

MOUNT PLEASANT ISD CHILD DEVELOPMENT CENTER WEEKLY INSTRUCTION

3-YEAR OLD PRE-K

DATE
APRIL 27 -MAY 1

PARENT RESOURCES

Helping Your Preschool Child
English

<https://www2.ed.gov/parents/earlychild/ready/preschool/preschool.pdf>



Cómo ayudar a su hijo durante la edad preescolar
Spanish

<https://www2.ed.gov/espanol/parents/academic/preescolar/preescolar.pdf>



<https://cliengage.org/public/tools/materials/covid-19-family/>



SCHOOL READINESS DOMAINS

SOCIAL EMOTIONAL-

Social development refers to a child's ability to create and sustain meaningful relationships with adults and other children.

APPROACHES TO LEARNING-

The Approaches to Learning domain incorporates emotional, behavioral, and cognitive self-regulation under a single umbrella to guide teaching practices that support the development of these skills.

LANGUAGE & LITERACY-

Language development refers to emerging abilities in listening and understanding (receptive language) and in using language (expressive language).

COGNITION- Children play an active role in their own cognitive development by exploring and testing the world around them, but they also need support from parents, teachers, and other adults.

PERCEPTUAL, MOTOR, & PHYSICAL DEVELOPMENT-

Perception refers to children's use of their senses to gather and understand information and respond to the world around them. Gross motor skills refer to moving the whole body and using larger muscles of the body, such as those in the arms and legs. Fine motor skills refer to using the small muscles found in individual body parts, especially those in the hands and feet.

MOUNT PLEASANT ISD CENTRO DE DESARROLLO INFANTIL INSTRUCCIONES SEMANALES

3-YEAR OLD PRE-K

FECHA

27 DE ABRIL AL 1 DE MAYO

RECURSOS PARA PADRES

Helping Your Preschool Child
English

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DOMINIOS DE PREPARACIÓN ESCOLAR

SOCIAL EMOCIONAL-

El desarrollo social se refiere a la capacidad del niño para crear y mantener relaciones significativas con adultos y otros niños.

ENFOQUES DE APRENDIZAJE-

El dominio de enfoques para el aprendizaje incluye la autorregulación emocional, conductual y cognitiva bajo un solo paraguas para guiar las prácticas de enseñanza que apoyan el desarrollo de estas habilidades.

LENGUAJE Y ALFABETIZACIÓN-

El desarrollo del lenguaje se refiere a las habilidades emergentes en escuchar y la comprensión (lenguaje receptivo) y en el uso del lenguaje (lenguaje expresivo).

COGNICIÓN- Los niños juegan un papel activo en su propio desarrollo cognitivo explorando y probando el mundo que los rodea, pero también necesitan el apoyo de padres, maestros y otros adultos.

DESARROLLO PERCEPTUAL, MOTOR Y FÍSICO-

La percepción se refiere al uso que hacen los niños de sus sentidos para reunir y comprender información y responder al mundo que los rodea. Las habilidades de motoras gruesas se refieren al uso de los músculos de todo el cuerpo y usar los músculos gruesos como las de los brazos y piernas. Motoras finas se refiere a los músculos pequeños que se encuentran en partes individuales del cuerpo, especialmente en las manos y los pies.

Together-Time Activities

April 7-May 1

In a Bathroom

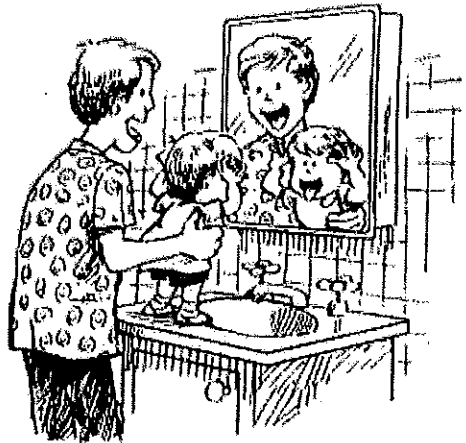
The bathroom is a great place for children to learn hygiene and practice using their muscles by brushing their teeth and combing their hair. While they're taking a bath, they can learn math and science concepts, such as sinking and floating, full and empty. Safety tip: Always stay with your children when they're in the bathroom! Put red duct tape on all hot water faucets for safety.

Use mirrors to name body parts.

- Make faces in the mirror with your children—move your tongue, make a kiss, wiggle your nose.
- Talk with your children about all of the things they can do with their eyes—blink, stare, wink.

Look for ways to use different senses in the bathroom.

- Feel and talk about different textures-- soft cotton, hard soap, smooth wall, slippery sink.
- Smell different things—toothpaste, soap.



Let your children play with different things while taking a bath.

- Help your children collect and save things to play with in the bathtub, such as plastic containers, sponges, cartons, and corks.
- Help your children notice which things sink and float.

Practice helping skills with your children.

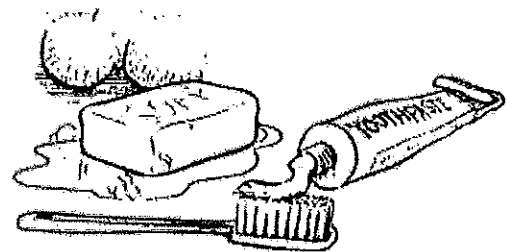
- Encourage your children to wash their hands and face, brush their teeth, and comb their hair. Talk about health and hygiene such as why we wash our hands and face, brush our teeth. Practice health and safety habits in the bathroom with your children.

- Let your children practice pouring, washing, wiping up.
- Talk about do's and don'ts such as turning on the cold water first. Tell them what they can touch in the bathroom.
- Let your children make "warm" water: turning on the cold water first and adding very little hot to prevent burns.

Talk with your children about how it feels to "grow."

- Hang a growth chart on a door and keep track of their height and weight. Show them how they are growing.
 - Ask them what they can do now that they couldn't do when they were younger and smaller.
- Talk with your children about opposites in the bathtub.

- Encourage them to pour water into and out of containers, making them full, making them empty. Discover things that are hard and soft, warm and cold, wet and dry.



Actividades para realizar juntos

April 27-May 1

En el cuarto de baño

El cuarto de baño es un lugar estupendo para que los niños aprendan sobre la higiene y la practiquen usando sus músculos para cepillarse los dientes y peinarse. Mientras se toman un baño, pueden aprender conceptos matemáticos y científicos, como hundirse y flotar, lleno y vacío. Consejo de seguridad: ¡Siempre permanezca con sus hijos cuando estén en el baño! Ponga cinta roja de embalar "duct tape" en todos los grifos de agua caliente como seguridad.

Utilice espejos para nombrar las partes del cuerpo.

- Haga muecas en el espejo con sus niños: mueva la lengua, tire un beso, mueva la nariz.
- Hable con sus hijos acerca de todas las cosas que pueden hacer con sus ojos: pestañear, mirar fijamente, guiñar el ojo.

Busque maneras de usar los diferentes sentidos en el cuarto de baño.

- Toque y hable sobre diversas texturas: algodón suave, jabón duro, pared lisa, fregadero resbaladizo.
- Huela cosas diferentes: pasta de dientes, jabón.

Deje que sus niños jueguen con cosas diferentes mientras se bañan.

- Ayude a sus hijos a reunir y guardar cosas para jugar en la bañera, como recipientes de plástico, esponjas, cartones y corchos.
- Ayude a sus hijos a notar las cosas que se hunden y las que flotan.

Practique destrezas de autoayuda con sus hijos.

- Anime a sus hijos a lavarse las manos y la cara, cepillarse los dientes y peinarse. Hable de salud e higiene, como por qué nos lavamos las manos y la cara y nos cepillamos los dientes. Practique hábitos de salud y seguridad en el baño con sus niños.

- Deje que sus niños practiquen verter, lavar y limpiar.
- Hable de qué hacer y no hacer, como abrir el agua fría primero. Dígales lo que pueden tocar en el cuarto de baño.
- Deje que sus hijos "hagan agua tibia": abriendo el agua fría primero y añadiendo muy poca agua caliente para evitar las quemaduras.

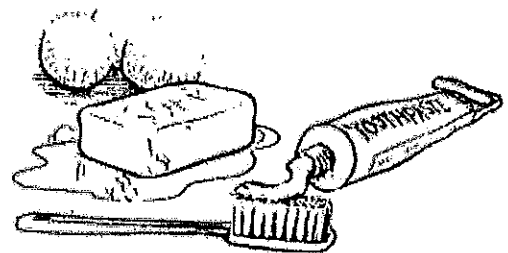
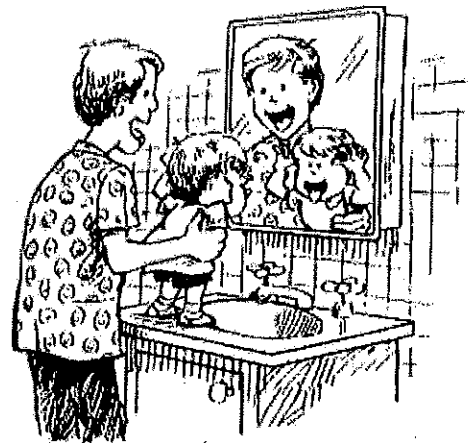
Hable con sus hijos sobre lo que se siente al "crecer".

- Cuelgue un medidor de crecimiento en una puerta y registre su estatura y peso. Muéstreles cómo van creciendo.
- Pregúnteles qué cosas pueden hacer ahora que no podían hacer cuando eran más jóvenes y más pequeños.

Hable con sus hijos sobre los opuestos en la bañera.

- Anímelos a verter y vaciar agua de los recipientes, llenándolos y vaciándolos.

Descubra cosas que son duras y blandas, cálidas y frías, mojadas y secas.



Social/Emotional at **Home**

Social skills and self-regulation are an important part of your child's well being!

