

MOUNT PLEASANT ISD CHILD DEVELOPMENT CENTER WEEKLY INSTRUCTION

4-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

4-YEAR OLD PRE-K

FECHA

27 DE ABRIL AL 1 DE MAYO

RECURSOS PARA PADRES

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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.

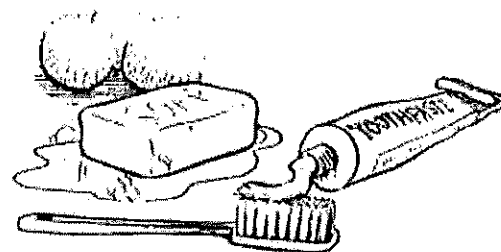
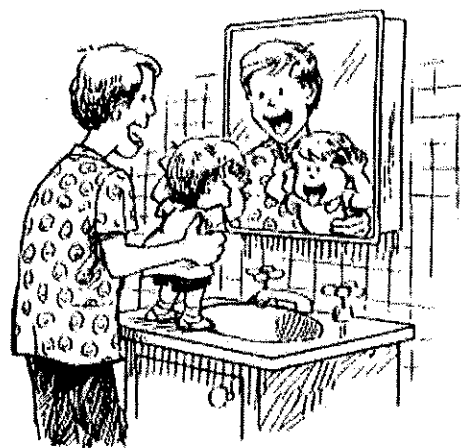
- Let your children practice pouring, washing, wiping up.
- Talk about do's and don't's such as turning on the cold water first. Tell them what they can touch in the bathroom.
- Let your children make "warm" water: turning on the cold water first and adding very little hot to prevent burns.

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.



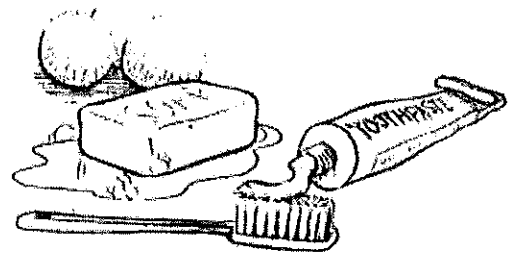
- Toque y hable sobre diversas texturas: algodón suave, jabón duro, pared lisa, fregadero resbaladizo.
- Huela cosas diferentes: pasta de dientes, jabón.

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.

Fine Motor at Home

Fine motor is the muscle control between fingers, hands, and eyes to complete a task. When your child uses their hands to learn, this strengthens fine motor skills.

Try This!

- Give your child time to get dressed/ undressed themselves. Practice buttons, zippers, and snaps.
- Allow your child to use scissors to cut paper (with supervision).
- Encourage your child to use a fork, spoon, and cup during meals.
- Be creative! Give your child a variety of art materials to explore:

Playdough

Stickers

Beads

Pipe cleaners

Yarn or string

Pencils

Crayons

Markers

Chalk

Finger paints

Tissue paper

Glue sticks



Things to Remember

Be sure to watch that your child does not put any small objects in their mouth.

BUILDING LETTERS & WORDS CHOICE BOARD



SET UP IDEAS! WRITE THE LETTER, NAME, OR WORD ON

- plain white paper (place in a page protector to use over and over)
- colored paper
- long paper (comes on a roll, tape it to the floor or wall)
- flash cards

<p>Rainbow Marker Write! Trace each letter with every color in the rainbow.</p>	<p>Tiny Treasures! Find a small item to build the letter/word with (ex: gems, buttons, paperclips).</p>	<p>Tear Paper! Tear up paper into small pieces and glue it to make the letter/word.</p>	<p>Chalk! Go outside or use black paper. Write letters/words with chalk.</p>	
<p>Magnet Letters! Match the letter or build the name with the magnet letters.</p>	<p>Play Dough! Make the name with play dough (roll snakes or pinch small pieces).</p>	<p>Sticker It! Use small dot stickers or any small stickers to make the letter/word.</p>	<p>Q-tip Paint! Use Q-tips and paint to write or dot letters or words.</p>	<p>Shaving Cream! In the tub or on a tray, write the letter/word in shaving cream.</p>
<p>Pens! Write letters or words with pens. Try to fill up the whole page. Write different letters/words or all the same.</p>	<p>Cut Straws! Cut up a few straws then use their pieces to make the letters/words.</p>	<p>Block Letters! Put letters or write letters on blocks. Build words or put the letters in order.</p>	<p>Salt Tray! Put salt in the bottom of a tray or plate. Make the letter/word in the salt with their fingers.</p>	<p>Rainbow Crayon Write! Trace with every color in the rainbow.</p>
<p>Magazine Collage! Cut out letters from store ads or magazines. Match the letters or build a word with the letter.</p>	<p>Car Writing! Write the letters/words with tape on the floor or on a big piece of paper. Drive the car on the letters/words.</p>	<p>Stamp It! Use letter stamps or magnet letters as stamps to stamp matching letters or build words in paint or kinetic sand.</p>	<p>Puzzle It! Write the letters (ex: Aa) or word on a small piece of paper then cut up in pieces. Then put the puzzle together.</p>	<p>Mystery Write! Write the letters or names with a white crayon. Then paint over it with watercolor to make it appear.</p>

FUN WRITING ACTIVITIES

<p>Family List! Make a list of everyone in your family with words and pictures.</p>	<p>Make a Card! Make a card for someone special using pictures and words.</p>	<p>Make a Book! Staple pieces of paper to make a book. Then use pictures and words to make the book.</p>	<p>Shopping List! Make a shopping list with pictures and words.</p>	<p>Make an ABC Book! Staple pages together to make a book. Then write the alphabet to make the book.</p>
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10 FREE Learning Websites

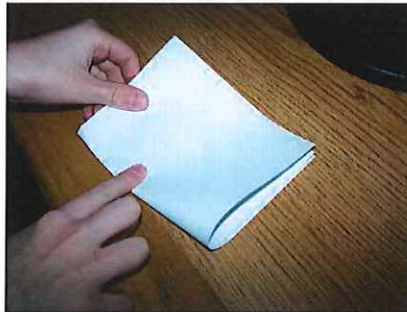


- 1. ABC YA** abcya.com
Practice math and reading skills while playing games
- 2. Fun Brain** funbrain.com
Practice math and reading skills while playing games
- 3. Highlights Kids** highlightskids.com
Read, play games, and conduct cool science experiments
- 4. Into the Book** reading.ecb.org
Go "into the book" to play games that practice reading strategies
- 5. Nat Geo for Kids** kids.nationalgeographic.com
Learn about geography and fascinating animals
- 6. PBS Kids** pbskids.org
Stories, games, and videos with favorite characters
- 7. Seussville** seussville.com
Read, play games, and hang out with Dr. Seuss and his friends
- 8. Star Fall** starfall.com
Practice phonic skills with read-along stories
- 9. Storyline Online** storylineonline.net
Favorite stories read by movie stars
- 10. Switcheroo Zoo** switcheroozoo.com
Watch, listen, and play games to learn about amazing animals

1. Choose paper.



2. Fold paper in half.



3. Write a greeting to a friend or family member.

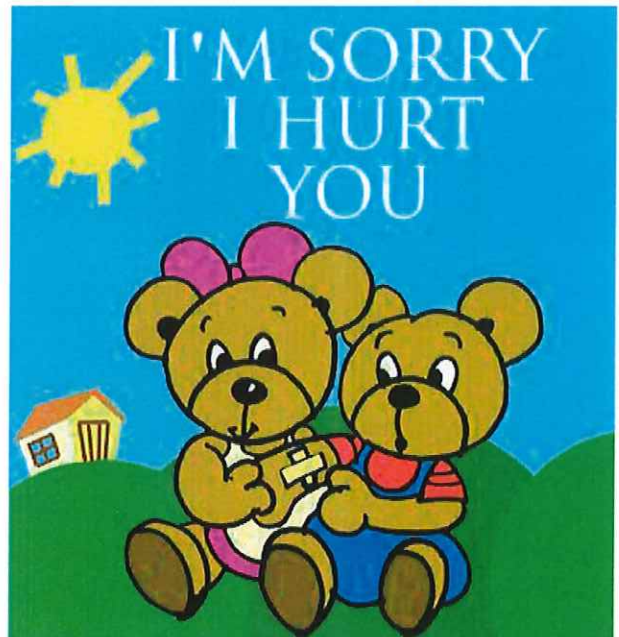


Greetings:

I love you.

I  YOU

I'm sorry.



I miss you.



You are my friend.



Look around your house for something shaped like a rectangle.



What did you find? _____

Draw a picture of what you found.

A large empty rectangular box with a black border, intended for drawing a picture of a rectangular object found in the house.

Name: _____

Rhyming Clues

(Rhyming)

Say the following clues to your child. Ask your child to name the rhyming word that will finish the clue.

Parent: A mouse is in my ____.

Child: house

Parent: There is a rock in my ____.

Child: sock

Parent: A goat is in the ____.

Child: boat

Parent: The cat sat on a ____.

Child: mat

Parent: There is a bug under the ____.

Child: rug

Repeat with your own rhyming clues.



I Spy

(Rhyming)

Look around for an object your child will recognize. Think of a word that rhymes with the name of the object. Play I spy and have your child figure out the object you have chosen.

Parent: I spy something that rhymes with star.

Child: Car!

Parent: I spy something that rhymes with bear.

Child: Chair!

Repeat with other objects your child can see.

Clapping Sentences

(Sentence Segmenting)

Say the following sentences. Have your child repeat the sentence and clap with you each time you say a word.

Parent: I like red.

Child: I like red.

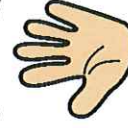
Parent: The sun is hot.

Child: The sun is hot.

Parent: I see a big truck.

Child: I see a big truck.

Repeat with other simple sentences.



Hickety Pickety

(Syllable Segmenting)

Say this rhyme using words familiar to your child. Use the action in each line to separate the syllables in the word.

Hickety pickety bumble bee,

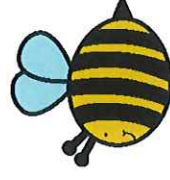
Will you say this word with me? Backpack

Now let's clap it! back-pack

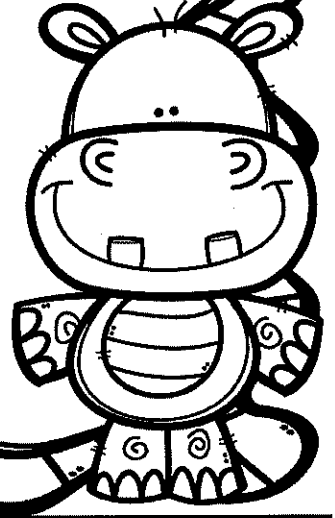
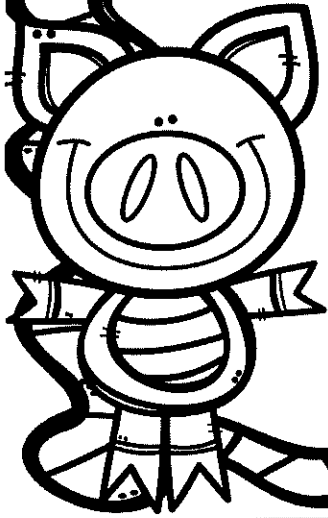
Now let's stomp it! back-pack

Now let's jump it! back-pack

Now let's whisper it! back-pack



If I could have any animal
as a pet it would be...



Four sets of handwriting practice lines. Each set consists of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.

FIZZY TRAY

Try this fizzy fine motor activity at home!

What You'll Need:

9X13 pan or cookie sheet
Baking soda
Vinegar
Food coloring
Medicine droppers, measuring cups,
or small squeeze bottles



Directions:

Sprinkle a layer of baking soda on the bottom of a 9X13 pan or cookie sheet.

Pour vinegar in a cup and add a drop or two of food coloring. Mix up the colored vinegar. Pour the vinegar mixture onto the baking soda.

Watch it fizz & you're ready to play! Use the medicine droppers, measuring cups, or small squeeze bottles to experiment with the mixture!

What does this teach my child?

