

5/7/20

Dear Students, Families, and Friends,

The activities on the next several pages were created for you to sharpen your skills, challenge yourself, and explore learning. These are not meant to replace classroom learning and parents are not being asked to replace teachers. If at any time, you are confused about an activity, need some extra support, or maybe just need to talk with someone, our teachers and staff are here for you.

- All teachers keep regular office hours from 9am until noon each school day.
- All teachers and staff can be contacted by email ([firstname.lastname@fsd145.org](mailto:firstname.lastname@fsd145.org)).
- Some teachers also use Remind, Schoology, or Google Classroom to send and receive messages.

For the most current information about our emergency closure and remote learning plans, please visit our website (<https://www.fsd145.org/emergency>) for regular updates. You will always find information sorted by date, so it should be easy to follow the most recent updates.

Take care and stay safe. We'll see you soon,

From all of us here at Freeport School District



Remote Learning Day Student Activities:

[May 7](#)                      [May 11](#)                      [May 18](#)                      [Social Emotional Learning \(SEL\)](#)  
[May 8](#)                      [May 12](#)                      [May 19](#)                      [Electives](#)  
                                 [May 13](#)                      [May 20](#)  
                                 [May 14](#)  
                                 [May 15](#)

PreK			5/7/20 - 5/20/20
Theme(s)	ELA Skills Focus	Math Skills Focus	Other Skills Focus
Rain and Weather	Drawing/Literacy/Rhyming	Patterning/Counting/ Graphing	Exercise
Community Helpers	Identifying letters corresponding with their sounds	Measuring, comparing	
		Shapes	

## Remote Learning Activities for Students

Pre-K -- May 7th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>Imagine:</p> <p>Look out of your window or lie down outside. Watch the clouds. What shapes do you see? Have an adult document your findings to share with your teacher!</p> <p>9.A.ECa</p>	<p>Draw:</p> <p>Recall what you saw in the clouds. Draw a picture of what you could see in the clouds. Did you see shapes? Animals?</p> <p>10.A.ECe</p>	<p>Search:</p> <p>Clouds are made up of little drops of water. There are lots of different kinds. Clouds are usually white, unless they are big rain clouds! Look for things around your house that are white.</p> <p>12.F.ECa</p>	<p>Make soft, squishy cloud dough:</p> <p>Combine equal parts of corn starch and hair conditioner (adjust amounts as needed to make dough soft and pliable) Knead it together to make the dough.</p> <p><a href="https://playtolearnpreschool.us/cloud-dough/">https://playtolearnpreschool.us/cloud-dough/</a></p> <p>7.B.ECa</p>
<b>Activity 2 and Instructions</b>	<p>Patterning with household items:</p> <p>Using cotton balls and cue tips create a simple repeating pattern. Ex: cotton ball, cue tip, cotton ball, cue tip, etc.</p> <p>See if your child can create one on their own!</p> <p>8.B.ECa</p>	<p>Cloud starts with 'C'</p> <p>Put a thin amount of salt into a tray or plate. Use your finger to practice writing the letter 'C'</p> <p>19.A.ECd</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: \_\_\_\_\_

# Remote Learning Activities for Students

Pre-K -- May 8th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>Graphing: Begin observing the weather every day. Make a chart- draw the different types of weather at the top of a piece of paper in columns. Each day, look out the window and decide what type of weather you see. Mark it on your graph using a check mark or a sticker, etc.</p> <p>5.A.ECb</p>	<p>Draw a picture of what the weather looks like at your house each day. Have your adult write down what you have drawn. Hint: don't just draw the clouds, draw your house getting rained on, don't just draw the sun, draw yourself playing in your yard.</p> <p>5.A.ECb</p>	<p>Drawing with sidewalk chalk is fun! Take a cup of water out and dip your chalk in the water...what does it look like when you draw with it?</p> <p>5.A.ECb</p>	<p>When it rains, it is a good idea to wear a coat and boots. Practice putting on your coat and boots or shoes.</p> <p>If you see puddles outside, as an adult if you can go jump in them!</p> <p>19.A.ECb</p>
<b>Activity 2 and Instructions</b>	<p>As your graph fills up with observations, count/compare the columns to one another, which one has more, less, the same or equal. You can also use words like most and least.</p> <p>10.B.ECa</p>	<p>Sing this rhyming song with your child:</p> <p>It's raining, It's pouring, The old man is snoring, He went to bed and covered his head, And he didn't get up in the morning!</p> <p>Can you find words that rhyme?</p> <p>4.C.ECb</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: \_\_\_\_\_

