

Attachment A:

**3 Preschool sites/links to enhance your child's Remote Learning**

Reading/Language Arts	Math	Other
<ul style="list-style-type: none"> <li>• <a href="https://www.getepic.com/">https://www.getepic.com/</a> Free for 30 days, or I can give you the Remote Home Learning Code to which will last until June.</li> <li>• <a href="https://www.lwtears.com/programs/distance-learning">https://www.lwtears.com/programs/distance-learning</a> Learning Without Tears (preschool handwriting development program we use) is offering many of their Get Set For School applications for free for 30 days! They have Wet, Dry, Try; tracing and writing activities with verbal directions☺!</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.abcya.com/grades/prek/numbers">https://www.abcya.com/grades/prek/numbers</a></li> <li>• <a href="https://www.abcya.com/games/adventure_man_dash_shapes_colors">https://www.abcya.com/games/adventure_man_dash_shapes_colors</a></li> <li>• <a href="https://www.abcya.com/games/adventure_man_dash_shapes_colors">https://www.abcya.com/games/adventure_man_dash_shapes_colors</a></li> <li>• <a href="https://www.abcya.com/games/shapes_geometry_game">https://www.abcya.com/games/shapes_geometry_game</a></li> <li>• <a href="https://happynumbers.com/?redirect=no">https://happynumbers.com/?redirect=no</a> . Choose student and enter class number 262 428; choose your child's name and ALL passwords are 2 . This is a great individualized math program that is free.</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.abcya.com/games/jelly_collapse">https://www.abcya.com/games/jelly_collapse</a> Problem solving game. Really anything on abcya.com could be fun for them.</li> <li>• <a href="https://pbskids.org/sesame/games/">https://pbskids.org/sesame/games/</a> has some pretty easy games where the directions are given to them. they just trace or follow directions to move forward.</li> <li>• <a href="http://www.cookie.com/preschool.html">http://www.cookie.com/preschool.html</a> also seems to have a lot of fun and interesting games. Many of them also have age suggestion ranges next to the name.</li> <li>• <a href="https://www.abcmouse.com/abt/homepage">https://www.abcmouse.com/abt/homepage</a> Free for 30 days. Comprehensive site which offers a variety of activities to enhance their learning.</li> <li>• <a href="https://learnwithhomer.com/home/">https://learnwithhomer.com/home/</a> Free 30 day Trial.</li> </ul>

Attachment B:

Grade Level	Minimum	Maximum	Recommended Length of Sustained Attention
<b>PreK</b>	20 minutes/day	60 minutes/day	3-5 minutes
<b>K</b>	30 minutes/ day	90 minutes/day	3-5 minutes
<b>1-2</b>	45 minutes/day	90 minutes/day	5-10 minutes
<b>3-5</b>	60 minutes/day	120 minutes/day	10-15 minutes
<b>6-8</b>	Class: 15 minutes/day Total: 90 minutes/day	Class: 30 minutes/day Total: 180 minutes/day	1 subject area or class
<b>9-12</b>	Class: 20 minutes/day Total: 120 minutes/day	Class: 45 minutes/day Total: 270 minutes/day	1 subject area or class

