

## Daily Schedule Checklist:

Monday:

- **(10 min) Toothbrushing/Dental Hygiene:**
  - (5 min) Toothbrushing
  - (5 min) Dental Hygiene Lesson
  
- **(25 min) Reading:**
  - (15 min) Read Aloud Book of the Week Provided by teacher
  - (5 min) Daily Nursery Rhyme
  
- **(10 min) Writing/Fine Motor skills:**
  
- **(25 min) Science/Math:**
  
- **(45 min) Play/Gross Motor/Physical Fitness (Songs and Dance):**
  
- **(15 min) Read or listen to a book for fun**
  
- **(20 min) Art Activity** (One per week; Every Friday):

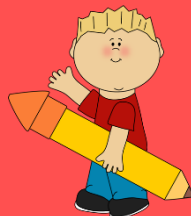
● *Read Aloud*  
(15 min)



● *Daily Nursery Rhyme*  
(5 min)



● *Writing or Fine Motor Activity*  
(10 min)



● *Science/Math*  
(25 min)



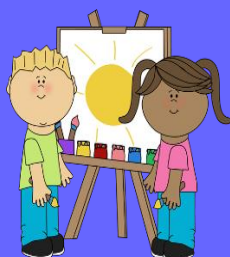
● *Play, Yoga/  
Songs and Dancing*  
(45 min)



● *Social Emotional Lesson/Read Aloud*  
(20 min)



● *Art*  
(20 min)



**\*Times are recommended, but flexible.**  
**\* Try to complete the items within the course of the week.**  
**\*Your teachers may provide supplemental materials to support you.**



# Nelson Lions Remote Learning-Week 1

Here are some ideas for you to do at home with your child! Check off the boxes once you complete the activity and don't forget to snap a picture or two of your child hard at work to share with your teachers!

## Science

Lie back in the grass to see the shapes in the clouds. Name them aloud and then draw a picture



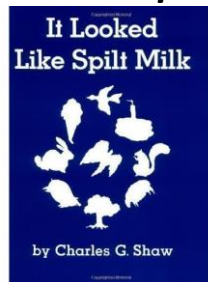
## Math

Trace the outline of household objects (spoon, box, toys, etc.) using a flashlight (or Phone light) and paper. Have them match the object to its shadow. have them use descriptive language to describe the shadows.



## ☐ Reading

Before reading, go outdoors with your child and began a discussion about clouds and the different shapes they create. Read or watch *It Looked Like Spilt Milk*.



## ☐ Writing

Create a sentence stem on a strip of paper that states: “Sometimes it looked like a \_\_\_\_\_ but it wasn’t. Discuss with your child what shape they created on yesterday. Encourage them to write their name of the shape in the sentence stem.



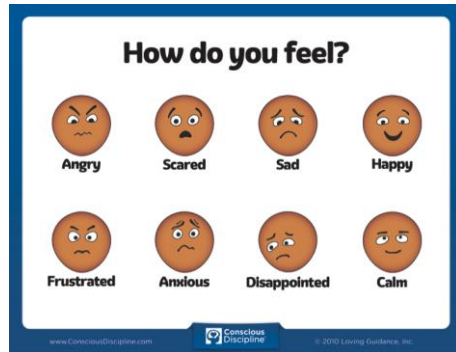
## ☐ Social Emotional

Go on a nature walk and begin a discussion about the clouds. Tug at your child’s imagination. Ask them how what different shapes would clouds take on if they had feelings. Ask your child about each feeling. (happy, sad,

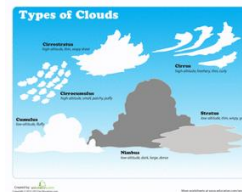
## ☐ Art

After reading or watching *It Looked Like Spilt Milk*, ask your child what other shapes may clouds come in. Encourage them to name several possibilities. You and your child will prepare a special paint using shaving cream

frustrated, angry) After returning inside have your child draw the shape for each cloud feeling.



and white glue. (Use equal parts of both) Spoon the paint on a colored piece of paper. Allow the child to use the back of the spoon to create cloud shapes



<https://youtu.be/KM-59ljA4Bs-Gonoodle>

Water cycle

<https://youtu.be/Oq8iCsV4woE-Water>

Cycle Song

Sing/Dance 🎵

IF You're Happy and you know it!

<https://youtu.be/l4WNrvVjiTw>

Play 🎮



## Spell your name PE!

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups