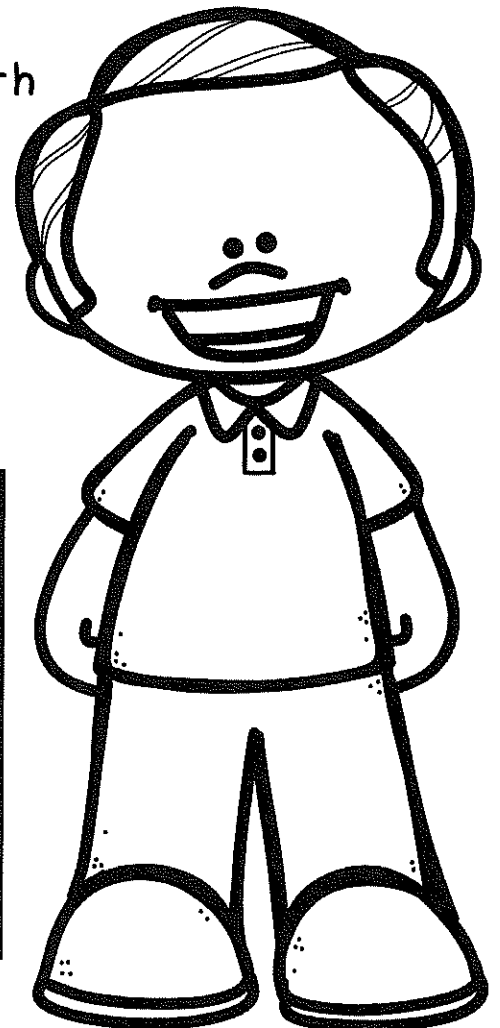
Try This!

- Talk about feelings.
- Make faces in the mirror and have your child identify your emotion.
- Allow your child to express their likes & dislikes.
- Encourage your child to "try again" when frustrated.
- Talk about mistakes and think of solutions when mistakes occur.
- Make goals together.
- Give your child opportunities to play with other kids.
- Talk about expectations at home, the library, grocery store, etc.
- Hang your child's artwork.
- Relax and have "quiet time."


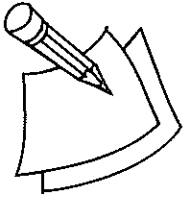

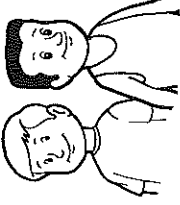
Things to Remember

Control over emotions takes time. Stay calm if your child is throwing tantrum.

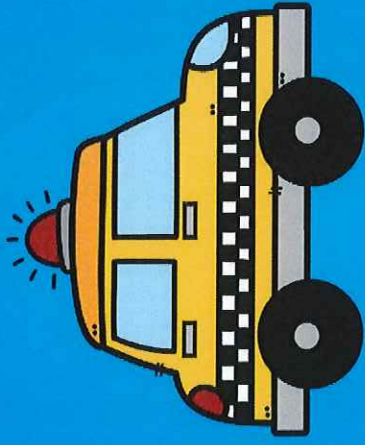
Teach your child the saying:
"I didn't get my way.. But I'm still OK!"



April Writing Prompts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Today is April Fools' Day! Describe a good-natured joke to play on someone.	2 If you could be a TV actor, what show would you want to be on? Why?	3 Think about the first friend you ever made. How and why did you become friends?	4 I feel very proud because...
5 If you needed help from someone really smart, whom would you go to and why?	6 Write a funny story about a day it rained fish.	7 If you could get rid of any school subject, what would it be and why?	8 Describe your favorite thing to do on the weekend.	9 I think it would be great if there were a law that said...	10 Make a list of people who have done something nice for you. Write a thank-you letter to one of them!	11 Write a story about spending a day at the beach. What do you see, hear and smell?
12 Write about the person, place or thing that makes you happiest.	13 If you could choose a new name for yourself, what would it be and why?	14 Describe an outdoor activity that you enjoy. Why do you like it?	15 The best part of my day is...	16 A candy company asks you to come up with a new jelly bean flavor. What would it be and why?	17 You discover you can breathe underwater like a fish. What will you do with this new ability?	18 The best thing to do on a rainy day is...
19 Write a story about a tiny troll who lives in your school and eats people's lunches.	20 A sunny day makes me feel...	21 Imagine that a famous celebrity lends you a jet for a week. Where do you go and what happens?	22 Today is Earth Day! What are five things you can do to help our planet?	23 You accidentally anger a good friend. What could you do to make up for it?	24 What would be the best job to have when you grow up? Explain.	25 To be a good friend, you need to...
26 Write a story about getting locked inside an amusement park overnight.	27 Write a poem about spring.	28 Make a list of 10 things you should always have at home.	29 Describe the perfect day.	30 If I were in the circus, I would...		
						

HOW DOES IT TRAVEL?



CLIP TASK

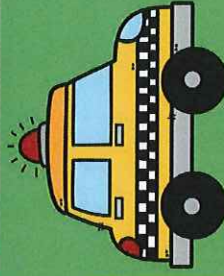
ANSWER KEY

1. land
2. air
3. water
4. land
5. air
6. land
7. land
8. air
9. air
10. land

11. land
12. water
13. land
14. water
15. land
16. air
17. air
18. air
19. water
20. land



INSTRUCTIONS



Look at the pictures and
clip a clothespin to the
correct answer.

