

NECSD UPK

Grade:

Pre-K



Week of:

9/21 - 9/25




Virtual Learning Packet

School: _____

Student Name: _____




Teacher: _____

Directions: Color in the star after completing activities for each day.

Monday	Tuesday	Wednesday	Thursday	Friday
				



Beginning of the Year Pre-Kindergarten Learning Choice Board

Week 3		Social Emotional	Literacy	Math	Physical/Gross Motor	Fine Motor
	<p>Objective: Regulates own emotions and behaviors.</p>	<p>Objective: Identifies and names letters</p>	<p>Objective: Uses numbers and operations to count.</p>	<p>Objective: Demonstrates balancing skills</p>	<p>Objective: Demonstrates fine motor strength</p>	
<p>Monday</p>	<p>Ocean Breath Use your hands to go up and down like an ocean wave. Breathe in and out as you raise and lower your hands.</p>	<p>Can you find the letter A in your house? See if you can find the letter A around your house. Check cereal boxes, check posters, check your fridge!</p> 	<p>Can you find a square? Look for squares around your house. How many can you count?</p> 	<p>Let's Get Moving! 10 Jumping Jacks 10 Crab Walks Yoga Pose- Tree Pose- Place your foot in your inner thigh and open up your arms up high like branches.</p>	<p>Threading Take a piece of spaghetti and put it on a small piece of playdough or clay and thread beads or old, Cheerios.</p> 	
<p>Tuesday</p>	<p>Family Drawing Draw a picture of everyone in your family. You can write your family member's names as well. Discuss how you are feeling today. Are you feeling happy?</p>	<p>Letter A Collage Use old magazines to cut out the letter A and glue onto a piece of paper, making a collage.</p>	<p>Sort coins Match by color and size. Can you order the coins from largest to smallest? Count how many of each and show your family.</p>	<p>Transportation movement Fly around the house like a plane. Chug like a train. Race like a fast car (Zoom Zoom). Move fast or slow.</p>	<p>Zip, Button, Snap Grab a jacket, shirt, pair of pants - anything! Identify buttons, snaps, zippers and practice zipping, buttoning, and snapping.</p>	






Beginning of the Year Pre-Kindergarten Learning Choice Board

<p>Wednesday</p>	<p>Emotion Plates Discuss some different emotions and their meanings (happy, sad, mad, etc.). Cut a paper plate in half and draw a nose and mouth to match your child's current emotions about starting school. If you have a popsicle stick, glue it to the pate to make an emotion mask.</p>	<p>Scavenger Hunt Do a scavenger hunt around your home to find items that you might also see in school. Use paper or index cards to label these items. Examples include chair, table, sink, door, window, radio, etc. Practice identifying the initial letter of each item (T - table, S - sink, etc.)</p>	<p>How Many Steps? Choose a starting and end point. For example, how many steps from the couch to the kitchen? Have your child make a guess, then check and see! How many steps does it take each family member? Are the numbers the same, or different, and why?</p>	<p>Tightrope Walk How well can you balance? Put your arms out like an airplane. Try to walk heel-toe. Standing on your left foot, place your right heel directly in front of your left toe. Then pick up your left foot and place your heel directly in front of your right toe. How well can you walk the tightrope?</p>	<p>Ripping Paper Take a piece of paper - any paper will do. Plain paper, lined paper, colored paper, or even scrap mail! Practice ripping paper into small pieces. If you have glue, you can even glue the small pieces to another big piece of paper and color to make a fun collage.</p>
<p>Thursday</p>	<p>Breathing Activity When you are frustrated, remember this poem. Do the activity while you repeat the words from Daniel Tiger "When you feel so mad That you wanna</p>	<p>Letters in your name Can you name the letters in your name?</p> <p>Can you find items in your house that begin with the same letters in</p>	<p>How many letters are in your name? Can you count the number of letters in your name?</p> <p>How many fingers are on your hand?</p>	<p>Throwing a ball Can you throw a ball? Can you catch a ball? Hold a ball and throw it to your partner. It can be a parent or sibling. Each time you throw the ball, have your partner catch it</p>	<p>Practicing the letters in your name Spread out rice, flour, cereal, beans, shaving cream, pasta, whip cream, or any other household item on a surface. Then use your finger to try and make the letters in your name (Just the first letter is</p>