# MEALTIME IDEAS

Put an X on the square each time you try a new mealtime/snack idea

Have a TINY meal. Cut everything small and eat with a toothpick.	Have your child look at their meal. Blindfold them and feed them bites. Can they guess what they're eating?	Serve a meal in the sections of a clean egg carton. You can even wash and use JUMBO plastic eggs to hold foods in place	Determine what is the crunchiest item on your plate.
Close your eyes and ask your child to eat one thing from their plate. Can you guess what they ate.	Try a new food. Would you give it a thumbs up, or a thumbs down.	Write down a menu of the items that you are serving for a meal. What letter does each item start with?	What color is your food? How many colors can you eat in one meal? Can you eat more than 4?
Have snacks for dinner. Bring a tray of snack foods and watch a movie while you eat.	Have a dipping meal. Serve foods that your child likes to dip. How many dips can you have in one meal?	Have dinner in your pajamas. Everyone should get ready for bed before they eat dinner.	Eat outside. Can you have a picnic on your front steps or sidewalk?
Take a picture of your plate when it is filled with food. Send the picture to someone that doesn't live in your house. Ask them to send back a picture of their plate.	Eat breakfast for dinner.	Allow your child to plan the dinner menu. Give them two options for the main dish and let them pick. Do this with sides too.	Have a SUPER-DUPER polite dinner. Pretend that you are eating in a fancy restaurant. Dim the lights, play classical music, and be OVER the TOP polite.
Research the diet of an animal. Can you eat similar foods?	Have finger foods for dinner, and have everyone eat without utensils.	Set food on the table and cover each item with a dishtowel or napkin. Give clues for each item and have your child guess the meal.	Have a plastic knife or a pumpkin knife? Allow your child to help cut up vegetables or fruit for a salad.

## Let's do a little moving to some music.

Do you know what the limbo is?

It is kind of like a dance, and kind of like an exercise.

You may have done the Limbo in school.

You need the music.

You can ask Alexa to play the Limbo by Chubby Checker.

You will need a stick, or broom, or a long cardboard tube.

Now, your whole family gets in a line, except for the person holding the stick. When the music starts, you try to get under the stick, and if you can, you get in line again, but this time the stick will be lowered by the stick holder. And everyone tries it again, and then it is lowered again until it is too low to dance under, or the music ends. This dance always makes me laugh, and sometimes I fall down.



Now how about the Chicken Dance?

Alexa will play you chicken dance, too. Just ask.

First, you pinch your fingers open and closed and say, cheep, cheep, cheep.

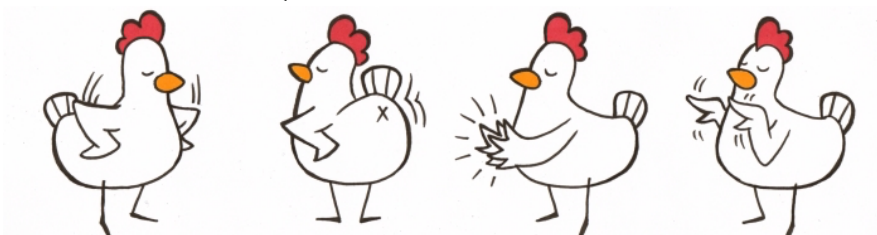
Then, you flap your wings up and down and say, flap, flap, flap. Then you wiggle your hips and arms and say wiggle, wiggle, wiggle.

And finally, you clap your hands and say clap, clap, clap.

Now you march in place and count to 8, and you do this 4 times.

Then back to the beginning.

You repeat the whole process about 3 or 4 times, or until you fall over, too tired to dance!



# DANDELION PAINTING

You will need paint, dandelions, a bag, and paper.  
On your next outdoor walk, why not see if you can find a field of  
dandelions,

Bring along a bag so you can collect them.

Now the secret to dandelion painting, is to try to find dandelions that  
have stems long enough to use  
as the handle of a brush.

(These are kind of hard to pick but make painting easier.)

When you get home, find a good craft spot.

You will need some paint in a very shallow container, like the lid to a  
jar. You will need a lid for each color of paint.

Choose colors that look good together because they may mix as  
you paint.

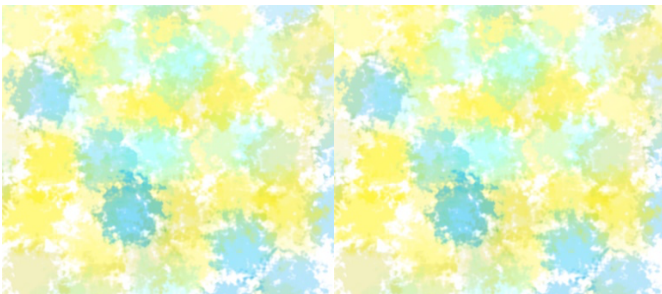
Now, dip the flower end into the paint, and then stamp it on your  
paper. Stamp and stamp, changing colors, and changing  
dandelions as they wear out.

