

Virtual Preschool Week 2 Day 1(Social Emotional)

Good Morning! Today we will be learning about how to have a calm body! Can you take a deep breath? Let's practice it now! (Use [Conscious Discipline Visuals](#) to model breathing). Way to go! You did it!

Read



Read "Little Monkey Calms Down" on MyOn.
Here is another way to practice breathing: Belly Breathe with Elmo!
<https://www.youtube.com/watch?v=mZbzDOpyIA>

Play



Can you teach a stuffed animal/baby/favorite toy how to breathe? Lay down, put a pillow on your tummy and make your favorite stuffed animal move up and down! Show someone in your house how to breathe to calm down! How else can you calm down?

Create



Make a "Calm down kit!"
Get an empty shoe box or small bag.
Use crayons, or markers to decorate your Calm Down Kit!
Put your favorite stuffed animal, a picture that makes you smile, one of [these](#) pictures, or some calm down cream (baby lotion, hand lotion) in your kit! Use it all week to help you stay calm and happy!

Move



Go outside and move like a monkey!
Jump with both feet, Jump on one foot! Jump and count as high as you can!

What other animals jump? Do you see any in your yard?
How many animals that jump can you find in your yard?

Sing



Get ready to move and count! Watch <https://www.youtube.com/watch?v=bONHrFNZWh0> and jump on the floor as you count and jump!
Try this fingerplay!
Five little monkeys -- with one hand hold up the number of fingers to match the verse.
jumping on the bed -- bounce your fingers (monkeys) up and down on your other hand (the bed)
One fell off -- hold up one finger
and bumped his head -- hold head with both hands and rock head back and forth
Mama called the Doctor and the doctor said -- dial the phone with one finger
No more monkeys jumping on the bed -- shake index finger ("no no")
Repeat the song, counting backwards to zero!

Connect



Share this I love you ritual
With your family!

Twinkle, Twinkle Little Star!

"Twinkle, Twinkle, Little Star,
What a wonderful child you are,
With bright eyes and nice, round cheeks,
A talented person from head to feet.
Twinkle, Twinkle, Little Star,
What a wonderful child you are!"

Watch and do together!

<https://www.youtube.com/watch?v=dhScVr0hnOw&list=PLn5Ag1YSeGhjOWfbCzhwMxchufPwgJgmw&index=2&t=0s>
<https://www.youtube.com/watch?v=dhScVr0hnOw&list=PLn5Ag1YSeGhjOWfbCzhwMxchufPwgJgmw&index=2&t=0s>

Optional activities:

Read your favorite counting book (instead of MYON)

For children who need more supports:

Count to 3 instead of 5, use stuffed animals or other favorite objects to count.

Use preferred materials to decorate "Calm Down Kit" Move; Move your arms or your head! Move like a monkey in your favorite way.

HCPS eLearning Pre-K: Week 2, Day 2

Good Morning! Remember, we are working on learning how to have a calm body! Let's practice another way to breathe! Watch this video and practice a new way to [Butterfly Breathe!](#) Today we will learn all about using kind words!

Read



Read "[Monster Knows Please and Thank You](#)" on [MyOn.com](#).

How do you ask for a drink?

What do say when you want to play?

How would you say, "I need help, please?"

Play

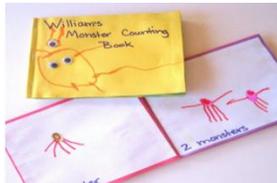


Have a pretend tea party outside! Bring your stuffed animals! Pretend to squish and slosh all around with your monster friends! Trade animals! Practice asking, "Can I have a turn please?" Use these [visuals](#) to help. What other kind words could you say?

Create



Make a thumbprint counting book! Use 2 sheets of any paper of any size. You can use markers, watercolors or



any fun way to color your thumb! Draw arms and legs for your monster!

Move



Move like a monster! Stomp your feet loudly! Stomp your feet softly! Stomp to the right! Stomp to the left! How else could you move like a monster? What other animals stomp?

Sing



Watch and sing along:

[Five Little Monsters Jumping on the Bed](#)

Five little monsters jumping on the bed!

One fell off and bumped her head!

Mama called the doctor and the doctor said, "No more monsters jumping on the bed!"

Connect

Use kind words to give a compliment! Here are some ideas:

"I like your smile!" and "Thank you!" Don't forget to say, "I love you!"

Try this I Love You Ritual:

Peter, Peter Pumpkin Eater,

(wiggle hips, move arms)

Had a friend he loved to greet!

(wave hello to each other)

Treated her with kind respect,

(touch gently)

And in the morning, hugged her neck!

(gentle hug).



Optional activities: Read YOUR favorite monster book(s) you have at home!

Keeping Track of your learning: Share the counting book with your teacher! Take a picture of it! Take a picture of you stomping like a monster!

For children who need additional supports:

Play: Use visuals during Play activity to ask for a turn.

Make: Make monsters with playdoh and count the monsters!

HCPS eLearning Pre-K: Week 2, Day 3

Good Morning! Remember, we are working on learning how to have a calm body! Let's practice another way to breathe! Watch this video to learn how to [Bunny Breathe!](#) Today we will add to our Calm Down Kit and practice using kind words to connect with family and friends!