Beginning of the Year Pre-Kindergarten Learning Choice Board

	 <p><i>roar,</i> Take a deep breath, And count to 4. 1, 2, 3, 4 Practice the poem and the breathing</p>	<p>your name. (Just the first letter is fine)</p>	 <p>Are there more letters in your name or fingers on your hand?</p>	<p>and throw it back to you. Count each time you throw the ball. . Each time you catch the ball count. Do this 5 times.</p>	 <p>fine).</p>
<p>Friday</p>	<p>Kindness Help someone in your home clean up. You can choose a parent or sibling. Ask them where things go. Practice saying thank you while you help out.</p>	<p>Reading and Cooking Time: Pick a book from the library to read. The library also has free access to a digital library. You can also help in the kitchen with mixing, pouring and as you are making the recipe talk about the different steps with your child.</p>	<p>Socks Activity Match and pair socks. Find matching colors and patterns. Sort the socks by size.</p>	<p>Red, light, green light Game One person stands on the other side of the room or outside and calls out " Red light, green light, 1, 2, 3." They must have their eyes closed. The other person on the opposite side runs to the other side as they say, "Red light, green light, 1, 2, 3."</p>	<p>Tweezer Activity Use a pair of tongs, clothespins or tweezers to pick up small items such as cotton balls/ pom poms.</p>



Capital Letter Formation Chart



Big Line
Big Line
Little Line



Big Line
Little Curve
Little Curve



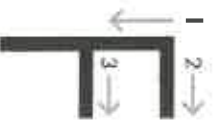
Big Curve



Big Line
Big Curve



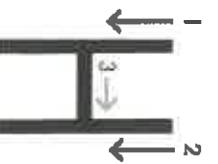
Big Line
Little Line
Little Line
Little Line



Big Line
Little Line
Little Line



Big Curve
Little Line
Little Line



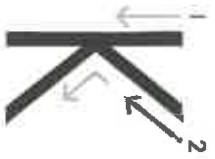
Big Line
Big Line
Little Line



Big Line
Little Line
Little Line



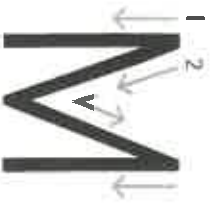
Big Line
Turn
Little Line



Big Line
Little Line
Little Line



Big Line
Little Line



Big Line
Big Line
Big Line
Big Line



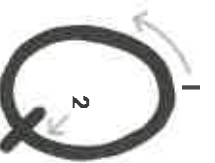
Big Line
Big Line
Big Line



Big Curve



Big Line
Little Curve



Big Curve
Big Curve
Little Line



Big Line
Little Curve
Little Line



Little Curve
Little Curve



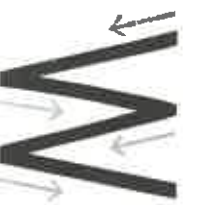
Big Line
Little Line



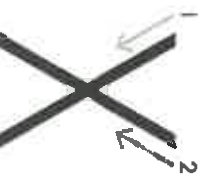
Big Line
Turn
Big Line



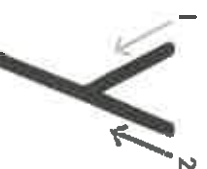
Big Line
Big Line



Big Line
Big Line
Big Line
Big Line
Big Line



Big Line
Big Line



Little Line
Big Line



Little Line
Big Line
Little Line

Lowercase Formation Chart



dive down
swim up
and over
down

down bump

• dot

down

• dot

down bump the line
kick!

slide away

down bump the line

start with n
swim up
and over
down

(m has two humps)

dive down
swim up
and over
down

(n has one hump)

Magic c
up like a
back down
bump

dive down
swim up
and over
around bump

Magic c

Magic c
up like a
up higher
back down
bump

start
little line
up and around
stop

down bump the line
cross
up

At first, curve up. Then, go straight down.

Magic c
up like a
back down
turn

Lowercase Formation Chart



Magic c keep on going stop

dive down swim up and over bump

Magic c up like a bump back down U turn

dive down swim up and over

little Magic c turn down curve around

down bump the line cross

Directions for crossing:
 Left-handed Right-handed

down, travel, up bump back down

slide down slide up

slide down and up slide down and up

slide down slide down

slide down slide down

go across slide down go across



Help Me Choose My Writing Hand

Some children switch hands when they color or draw. That's fine until it's time to learn to write. Children need to settle on one hand as their writing hand. If a child is truly undecided, choose the right hand. But if a child prefers the left and holds a crayon or pencil better with the left, choose the left hand. The curriculum we're using works equally well for right- and left-handed children.