Sometime the dandelion print looks like little stars, and sometimes like  
little blobs of color.

When your painting is complete, let it dry, and then display it.

Don't forget to sign your work.

If you use tissue paper, you can use your creation as wrapping paper  
for someone's special gift.



Yours may look something like this.

# Let's Hunt

This is a springtime outdoor hunt.  
For the hunt you will need to know how old you are, and you will need to count, and you will need a bag of hunting.

## IF YOU ARE 3 YEARS OLD

You will need to find 3 sets of 3 things.

3 dandelions

3 sticks

3 rocks

## IF YOU ARE 4 YEARS OLD

You will need to find 4 sets of 4 things.

4 dandelions

4 sticks

4 rocks

4 green leaves

## IF YOU ARE 5 YEARS OLD

You will need to find 5 sets of 5 things.

5 dandelions

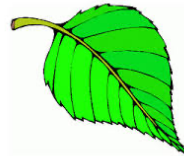
5 sticks

5 rocks

5 green leaves

5 blades of grass

Bonus for your bonus discoveries, find a bug, a purple flower, or a pine cone.





# SKYSCRAPER CHALLENGE

## Do you know what a Skyscraper is?

A skyscraper is a very tall building, so tall that it looks as if it can scrape the sky. The very first skyscraper was built in Chicago, and then in other big cities as well. This week it is time for the Skyscraper Challenge. That is a family contest where members of your family try to build a very high tower of some kind.

Now this can be dangerous work. Tall structures can tumble, and if they fall on someone, even a very strong someone, that person can get hurt. So when you are a builder of skyscrapers, you must promise to work carefully, and build a very safe building.

Now if you have decided to build safely, you pick your Construction Team. It can be one person, or 2 or 3 per team. Then, try to find blocks, boxes, cardboard tubes and cylinders around your house that you and your team can stack. Please don't choose something heavy for the top. The bottom of the building should have the heavier blocks, and the taller it gets, the lighter the construction material.

You can add things like flags or toy people, even toy furniture to your building. Just make sure it is not wobbly. When your building is complete, measure it. Ask a grownup to help with the measuring.

Write down how many inches your Skyscraper is, take a picture of it, and then build another one. It is nice to let everyone have a turn to be on a Construction Team. And when the skyscraper is complete, make sure all the workers have their picture taken with the building.

You should also name your building, like the Willis Tower, or the Water Tower, or the Morris Building, and write the name on a paper in front of the building. The Construction Team can all sign their names under the building name.

Good Luck, Stay Safe, and Happy Building!



# Sidewalk Chalk

Do you have some sidewalk chalk?

Have you used it lately?

If you have been walking around your town, you have probably seen lots of messages written by the kids in your neighborhood.

What have they been writing?

Lots of things, some are words, and some are pictures.

One family on our street wrote the whole alphabet.

It went from A all the way to Z.

Then the sister in the family said, "Stand on the A."

and the little sister stood on the A. Then it was the little sister's turn, and she said, "stand on the D for Daddy." So the big sister ran to the D. They were standing on all the letters for the names of their friends and family.

At another house, the kids were making long lines, all across their front sidewalk.

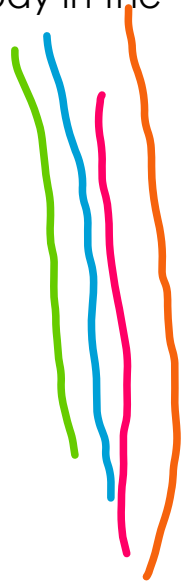
First they drew a long green line, then a blue, and then a pink, and finally orange.