# Remote Learning Activities for Students

Pre-K -- May 11th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge												
<b>Activity 1 and Instructions</b>	<p><b>Build and Count:</b> Gather up boxes from around your house. Build something with them. What can you make?</p> <p>Count your boxes. How many boxes did you find? What shape are the boxes? What shapes can you build using the boxes?</p> <p>When you are done the boxes in your recycling to keep our earth healthy.</p> <p>9.A.ECa</p>	<p><b>Sing:</b> Rain, Rain, Go Away Rain, rain go away Come again another day Little (insert child's name) wants to play Rain, rain go away</p> <p>Repeat and have your child fill in other names of people they know in the song.</p> <p><a href="https://youtu.be/Zu6o23Pu0D0">https://youtu.be/Zu6o23Pu0D0</a></p> <p>2.C.ECa</p>	<p><b>Experiment:</b> Make it rain inside. Find a plastic bottle or cup and have an adult poke holes in the bottom. Fill the bottle with water and watch as the water rains out of the bottom. This would be fun to do in the bathtub or over a sink so that it is easy to clean up!</p> <p>Did the water come out fast or slow? What do you think you could do to make the water come out faster? What could you do to get it to come out slower?</p> <p>1.A.ECb 12.F.ECa</p>	<p><b>Ready, set, go!</b> Have a clean up race. Put on some music and see how many songs it takes for you to clean up your room.</p> <p>1.A.ECa</p>												
<b>Activity 2 and Instructions</b>	<p><b>Let's Look:</b> Go on an outdoor scavenger hunt with an adult and see if you can find the items listed below:</p> <div style="text-align: center;"> <p>NEIGHBORHOOD SCAVENGER HUNT</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td> Bird</td> <td> Tree</td> <td> Bicycle</td> </tr> <tr> <td> Flag</td> <td> Flower</td> <td> Stop sign</td> </tr> <tr> <td> Dog</td> <td> Fire hydrant</td> <td> Trash can</td> </tr> <tr> <td> Mailbox</td> <td> Hose</td> <td> Car</td> </tr> </table> <p><small>www.TheHoneyLilleJays.com</small></p> </div> <p>Count how many you were able to find.</p> <p>1.A.ECa 12.C.ECa</p>	 Bird	 Tree	 Bicycle	 Flag	 Flower	 Stop sign	 Dog	 Fire hydrant	 Trash can	 Mailbox	 Hose	 Car	<p><b>Letter:</b> Rain starts with the letter R. Think about some other words that start with the same letter and sound. Have an adult help you write your list of words that start with R. Practice writing the letter R on your paper.</p> <p>4.B.ECb 5.A.ECa</p>		
 Bird	 Tree	 Bicycle														
 Flag	 Flower	 Stop sign														
 Dog	 Fire hydrant	 Trash can														
 Mailbox	 Hose	 Car														

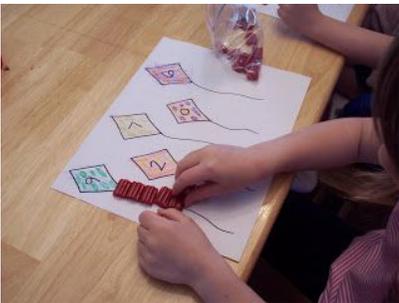
Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: \_\_\_\_\_

## Remote Learning Activities for Students

Pre-K -- May 12th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>It's fun to blow bubbles, especially if it's windy. Blow bubbles outside. If you don't have any bubble mix, you can make your own with dish soap and water. Count the bubbles as they come out.</p> <p>6.A.ECf</p>	<p>Wind stars with the letter W. Practice writing the W and w. Color the pictures of words that start with W like wind, water...</p> <p>4.B.ECd</p>	<p>Experiment Look for items around your house that you can make move by blowing on them, like you are the wind. Would a tissue move? Would a book move?</p> <p>12.F.ECa</p>	<p>Have you ever heard wind chimes? When you go for a walk, listen to hear if any of your neighbors have them. What other sounds can you hear when the wind blows?</p> <p>12.E.ECa</p>
<b>Activity 2 and Instructions</b>	<p>Kite Math Materials: Paper, crayons, something to make ties on the kite string. (ribbon, bow tie pasta, candy) Draw kites on paper. Decorate them however you want Put numbers on the kite. Put the ties on the kite that match the number.</p>  <p>6.A.ECd</p>	<p>Read the poem: The Wind Something that I cannot see Makes a leaf dance in a tree Makes the hair fly in my face Takes the ball for me to chase Here it is and there it goes Every time the wind blows!</p> <p>Bonus! Watch and listen to the book The Wind Blew <a href="https://www.youtube.com/watch?v=6bDX7hPnof8">https://www.youtube.com/watch?v=6bDX7hPnof8</a></p> <p>2.C.ECa</p>		