Help Me Hold a Crayon

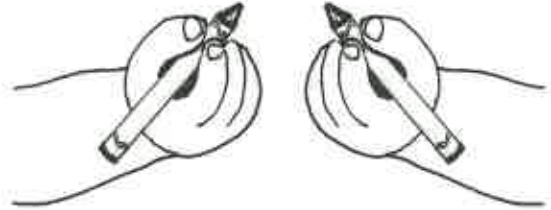
Fat crayons are big and heavy for little hands. Trying to hold them can lead to awkward, fisted grips. We recommend giving children little broken pieces of crayons at first. They'll hold the little pieces with their fingertips. Little pieces will naturally develop finger strength and the correct grip. Show children how to hold regular crayons and pencils, too.

There are two correct grips:

Tripod - 3 fingers

Thumb and pointer pinch.

Crayon or pencil rests on tall finger.



Right Tripod

Quadrupod - 4 fingers

Thumb and pointer/tall finger pinch.

Crayon or pencil rests on ring finger.



Left Quadrupod

Right Quadrupod

Help Me Hold a Pencil

1. Pick up a pencil and drop it! No writing! Help children pick up the pencil and place their fingers. Then, drop it again! Do 3-5 pencil pick-ups a day. When a child automatically holds the pencil correctly, go to step 2.

2. Aim and scribble. No writing—just scribbling to learn how to move the fingers/pencil with ease.

Make 3 dots on paper for children. Have children pick up the pencil and get in good writing posture. (Rest the pencil hand on the paper. Hold the paper with the helper hand). Now have children aim for a dot and scribble on the dot. Drop the pencil. Repeat.

3. Now help children write their names with a pencil. Teach NAME with capitals first. Then, teach children to write Name in title case, with a beginning capital and lowercase letters.

NECSD UPK

Grado:

Pre-K



Semana de:

9/21 - 9/25

Paquete de Aprender Virtual

Escuela: _____

Nombre de estudiante: __




Maestra/o: _____

Instrucciones: Llena la estrella despues de terminar las actividades del dia:

Lunes	Martes	Miercoles	Jueves	Viernes
				



Junta de opciones de aprendizaje de preajardín de infantes al comienzo del año

Semana 3		Socioemocional	Alfabetización	Matemáticas	Física / Motricidad gruesa	Motricidad fina
	<p>Objetivo: Regula las propias emociones y comportamientos.</p>	<p>Objetivo: Identifica y nombra letras</p>	<p>Objetivo: Utiliza números y operaciones para contar.</p>	<p>Objetivo: Demuestra habilidades de equilibrio</p>	<p>Objetivo: Demuestra fuerza motora fina</p>	
Lunes	<p>Respiración del océano Usa tus manos para subir y bajar como una ola del océano. Inhale y exhale mientras sube y baja las manos.</p>	<p>¿Puedes encontrar la letra A en tu casa? Vea si puede encontrar la letra A en su casa. ¡Revise las cajas de cereales, los carteles, el refrigerador!</p> 	<p>¿Puedes encontrar un cuadrado? Busque cuadrados alrededor de su casa. Cuántos puedes contar?</p> 	<p>¡Pongámonos en marchal 10 Jumping Jacks 10 Crab Walks Postura de yoga Postura de árbol: coloque el pie en la parte interna del muslo y abra los brazos como ramas.</p>	<p>Enhebrado Tome un pedazo de espagueti y póngalo sobre un pequeño trozo de plastilina o arcilla e ensarte cuentas o cheerios viejos.</p> 	
Martes	<p>Dibujo familiar Haz un dibujo de todos los miembros de tu familia. También puede escribir los nombres de sus familiares. Discuta cómo se siente hoy. Te sientes feliz</p>	<p>Collage de la letra A Use revistas viejas para recortar la letra A y péguela en una hoja de papel, haciendo un collage.</p>	<p>Clasificar monedas Coincidir por color y tamaño. ¿Puedes ordenar las monedas de mayor a menor? Cuente cuántos de cada uno y enséñele a su familia.</p>	<p>Movimiento de transporte Vuela por la casa como un avión. Chug como un tren. Corre como un coche rápido (Zoom Zoom). Muévase rápido o lento.</p>	<p>Cremallera, botón, broche Coge una chaqueta, una camisa, un pantalón, lo que sea! Identifique botones, broches, cremalleras y practique cerrar, abrochar y abrochar.</p>	