Science (chemical reactions)
Colors (what happens when colors are mixed)
Fine motor skills (use tools to experiment)
To be gentle and patient

1. Set up four stations in a square.
(Jumping Jacks, Crunches, Squats, Push-ups)

2. Do 10 reps of each exercise.

3. Sprint in between each station.

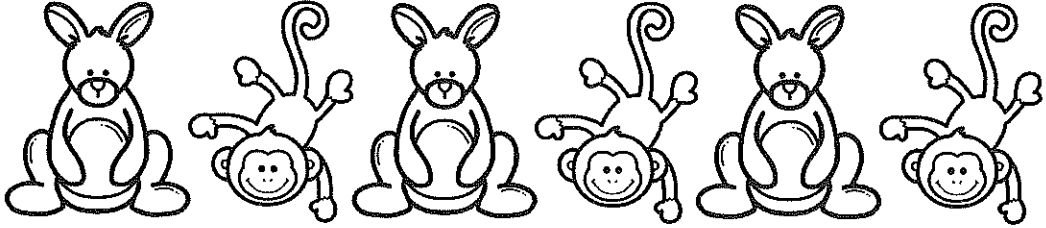

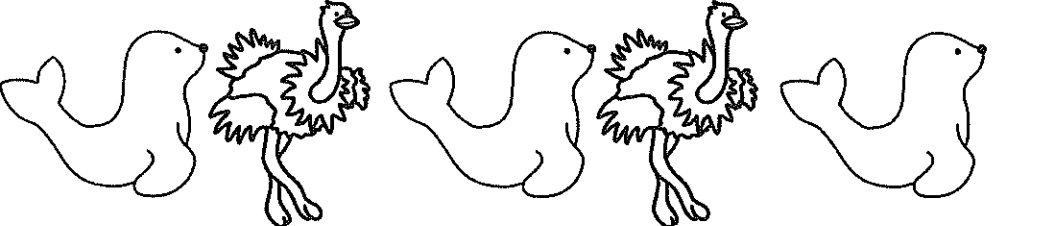
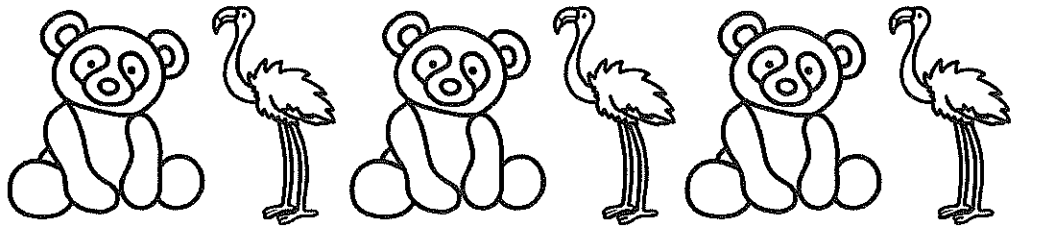
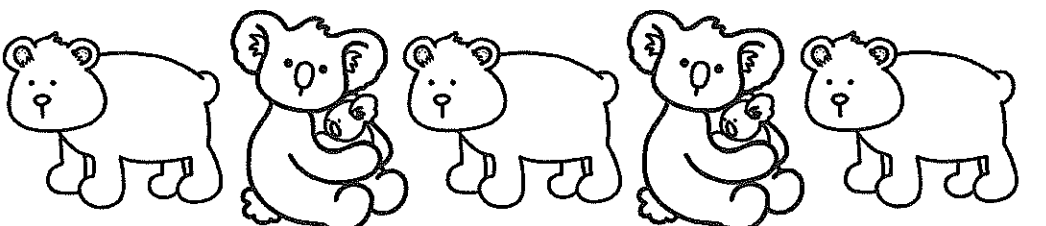
4. Do four rounds.



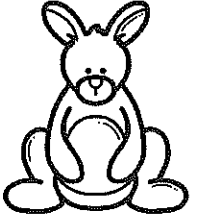

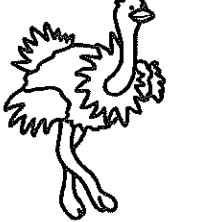
5. Write a sentence.

I completed my exercises.

Name _____

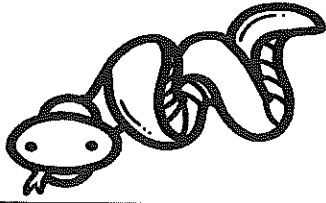
Finish the pattern.

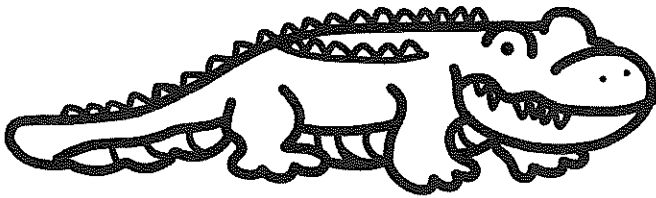
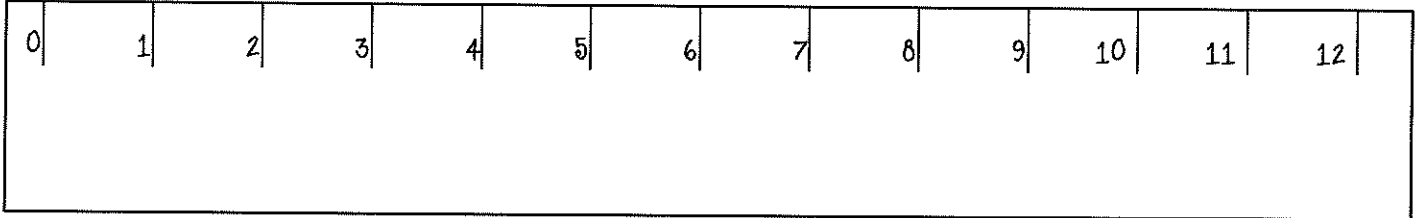
				
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Name _____

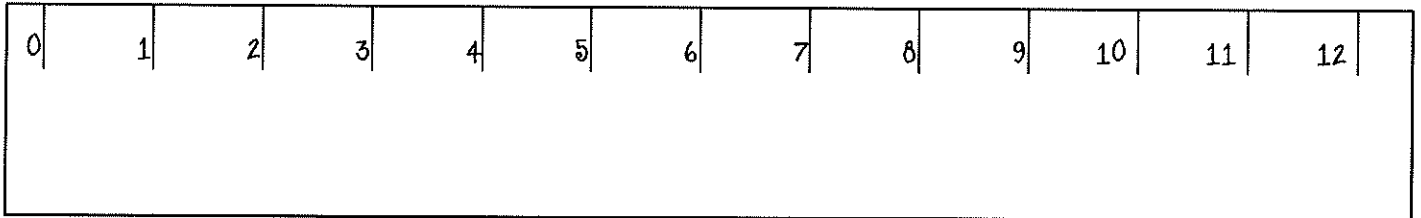
Measure each item to the nearest inch.



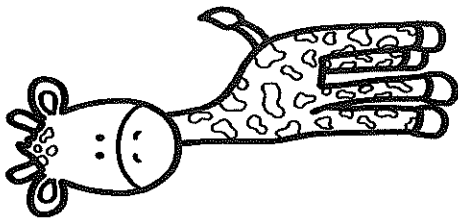
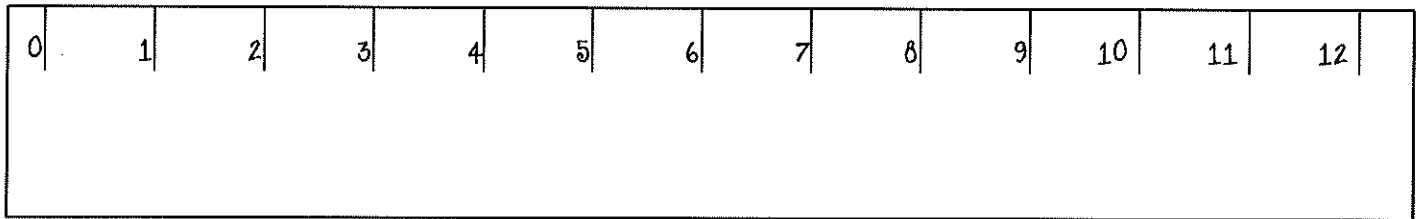
_____ inches



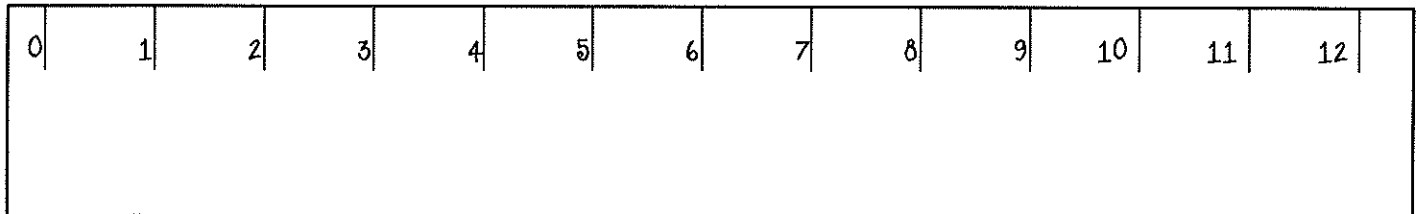
_____ inches



_____ inches



_____ inches



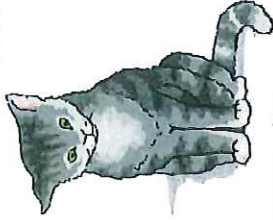
Beginning Sounds

1. Identify the Letter and say sound.
2. Say the words.
3. Find the picture that starts with the correct sound.
4. Put a block on the answer.

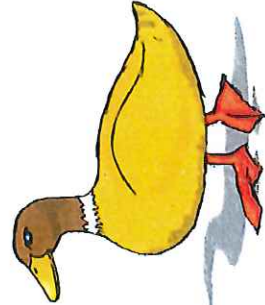
Bb



Cc



Dd



Ff



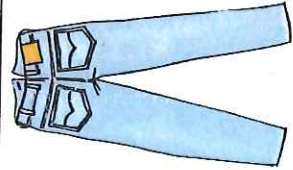
Gg



Hh



Jj



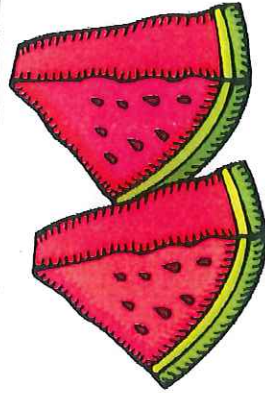
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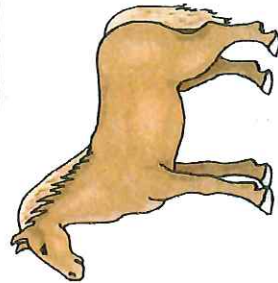
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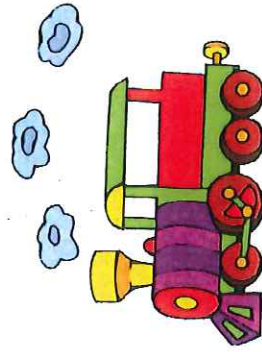
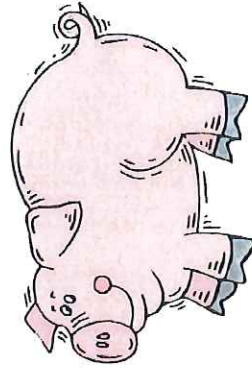
Mm



Nn



Pp

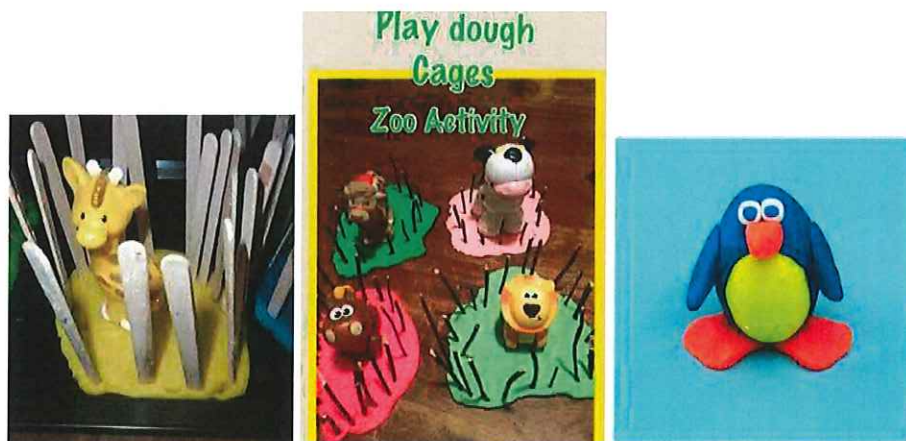


Parent and Child Activity

Use playdough and make zoo animals.
You can also make cages for them using
sticks, straws, etc. Be creative!