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## Remote Learning Activities for Students

Pre-K -- May 13th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>Make your own memory tray game with rainbow colors.</p> <p>Find things to put in a box. Play the game with different family members. Take turns being the teacher and hiding different items/ removing them from view.</p> <p>How many do you remember? Who remembered more? Less?</p> <p>6.D.ECb</p>	<p>Rhyme time!</p> <p>Using the colors of the rainbow, can you make words that rhyme?</p> <p>Red - bed, said, ted, fed Yellow - bellow, chello, hello Green - seen, preen Blue - true, flu, glue Purple - lurple, curple Orange...nothing sorry</p> <p>4.C.ECb</p>	<p>Cook:</p> <p>Make a colorful lunch. Eat something that is red, something orange, etc.</p> <p>Fruits and Veggies are colorful and healthy foods!</p> <p>12.C.ECa</p>	<p>Dance:</p> <p>Find "Exercise and Learn the Colors of the Rainbow" by Jack Hartman on Youtube.</p> <p>Dance to the song and practice the colors of the rainbow.</p> <p><a href="https://www.youtube.com/watch?v=TsD3yuCRnjw">https://www.youtube.com/watch?v=TsD3yuCRnjw</a></p> <p>23.B.ECa 25.A.ECc</p>
<b>Activity 2 and Instructions</b>	<p>Make a rainbow</p> <p>Use colored yarn, colored paper, color your own, etc.</p> <p>Find a dice.</p> <p>1 = red 2=orange 3=yellow 4=green 5=blue 6= purple</p> <p>Build your own rainbow, by rolling the dice to get the color you need. What number did you roll? Do you already have that color? How many times did you have to roll to get a new color to add to your rainbow.</p> <p>8.A.ECb</p>	<p>Rainbow Marker Write!</p> <p>Trace each letter of your name with every color in the rainbow.</p> <p>Added challenge: write your first name with every color in the rainbow.</p> <p>5.A.ECa</p>		

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Parent Signature: \_\_\_\_\_

## Remote Learning Activities for Students

Pre-K -- May14th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>Phone numbers are long but are really important. Ask an adult to write down their phone number.</p> <p>Then use an old phone to practice reciting the number and dialing it.</p> <p>Can you remember all the digits? Can you write the phone number on to paper?</p> <p>6.A.ECe</p>	<p>You can practice being safe by knowing these important things:</p> <ul style="list-style-type: none"> <li>● Can you say your first name and last name when someone asks?</li> <li>● Can you say your parents' names when someone asks?</li> <li>● Can you say the name of your street and your house number?</li> </ul> <p>1.A.ECb</p>	<p>Create a town with roads and buildings out of blocks or boxes. Use toy cars and pretend to be a community helper and drive around town helping people be safe.</p> <p>14.A.ECa 14.A.ECb</p>	<p><b>Pretend to be a Firefighter</b></p> <p>Draw flames with chalk on the sidewalk or driveway. Fill a water bottle with water and squirt out the flames.</p> <p>19.A.ECa</p>
<b>Activity 2 and Instructions</b>	<p>Walk around your neighborhood and look for fire hydrants and count how many you find.</p> <p>How many did you see? What colors are they? Why do you think they are that color? Why do you think there are so many fire hydrants?</p> <p>6.A.ECa</p>	<p>Sing the song "The Wheels on the Fire Truck" to the tune of "The Wheels on the Bus". Make up verses for all parts of the fire truck.</p> <ul style="list-style-type: none"> <li>● The siren on the truck goes "wee-woo, wee-woo!"</li> <li>● The hose on the truck goes "squirt, squirt, squirt!"</li> </ul> <p>1.E.ECb</p>		