Junta de opciones de aprendizaje de prejardín de infantes al comienzo del año

<p>miércoles</p>	<p>Placas de emociones Discuta algunas emociones diferentes y sus significados (feliz, triste, enojado, etc.). Corte un plato de papel por la mitad y dibuje una nariz y una boca para que coincida con las emociones actuales de su hijo sobre el comienzo de la escuela. Si tienes un palito de helado, pégalo al paté para hacer una máscara de emoción.</p>	<p>Búsqueda del tesoro Realiza una búsqueda del tesoro en tu casa para encontrar artículos que también puedas ver en la escuela. Utilice papel o fichas para etiquetar estos artículos. Los ejemplos incluyen silla, mesa, fregadero, puerta, ventana, radio, etc. Practique identificar la letra inicial de cada artículo (T - mesa, S - fregadero, etc.)</p>	<p>¿Cuántos pasos? Elija un punto inicial y final. Por ejemplo, ¿cuántos pasos desde el sofá hasta la cocina? ¡Haga que su hijo adivine, luego verifique y vea! ¿Cuántos pasos toma cada miembro de la familia? ¿Son los números iguales o diferentes y por qué?</p>	<p>Caminata por la cuerda floja ¿Qué tan bien puedes mantener el equilibrio? Extiende tus brazos como un avión. Trate de caminar con la punta del pie. De pie sobre su pie izquierdo, coloque su talón derecho directamente en frente de su dedo del pie izquierdo. Luego, levante el pie izquierdo y coloque el talón directamente delante del dedo del pie derecho. ¿Qué tan bien puedes caminar por la cuerda floja?</p>	<p>Rasgar papel Tome un trozo de papel; cualquier papel servirá. Papel normal, papel rayado, papel de color o incluso correo de desecho. Practica cortar papel en trozos pequeños. Si tiene pegamento, incluso puede pegar los trozos pequeños a otro papel grande y colorearlos para hacer un divertido collage.</p>
<p>Jueves</p>	<p>Actividad de respiración del Cuando se sienta frustrado, recuerde este poema. Haga la actividad mientras repite las palabras de Daniel Tiger "Cuando se sienta tan enojado</p>	<p>nombre ¿Puedes nombrar las letras de tu nombre? ¿Puede encontrar artículos en su casa que comiencen con las mismas letras en su nombre?</p>	<p>¿Cuántas letras hay en su nombre? ¿Puedes contar el número de letras de tu nombre? ¿Cuántos dedos tienes en la mano?</p>	<p>Lanzar pelota ¿Puedes lanzar una pelota? ¿Puedes atrapar una pelota? Sostén una pelota y tírala a tu compañero. Puede ser un padre o un hermano. Cada vez que lances la pelota, haz que tu</p>	<p>Practicar las letras de su nombre Extiende arroz, harina, cereales, frijoles, crema de afeitar, pasta, crema batida o cualquier otro artículo del hogar sobre una superficie. Luego usa tu dedo</p>



Junta de opciones de aprendizaje de preajardín de infantes al comienzo del año

	<p>que quiera rugir, respire hondo y cuente hasta 4.,, 1,2, 3, 4" Practique el poema y la respiración</p> 	<p>(Solo la primera letra está bien)</p>	<p>¿Hay más letras en tu nombre o dedos en tu mano?</p> 	<p>compañero la atrape y se la arroje. Cuente cada vez que lance la pelota.. Cada vez que atrapes la pelota, cuenta. Haz esto 5 veces.</p>	<p>para intentar hacer las letras de tu nombre (solo la primera letra está bien).</p> 
Viernes	<p>Amabilidad Ayude a alguien en su casa a limpiar. Puede elegir un padre o un hermano. Pregúnteles a dónde van las cosas. Practica decir gracias mientras ayudas.</p>	<p>Tiempo de lectura y cocina: Elija un libro de la biblioteca para leer. La biblioteca también tiene acceso gratuito a una biblioteca digital. También puede ayudar en la cocina a mezclar, verter y, mientras prepara la receta, hablar con su hijo sobre los diferentes pasos.</p>	<p>Actividad de calcetines Combina y empareja calcetines. Encuentra colores y patrones que combinen. Clasifica los calcetines por talla.</p>	<p>Luz roja, luz verde, juego Una persona se para en el otro lado de la habitación o afuera y grita "Luz roja, luz verde, 1, 2, 3". Deben tener los ojos cerrados. La otra persona del lado opuesto corre hacia el otro lado mientras dice: "Luz roja, luz verde, 1, 2, 3".</p>	<p>Actividad con pinzas Use un par de tenazas, pinzas para la ropa o pinzas para recoger artículos pequeños como bolas de algodón / pompones.</p>



Capital Letter Formation Chart



Big Line
Big Line
Little Line



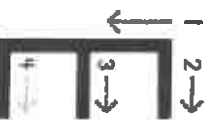
Big Line
Little Curve
Little Curve



Big Curve



Big Line
Big Curve



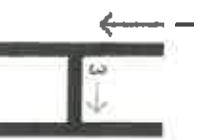
Big Line
Little Line
Little Line
Little Line



