

# ISD Early Education

Week of April 20 - 24, 2020



# Toddler

Literacy - Sing and play “Twinkle Twinkle Little Star” with your child.

Math - Put 1-5 items into a bag. Have your child remove the items and count them.

Science - Create ramps with your child to explore. Some suggestions of items to use are boxes, toilet paper rolls, books, or shelves.

Fine Motor/Art - Draw a family portrait.

Social/Emotional - Choose one of the Conscious Discipline breathing icons to practice with your child daily.

Music/Movement - Play music for your child to dance. When you pause the music, your child will freeze and hold the pose until the music starts again.

# Preschool

Literacy - Sing and read “Twinkle Twinkle Little Star” with your child. Have your child read the environmental print.

Math - Complete the patterns on the page. Go on a scavenger hunt and find patterns around the house.

Science - Create ramps with your child to explore. Some suggestions of items to use are boxes, toilet paper rolls, books, or shelves.

Fine Motor/Art - Draw a family portrait.

Social/Emotional - Choose one of the Conscious Discipline breathing icons to practice with your child daily.

Music/Movement - Play music for your child to dance. When you pause the music, your child will freeze and hold the pose until the music starts again.

# Twinkle Twinkle Little Star



- ♪ **Twinkle, twinkle little star,**  
Touch child's fingers, wiggling them.
- ♪ **What a wonderful child you are.**  
Bring arms down to gently rest on  
child's shoulders.
- ♪ **With bright eyes and nice round cheeks,**  
Touch child's eyebrows and cheeks.
- ♪ **A talented person from head to feet.**  
Touch child's head and feet.
- ♪ **Twinkle, twinkle little star,**  
Touch fingers, wiggling them.
- ♪ **What a wonderful child you are.** Hug.

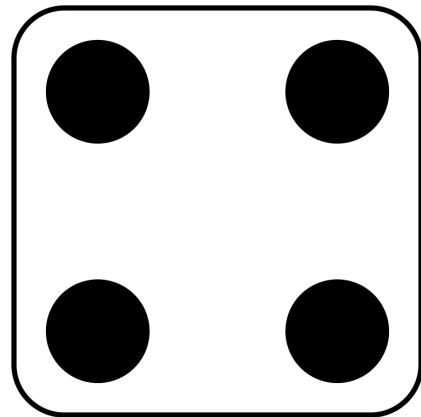
Read the pictures.



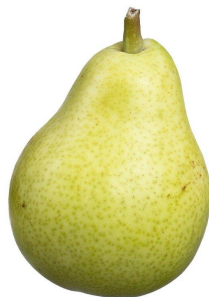
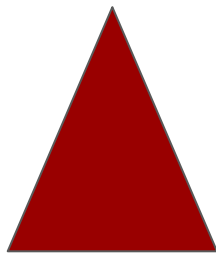
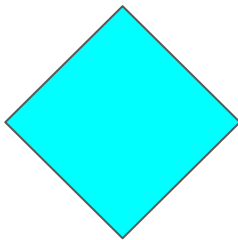
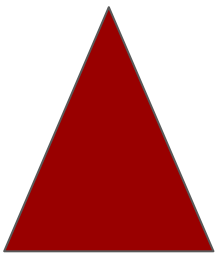
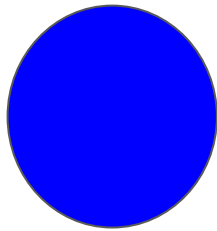
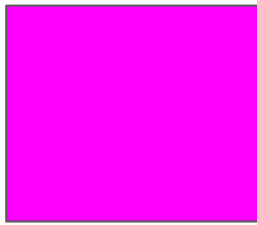
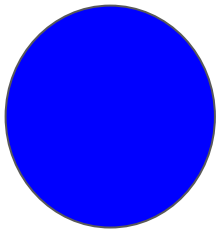
**TARGET**



Count the dots.



Finish the patterns.



**Draw a family portrait.**



# Conscious Discipline Breathing



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S.T.A.R



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Drain



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Balloon



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Pretzel



## Drain

Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a "sssshhh" sound and release all your muscles, draining out the stress.



## S.T.A.R.

**S**mile, **T**ake a deep breath **A**nd **R**elax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.



## Pretzel

Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.



## Balloon

Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a "pbbpbbpbb" sound.