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Parent Signature: \_\_\_\_\_

## Remote Learning Activities for Students

PRe-K -- May 15th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p>Take your list of items you found that begin with the letter 'D' and count them. How many did you find? Can you challenge yourself to find more?</p> <p>6.A.ECd</p>	<p>Doctor and Dentist start with 'D'</p> <p>Go on a search around your house for things that start with the letter 'D' Have your adult write down your findings.</p> <p>4.D.ECb</p>	<p>Practice:</p> <p>Another group of helpers in our community are the ones who keep us healthy- doctors, nurses, dentists, EMTs, and even the veterinarians who keep our pets healthy. It is important to wash our hands really well to keep the germs away. Practice washing your hands, make sure to get the back of your hands and between the fingers.</p> <p>22.A.ECb</p>	<p>Exercise:</p> <p>Stretch your muscles and get your heart pumping by running, dancing and playing. Keep your body strong and healthy every day.</p> <p>19.A.ECb</p>
<b>Activity 2 and Instructions</b>	<p>Giving your dog exercise is important for their health too!</p> <p>Go for a walk with your adult and count how many people you see walking their pets. How many did you see today? What kinds did you see? Were they big, small, or medium sized dogs?</p> <p>6.A.ECd 7.A.ECc</p>	<p>Shout out!</p> <p>Draw a picture and/or write a thank you note to the health helpers who keep our community well. Post it on social media with the tag #HCWshoutout or send it to your local hospital.</p> <p>19.A.ECe</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: \_\_\_\_\_

## Remote Learning Activities for Students

Pre-K -- May 18th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p><b>Builders and Fixers are important community helpers who make our roads, build our houses, stores and hospitals. They also fix things when they break.</b></p> <p>Sit on your porch or steps or look out your window and count how many trucks you see going by. (or do the same when riding in your car)</p> <p>6A.ECa</p>	<p>Draw a picture of a truck you see driving by your house or one that you have seen when you are riding in your car. Have your adult write down what you drew.</p> <p>5.A.ECb</p>	<p><b>Be a builder!</b></p> <p>Using boxes, paper, tubes, and cans found in your home, build a tall building with those materials.</p> <p>19.A.ECb</p>	<p><b>Be a Painter!</b></p> <p>Fill a bucket or pail with water. Use a paintbrush to “paint” your house with the water. Ask your adult where you can “paint”. Maybe you can paint the sidewalk, steps, fence, or deck with water.</p> <p>19.A.ECb</p>
<b>Activity 2 and Instructions</b>	<p><b>Measuring</b></p> <p>Make this cement with your adult. If it is warm enough, you could do it outside.</p> <p>Mix 1 cup cornstarch with 12 cup of water. Add a little bit of sand if you have it. Use your “cement” to build roads and drive your cars on the road.</p> <p>7.C.ECa</p>	<p>Find a book about builders or fixers and read with your adult. If you don’t have a book like that, sit with your adult and make up your own story!</p> <p>2.A.ECa</p>		

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: \_\_\_\_\_

## Remote Learning Activities for Students

Pre-K -- May 19th

Parents: Choose two activities from each page each day.

	Math	Reading and Writing	Science/ Social Studies	Extra Challenge
<b>Activity 1 and Instructions</b>	<p><b>Counting Cereal:</b> Pour out a small amount of cereal (or beans, beads or other small objects) and count how many are in your pile. Can you take 2 away? How many are in your pile now?</p> <p>6.A.ECa 6.B.ECd</p>	<p><b>Sing:</b> Old MacDonald Had a Farm Old MACDONALD had a farm E-I-E-I-O And on his farm he had a cow E-I-E-I-O With a moo moo here And a moo moo there Here a moo, there a moo Everywhere a moo moo Old MacDonald had a farm E-I-E-I-O</p> <p>(Continue with your other favorite farm animals)</p> <p>2.C.ECa 4.C.ECb</p>	<p>Food helps grow our food, prepare our food, and sell it. They work on farms, grocery stores, and at restaurants to provide us with plenty of healthy food.</p> <p><b>Draw:</b> Draw a picture of your favorite food. Talk with an adult about where your food comes from and how it gets from the farm to your house or favorite restaurant.</p> <p>15.A.ECa 5.A.ECa</p>	<p><b>Pretend to be a food helper</b> Set up a pretend grocery store or restaurant at home using the materials you already have.</p> <p>15.A.ECa</p>
<b>Activity 2 and Instructions</b>	<p><b>Line Up Cans:</b> Gather up cans from your pantry. Can you make a line with your cans? Can you make the cans go from shortest to tallest?</p> <p>7.A.ECa</p>	<p><b>Letter:</b> Food starts with the letter F. Think about some other words that start with the same letter and sound. Have an adult help you write your list of words that start with F Practice writing the letter F on your list.</p> <p>4.B.ECb 5.A.ECa</p>		