Big Line
Little Line
Little Line



Big Curve
Little Line
Little Line



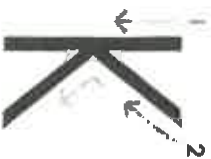
Big Line
Big Line
Little Line



Big Line
Little Line
Little Line



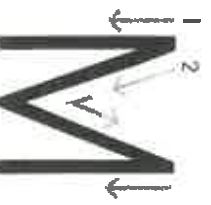
Big Line
Turn
Little Line



Big Line
Little Line
Little Line



Big Line
Little Line



Big Line
Big Line
Big Line
Big Line



Big Line
Big Line
Big Line



Big Curve
Big Curve



Big Line
Little Curve



Big Curve
Big Curve
Little Line



Big Line
Little Curve
Little Line



Little Curve
Little Curve



Big Line
Little Line



Big Line
Turn
Big Line



Big Line
Big Line



Big Line
Big Line
Big Line
Big Line



Big Line
Big Line



Little Line
Big Line



Little Line
Big Line
Little Line

Lowercase Formation Chart



Magic c up like a

bump

back down

turn

At first, curve up. Then, go straight down.

down bump the line

cross

up

start

little line

up and around

stop

1 2 3

Magic c up like a

up higher

back down

bump

Magic c

dive down

swim up

around bump

Magic c up like a

back down

bump

dive down

swim up

down (n has one hump)

start with n

swim up

down (m has two humps)

Start at the top!

down bump the line

kick!

down bump the line

slide away

Dots for you!

down

turn

• dot

Dots for you!


down bump





• dot

dive down

swim up

down

 <p>down, travel, up bump</p> <p>back down bump</p>	<p>slide down</p> <p>slide up</p>	<p>slide down and up</p> <p>slide down and up</p>	<p>slide down</p> <p>slide down</p>	<p>slide down</p> <p>slide down</p>	<p>go across</p> <p>slide down</p> <p>go across</p>
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 <p>Magic c</p> <p>keep on going</p> <p>stop</p>	<p>dive down</p> <p>swim up and over</p> <p>bump around</p>	 <p>Magic c</p> <p>up like a bump</p> <p>back down</p> <p>U turn</p>	<p>dive down</p> <p>swim up and over</p>	 <p>little Magic c</p> <p>turn down</p> <p>curve around</p>	 <p>down bump the line</p> <p>cross</p> <p>Directions for crossing: left-handed right-handed</p> <p>Start at the top</p>
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Help Me Choose My Writing Hand

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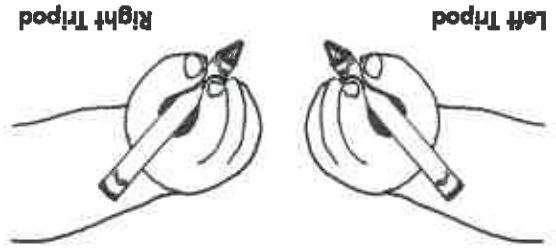
Help Me Hold a Crayon

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There are two correct grips:

Tripod - 3 fingers

Thumb and pointer pinch.
Crayon or pencil rests on tall finger.

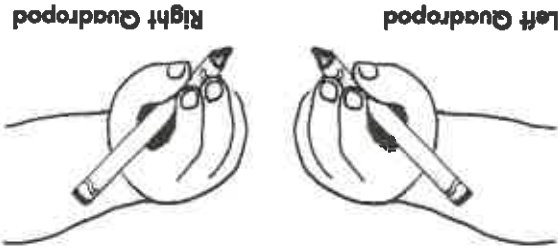


Right Tripod

Left Tripod

Quadropod - 4 fingers

Thumb and pointer/tall finger pinch.
Crayon or pencil rests on ring finger.



Left Quadropod

Right Quadropod

Help Me Hold a Pencil

1. Pick up a pencil and drop it! No writing! Help children pick up the pencil and place their fingers. Then, drop it again! Do 3-5 pencil pick-ups a day. When a child automatically holds the pencil correctly, go to step 2.

2. Aim and scribble. No writing—just scribbling to learn how to move the fingers/pencil with ease. Make 3 dots on paper for children. Have children pick up the pencil and get in good writing posture. (Rest the pencil hand on the paper. Hold the paper with the helper hand). Now have children aim for a dot and scribble on the dot. Drop the pencil. Repeat.

3. Now help children write their names with a pencil. Teach NAME with capitals first. Then, teach children to write Name in title case, with a beginning capital and lowercase letters.