1

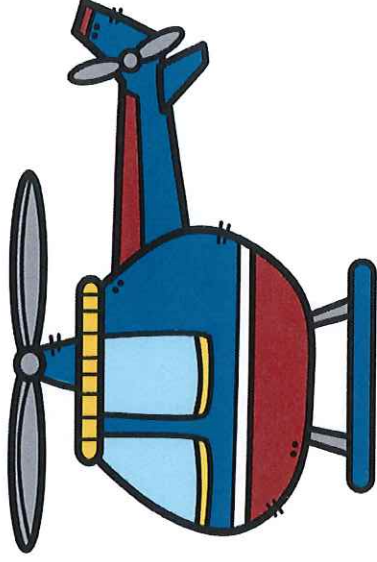


air

land

water

2

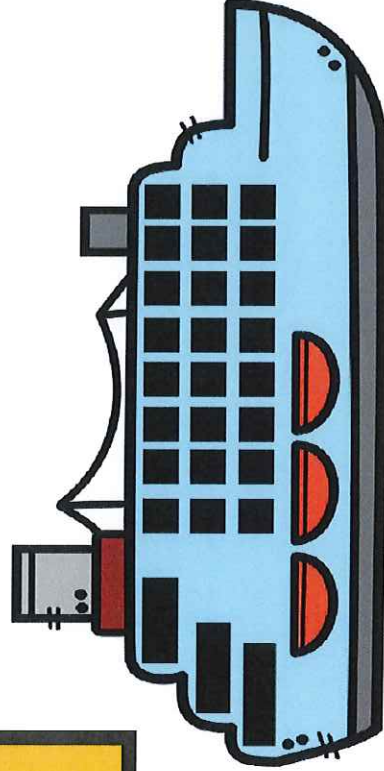


air

land

water

3

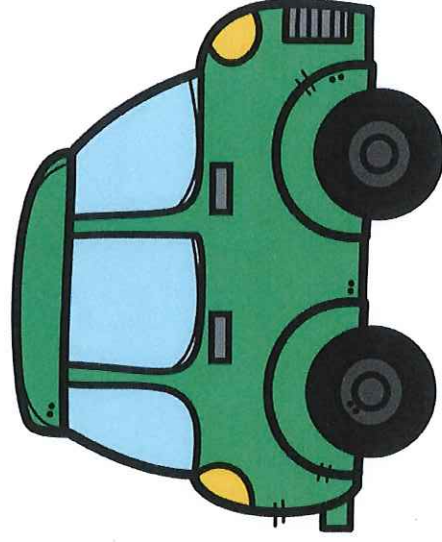


air

land

water

4

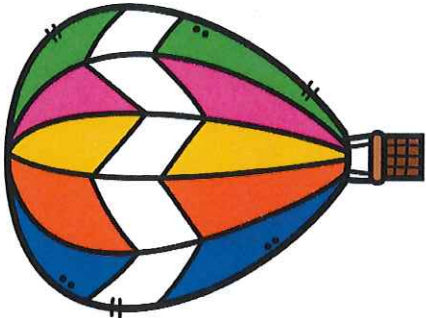


air

land

water

5

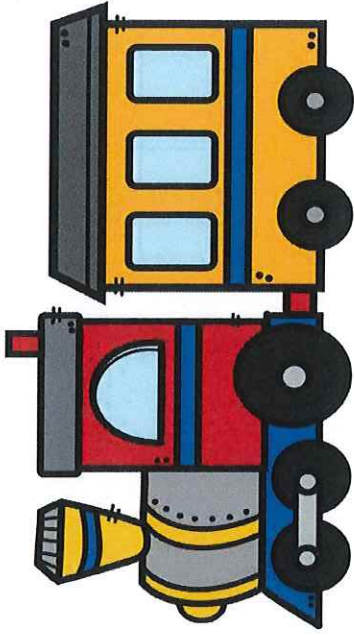


air

land

water

6

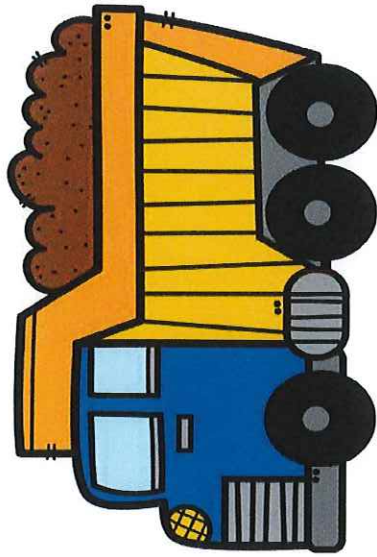


air

land

water

7

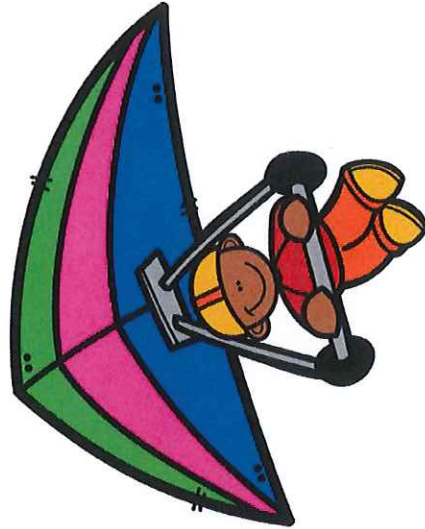


air

land

water

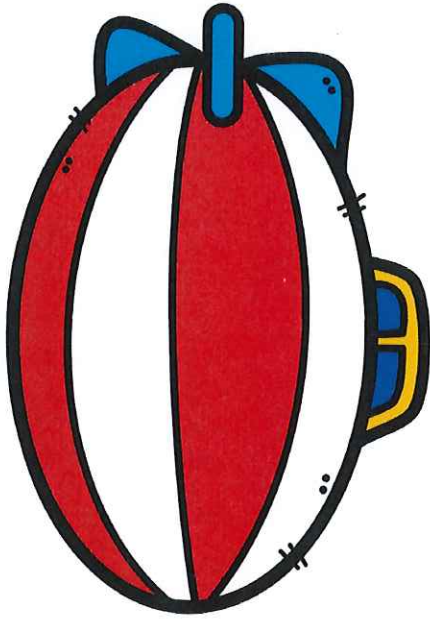
8



air

land

water



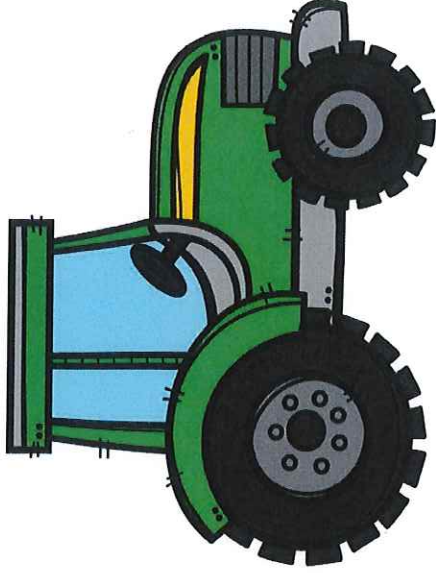
9

air

land

water

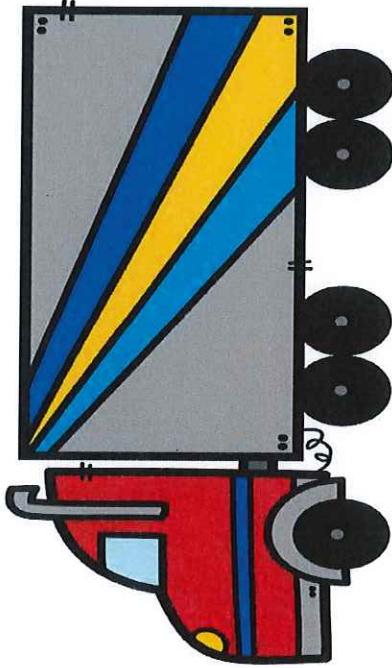
10



air

land

water



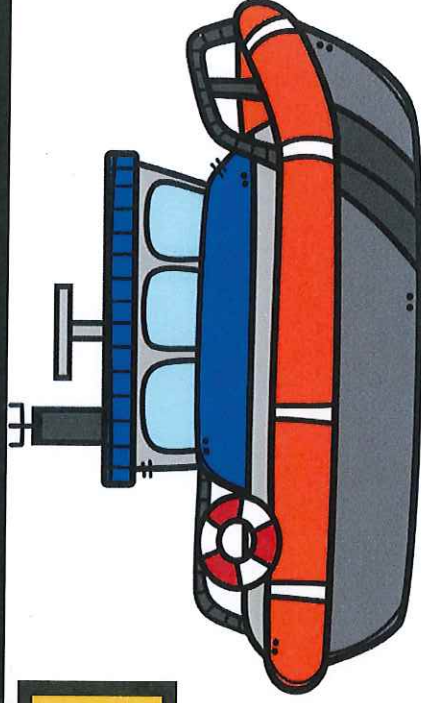
11

air

land

water

12

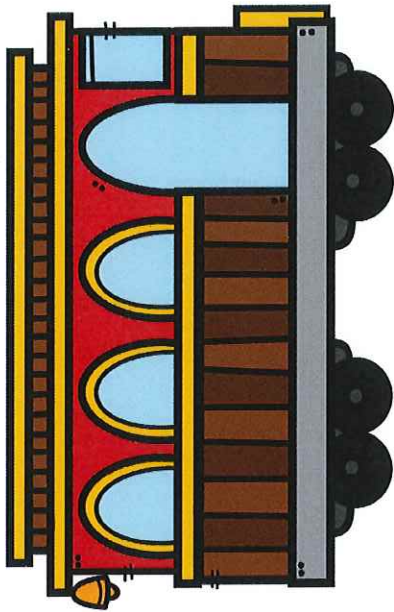


air

land

water

13



air

land

water

14



air

land

water

15



air

land

water

16



air

land

water

17

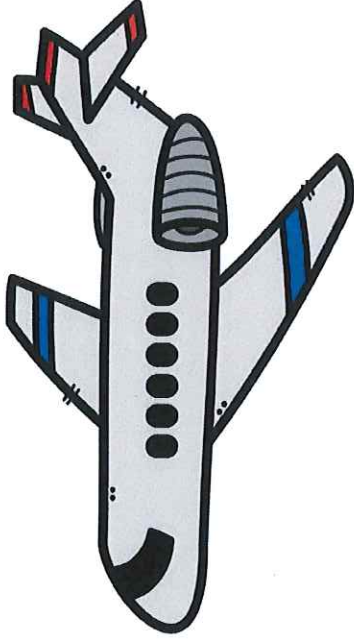


air

land

water

18



air

land

water

19

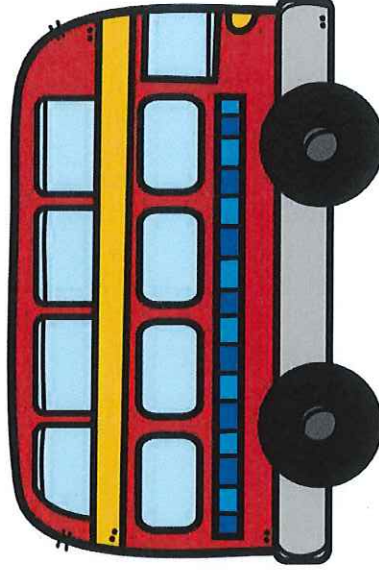


air

land

water

20



air

land

water

Words in a Dump Truck

For this sentence segmenting activity, the child chooses a card and the teacher reads the sentence. The child loads a toy dump truck or dump truck mat with rocks, one for each word in the given sentence.



Dump trucks
carry loads
of dirt.

Garbage
trucks pick up
trash.

Trucks
have wheels.

Semis
carry goods.

Monster
trucks are
large.

Firetrucks
supply water.



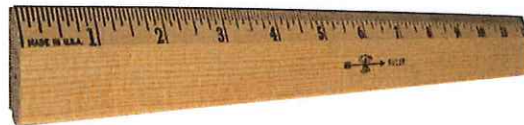
Math Center



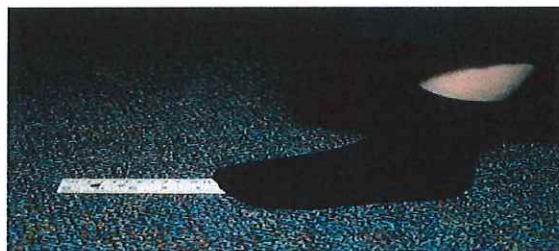
1) Pick any object to measure



2) Take a ruler



3) Measure object



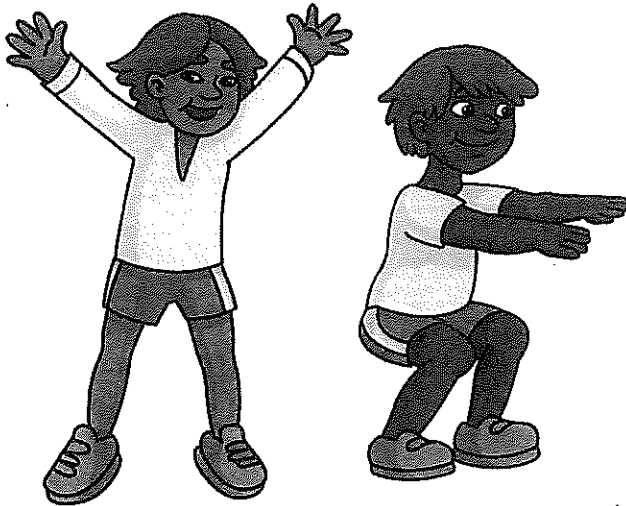
4) Record measurement



Body Calming

Spring Stretches:

Stand up and reach to the sky. Count to 5. Now, bend your knees and reach in front. Count to 5.

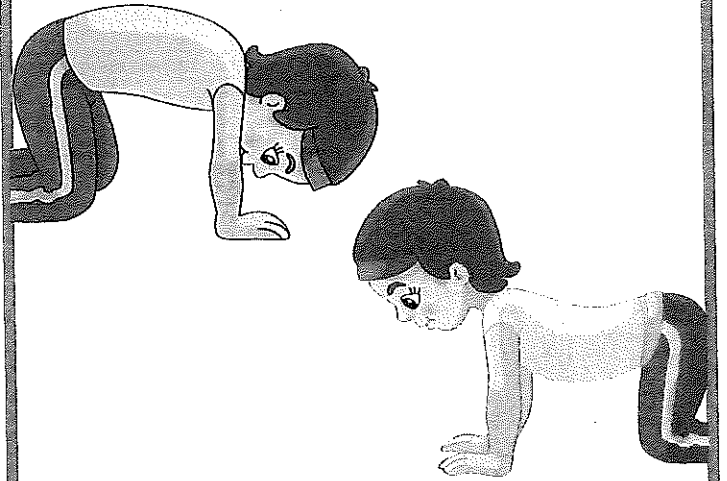


Body Calming

© 2019 KidsMasterSkills

Bear Wakes Up:

On hands and knees, round your back and count to five. Now, arch your back and count to five.