Actividad de padres y hijos

Usa plastilina y haga un animal del
zoológico. También puedes hacer jaulas
para ellos usando palos, palitos, etc. ¡Ser
creativo!



What animal would you want to be?

¿Cuál animal te gustaría ser?



designed by  vexels

Choose an animal that you would want to be.

Write about why you would want to be that animal and then draw a picture to illustrate.

Elige un animal te gustaría ser. Escribe sobre por qué querías ser ese animal y luego haz un dibujo para ilustrar.

I want to be... – Quiero ser.....

A large, empty rounded rectangular box with a dark blue border, intended for a drawing or a detailed response.Four horizontal black lines spaced evenly, providing a space for a written answer.

Week 5:

Write your first and last name once a day Monday through Friday.

Monday: _____

Tuesday: _____

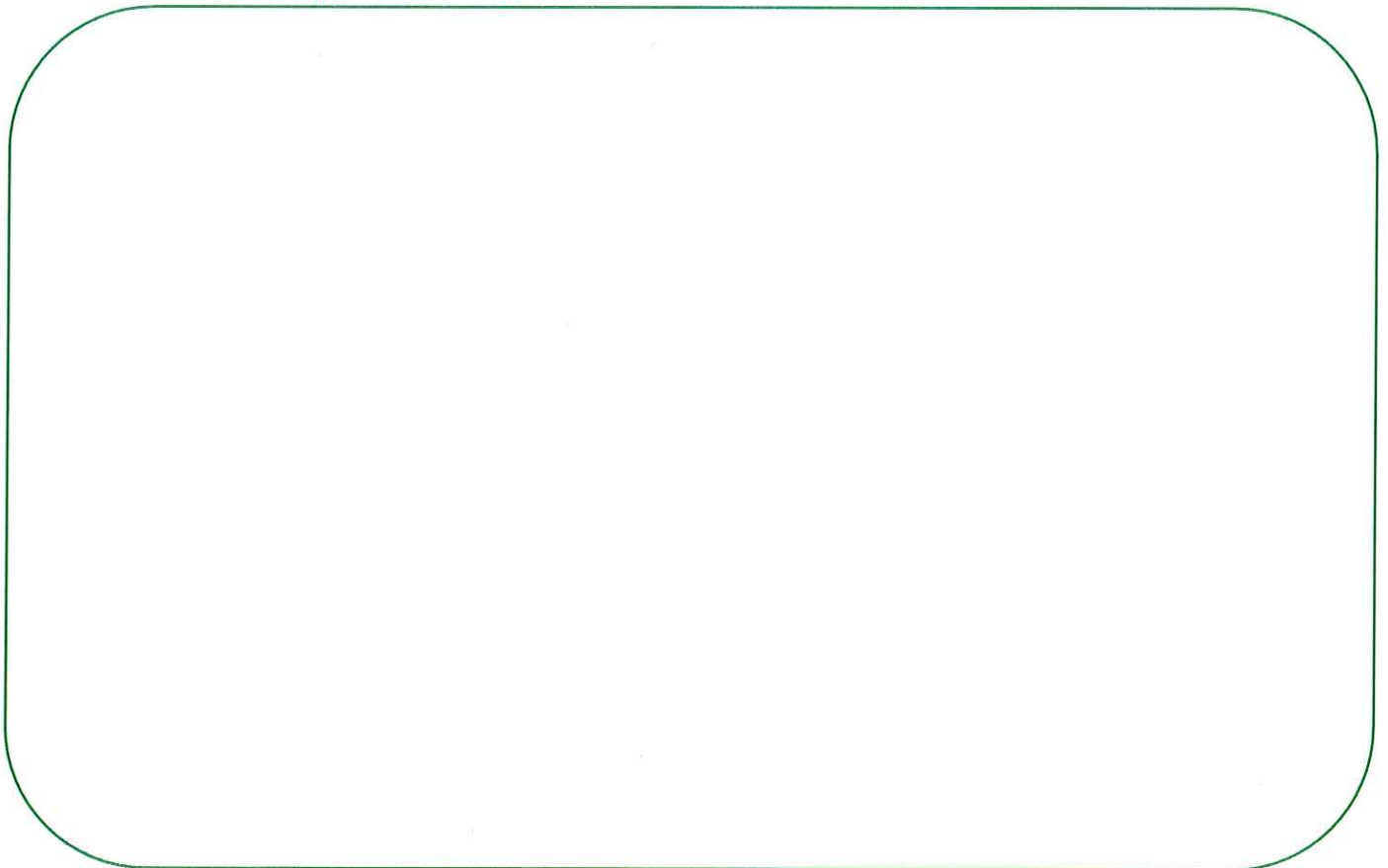
Wednesday: _____

Thursday: _____

Friday: _____

Draw a Zoo. What was your favorite animal?

Dibuje un zoológico. ¿Cuál es su animal favorito?



Where is my mommy?

1. Cut out the squares with the lowercase letters.



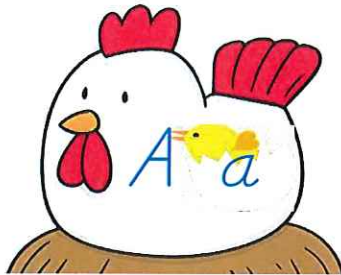
2. Mix them up and put them in a Ziplock bag or in a bowl.

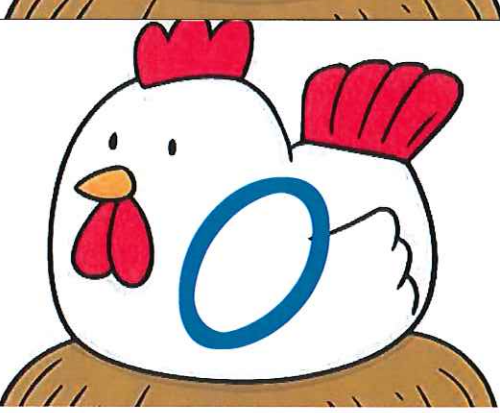
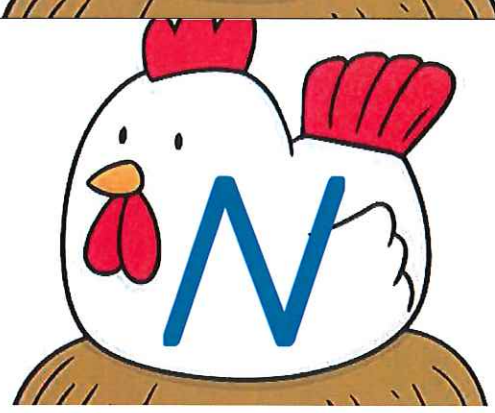
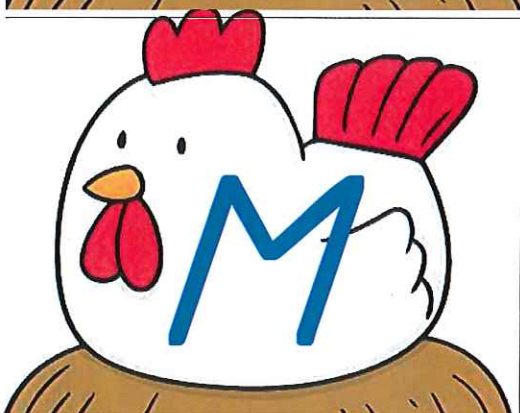
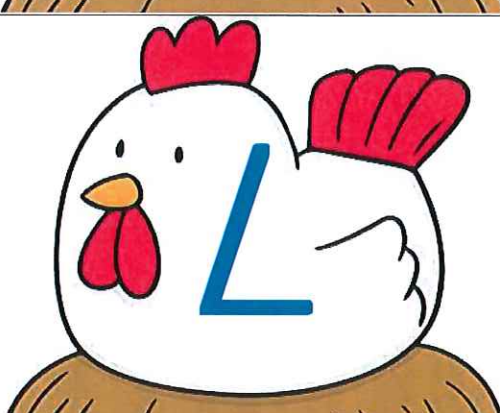
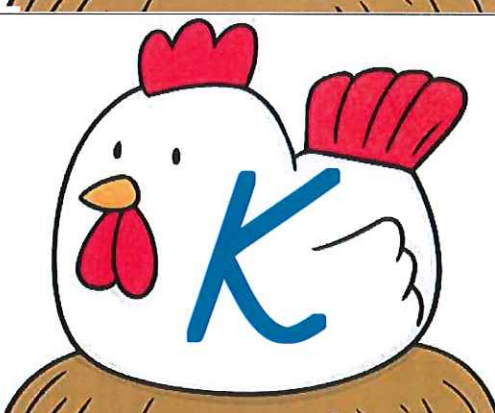
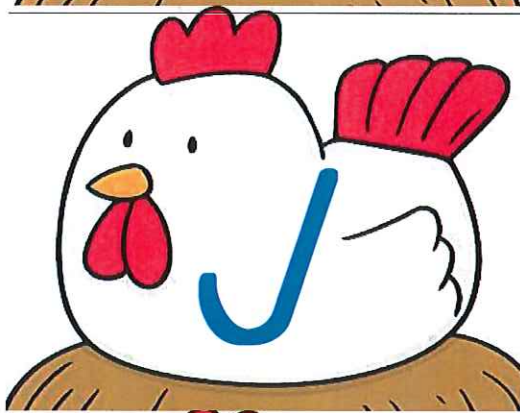
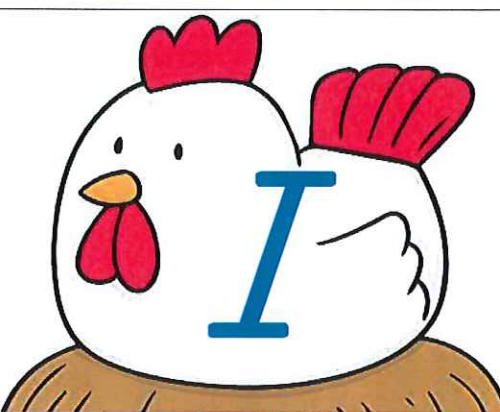
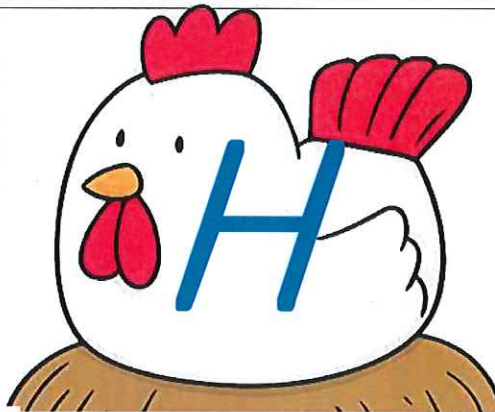
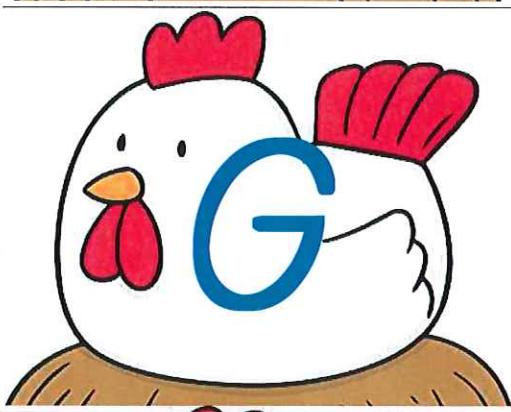
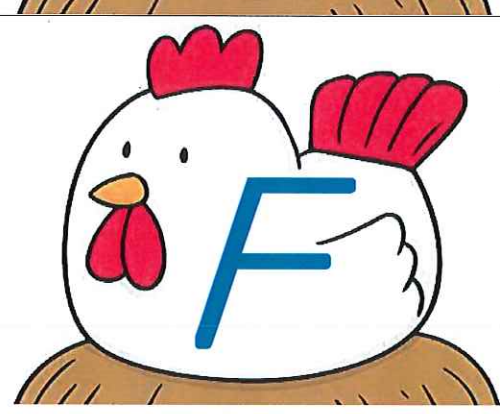
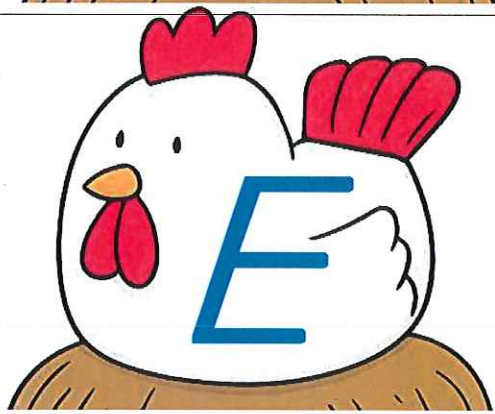
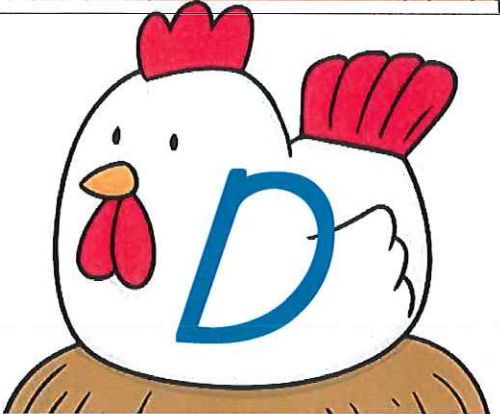
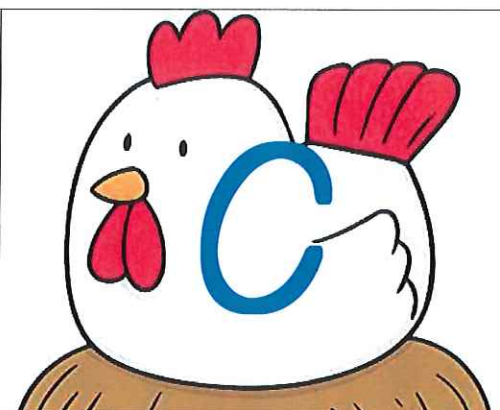
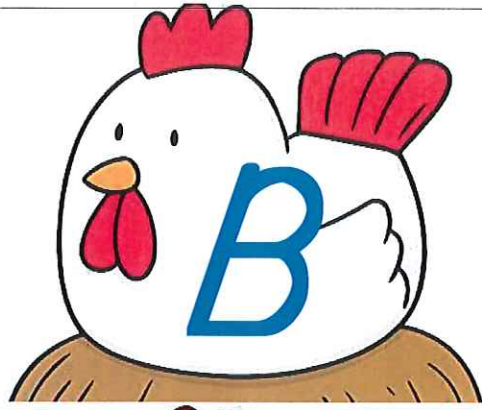
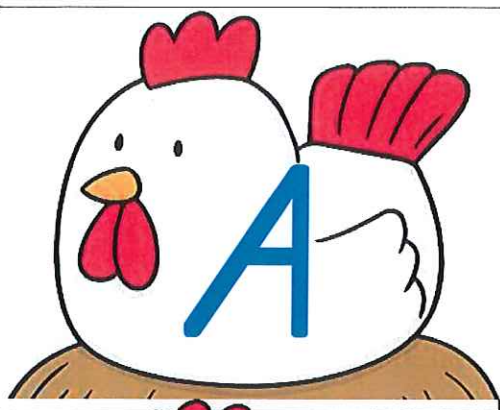