Read



Re-Read "[Little Monkey Calms Down](#)" on [MyOn.com](#).

How would you ask for help to calm down?
How would you say, "Help calm me please?"

Play



Wash your toys in a bucket of soapy water and practice taking turns washing each of the toys! Practice asking, "**Can I have a turn please?**" Be sure to wash the **INSIDE** of the toy and the **OUTSIDE** of the toy! Count the arms/legs of your toy animals as you wash them!

Create



Let's make a puppet for our Calm Down Kit! Teach the puppet how to Bunny Breathe! Use the puppet to teach a family member to Bunny Breathe! Ideas for making a puppet: Use a small paper bag (any kind will do) and draw eyes, nose, and mouth! Or you can cut and glue on other paper to create the face. Other ideas: get an old clean sock and use it as a hand puppet!

Move



Practice the [I love you ritual](#), Here's the Bunny! Hop around your yard like a bunny! Can you hop on one foot? Two feet? How far can you hop? Can you hop with a family member or a stuffed animal? How many times? How far?

Sing



Watch and sing along to Five Little Monsters Jumping on the bed!

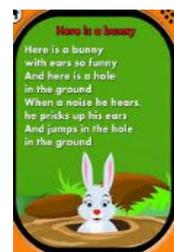
[Five Little Monsters](#)

Five little monsters jumping on the bed!
One fell off and bumped her head!
Mama called the doctor and the doctor said,
"No more monsters jumping on the bed!"

Connect



Practice Here's The Bunny I love you ritual with a family member! Take turns being the bunny (remember to use kind words to ask for a turn!)



Optional activities: Read the Five little Monkeys counting book you made Monday!

Keeping Track of your learning: Share your puppet with your teacher! Take a picture of how you asked for a turn!

For children who need additional supports:

Play: Use visuals during Connect activity to ask for a turn.

Create: Use one of the options to make a puppet!

Connect: Use the greeting rituals to choose a fun way to connect! Use visuals to ask for a turn!

HCPS eLearning Pre-K: Week 2, Day 4

Good Morning! Remember, we are working on learning how to have a calm body and get calm when we are upset! Let's practice learning about our feelings! It will help us know when to get calm! Choose a [Feeling Face](#) or use your words to tell how you feel?

Read



Re-Read "Monster Knows Please and Thank you" on [MyOn.com](#). How does monster feel? How do you know? How does Monster feel when he is up high? Let's Play [Make a Face](#) today!

Play



Play **Monster "All Around the Mulberry Bush!"** Hold hands, move in a circle and sing "All around my yard today, the monster had some feelings. He felt so very _____(happy today), show me with your face!" Make a monster feeling face and roar like a (insert feeling) monster!

Create



Let's create **toilet paper roll monsters!**

Use an empty toilet paper roll and decorate it with whatever you have around the house! Use your monster to tell how you feel!



Move



Move like a monster! Stomp your feet loudly! Stomp your feet softly! Stomp to the right! Stomp to the left! Stomp like an angry monster! Stomp like a happy monster! How is it different? How is it the same? How many different ways can you stomp to show how you feel?

Sing



Watch and sing along to the Monster Shuffle with the Learning Station! [Monster Shuffle](#)

Option: Sing
Five little monsters knocking on the door,
I would just like to know what they're looking for!
I think I might open up the door.
But, I don't believe in monsters anymore!
Four little...etc.
No little monsters knocking at the door,
Now I think I will open the door.

Connect



Let's connect by calming down together! You can ask for help to calm down! Let's sing and tuck like **Tucker the Turtle!** Click [here](#) for the song!



Optional activities: Read YOUR favorite feelings book you have at home!

Keeping Track of your learning: Take a picture of the monster you created! Let your teacher know how you are calming down this week!

For children who need additional supports:

Play: Use the feelings faces visuals to show how you feel!

Make: You can draw a monster, pretend to be monster, or dress up like monster!

Connect: Use your visuals to ask for help calming down! Take turns pretending to tuck into your shell in different ways! (cover your face, tuck into a ball, etc).

HCPS eLearning Pre-K: Week 2, Day 5

Good Morning! Remember, we are working on learning how to have a calm body and calm down when we are upset! Choose your favorite way to breathe that you learned this week!! Why was that your favorite way?

Read



Choose your favorite book that you read this week and re-read it! Why is this book your favorite? Find your favorite part in the story! Why is that your favorite part?

Play



What was your favorite way to play this week? Choose your favorite way to play and do it again! Can you count higher? Can you make different feeling faces? What are different ways you can play your favorite way to play?

Create



Get out your Calm Down Kit! Show how you use it to calm down when you are upset! What is your favorite way to calm down? Monkey used his favorite blanket to calm down. What else could you add to your kit to calm down?

Move



What was your favorite way to move this week? Why was it your favorite way? How could you move differently?

Sing



What was your favorite song this week? Why was it your favorite? Sing it with your family. What is a different way to sing the song and move together?

Connect



What was your favorite I Love You Ritual this week? Why was that your favorite?

Optional activities: Read YOUR favorite book you have at home!

Keeping Track of your learning: Share all of your favorites with your teacher.

For children who need additional supports: Use visuals to help your child recall this week's activities with prompts! Respond to any response they make with enthusiasm!