At another house I saw a rainbow, and at a different house everybody in the family drew their name.

One family made a big sign that said,



**" THANK YOU FIRE FIGHTERS AND POLICE "**



## Parent as Teachers: Tips for Parents with Preschoolers

We are so proud of our Saint Paul pre-k parents. You have stepped up to the plate. You have your eye on the ball. You are going for a homerun! In the middle of a chaotic world, you will juggle it all. You will be parent, employee, counselor, teacher, cook, accountant, and the list goes on and on. You didn't sign up for this, yet you will try your best to be EVERYTHING for the people you love.

As teachers, we also want to be EVERYTHING for our students. We chose this profession because we love children. We commit our days to wiping noses, paint spills, cheers over the 'show and tell', holding hands, interpreting stories, and being on the receiving end of numerous hugs. Although we might be your child's first schoolteachers, we all know that YOU are your child's first teacher.

As their first teacher, did you worry about e-learning? Were you consumed by zoom schedules and homework packets? Did you feel the need to create a daily schedule that balanced times for work and play? I certainly hope not. You have been teaching your child for years already. You've got this.

### Tips for Parents with Preschoolers

- **Evaluate the resources** that are available. This might be a time when your child has more screen time. That is o.k. You choose what they are watching. If your child sits down with an I-Pad and watches four YouTube videos from our pre-k teachers in a row, that is o.k. Do they love Sesame Street? We do too.
- **Monitor your child's behaviors** from day to day. I'm sure you've had those days where you feel like the walls are caving in. So do children. Unlike you, children don't always know how to manage their emotions. Help them to describe their feelings. Using words like, 'it's o.k. to be mad' (silly, sad, tired, etc.), gives children the words to say when they experience these emotions again. Help them find appropriate ways to manage these emotions. Do they just want to be by themselves for a little bit? Let them. Do they need a little cuddle with a blanket, or stuffed animal? Make that available.
- **Maintain a routine** that is doable. Keep mealtimes fairly consistent, and bedtime routines the same. A daily walk might happen first thing in the morning, or after lunch. At school, children rely on a daily routine to feel comfortable and confident. They like walking into the classroom, knowing what to expect from their teacher. We can throw a little wrench into the works by having a pajama day, or maybe afternoon snack instead of morning snack, but we try for the most part to keep things the same.
- **Have expectations** of what your child needs to do. Choose reasonable expectations and work on having your child follow through and meet them. Remember that you are together all the time (as if you could forget). If you expect too much or too little, this could create some additional tension in your household. An expectation of your child cleaning up every item after they've played with it might be unreasonable. However, asking them to manage one part of the clean-up, 'I'll clean up Legos, you clean up Barbies', will help your child rise to the challenge. You know the phrase, 'Pick your battles'? Do it! Decide what you really want your child to do, and then let some other things go. We all need a little extra wiggle room right now.
- **Give yourself a break** from trying to do it all. If your child is content talking to grandma via facetime, take a break. If you set up a Zoom exercise class with pre-k, we don't mind if you sit on



the couch, or catch up on a little texting. You don't need to be with your child at all times inside your own, safe house. Find what they can handle alone, and let them. If you have a child that won't let you go, set up small amounts of time where they can do something on their own. You can say, "I know that you can do this puzzle on your own. When you are finished, come and find me. I can't wait to see it. I'll be so proud of you". Let your child feel that he has control over his alone time. Ask, 'do you want to play by yourself for 8 minutes or 9 minutes?' Set a timer. Look in your app store for a Visual Timer. This is a great tool to use for children that can't yet tell time.