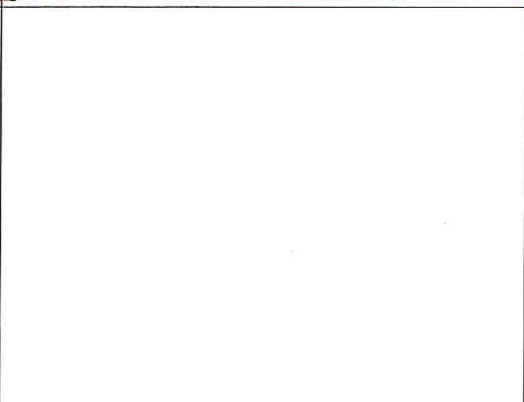
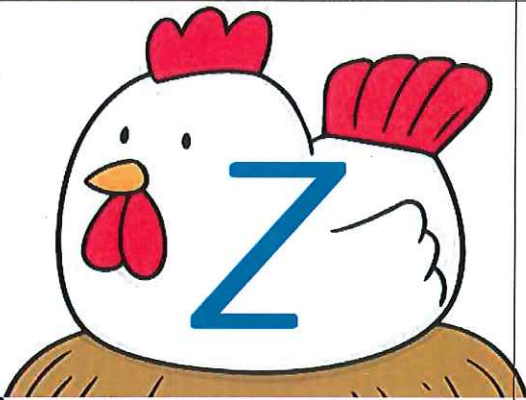
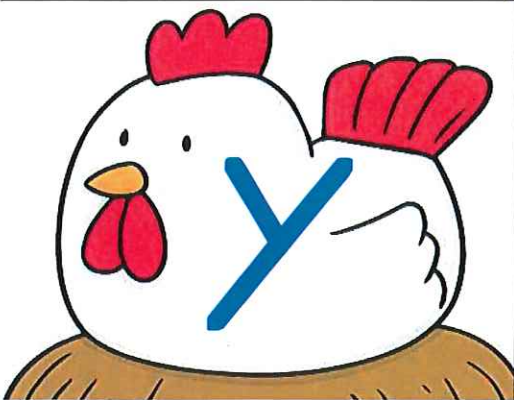
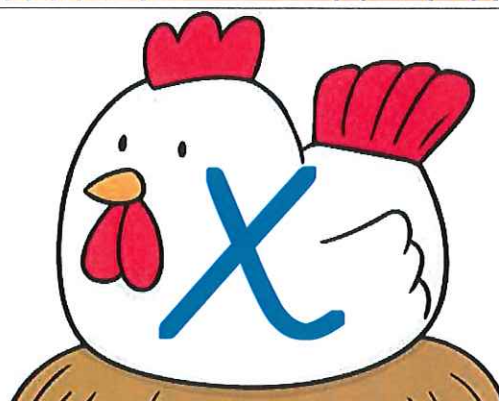
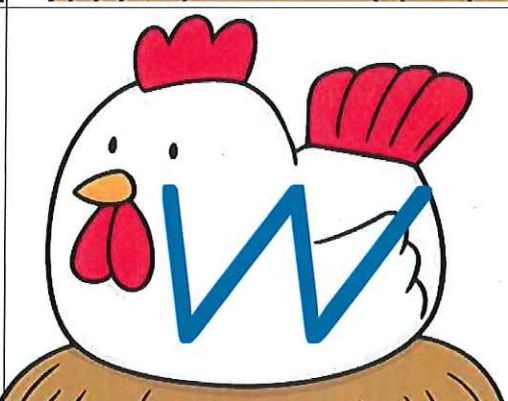
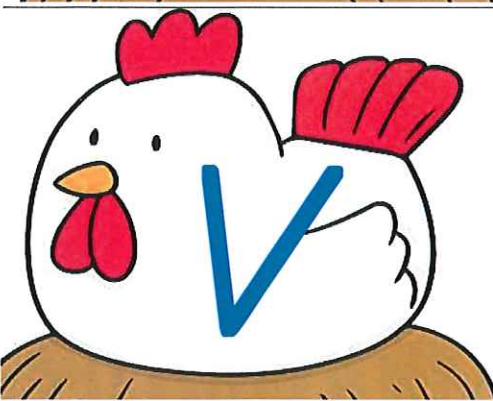
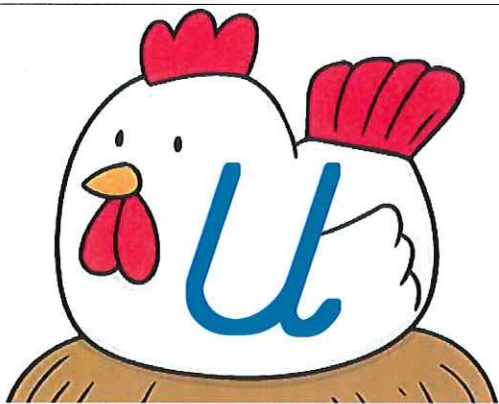
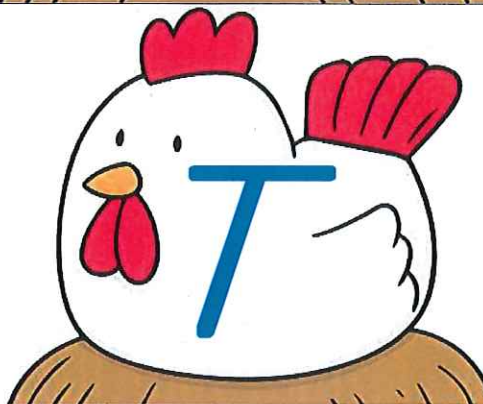
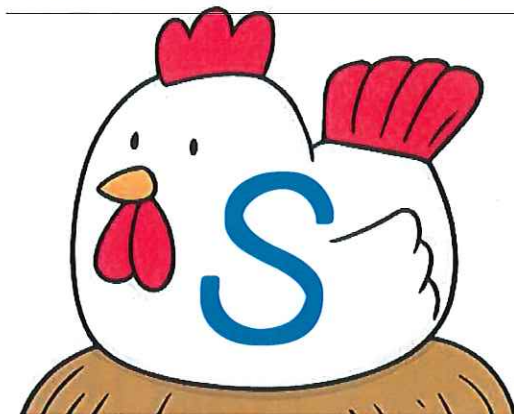
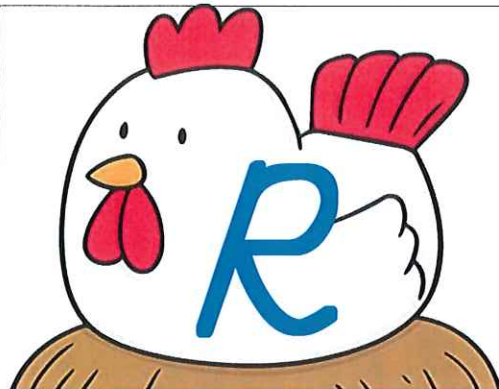
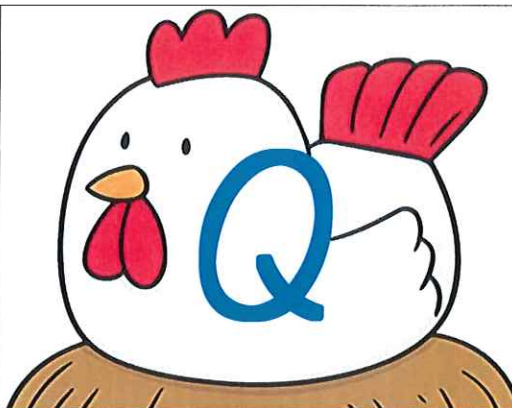
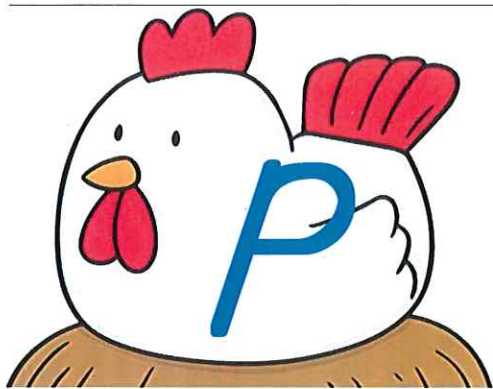
3. Get one letter out at a time and say the letter.