Body Calming

© 2019 KidsMasterSkills

Strong Spring Legs:

Stand in front of a chair. Hold your foot and stretch one leg. Say the alphabet. Now, switch sides.

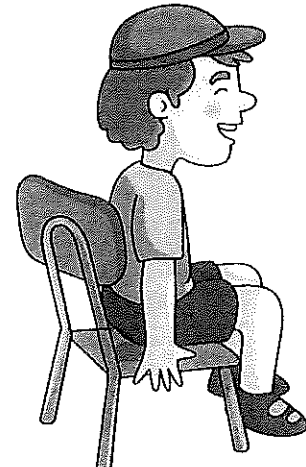


Body Calming

© 2019 KidsMasterSkills

Strong Spring Arms:

Sit in a chair. Hold the sides. Try to push yourself up and down 5 times. Take a break. Try again.



Body Calming

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Aa

Perform some
Arm Circles



©Pete Charrette (Cap'n Pete), 2013

Bb

Balance
on 1 foot



©Pete Charrette (Cap'n Pete), 2013

Cc



Do some
Cobra
stretches

©Pete Charrette (Cap'n Pete), 2013

Dd

Donkey
Kick your
legs



©Pete Charrette (Cap'n Pete), 2013



Ee

Perform your
favorite
Exercise

©Pete Charrette (Cap'n Pete), 2013

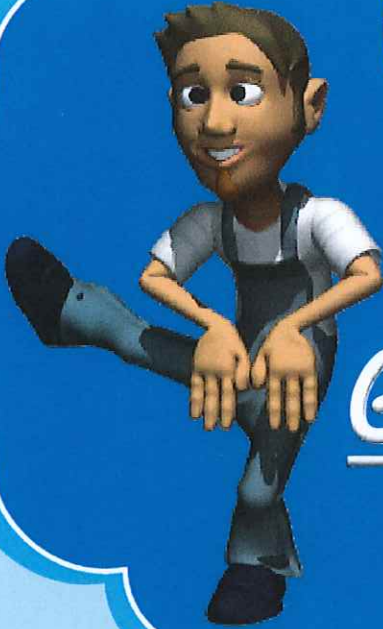
Ff

Jump up and
down like a
Frog



©Pete Charrette (Cap'n Pete), 2013

Gg



Do the
Grapevine step
back/forth

©Pete Charrette (Cap'n Pete), 2013

Hh

Jump up
and do Half
Turns



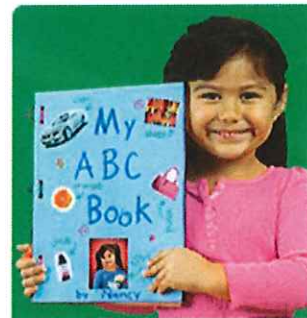
©Pete Charrette (Cap'n Pete), 2013

ABC Photo Book

This engaging project is a great way to reinforce alphabet skills!

You will need:

- Construction Paper - 9" x 12" (27 sheets for each student)
- Tape or glue
- Markers, crayons
- Safety Scissors
- Old magazines and photos



Directions

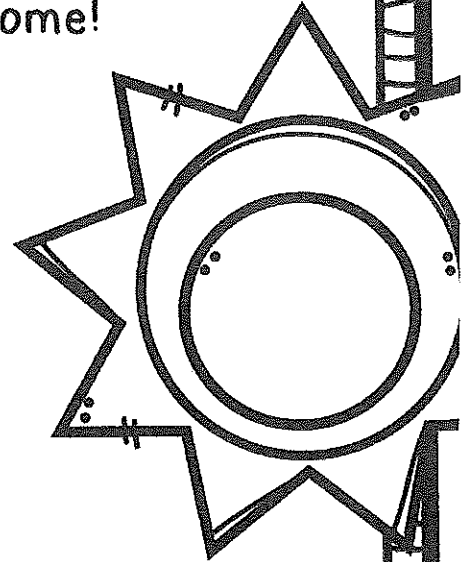
1. Have your child use photos or old magazines from home and cut out pictures of things that start with each letter from A-Z.
2. Encourage students to use construction paper to create a book page for each letter. Have students clearly write the letter on the page and then use crayons, markers or colored pencils to decorate it.
3. Tape or glue 1 or more pictures to each page. Pictures of items that start with "A" will go on the "A" page, and so on.
4. Create a cover and write the title "My ABC Book" on it. Remind child include the "by _____" line.
5. Staple book together (or use any method you choose to hold the pages together).

RAINBOW SCIENCE

Try this colorful experiment at home!

What You'll Need:

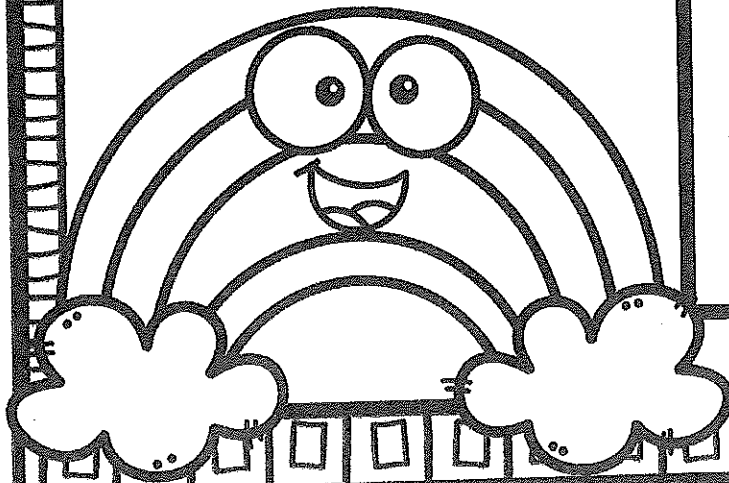
Glass jar
Water
White paper
Crayons
A sunny day



Directions:

Fill a glass jar with water.
Put the jar on a windowsill in bright sunlight.
Put a sheet of white paper on the floor in front of the window.

Do you see a rainbow on the paper?
What colors do you see?
Use crayons to draw what you see!
Which is your favorite color?



What does this teach my child?

Science (light passes through an object)
Observation skills
Colors
Fine motor skills (drawing)

WEBSITES:

Fluency & Fitness

Access to 60+ reading and math topics, plus a video library that incorporates learning & movement.

(free for 21 days)

<https://fluencyandfitness.com/register/school-closures/>

Brain Pop Jr.

Educational website with videos and activities about science, social studies, literacy, arts, and music.

(free for 30 days)

<https://jr.brainpop.com/>

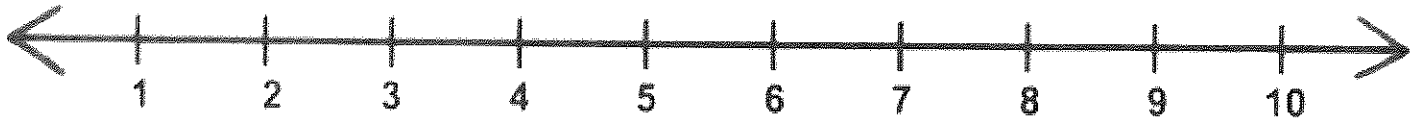
PBS Kids

Songs, activities, and videos that teach.

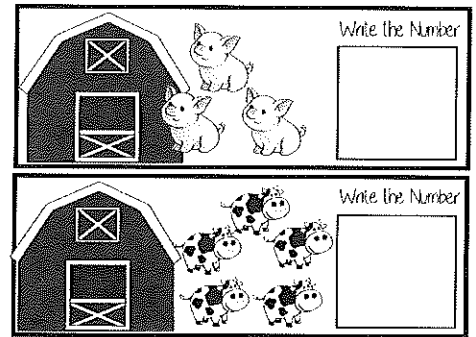
<http://pbskids.org/>

Counting Farm Animals

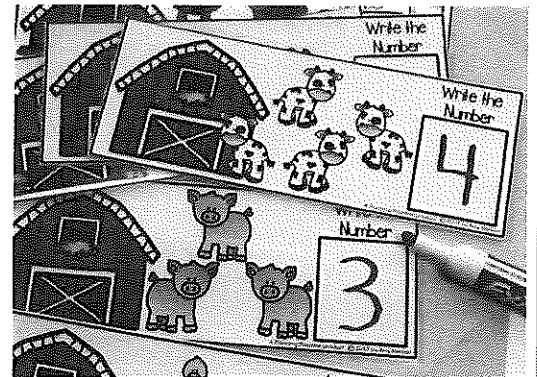
1. Take your number line.



2. Take your number card.



3. Count your farm animals.

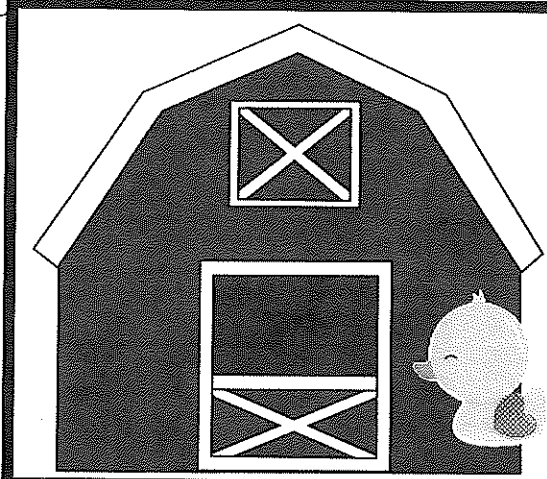


4. Write the number of animals.

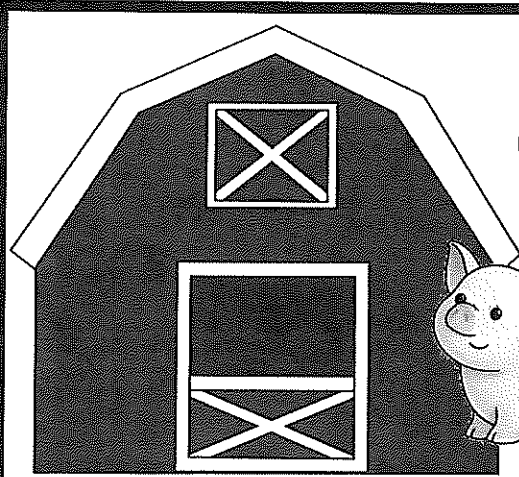
School Readiness Goals :

D. Cognition

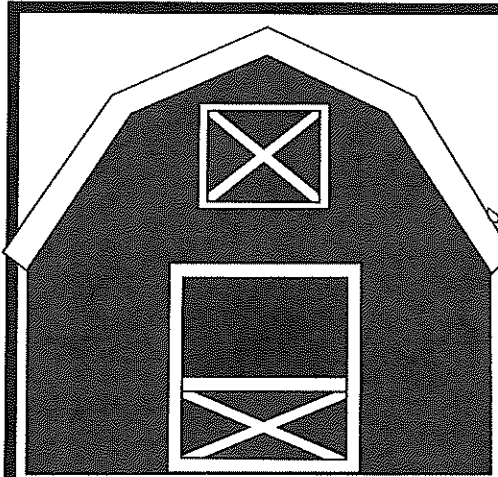
1. Children will use math concepts throughout the day to complete daily tasks.



