

Day 1

Literacy: Read a book with your child. Ask them what was your favorite part?

Math: Count the socks in your drawer. For extra fun, do a sock matching game.

Science: Take a “listening walk” and identify/name all the different environmental sounds you hear.

Fine Motor/Art: Trace the letters of the alphabet using a Q-tip, crayon, or other tool.

Day 2

Literacy: Letter Hunt! Use the first letter of your child’s name and find objects that start with that letter.

Math: Count the spoons in the kitchen. Find a big, medium, and small sized spoon.

Science: Sink or Float

Materials Needed: small manipulatives, bowl of water

- Take a walk around your home and gather/collect small manipulatives (i.e., Lego, soap, rock, etc). Talk to your child about if he/she thinks the items collected will sink or float. Place items in bowl of water to see if your child’s prediction was correct

Fine Motor/Art: Tear strips of scrap paper. If desired, use glue to make a collage from the strips.

Get your Body Moving!

- Roll Ball Back & Forth 20 times
- Tip Toe the length of the couch 2 times then hop 4 times
- 10 Jumping Jacks
- You Tube: Jack Hartman: Show Me How You Move Your Body
- YouTube: Freeze Dance
- YouTube: If your Happy & You Know It

Day 3

Literacy: Act out your favorite nursery rhyme or story.

Math: Find items in your home to make a pattern with (toys, cereal, coins). Practice making different patterns.

Science: Tong Activity

Materials Needed: 2 bowls, Ice cubes, Spoons and/or Tongs

- Encourage child to transfer ice cubes from one bowl to the other using a spoon or tong. NOTE: The tongs will be more challenging.

Fine Motor/Art: Turn household objects like spoons, pans, pots, or other containers into instruments that can be played along with your favorite songs.

Day 4

Literacy: Build a blanket fort in your living room, and then read a book to your child inside the fort!

Math: Touch count items as high as you can count (goldfish crackers, hair bows, etc.)

Science: Shadows

Materials Needed: sidewalk chalk, flashlight

- If it is a sunny day, travel outside and encourage your child to find his/her shadow. If you have access to sidewalk chalk, trace your child's shadow.

- If it is cloudy/rainy day, shine a flashlight on the wall and create hand puppets.

Fine Motor/Art: Use adult-sized clothing to practice zipping, buttoning, and snapping.

Get your body Moving!

- Toss Ball under & over handed
- Hop on one foot for 15 seconds then switch
- Go up steps with alternating feet (holding on to rail)
- Gallop around the room while making horse sounds
- YouTube: Happy & You Know It with the just dance kids
- YouTube: Shake your Sillies out

Day 5

Literacy: Practice your full name, address and telephone numbers.

Math: Scavenger hunt for shapes. Find different shapes around the house. Draw the shapes in the air with your finger.

Science: Sound: Loud vs. Quiet

Materials Needed: Tin container with lid (i.e, coffee can) OR large metal bowl, quiet and noise items from around the house.

- *Quiet item suggestions*: tissue paper, piece of construction paper, straw, sticker, pom pom, etc.
- *Noisy item suggestions*: coins, earring, toy car, cookie cutter, rock, etc.
- Have your child make a prediction about whether or not he/she thinks the item will be loud or quiet. Have student then place object in container, and then shake it. Was it loud? Or quiet?

Fine Motor/Art: Mix $\frac{1}{2}$ cup of salt, $\frac{1}{2}$ cup of water, 1 cup of flour (will probably need a bit more), and food coloring (optional) to make play dough. Knead until the mix is pliable but not sticky. After mixing and kneading the ingredients together, your child can make a sculpture (snowman, snake, etc.).

Day 6

Literacy: Identify different parts of the book (front, back, pages)

Math: Count the cups in the kitchen. Have your child find a big, medium, and small sized cup.

Science: Color Mixing

Materials Needed: food coloring (red, yellow, blue) OR paint (red, yellow, blue)

- Encourage your child to mix two primary colors together to create a secondary color (red + yellow=orange, blue + yellow=green, red + blue=purple).