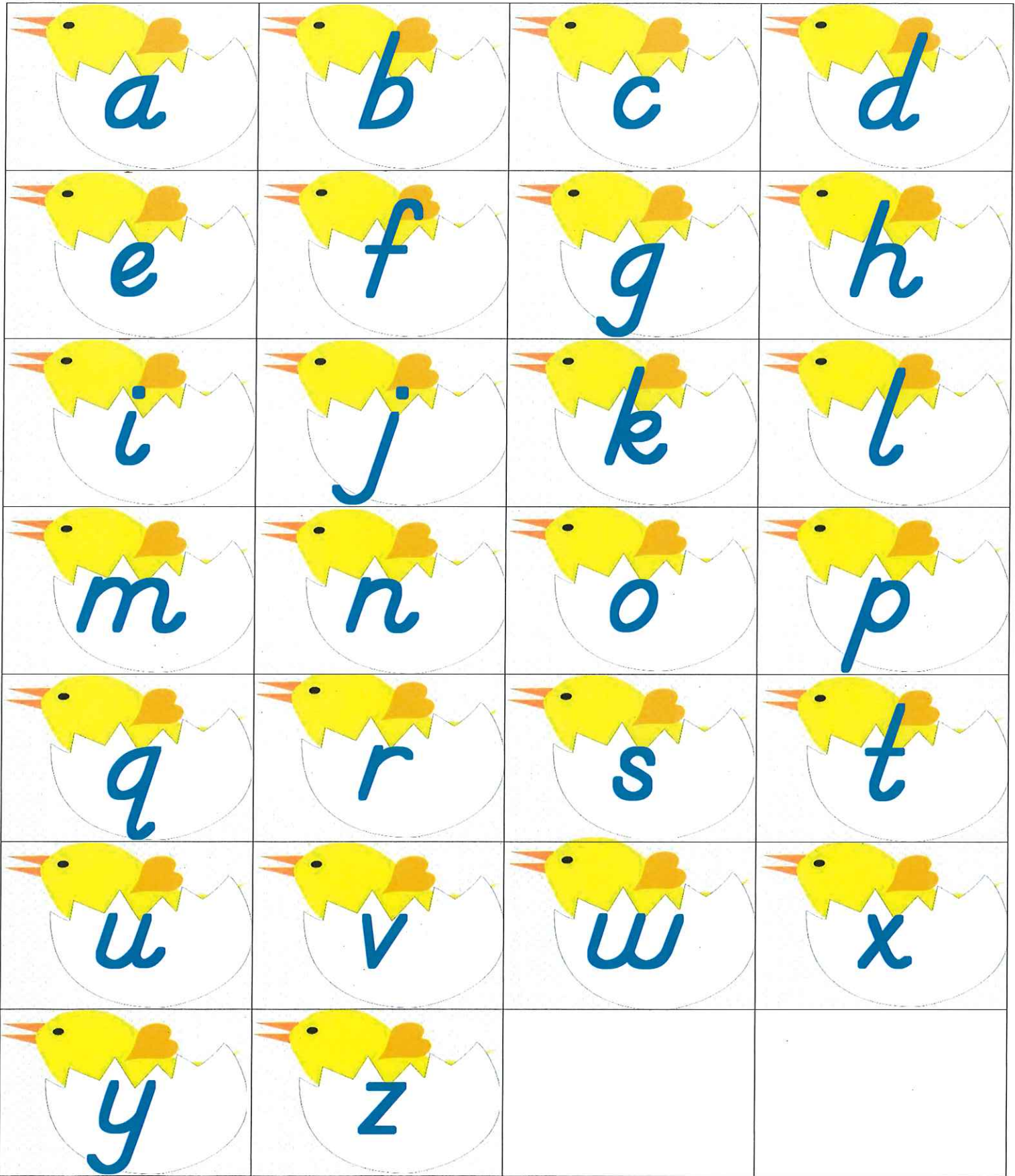


4. Find the matching uppercase letter and put it there.









¿Dónde está mi mamá?

1. Corta los cuadros con las letras minúsculas.



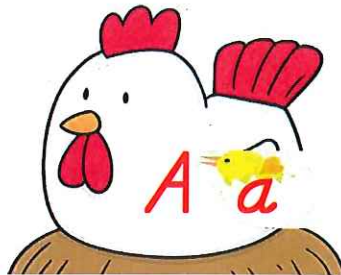
2. Mezcla las letras y pon las en una bolsita o en un tazón.

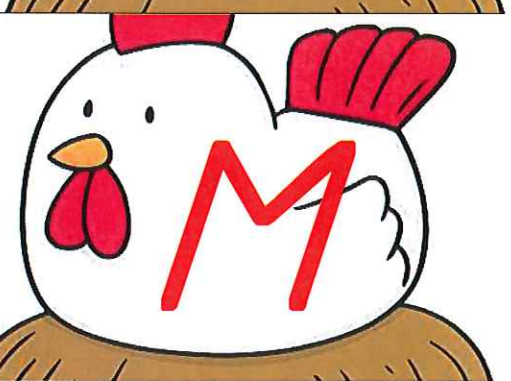
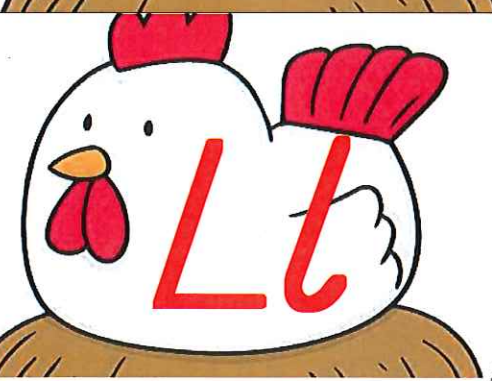
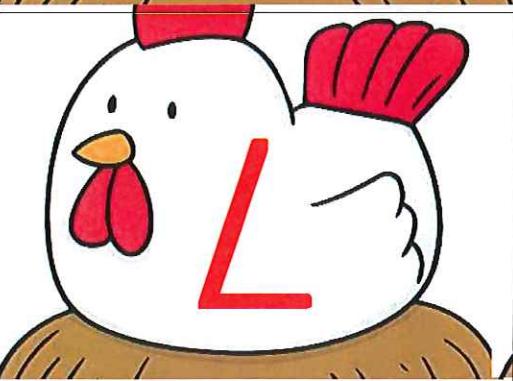
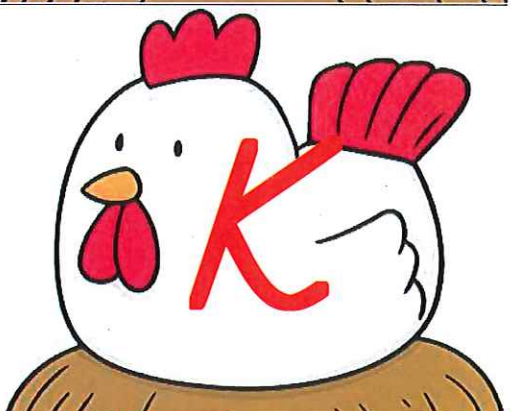
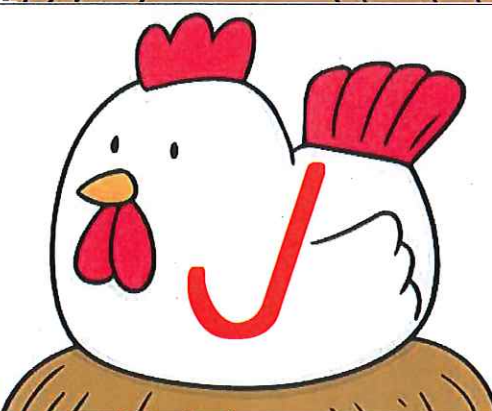
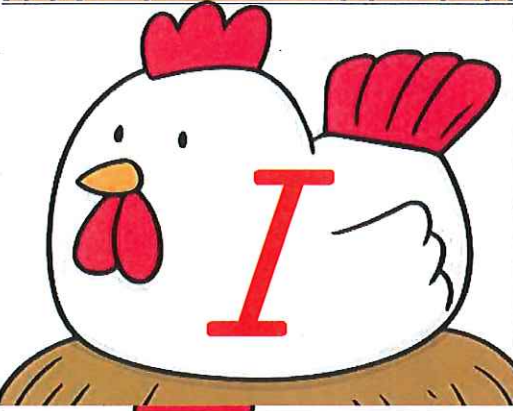
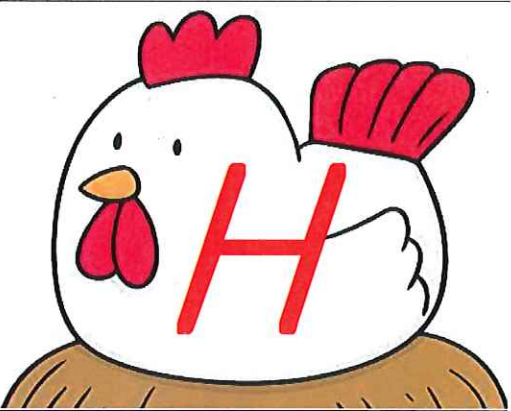
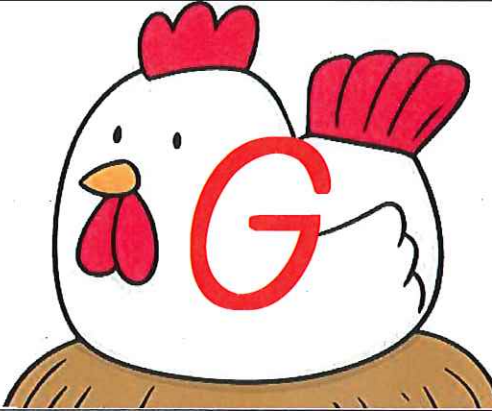
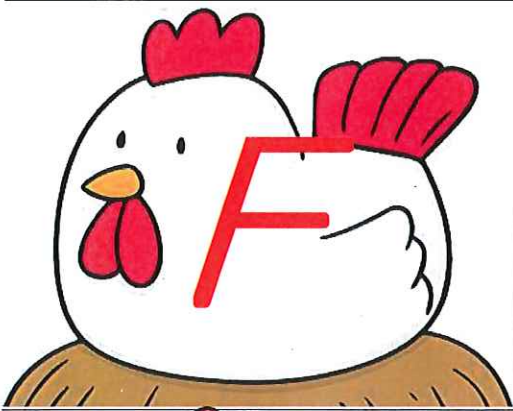
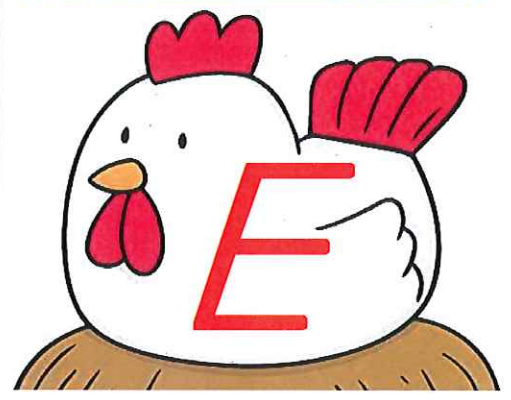
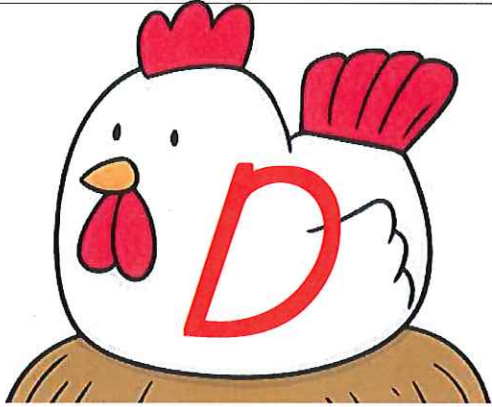
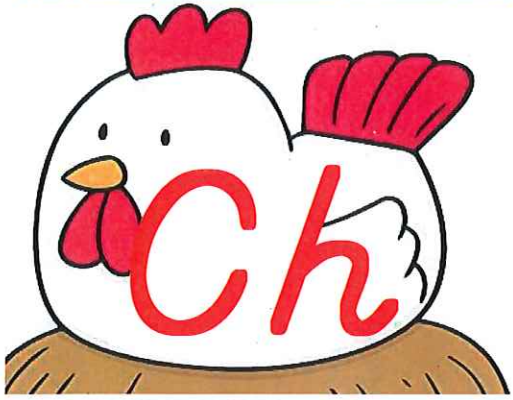
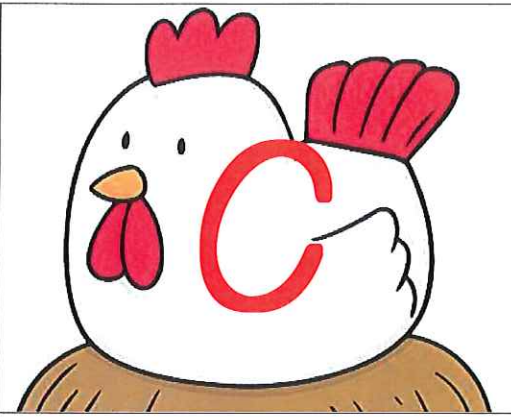
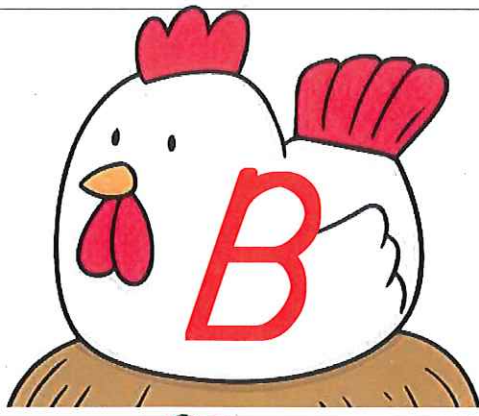
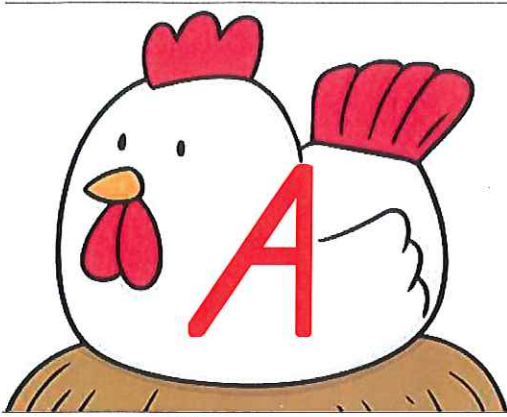