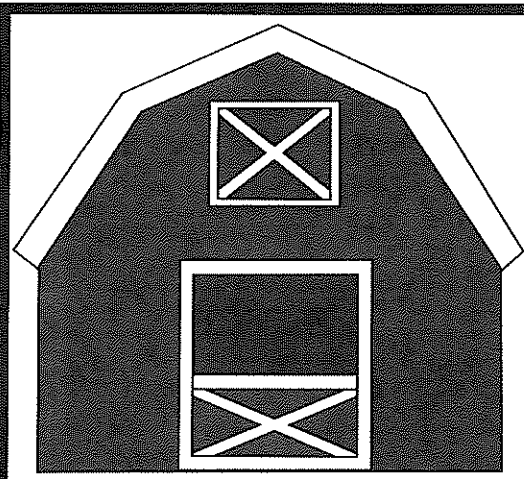
Write the Number



Write the Number



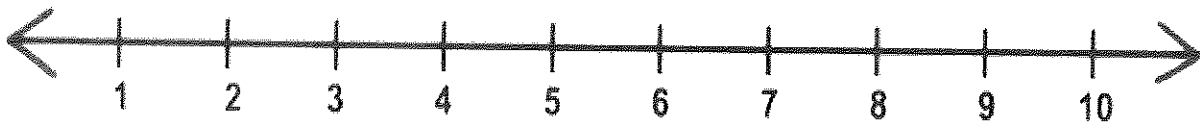
Write the Number



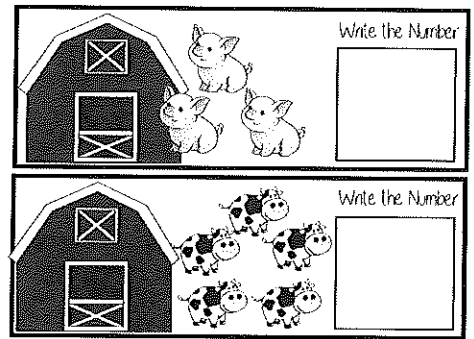
Write the Number

Contando Animales de Granja

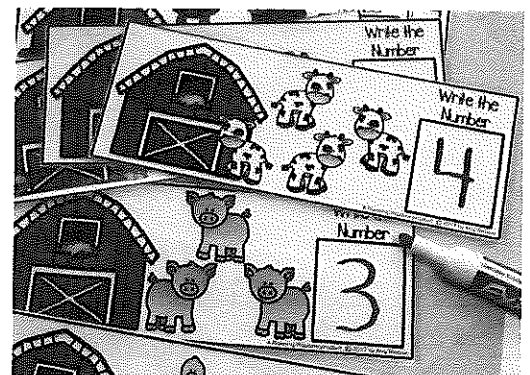
1. Toma tu línea numérica.



2. Toma tu tarjeta del número.



3. Cuenta tus animales de granja.

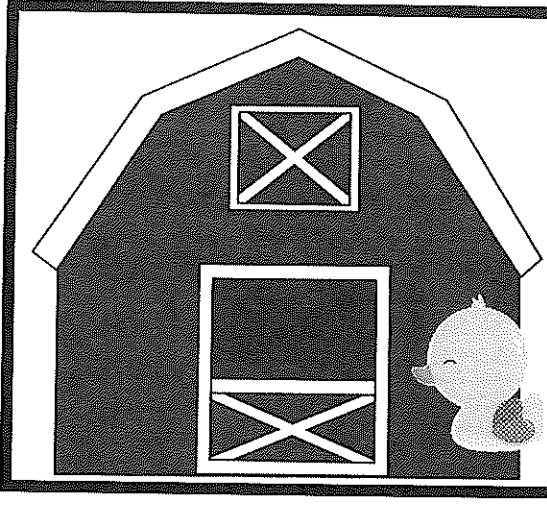


4. Escribe la cantidad de animales.

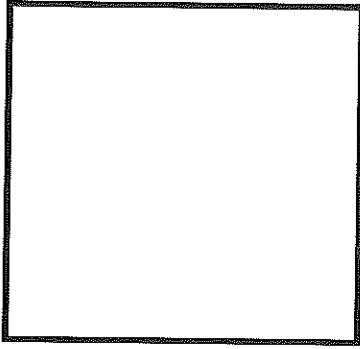
School Readiness Goals :

D. Cognición

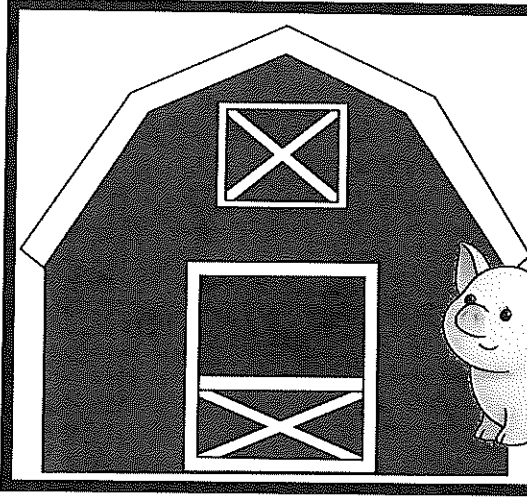
1. Los niños utilizarán conceptos de matemáticas a lo largo del día al llevar acabo sus deberes diarios.



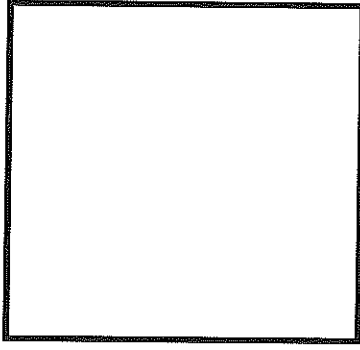
Escribe el numero



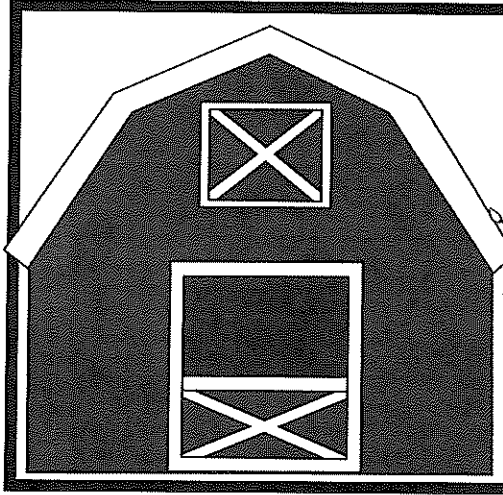
A barn with a white door and a window. One duck is standing in the doorway, and five ducklings are scattered to the right.



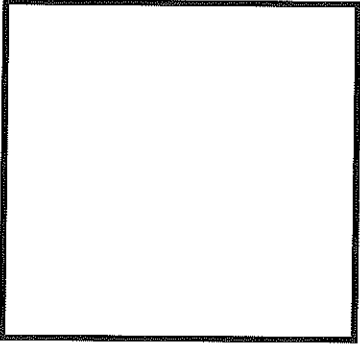
Escribe el numero



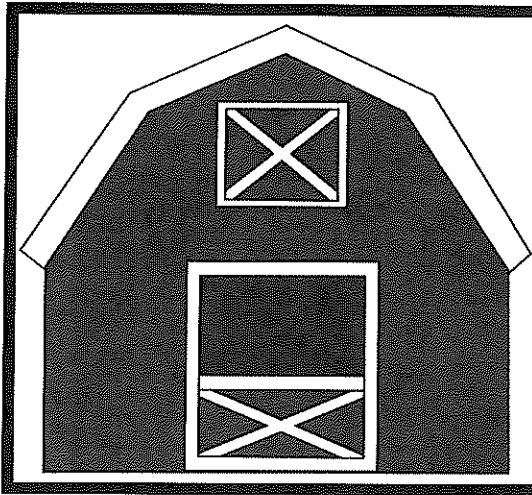
A barn with a white door and a window. Three piglets are standing to the right of the barn.



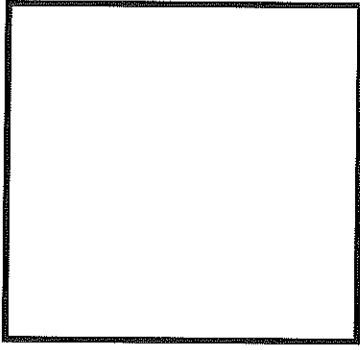
Escribe el numero



A barn with a white door and a window. Five cows are standing to the right of the barn.



