




# Distance Learning

## Family Daily Schedule for Young Children in Pre-K ESE

ACTIVITY	FAMILY	TEACHER
<b>Morning Activities</b> 	<p>Your child's day should begin with a set routine to provide consistency to their day. Children can practice life skills such as helping with diaper changing, brushing their teeth, dressing, and eating breakfast. Help your child during this time by describing what you are doing together using one or two words, or simple phrases for the activities being performed.</p>	<ul style="list-style-type: none"><li>• Provide families with information about some of the familiar Activities to Connect that you use in your classroom. (i.e. Twinkle Little Star, Dancing Hands, Round the Garden, etc.)</li><li>• Encourage parents to talk with children and describe everyday activities such as tooth brushing or diaper changing. (Send home picture routines to families for these tasks, as needed.)</li><li>• For example: Tooth Brushing: Hold brush, put on toothpaste, put brush in your mouth, "Brush, brush your teeth" "Brush up" "Brush down" "Brush all around" "spit" "spit the toothpaste out" "rinse" "rinse your mouth" "ALL ONE"</li></ul>
<b>Play-Based Learning</b> 	<p>Young children learn best through play and should engage in a variety of building and role-playing activities of their choice. Talk to your child before and after they play about what they plan to do and what they did once they're done. Take time to participate in your child's play and follow their lead. This is how young children learn best.</p>	<ul style="list-style-type: none"><li>• Provide families with suggestions for dressing-up and role-playing. Encourage children to imitate activities such as pretending to cook, clean or having a birthday party.</li><li>• Encourage your child to create and build using whatever building materials you have available. Encourage them to name their creation and some of its parts</li><li>• Ask families to save empty boxes, paper rolls, bottle caps, egg cartons... and provide ideas of how to use them...encourage your child to use these recyclables to build or make things using tape, glue, scissors</li></ul>
<b>Outdoor Play</b> 	<p>Providing your child with gross motor (large muscle) activities helps build neural connections in the brain that are important for learning. It will also give them an opportunity to release energy and stay healthy. Have your child engage in activities such as Music &amp; Movement, taking a walk outside, and outdoor play activities such as, sidewalk chalk, bubbles, and painting a wall with water.</p>	<ul style="list-style-type: none"><li>• Show families how to create an obstacle course by providing pictures of examples. Encourage families to focus on vocabulary and concepts such as over/under, in/out, and on/off, during these activities.</li><li>• Provide parents with play ideas such as hopscotch, sidewalk chalk, throwing/rolling balls, jumping "into" and "out" of things.</li><li>• Help parents facilitate a scavenger hunt – pick a type of common item and look for it (leaves, seeds, rocks, etc.). They can also count how many they have of each.</li><li>• Encourage sensory experiences outdoors as well. Children can play on the grass and feel its texture. (One idea: Have the child look up in the sky, have the adult cover the sun with their hands, and see what your child does.)</li><li>• Water Play is another great sensory activity. Encourage families to take their child outside in their bathing suit and spray the child with warm water, first on the legs, arms, then body, focusing on knowing their body parts while having fun!</li></ul>

## Activity Time

More Structured  
(Table-top) Learning  
Activities



During this time, families can focus on specific skills that are similar to what they do in school during Small Group Time. Children can participate in activities that focus on a range of concepts, increase their on-task attention, build finger-strength and coordination, and introduce them to new activities.

- Teachers can share activities posted on our website at [prekese.dadeschools.net](http://prekese.dadeschools.net) under “Family Resources.”
- Remember to suggest activities that are open-ended and allow for a range of appropriate responses. <https://highscope.org/active-learning-at-home/>
- Provide examples of activities from the Parent-Child Activities Calendar. There are fun mixtures and recipes on each month’s page.
- Children love to play with pictures. Provide suggestions for different ways that children can practice matching real objects to pictures. (They can also play memory games with some of those pictures too!)

## Social- Emotional Time



A time to talk about emotions and read books that can help them learn to name their feelings.