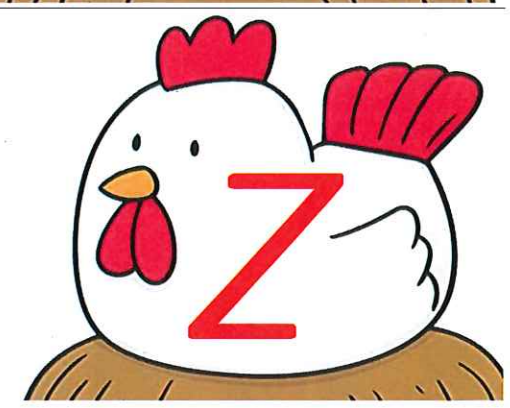
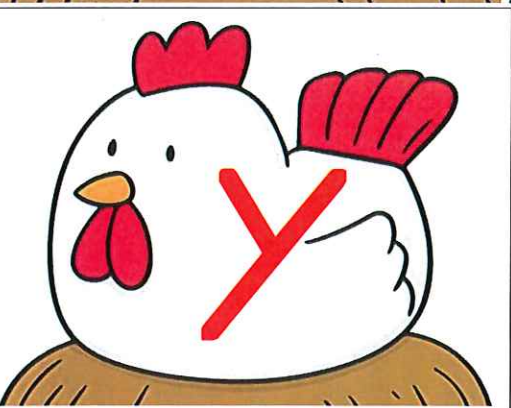
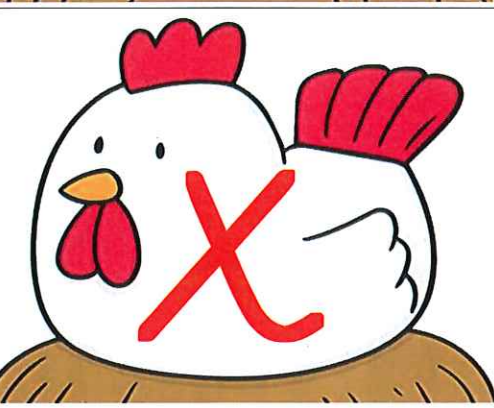
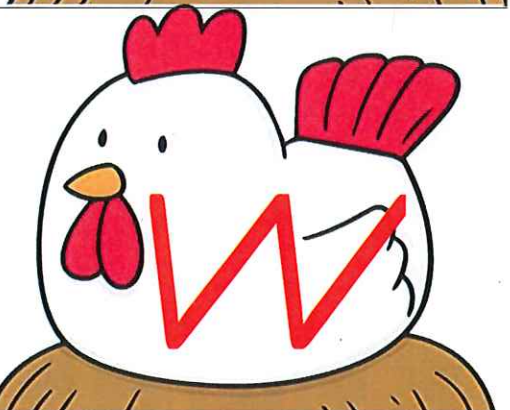
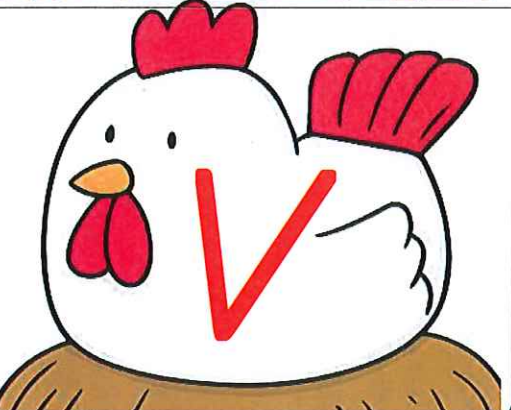
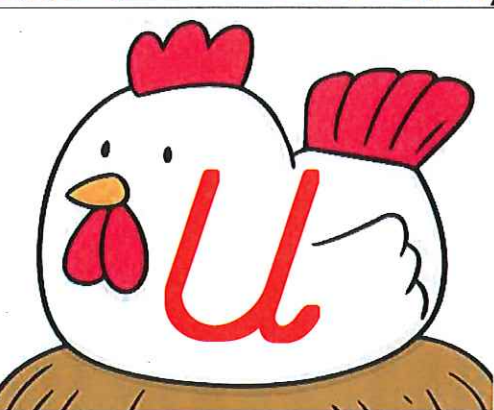
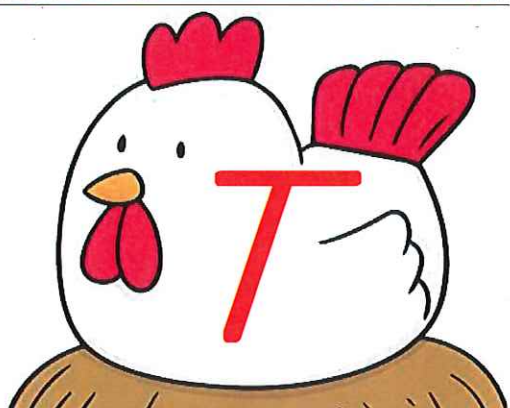
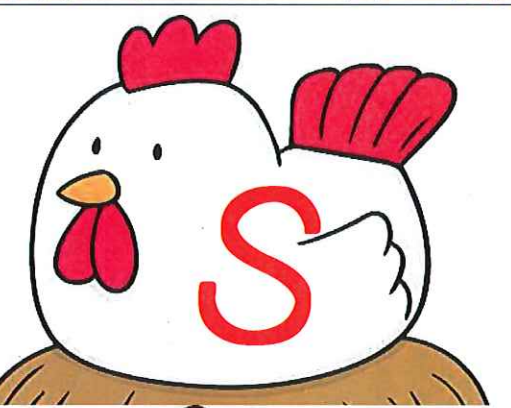
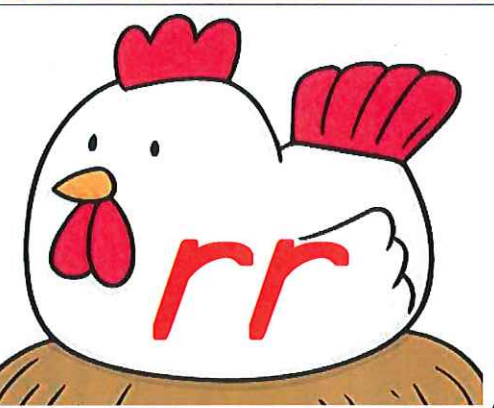
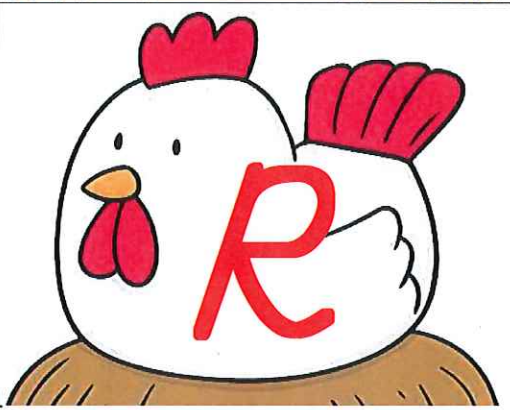
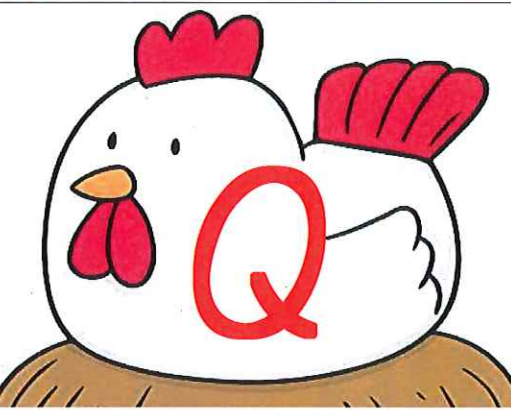
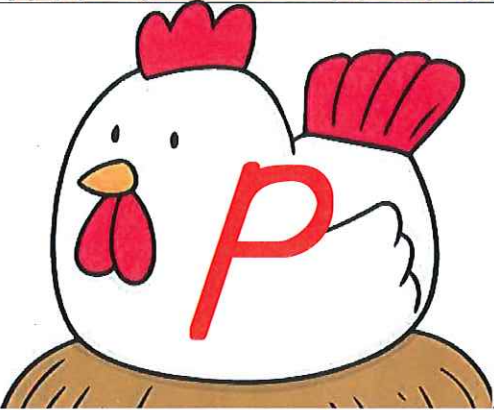
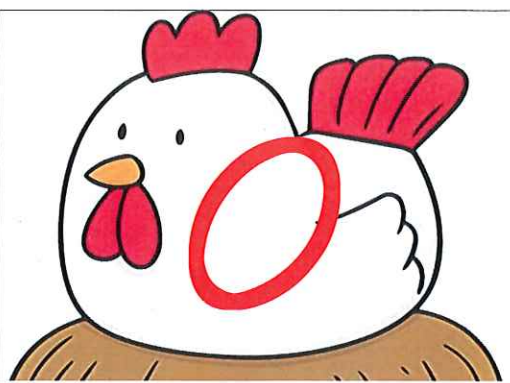
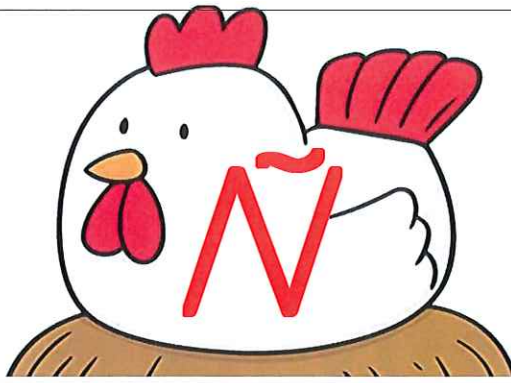
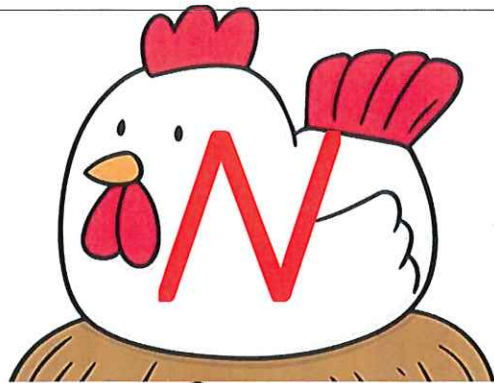
3. Saca una letra a la vez y di que letra es.