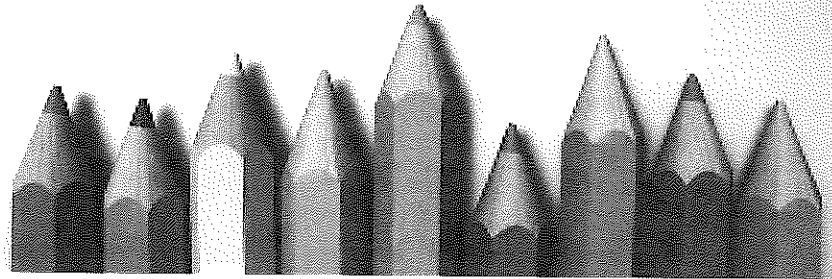
Escribe el numero



A barn with a white door and a window. Two chickens are standing to the right of the barn.

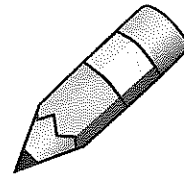
Ocean Story

Get writing materials

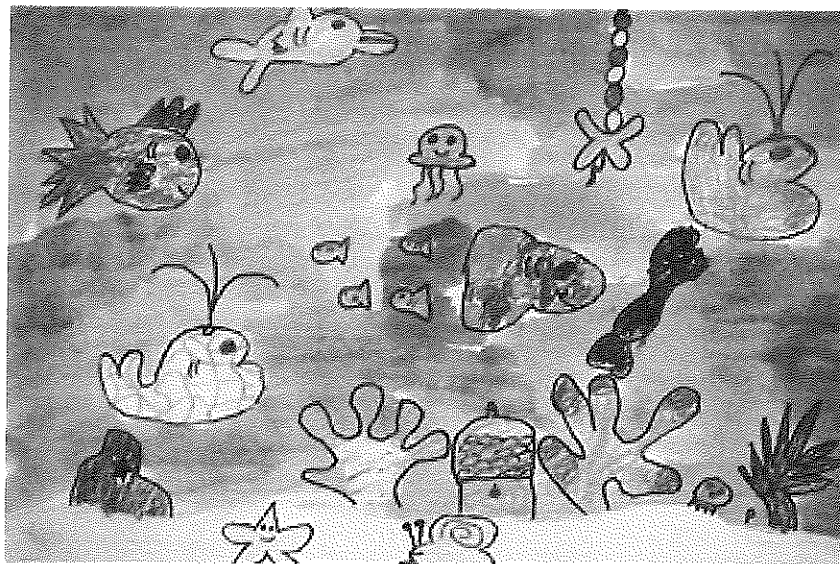


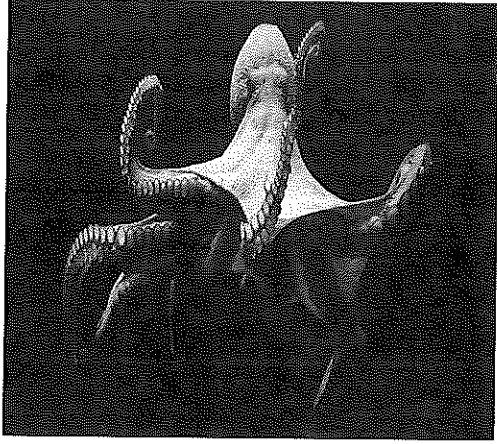
Write your sentence

I went to the ocean.



Draw a picture

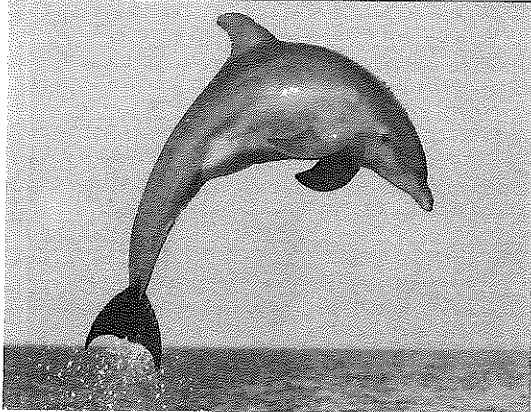




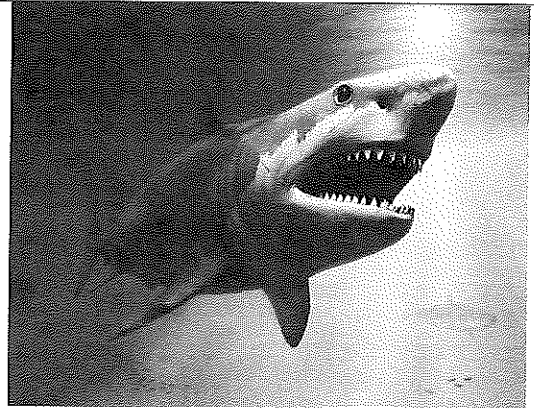
Octopus



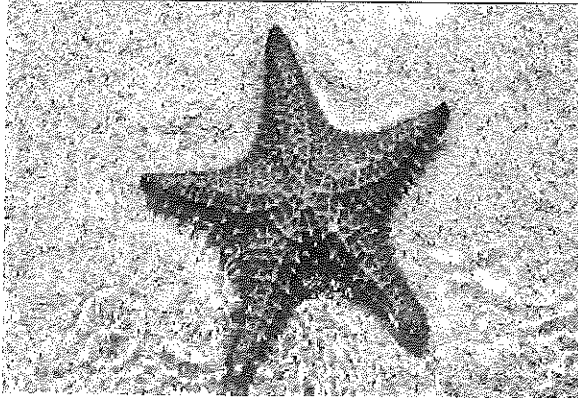
seaweed



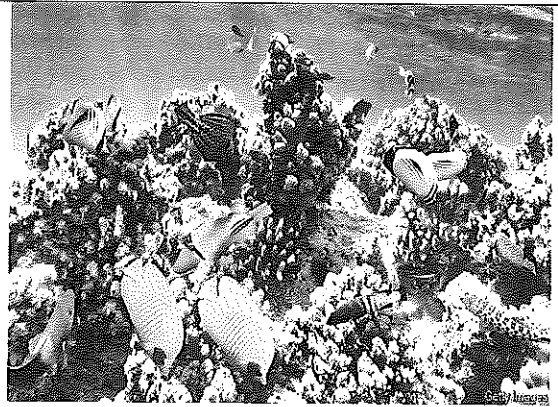
dolphin



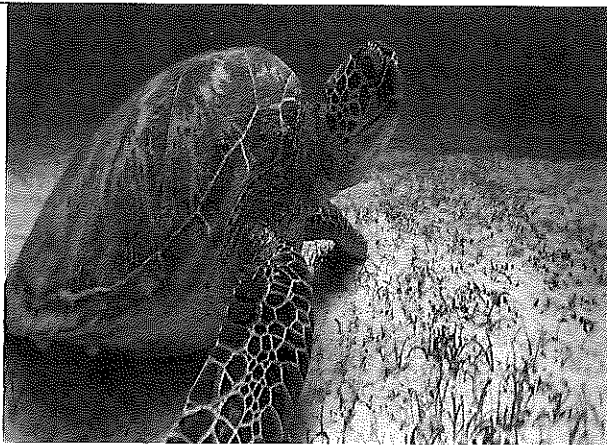
shark



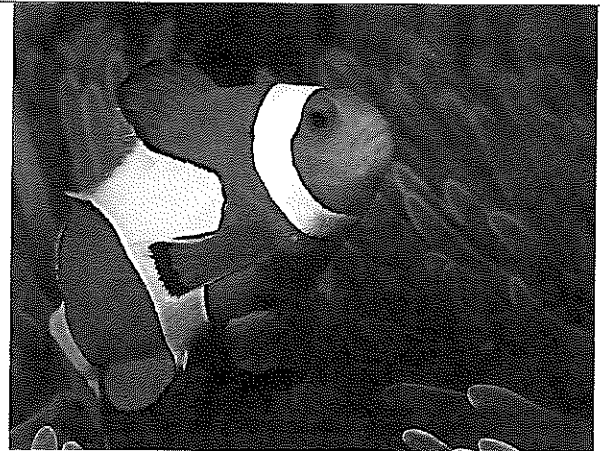
Starfish



Coral reef

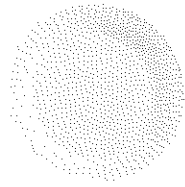


Sea turtle

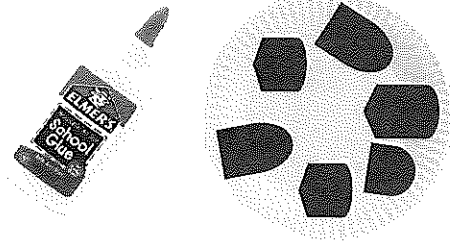


Clown fish

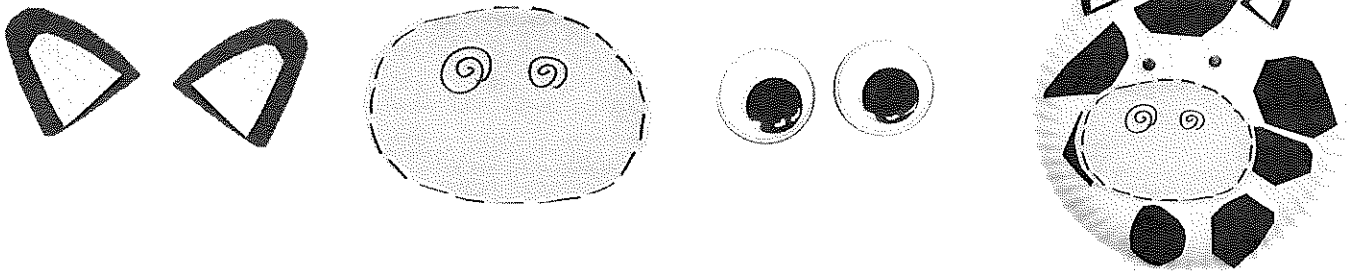
Toma un plato de papel.



Pégale manchas negras.



Agrega orejas, nariz, y ojos.

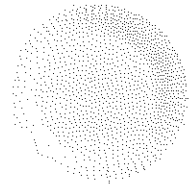


Escribe tu oración.