- Color Mixing Song:

<https://www.youtube.com/watch?v=lwfZvRuE7s8>

Fine Motor/Art: Draw different kinds of zigzag and wavy lines on paper. Have your child trace or cut the lines or put some kind of small object (cereal, small blocks, etc.) along the lines.

Get your body Moving!

- Sea Creature Yoga
- Deep Breathing
- <https://www.youtube.com/watch?v=z2UQ5-cVHjs>
- Simon Says while taking turns

Day 7

Literacy: Using positional words, have your child place items on/around a cup. (In, under, on top)

Math: Have child line up items. Discuss placement of first, last.

Science: Texture Exploration

- Gather items of various textures around your home and talk to your child about those textures (i.e., soft stuffed animal, hard metal bowl, etc.) To make it more challenging you can ask you child to find something of a specific texture, **Ask, “Find something that feels bumpy? Rough? Fuzzy?”**

Fine Motor/Art: Mail a letter, picture, or card to a relative or family friend that lives out of town.

Day 8

Literacy: Draw a circle, horizontal line, vertical line, X and T on a paper. Have your child copy the shapes.

Math: Have child sort items, discuss which grouping has more/less.

Science: Make Your Own Bubbles

Materials Needed: plastic cup, plastic straw, water, soap

1. Poke a small hole in your plastic cup toward the top of cup. The hole needs to be big enough to stick a straw into.

2. Pour $\frac{1}{2}$ part water and $\frac{1}{2}$ dish soap into the bottom of your cup. You don't need very much. In total, it will be about an inch. Make sure your liquid mixture is lower than the hole.
3. Stick your straw into your cup. Tilt straw so it is into the bubble liquid and BLOW

Fine Motor/Art: Make a rainstick out of a paper tube (toilet paper or paper towel roll) by pouring something inside that will make noise (beads, rice, beans, etc.) and then sealing the ends with tape. Copy one another's shaking rhythms using the rainstick.

Get your body Moving!

- Ride a riding toy for 15 minutes
- Move your body to different letters of the alphabet
- Walk a straight line the length of a hallway
- YouTube: Brain Breaks: Body Boogie
- YouTube: Get Yo Body Moving

Day 9

Literacy: Read your favorite book with your child. Talk about what the author and illustrator do.

Song: "The author writes the words, and then he makes the book, the illustrator draws the pictures, now let's take a look!"

Math: Give your child 6 items (cotton balls, toothpicks, other household items) Ask your child to give you 2, 3, all items or 1 more, 2 more, etc.

Science: Color Hunt

Encourage your child to locate items of different colors. **Ask, "Can you find something Red? Yellow? Orange? Green? Blue?"**

Fine Motor/Art: Build finger strength by using tools that must be squeezed (examples: squeezing water out of sponges, clipping clothespins onto the edge of a can, picking soft items up with tweezers or tongs and moving them from one bowl to another).

Day 10

Literacy: Read or a tell your child a story. Have them sequence 3-5 events from the story.

Math: Follow a recipe - have your child help measure and pour the ingredients.

Science: Water Displacement

Materials Needed: Cup, Bag of Beans (you could use other small manipulatives too), Water

- Fill the cup with water $\frac{1}{4}$ of the way full. You could mark the line on the cup with a marker for your child to fill the cup to that line. Once the cup is filled $\frac{1}{4}$ of the way full with water, he/she can start adding the beans to the water. As more and more beans are added the water will slowly start to rise. It will take some time. Patience is key.

Fine Motor/Art: Spoon wet or dry materials (cereal, water, etc.) from one bowl to another with as little spillage as possible. Practice pouring liquid to one cup from to another.

Get your body Moving!

- Throw a Ball into a Basket
- Play bowling with plastic cups and a ball, count how many you knock down each time
- Blow bubbles & catch them
- Toss ball back and forth from hand to hand (hand eye coordination practice)
- YouTube: Get Up to Get Down by Jack Hartmann
- YouTube: Let's Move by Jack Hartmann
- YouTube: Animal Dance & Freeze by Jack Hartmann