### Tips for Navigating E-Learning

- We are providing families many **options** for e-learning. Your child may enjoy watching our YouTube videos, another family might look forward to zoom exercise. Choose what works for you and your child. We do not expect you to do every, single activity that we are providing for our students.
- Choose your level of **involvement**. If you are working during the day, set your child up to watch some of our YouTube story times. If you know that part of your day will include a walk outside, look at the family activities that Mrs. Morris has written. If there is something that your child enjoys, do it over and over again.
- We would like to **stay connected** to your child while we are apart. Look at the opportunities that are offered for your child to see their teacher. Instead of asking them if they'd like to have a meeting or not, say, "you get to meet with your teacher this week. Do you want to have a snack time or show and tell?"
- It is hard to re-create a play based, hands-on learning environment through a screen. Your **child may be uncomfortable** participating in exercise class, or talking during a zoom chat. If your child wants to sit and just watch, allow them to do that. The more they watch, the more they might want to join in. Even in a classroom setting, some children prefer to watch play before they get involved.
- Set up **guidelines for zoom times**. Choose the location and directions for using your phone, computer, or tablet. You can ask them to stay at a table, or only hold your device if they are sitting down. Prepare them for the zoom time. If your child will have a show and tell with their teacher, help them choose an item to share.
- Some children like the idea of **homework**. Set up a homework time during the day. Again, choose the location. Homework might be an activity that we have provided, it might be a time for puzzles, or maybe a time for writing and coloring. Insert this into your daily routine. The activity might change, but the routine stays the same.
- If you need any **help or support**, don't hesitate to contact your child's teacher. We are here for you! We want you to feel success in implementing our plans for your child.

Besides us, do you know who has your back? God does. Pray that God gives you the wisdom to make decisions, the strength to endure the rough patches, the patience to manage your household, and the joy of celebrating your child's growth and development.

From Romans 12:12

*Be joyful in hope, patient in affliction, faithful in prayer.*

# Teddy Bear Homework

Dear Families,

In chapel last week, we sang the song, 'Whose in the Middle of the Storm'. Our answer to the question is 'God Is'. At this time, we know that God is in the middle of this storm. He is watching over us, and protecting us. He will never leave us.

Please enjoy these activities with your children. Let them know that their teachers miss them and can't wait to get back to school.

We'd love for you to say this echo prayer with your children. An echo prayer is when you say one line, and your child echoes it.

Dear God  
Please be with,  
Our family and friends.  
Keep us safe  
While we're at home.  
Help us to have fun days,  
Knowing that you are always with us.

In your name we pray, Amen.

# Teddy Bear Homework

1. Use the colored teddy bears in the envelope. Hide them around your house. If you have a clipboard, or a piece of cardboard with a clothespin, attached the COLOR HUNT page to it. As your child finds the bears, have them cross off one color at a time. Children will be able to make some sort of mark. It may be an 'x', it could be a checkmark, it could be a scribble.
2. Take the colored teddy bears and write an action on each one. Put all teddy bears facing down in a pile. Children can take turns with you to pick a teddy bear, and do that action. You might have them say, 'pick up 3 toys', 'jump up and down 10 times', 'find something in our house that is orange'. You can even write actions that might help them get ready for bed like, 'brush your teeth', 'put on your pajamas'.
3. Open up the packages of gummy bears and sort the bears by color. Count how many of each color you have. Which color has the most bears? Which color has the least bears? Do you have any colors that are tied? Before eating the bears, try the next activity.
4. Use the gummy bears to create a tower. Who in your family can stack the most bears before they fall down? Ask your child to predict/guess who will have the largest stack.
5. Have your child lay out 5 different colored gummy bears. Close your eyes. Ask your child to eat one of the gummy bears. Can you guess what color is missing? Now, it is your child's turn to close their eyes. You eat one bear. Can they guess which one is missing?
6. Find a teddy bear in your house. Use the 'Teddy Bear Chart' to record information about the bear. Read each question and answers. Again, allow your child to mark the appropriate answer with a circle, checkmark, 'x', or scribble.
7. Make a bear cave or den for your child to hibernate. Allow your child to wear the bear mask and crawl right into their cave.