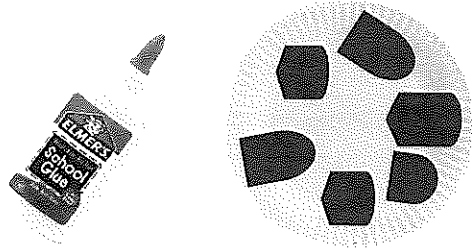


Mi vaca dice mooo.

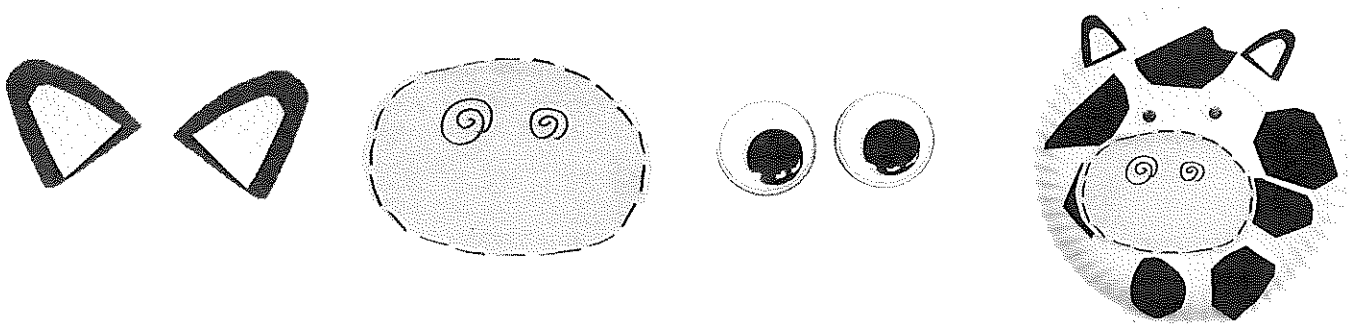
Take a paper plate.



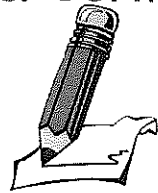
Glue black spots on it.



Add ears, a mouth, and eyes.



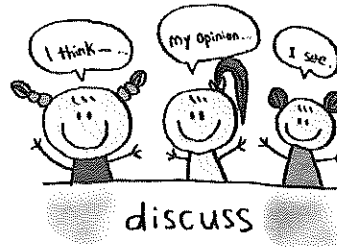
Write a sentence.



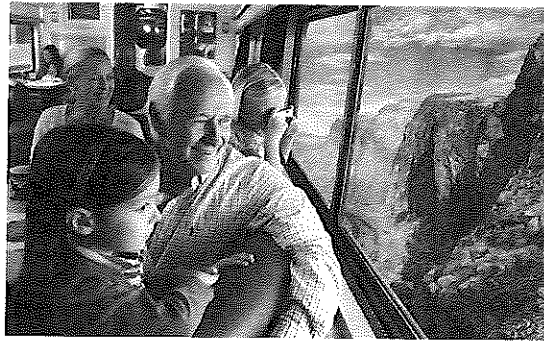
A cow says moo.

¿Qué podemos hacer mientras viajamos?

1. Discuta las formas en que nos entretenemos mientras viajamos.



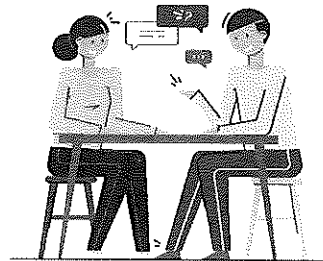
2. Señale que llegar a nuestro destino cuando viaja a menudo lleva tiempo.



3. Coloque una canasta de juegos, libros, juguetes pequeños y refrigerios frente a usted.



4. Pregunte qué artículos pueden ser entretenidos mientras viaja.



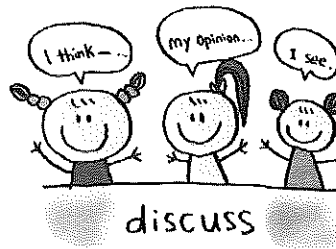
5. Escribe tu oración

Yo me entretengo mientras viajo con _____.

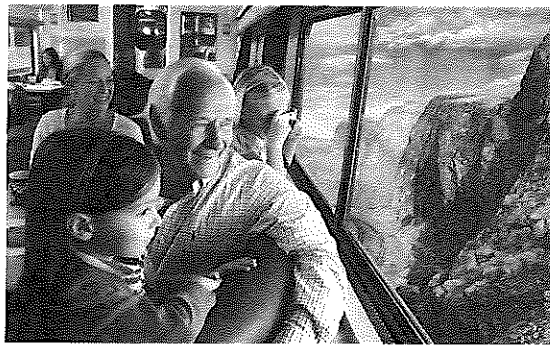


What can we do while traveling?

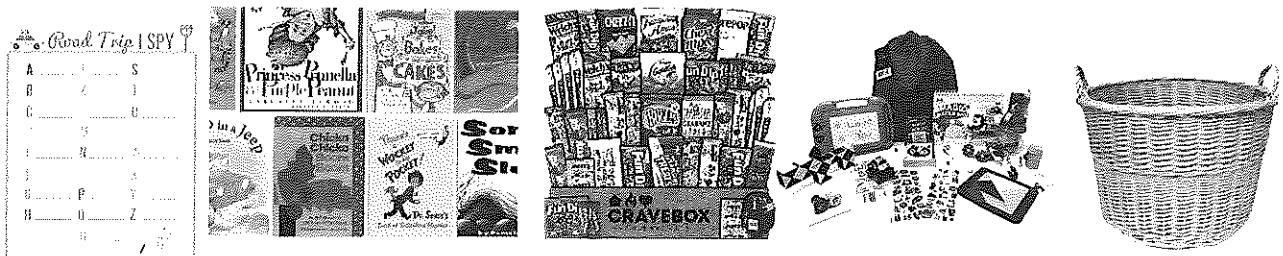
1. Discuss ways we entertain ourselves while traveling.



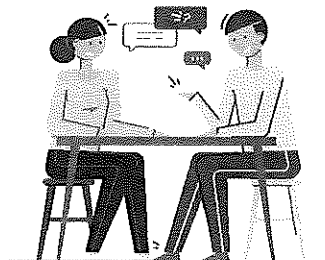
2. Point out that reaching our destination when traveling often takes time.



3. Place a basket of games, books, small toys and snacks in front of you.

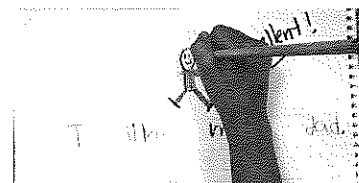


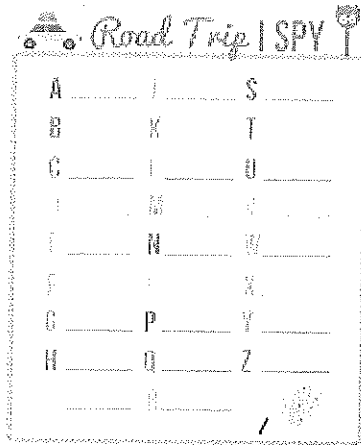
4. Ask which items might be entertaining while traveling.



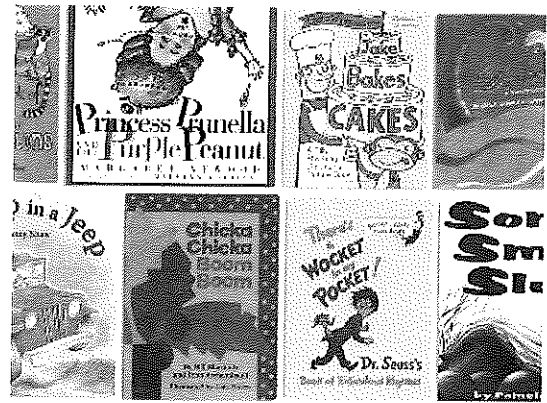
5. Write your sentence

I entertain myself while traveling with _____.

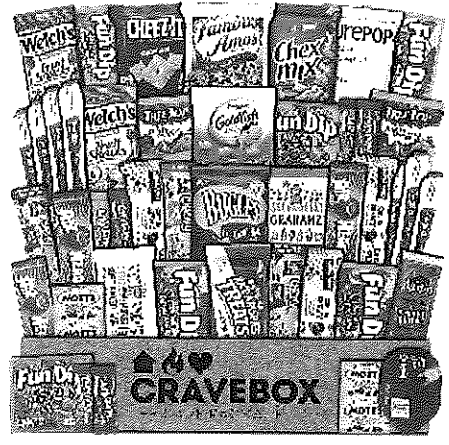




game



books



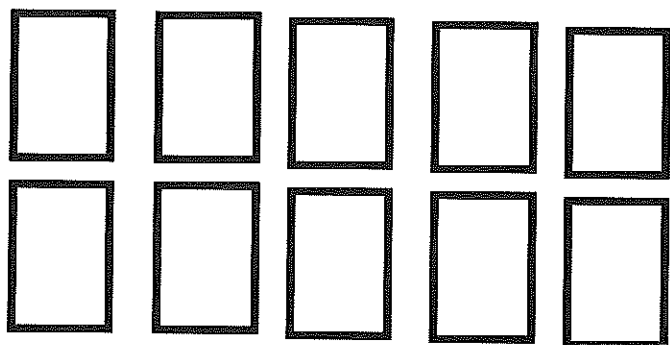
snacks



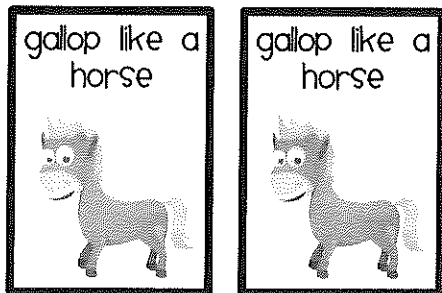
toys

Memory Match Game

Place all the cards facing down.



Turn over 2 cards. If they match, make the movement. If they don't, turn them back over.