4. Encuentra la letra mayúscula que corresponde y pon la letra minúscula sobre ella.







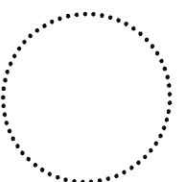
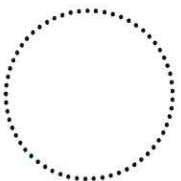
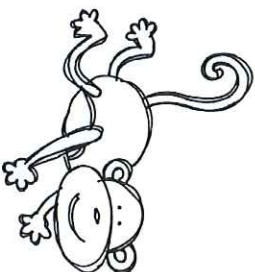
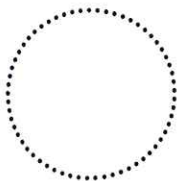
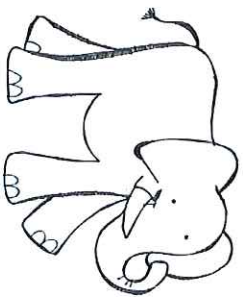
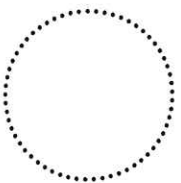
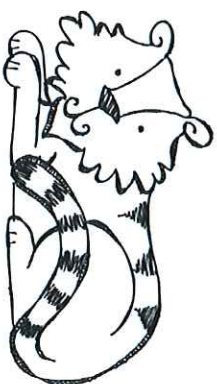
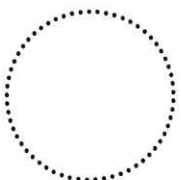
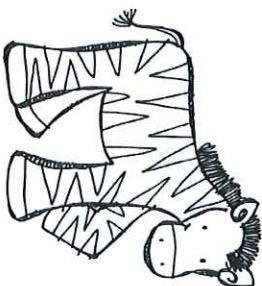
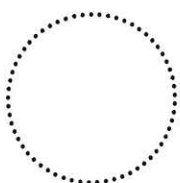
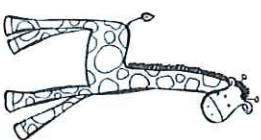
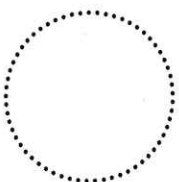
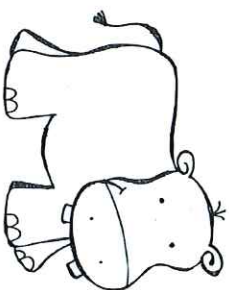
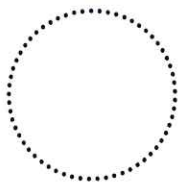
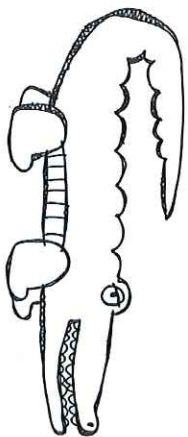


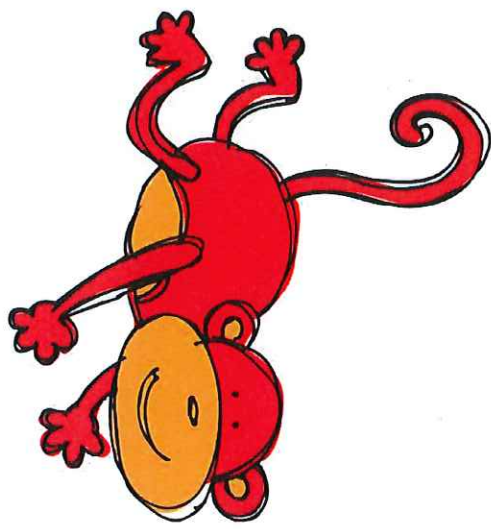
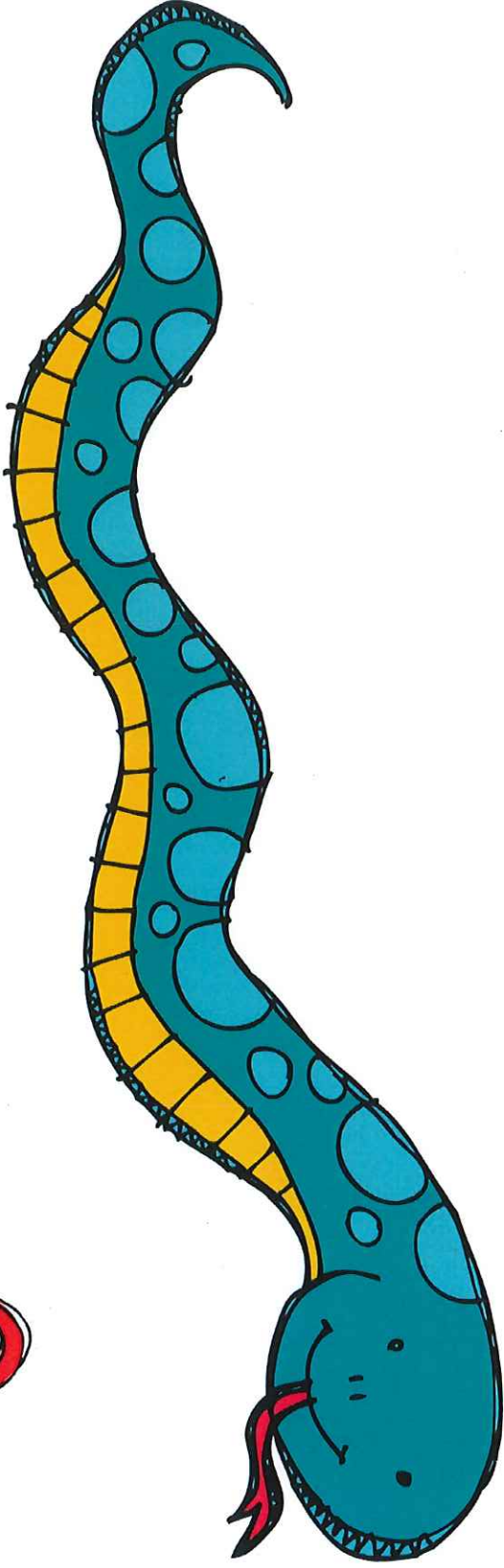
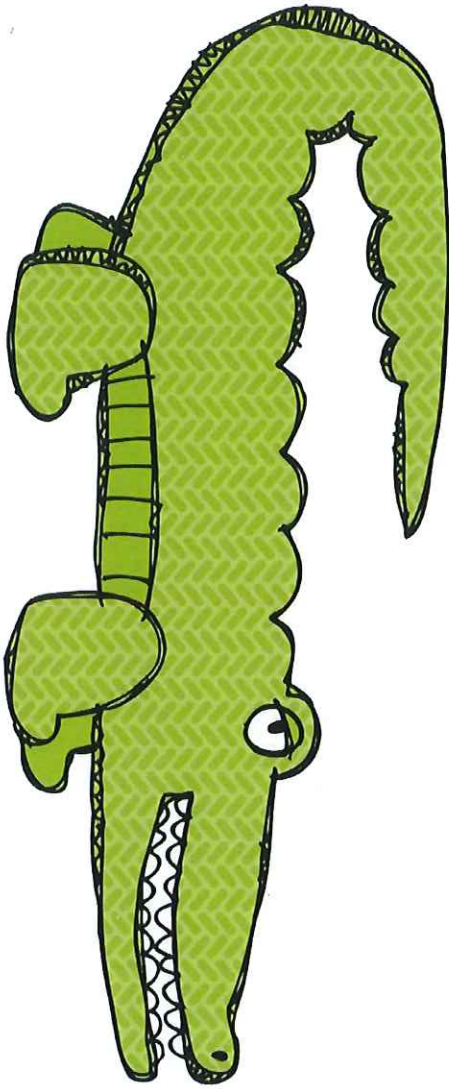
Zoo Measure

Medida del zoológico

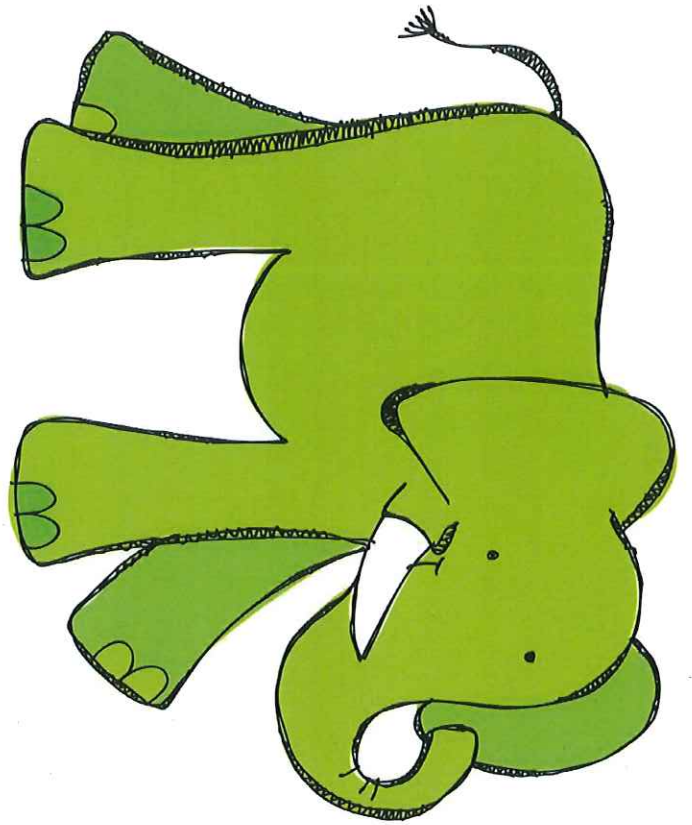
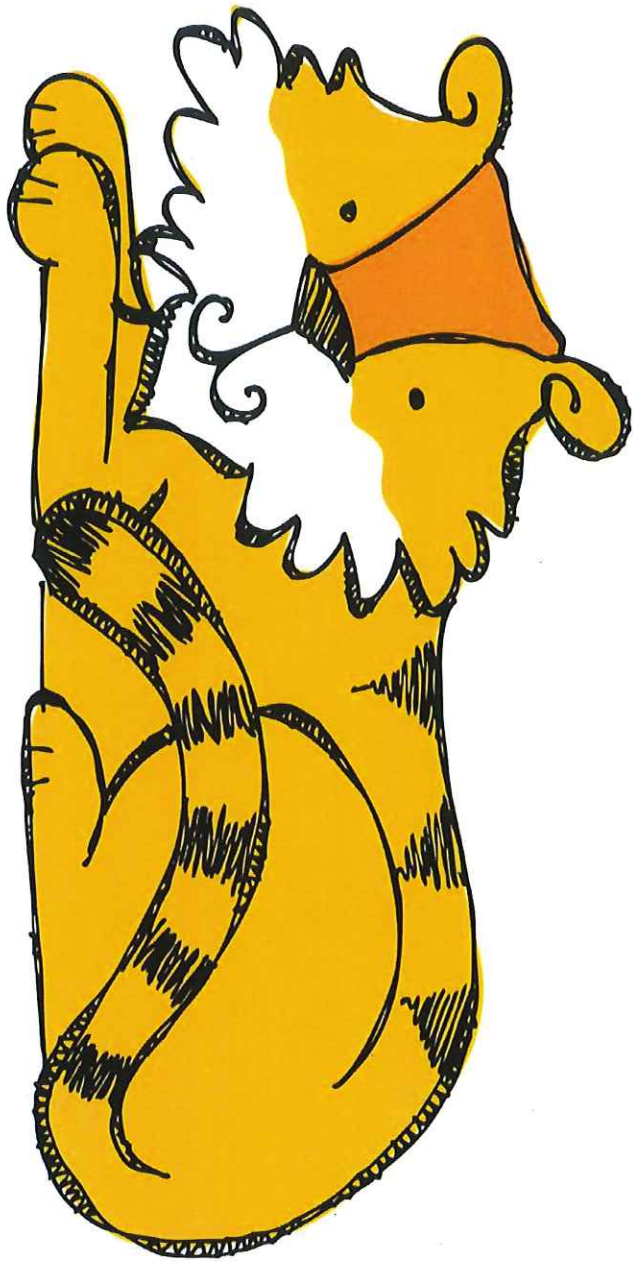
Measure the animals with noodles, Legos, cereal, anything you have at home that you can count. Write the number in the circle.