Plan to do an “I Love You Ritual” with your children a few times a day.

Watch Daniel Tiger’s Neighborhood and talk to your children about the social skills they are teaching in the show.

- “I Love You Rituals” will help children connect and feel safe.
- Skype/Zoom with your students and model “I Love You” rituals for families to do with their children.
- You can also share links with short video examples of “I Love You Rituals” that are posted on YouTube.
- Daniel Tiger’s Neighborhood - can be watched on You Tube & PBS.org. Also accessible via WLRN (Channel 17) at 2:30pm each day. (Educational programming focused on helping children develop practical skills necessary for growing and learning).
- Provide families with information that addresses various social, emotional and behavioral challenges.  
<https://challengingbehavior.cbcs.usf.edu/docs/backpack/>

## Reading Stories



A time to expose your child to a variety of books and participate together in reading activities such as picture walk talks, reading the story, role playing the story, or making up your own stories. You can access digital books at Scholastic, myOn Reader, Khan Academy via the *Online Resources* on our web page. [earlychildhood.dadeschools.net](http://earlychildhood.dadeschools.net).

- Skype/Zoom with your students and read them a story
- Record yourself reading a story.
- Refer families to scholastic books and provide open ended questions for the story recommended.
- There are pre-made visual support boards for popular books saved as PDF on [prekese.dadeschools.net](http://prekese.dadeschools.net) in the “Visual Supports: Story Symbols” page.

## Brain Break



During this time, allow your child to participate in a mindful activity that will help them transition to the afternoon.

- Provide suggestions for kid yoga activities & outdoor relaxation.
- Provide families with information about breathing and self-calming techniques, with visuals that your students will recognize.
- Provide families with “I Love You Rituals” that they can do with their children. Include word, visuals, and/or links to examples posted online.

## Digital Learning

Provide your child with the opportunity to extend learning using educational technology. Visit the *Family Resources* and *Links* pages

- Inform families about developmentally appropriate options such as ABC Mouse (currently offering temporary free access via code AOFLUNICEF) or Starfall.
- Monitor usage for those accessing Waterford.



available on our website at [prekese.dadeschools.net](http://prekese.dadeschools.net) for developmentally appropriate resources.

- Share the APA's age-related guidelines for screen time and encourage families to access accordingly.

## Mealtimes



Have your child help with preparing healthy snacks & meals (a lot of learning happens during these times!). While eating, engage your child in conversation and reflect on their recent activities and experiences. This is one of the times of the day to let your children be independent.

- Provide parents with digital versions of choice boards that you use during classroom mealtimes.
- Encourage parents to use mealtimes as "social gatherings," a time to talk and share.

## Sensory Experience



Provide different textures to your children. These activities can be used to teach words and concepts such as: soft/rough or cold/hot. Give your child the opportunity to explore different materials such as sand, playdough, shaving cream, or water. Create art projects that provide different experiences with a variety of materials.

- Mention to the parents how they can find ideas for sensory activities from Pinterest (i.e. making homemade playdough, oobleck, pudding, fingerpaint, goop, or slime).
- Mention the books that we read in our classrooms and how they can create a sensory activity based on that book (Harry the Dirty Dog; The Farm Concert; Mrs. Wishy-Washy, Brown Bear). Create a sensory bin with the animals and pompoms that match the color of the animals (or using toy animals with recycled coffee as dirt)
- Remind parents that fun mixture recipes can be found in the Parent-Child Activity calendars in the Family Resources section of [prekese.dadeschools.net](http://prekese.dadeschools.net)

## Quiet Time



Provide a time during the day for your child to relax and rest. Children can nap or engage in quiet, solitary activities. Families can play soft classical music and/or provide books for children to look at independently.

- Share Pandora or Spotify channels that play lullabies or soft relaxing music.
- Provide additional suggestions as alternatives for children who do not actually nap, but still need some quiet time (without a screen).
- Ideas include: looking at books, making a puzzle, or drawing, while laying down in a comfy, calm, space with lights off or dimmed.