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Parent Signature: \_\_\_\_\_

## Remote Learning Activities for Students

Pre-K -- May 20th

Parents: Choose two activities from each page each day.

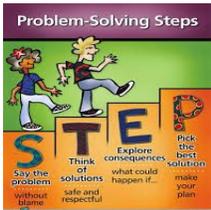
	<b>Math</b>	<b>Reading and Writing</b>	<b>Science/ Social Studies</b>
<b>Activity 1 and Instructions</b>	<p>Play a Matching Game: Numbers What You Need: 20 craft sticks Black and colored markers What You Do: 1. With the sticks placed vertically, number each stick from 1 to 10 in bold, black letters. Then, on the remaining ten sticks, make designs using different shapes and colors. You can draw hearts, circles, squares, fish, etc. Just make sure that the number of shapes on each stick matches the numbers in the other set. For example, on one stick you may have one circle, on the next, two hearts, then three stars, and on until you get to ten. 2. When the sticks are all ready, mix them up and give them to your child. Encourage her to pair the numbered sticks with their matching counterparts. After she's matched up all the sticks, challenge her to take a look at the different shapes. Can she name the shapes on all the different sticks? 6.A.ECd</p>	<p>Read! Pretend to be the librarian. Choose your favorite books and read them to your stuffed animals, dolls or siblings  2.A.ECb</p>	<p>Your teachers miss you! Record a short video saying Hi to your teacher! Send it to them via text or email!  31.A.ECd</p>
<b>Activity 2 and Instructions</b>	<p>Create a Color Collage What You Need: Collage materials in mixed colors, such as sequins, stickers, beads, pompoms, buttons, feathers, macaroni, and foam shapes White glue Heavy construction paper, divided into four parts with lines or folds Markers What You Do: 1. Spread the collage materials out on a table or other work area. Make sure the materials are mixed up, so that the sorting isn't already done! 2. Give your child a piece of heavy construction paper that has been divided into four boxes with lines or folds. 3. Ask her to pick a color for each box, then write the color with an appropriate pen or marker. For example, use a red marker to write "red." 4. Help your child glue a few of the collage items into the correct boxes. For example, red sequins go into the "red" box, as do red pompoms... When you think she's got the hang of things, let her go at it on her own. (Keep in mind that even though she may have the sorting part down, she may still need some help with the glue!) 5. Challenge your child's ability to articulate the process she's using. Ask her to tell you why she's gluing the items where she's gluing them. And once she's got color sorting down, consider throwing her a curve ball by asking her how else she might sort her items. For example, she might put all the buttons together, or all the things that are soft (feathers, pompoms, etc.) As she works on her collage, talk about what makes the items the same and what makes them different. 7.A.ECa</p>	<p>Write: Practice writing your name, some letters, or shapes on paper. Use different writing instruments: crayons, pencil, markers, or chalk.  5.A.ECc</p>	

Be sure to check the specials (Art, Music, PE) and the Social/Emotional Learning pages for more grade specific activities.

Parent Signature: \_\_\_\_\_

**Remote Learning Activities for Students**  
 Pre-K -- (SEL) Theme: **Problem Solving/Conflict Resolution**  
 The columns below offer choices for student activities for any day.

