things he/she can do? (Example: Write letters, sing a song, dance, etc.)



## Dramatic Play

### Star Gazing

**Learning Goal:** Using imagination and creativity to express thoughts

**Materials:** cardboard tube, blanket, blue paper, scissors, tape

**Preparation:** Cut out eight stars and a moon. Tape the stars and moon to the blanket. Drape or hang the blanket.

**Instructions:**

1. Ask your child to imagine the nighttime shade of summer and look through the cardboard tube representing a telescope.
2. Ask your child what he/she sees in the nighttime sky.



## Social Studies

### Music Store Visit

**Learning Goal:** Demonstrating knowledge of musical sounds

**Materials:** internet access, website for virtual field trip to the music store:  
<https://www.youtube.com/watch?v=27wp-0ymQQ0>

**Preparation:** Preview the video.

**Instructions:**

1. Watch the video with your child.
2. Mrs. Penny and the Kid Vision Kids went to Sam Ash's Music Store to make music. They played instruments, participated in a drum circle, and danced like crazy with a D.J. Join us! Let's rock 'n' roll!
3. Discuss with your child the similarities between the difference sounds of music.



## Sensory Activity

### Rain Stick

**Learning Goal:** Manipulating and blending sounds

**Materials:** water bottle (look for a bottle from the recycle bin that makes a nice sound), small sticks and twigs, rice

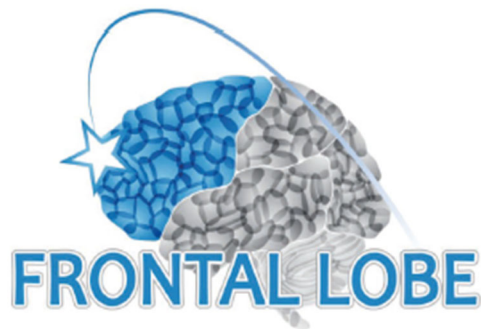
**Instructions:**

1. Select a bottle from the recycle bin.
2. Invite your child to fill the recycled bottle with small sticks and twigs to exercise fine motor muscles.
3. Invite your child to add 5-10 teaspoons of rice to the rain stick musical sensory bottle to practice scooping and transferring.
4. Put the lid on your homemade rain stick and slowly tip your musical sensory bottle instrument from top to the bottom to hear the gentle pitter-patter of rain.



## Supporting the Development of the Frontal Lobe

A main function of the frontal lobe is cognitive thinking, such as reasoning and problem solving. This portion of the brain is also responsible for motor development, language development, social-emotional behavior, and impulse control. Research shows that lack of development in the frontal lobe can lead to deficits in concentration and decreased problem solving and creativity skills.



## Impulse Control

### NoGo

**Preparation:** This game is best played outside. Mark start and finish lines some distance apart.

**Instructions:**

1. Invite your child to play a racing game called NoGo.
2. Tell your child to stand behind the start line.
3. Tell him/her to listen for the command “Ready, set, go.”
4. Emphasize if your child does not hear “go,” then it is a NoGo, and he/she should not move. If he/she moves, you start over.
5. Begin tricking your child by saying something like “Ready, set, slow” or “Ready, set, jump.”
6. Your child will have to demonstrate the ability to listen, follow directions, and control the impulse to move when not directed.