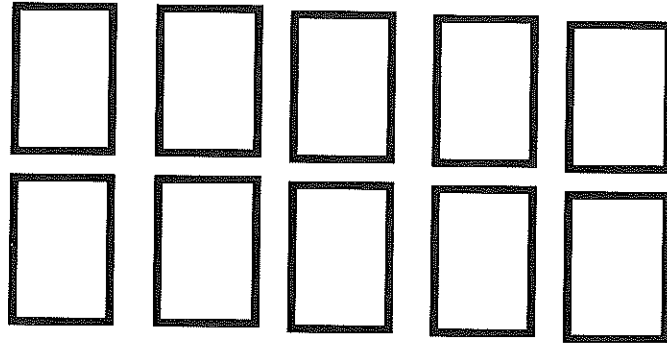
Write a sentence.



I gallop like a horse.

Juego de Memoria

Coloca todas las tarjetas hacia abajo.



Voltea 2 tarjetas, si son iguales, has el movimiento. Si son diferentes, colócalas hacia abajo otra vez.

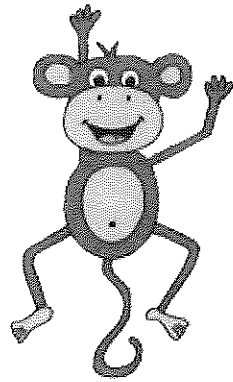


Escribe una oración.

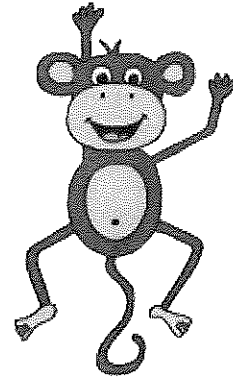


Yo galopa como caballo

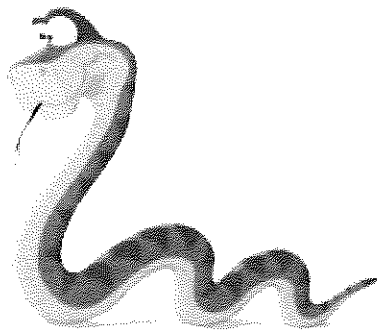
swing like a monkey
columpiate como mono



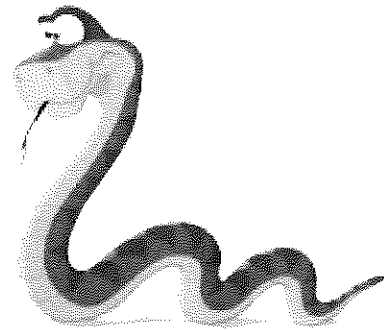
swing like a monkey
columpiate como mono



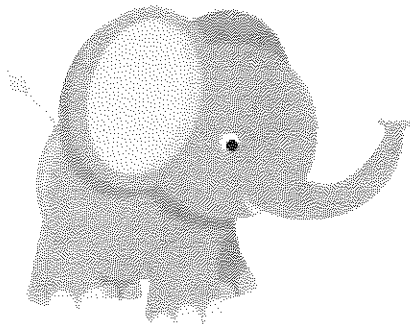
slither like a snake
deslízate como serpiente



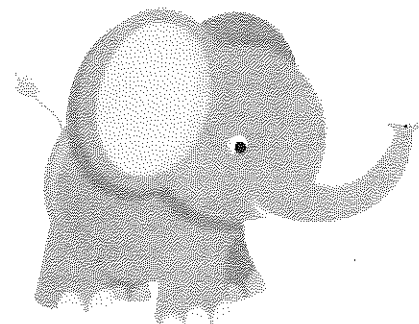
slither like a snake
deslízate como serpiente



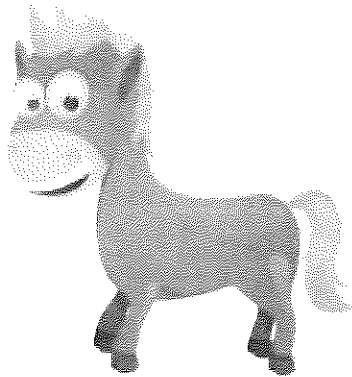
stomp like an elephant
pisa como elefante



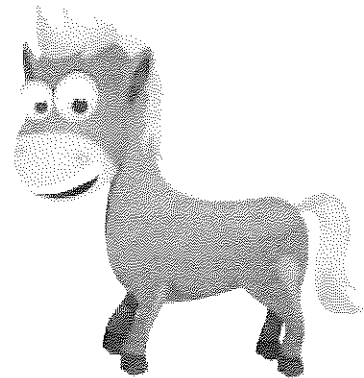
stomp like an elephant
pisa como elefante



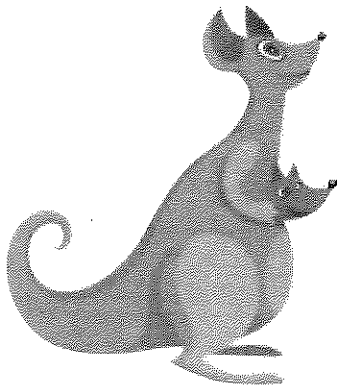
gallop like a horse
galopa como caballo



gallop like a horse
galopa como caballo



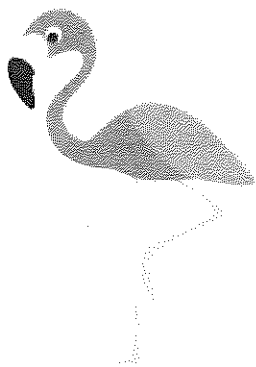
bounce like a kangaroo
salta como canguro



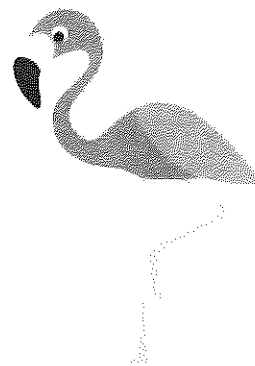
bounce like a kangaroo
salta como canguro



stand like a flamingo
parate como flamenco

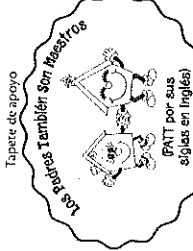


stand like a flamingo
parate como flamenco



Tema 8

Los animales



Lectoescritura

Juega a las adivinanzas de animales. Describe a un animal y pidan a alguien que adivine de qué animal se trata. Por ejemplo:
A este animal le gusta relajarse en el fango.
Grüñe cuando come.
Generalmente vive en una granja.
¿Sabes qué es?

Al aire libre

Visita un zoológico, una granja, un parque o simplemente dale una vuelta a la manzana. Fíjate en cuántos animales puedes encontrar. ¿Cuál fue el animal más grande? ¿Cuál fue el animal más pequeño? ¿Viste algún animal sorprendente? ¿Por qué te sorprendiste?

Estrategia calmante

Imagina que eres un elefante acalorado y polvoriento que necesita un baño frío y refrescante. Disfruta de la estrategia calmante **La respiración del elefante**.
Cruza los dedos de las manos y estira los brazos frente a ti como si fuera la trompa de un elefante.
Agáchate tomando aire profundamente y haz como si absorbieras agua por la trompa.
Balancea la trompa sobre un hombro y exhala lentamente mientras le das un baño a tu espalda.
Repite muchas veces alternando los hombros.

Matemáticas

Haz una gráfica de las patas de un animal. Usa animales de juguete, figuras de animales de una revista o dibujos de animales. Clasifica los animales por el número de patas que tienen. Escribe en un pedacito de papel un numeral que muestre cuántos animales hay en cada grupo. Ordena a los animales según el numeral. ¿Cual grupo tiene el número más grande? ¿Cuál tiene el número menor?

Tarea del tema

Haz una marioneta de papel. Usa la marioneta para contar cuentos y cantar. Haz un perrito con una bolsa de papel o haz tu propia marioneta.

Marioneta de una bolsa de papel

Lo que necesitas

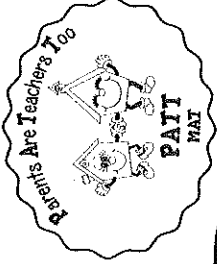
Bolsa de papel de color café, de las de llevar el almuerzo
marcadores o crayones
cartulina
pegamento

Lo que debes hacer

1. Dibuja una cara en el doblez de la bolsa (debajo del doblez estará la boca)
2. Recorta una lengua y un par de orejas de la hoja de cartulina. Pégalas en su sitio.
3. Pon la mano dentro de la bolsa con los dedos extendidos dentro del doblez. Mueve los dedos de arriba a abajo para hacer que la boca se mueva.

Theme 8

Animals



Literacy

Play a game of animal riddles. Describe an animal and have someone guess what animal you described.
This animal loves to relax in a muddy puddle.
It makes snorting noises when it eats.
It usually lives on a farm.
Do you know what it is?



Math

Make an animal legs graph. Use toy animals, pictures of animals from a magazine, or drawings of animals. Sort the animals by the number of legs they have. On small pieces of paper, write a numeral to show how many animals are in each group. Line the animals up by the numeral. Which group has the greatest number? Which has the least?



Outdoors

Visit a zoo, a farm, a park, or simply walk around the block. See how many animals you can spot. What was the biggest animal? What was the smallest animal? Did you see any animals that surprised you? Why did they surprise you?



Theme Job

Make an animal puppet. Use the puppet to tell stories and sing songs. Make a Paper Bag Pup or create your own puppet.

Paper Bag Pup

What You Need
brown paper lunch bag
marking pens or crayons
construction paper
glue

What You Do

1. Draw a face on the flap of the bag. (The bottom of the flap should be the pup's mouth.)

2. Cut out a tongue and some ears from construction paper. Glue them in place.
3. Put your hand inside the bag with your fingers extending into the flap.
4. Move your fingers up and down to make the mouth move.

Calming Strategy

Imagine you are a dusty, hot elephant in need of a cool, refreshing bath. Enjoy this **Elephant Breathing** calming strategy.

- Interlace your fingers, and stretch your arms out in front of your body like an elephant's trunk.
- Bend down taking in a deep breath, and pretend to suck water in your trunk.
- Swing your trunk over one shoulder, and slowly exhale as you shower your back with water.
- Repeat several times alternating shoulders.