**Social Emotional Learning Choice Board aligns with standards 2D.1a Identifies problems and conflicts and 2D.1b Applies problem solving steps to constructively resolve problems and conflicts.**

<p align="center"><b>Working Together</b></p> <p>Problem solving involves knowing how to work together with others to find a solution.</p>  <p>Help your child learn to work as a team by "writing" his/her own book. Ask the child to tell you their book's story. As they begin to talk, write their words down for them.</p> <p>After the words are down, he or she can draw the pictures for the book. Provide verbal praise for working together, such as "You did an awesome job writing your book."</p>	<p align="center"><b>Take these scenarios and brainstorm how you can solve them:</b></p> <ol style="list-style-type: none"> <li>I'm hungry, I didn't eat my breakfast. What should I do?</li> <li>I haven't brushed my teeth today. What should I do?</li> <li>My tote bag fell on the floor. What can I do about that?</li> <li>I'm feeling sleepy. What should I do?</li> <li>I can't find my shoes. Where should I look?</li> </ol>	<p align="center"><b>WHAT SHOULD I SAY? WHAT SHOULDN'T I SAY?</b></p> <p>When you are having a problem with a peer or family member, there are things you should and should not say.</p> <ol style="list-style-type: none"> <li>Draw a picture of yourself saying nice words.</li> <li>Draw a picture of yourself saying unkind words.</li> </ol> <p>Have a conversation with your child about the drawings. Discuss why unkind words will not help solve problems.</p>												
<p>Sometimes asking for help can be hard, but it is a skill we must all learn. When we have help we are more successful and get less frustrated.</p> <p>Use the following scenarios to practice asking for help in an assertive way.</p> <p><b>Example:</b> You are having trouble finding your favorite shirt.</p> <p><b>Ask for help:</b> Dad, can you please help me find my blue shirt with the dinosaur on it? I have looked in my dresser and under my bed and I cannot find it.</p> <p><b>Scenarios:</b></p> <ul style="list-style-type: none"> <li>You cannot find your favorite toy.</li> <li>It's clean-up time but the mess is too big to clean yourself.</li> <li>Your siblings keep bugging you even though you have asked them to stop.</li> <li>You can't figure out how to play a game you really like.</li> </ul>	<p align="center"><b>SCALE THE PROBLEM</b></p> <p>To solve problems you have to know the cause. Learn how to identify a problem.</p> <p align="center">HOW BIG IS YOUR PROBLEM</p> <table border="0"> <tr> <td align="center"><b>4</b></td> <td><b>Gigantic problem</b> You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying).</td> <td></td> </tr> <tr> <td align="center"><b>3</b></td> <td><b>Big problem</b> You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).</td> <td></td> </tr> <tr> <td align="center"><b>2</b></td> <td><b>Medium problem</b> You can change with a little help (feeling sick, tired, or hungry, someone bothering you, being afraid, needing help).</td> <td></td> </tr> <tr> <td align="center"><b>1</b></td> <td><b>Little problem</b> You can change with a little reminder (not being line leader, not winning a game, not taking turns, making a mess).</td> <td></td> </tr> </table>	<b>4</b>	<b>Gigantic problem</b> You can change with a lot of help (getting lost, hitting, kicking, or punching a friend, throwing or breaking things, bullying).		<b>3</b>	<b>Big problem</b> You can change with some help (someone is mean to you or takes something that is yours, a minor accident, needing help calming down).		<b>2</b>	<b>Medium problem</b> You can change with a little help (feeling sick, tired, or hungry, someone bothering you, being afraid, needing help).		<b>1</b>	<b>Little problem</b> You can change with a little reminder (not being line leader, not winning a game, not taking turns, making a mess).		<p align="center"><b>THINK OF POSITIVE WAYS YOU CAN SOLVE THE FOLLOWING PROBLEMS.</b></p> <p align="center">Use the STEPS below</p> <ul style="list-style-type: none"> <li>You bumped into a family member accidentally causing them to fall.</li> <li>You dropped your cup of juice on the floor.</li> <li>You pulled a book off of your bookshelf and a second book fell off and hit a family member.</li> <li>You accidentally tore your sibling's artwork.</li> </ul> 
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<p align="center"><b>CONTROL OR NO CONTROL</b></p> <p>In life, there are things you can control and things you cannot control. You can control yourself, your thoughts, your feelings, your emotions, and your actions.</p> <p align="center"><b>Create a Feelings Center at Home</b></p> <p>One way to help children begin exploring feelings and initiating conversations about them is to set up a feelings center in the home.</p> <ol style="list-style-type: none"> <li>Pick an appropriate area to set up.</li> <li>Place items in the space that allow for exploring feelings such as books, drawing materials, a mirror for practicing facial expressions, and stuffed animals or dolls for role play and interaction.</li> </ol> <p>Every time you're in your Feelings Center you are exploring your feelings and emotions and learning how they work.</p>	<p align="center"><b>Practice "I" Statements</b></p> <p>Teaching children how to use "I" statements at an early age helps increase their ability to be assertive when solving conflicts. When you start a sentence with, "I feel..." or "I think..." or "I don't like it when..." it allows the child to own their own unique feelings and emotions.</p> <p>Practice using "I" statements with your child to help them increase their assertiveness in a healthy and appropriate manner:</p> <p>I feel _____.</p> <p>I feel _____ when you _____.</p> <p>I don't like when _____.</p> <p>I wanted _____.</p> <p>I needed help when _____ but _____ happened.</p>	<p align="center"><b>It's OK to Fail</b></p> <p>Children need to know it is okay to fail. By having an open dialogue with your child, they will have more confidence in making decisions, making it ok to fail and to try again.</p> <p align="center"><b>HUDDLE UP QUESTION</b></p> <p><b>Huddle up with your child and say, "Growing up, one of the biggest problems I had to solve was... I was able to solve it by..."</b></p> <p>Have a good conversation about this.</p> <p>Draw a picture about what you discussed.</p>												