8. While your child is wearing the bear mask, play hide and seek. While you are hunting for them, have them growl like a bear to give you a clue of where they might be.
9. Have your child snack like a bear. Bears will eat seeds, nuts, berries, meat, fish, eggs, and honey.
10. Use the bear stationary to write a note or letter to someone. Your child can decorate the bear, and then dictate what they'd like the letter to say. Mail the letter to someone special (maybe their teacher??). As that special someone to write back soon.



# GOING ON A BEAR HUNT

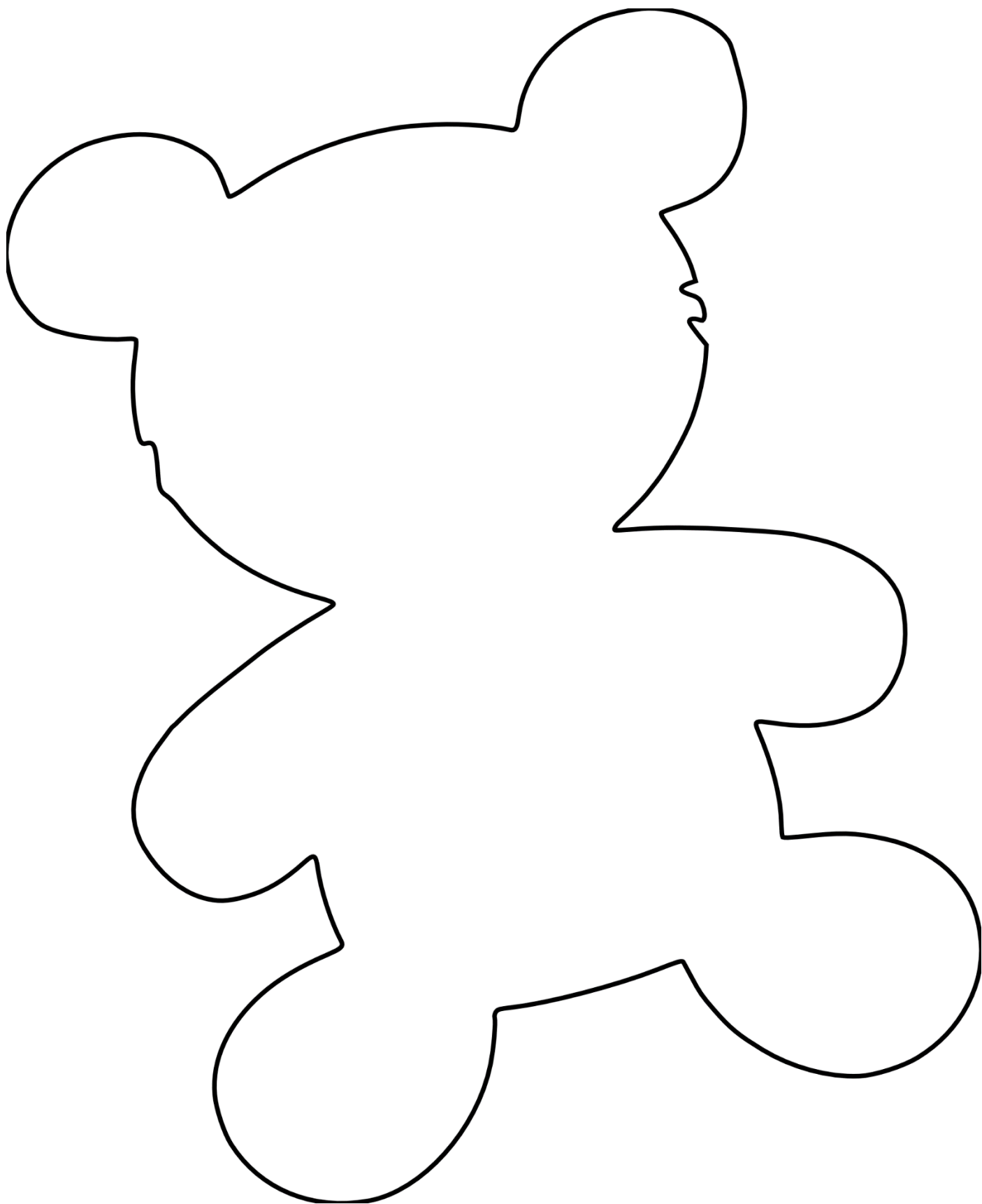
Can you find 12 bears around your house?  
Each time you find one, cross of the color with an 'x', a check, or a scribble.



