




# May Howard Pre-K

Week 4 Independent Learning Days

Friday, April 17<sup>th</sup>

Good morning Pre-K! Please choose from any of the activities below and have fun learning at home. If you choose to go on an adventure or engage in play based learning instead of the activities below, we'd love to hear about what you have engaged in (a visit to a park, creating art, fine motor practice, cooking). Keep reading books with your children. Snuggling up and reading an actual book is the best, but online stories are great too! Epic, Story online, and Story time from Space are all online options (bottom right section of the symbaloo <https://mayhowardprek.weebly.com/additional-activities.html> ) Have fun!

Language and Literacy CLL7.4a/9.4a	Social Studies SS5.4b, 1.4b	Math MA4, 7.4c	Science SC4.4a, b, c
<p>Letters in Our Neighborhood</p> <p>Take photos of businesses or landmarks in your community such as the laundromat or the grocery store. You can also go online and find store logos. Use the signs to make an alphabet poster. Cut out the "A" from Ace Hardware or the "M" from Macy's. Display the poster and challenge children to identify where the letters are located.</p> <p>OR</p> <p>Restaurant Play</p> <p>Provide props to recreate a favorite restaurant. Along with menus and food items, include order pad with pictures of the available food items (or take out menus if you have them!). The child can write the customer's name on the order pad along with the number of each item they are ordering. Then the order form can be given to the cook to fill. Two</p>	<p>Shadow Prints</p> <p>Take chalk outside and make an outline of the child's shadow during outdoor time. Go back at a later time in the day and have the child stand in the same place, then talk about the differences in their shadow at that time.</p>  <p>OR</p> <p>Children Around the World</p> <p>Listen to <i>Children Around the World</i> by Donata Mortanari at <a href="https://www.youtube.com/watch?v=xpZkyiq4FTA">https://www.youtube.com/watch?v=xpZkyiq4FTA</a> and have the child name similarities and differences between themselves and the children in the story. Chart these responses on a "Same and Different" graph.</p>	<p>Symmetrical Butterflies</p> <p>Visit <a href="https://kids.nationalgeographic.com/animals/invertebrates/insects/monarch-butterfly/#/monarch-butterfly-grass.jpg">https://kids.nationalgeographic.com/animals/invertebrates/insects/monarch-butterfly/#/monarch-butterfly-grass.jpg</a> and check out the symmetrical wings of a Monarch Butterfly. Have your child make their own butterfly with <i>symmetrical</i> wings. Explain that <i>symmetry</i> is when both sides match.</p> <p>OR</p> <p>Name That Coin</p> <p>Give the child a penny, nickel, dime and quarter. Talk about what colors they are, the pictures on them and what they are worth. Display the coins so that the child can see them and tell them that you are thinking of a coin. Provide hints for the child to use to figure out which coin you are thinking of. For example, "My coin has a man on one side and a building on the other". Provide an opportunity for the child to think about what you have said by looking at the coins. Encourage the child to</p>	<p>Racing Caterpillars</p> <p>Start by cutting long strips of paper and then folding the paper accordion style. Trim the edges round, then unfold. On one end of the strip, use markers to draw a face for your caterpillar. Then, it's time to race! Using straws pointed at the unfolded caterpillar, blow to get the paper to move. The motion resembles the up and down crawling of an actual caterpillar, which your kids are sure to get a kick out of!</p>  

<p>burgers and one order of fries, coming up!</p>		<p>guess. Then provide another clue such as, "My coin is silver." Keep giving clues until the child guesses the coin. Repeat the process using a different coin, or give the child an opportunity to think of a coin and offer clues.</p>	
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<p>Mindfulness APL1.4a</p>	<p>Art CR2.4a</p>
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The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Finally, use the following script or take inspiration from it to form your own mini-lesson:  
*"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too). [Now put the jar down in front of them.] Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start*

Head over to <https://theresjustonemommy.com/tulip-craft-coffee-filter-suncatcher/> and make your own flower suncatcher!

## Spring Flower Craft Coffee Filter Suncatcher



*to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions”*

This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Try having your child focus on one emotion at a time, such as anger, and discuss how the shaken verse settling glitter is like that emotion.

(<https://positivepsychology.com/mindfulness-for-children-kids-activities/>)