Parent Signature: \_\_\_\_\_

# Remote Learning Activities for Students

Pre-K -- (Electives)

The columns below offer choices for student activities for any day.

Art	Music	PE/Health
<p>Paint:</p> <p>Find an unused toothbrush. (maybe you have a sample one from your last dentist visit.) Use it as a paint brush and paint the tooth shape with white paint or a little dab of toothpaste.</p> <p>25.A.ECd</p>	<p>Create your own song:</p> <p>Create a song about washing your hands. Try to make it about 20 seconds long so you can sing it while washing your hands.</p> <p>25.A.ECc</p>	<p>Exercise:</p> <p>Stretch your muscles and get your heart pumping by running, dancing and playing. Keep your body strong and healthy every day.</p> <p>19.A.ECb</p>
<p>Drip colored water onto paper, like rain. Use a straw to blow the colors across your paper, like wind. What pattern did it make?</p>  <p>25.A.ECd</p>	<p>Make a percussion instrument like an egg shaker, a maraca or some rhythm sticks. Sing your favorite songs and add some percussion music to it!</p> <p>25.A.ECc</p>	<p>Make up a game that you can play to move your body. Remember to get some sunshine and fresh air everyday to keep your body and mind healthy!</p> <p>19.A.ECb</p>
<p>Color:</p> <p>Soak a few crayons (broken ones work best for this) in water until the wrappers come off. Break them into small pieces. Place them in a muffin tin (with a cupcake liner!)</p> <p>Ask a grown up to bake them in the oven, on LOW, until they melt. Color with your new rainbow crayons.</p> <p>25.A.ECd</p>	<p>Listen:</p> <p>There are a lot of songs about rainbows. Choose one and listen to it.</p> <p>“Somewhere over the Rainbow”  <a href="https://www.youtube.com/watch?v=TsD3yuCRnjw">https://www.youtube.com/watch?v=TsD3yuCRnjw</a></p> <p>“The Rainbow Connection”  <a href="https://www.youtube.com/watch?v=jS5fTzMP_mg">https://www.youtube.com/watch?v=jS5fTzMP_mg</a></p> <p>“I can sing a Rainbow”  <a href="https://www.youtube.com/watch?v=VqRBxO2GDFA">https://www.youtube.com/watch?v=VqRBxO2GDFA</a></p> <p>25.A.ECc</p>	<p>Jump in the puddles!</p> <p>Pretend (or you can use real if a grown up says you can) to jump in the rain puddles.</p> <p>Can you jump:          Fast?          Slow?          Medium?          High?          Low?          Very little splashing?          A lot of splashing?</p> <p>Are you very wet? Are you dry?</p> <p>19.A.ECb</p>

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Art	Music	PE/Health
<p>Draw different types of weather using sidewalk chalk. Clouds, rain, snow...</p> <p>5.A.ECb</p>	<p>Sit outside and listen to the birds sing (or open a window). See if you can make the same sounds...practice whistling. Have your adult try it for you!</p> <p>25.A.ECb</p>	<p>On a sunny day, go outside and draw shapes on the sidewalk with chalk, circles, squares, etc. See if you can jump inside the shapes, jump from one shape to the other. If you don't have chalk, draw them on paper and jump on the papers.</p> <p>19.A.ECb</p>

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