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# My Teddy Bear

My teddy bear's name is:

My teddy bear is

years old.

My teddy bear has

L-O-O-O-N-G Fur

Short fur

My teddy bear wears

Nothing

Clothes



My teddy bear is a

Girl

Boy

My teddy bear can do a trick. My bear can:

My teddy bear

Hibernates



Stays awake all year



This is the best thing about my teddy bear:



## GLOW AND GROW QUESTIONNAIRE



Thank you for all you have done with your preschooler this spring! Although we have not been in the classroom for some time, teachers will use our observations of students from August to March as well as anything we have observed through virtual means. We will provide our comments and are also looking for your thoughts on how your child has done at home. Your child can either *GLOW*- is doing very well in an area or needs to *GROW*- my child could still use some practice in this area. Below, we have included suggested topics for you to think about in each area of your child's development. You do not have to test your child and answer the questions, but rather, give us an overall idea of how your child is doing. They may be doing something wonderful in your house that is not on our question sheet- let us know in the *GLOW* section. Also include, if you would like, any activities or ideas for your child to continue to *GROW* during the summer in preparation for Kindergarten.



= We *GLOW* when we reach our set skills and learning goals.



= We *GROW* when we continue to practice the strategies that help us get better.

### Social-Emotional Development

Does your child listen attentively, and follow simple directions (Get your coat and hat and put them on)?

Does your child handle materials carefully, show respect for property of others and have good clean up skills?

Does your child work well with others?

### Fine Motor Skills

Does your child hold a crayon/pencil correctly and in a consistent hand (L or R)? Can they cut along a given line?

Is your child able to manage their own needs: eating (using utensils, etc.), dressing (zip, button, etc.), toileting?

### Gross Motor Skills

Does your child seem balanced and capable when walking, running, climbing, and jumping?

Can your child go up and down stairs using alternating feet for each step and only stepping on each step once?

### Language Arts/Reading Readiness

Can your child recognize their own name in print and write it with capital and lowercase letters? Can they identify uppercase and lowercase letters? Do they work from left to right on the paper?

Can they tell you the sound that each letter makes?

Does your child communicate needs clearly using sentences, adequate vocabulary, and speak clearly? Can they retell a familiar story? Are they able to make simple rhymes: cat/hat, dog/log?

Does your child know the front and back of book and where to find the title of book?

### **Math/Science Readiness**

Can your child name most shapes and colors? Can they sort like items (dolls in this pile...)? Can they tell you if sets of items have more or less than another set (I have more crayons than books)? Can they tell the biggest from the smallest?

Does your child understand the concept of zero (zero means there are no items), can they recognize the numbers 0-10? How high can they accurately count (1-?)

Can your child recognize and produce a simple AB pattern (red, blue, red, \_\_\_\_\_ [blue])? ABB pattern (cat, dog, dog, cat, dog, \_\_\_\_ [dog])? ABC pattern (circle, square, triangle, circle, square, \_\_\_\_\_[triangle])?

Understands left from right and the directional concepts: top/bottom, first/last, over/under, behind/in front of? And simple opposites (up/down, hot/cold)?

Do they know the days of the week and months of the year?

Name: Insert Name Here

Insert Comments Here



Insert Comments Here



Insert Comments Here



Insert Comments Here