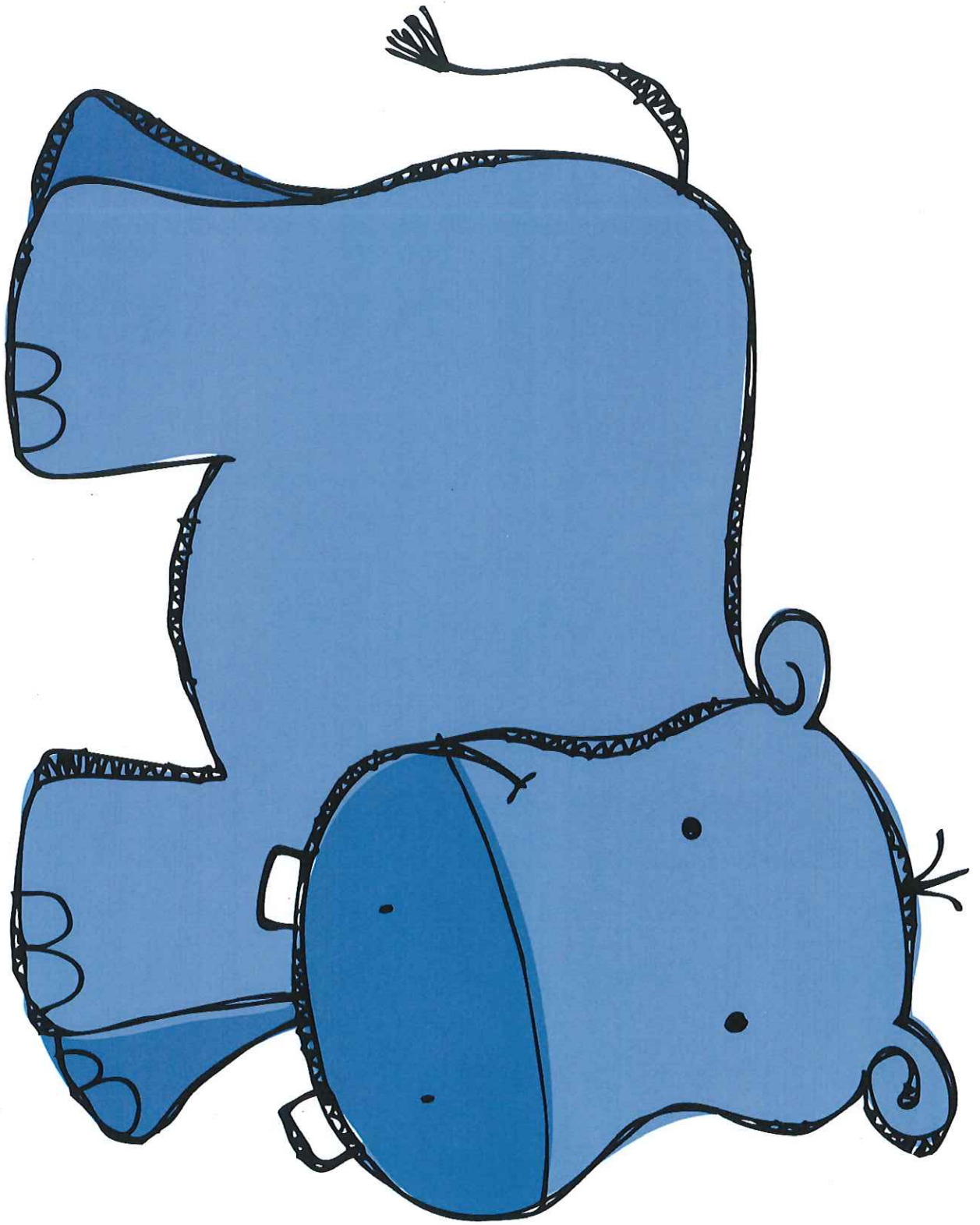
Mide a los animales con fideos, Legos, cereales, cualquier cosa que tengas en casa que puedas contar. Escribe el número en el círculo.

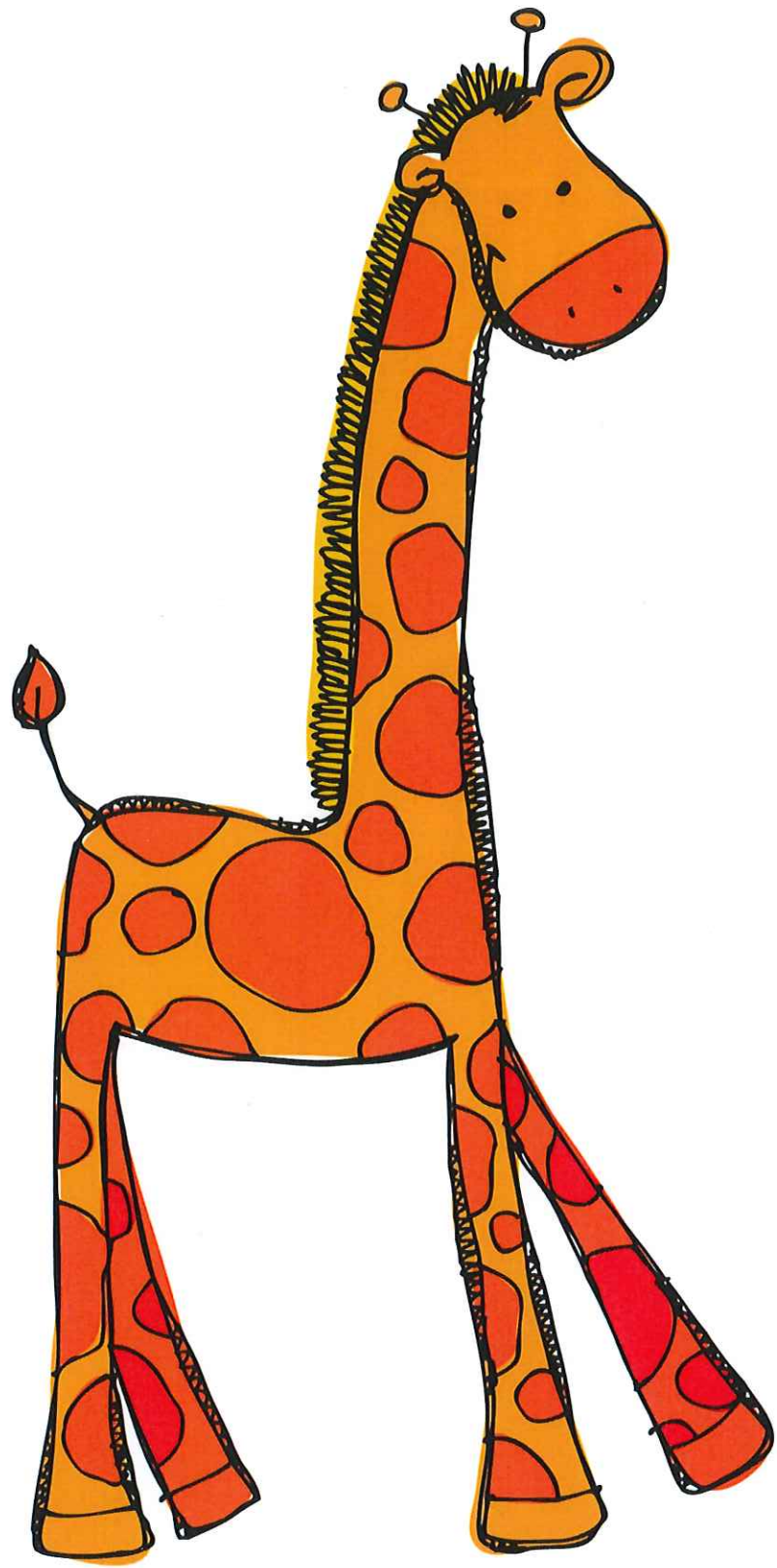












Encuentra el granero

1. Recorte los graneros y animales.



2. Volteé y mezcle los graneros.



3. Muestre y lea la palabra que tiene un animal a su hijo/a.



4. Su hijo/a debe voltear los graneros y buscar la palabra.



5. Su hijo/a debe decir la palabra y poner el animal a lado del granero.



Find the barn

1. Cut out the barns and the animals.



2. Turn over and mix the barns.



3. Show and read the high frequency word on an animal to your child.

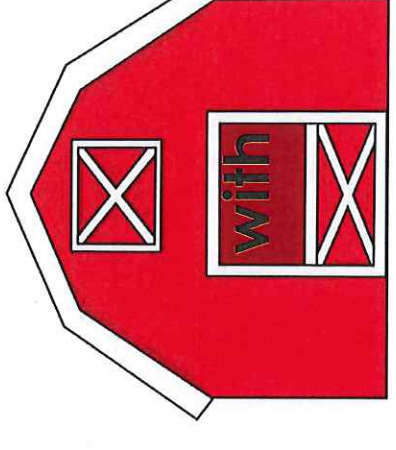
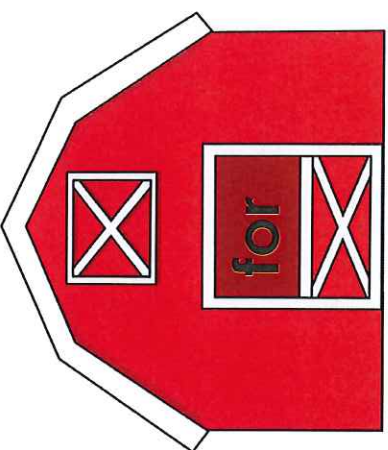
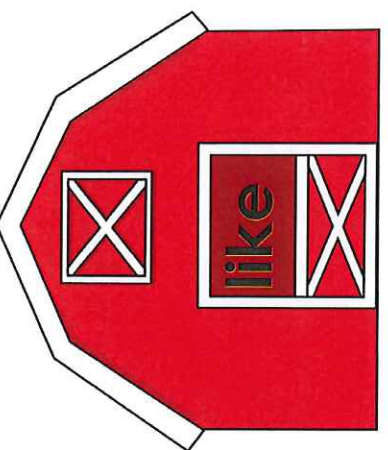
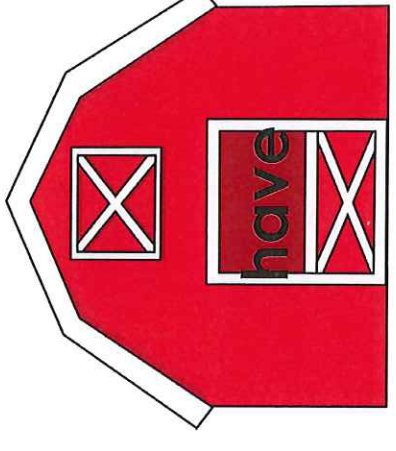
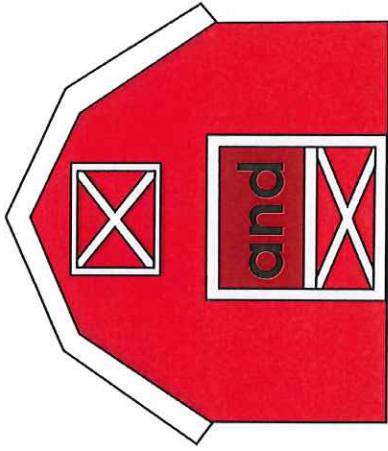
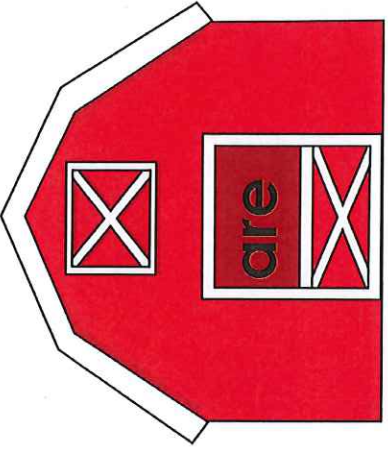
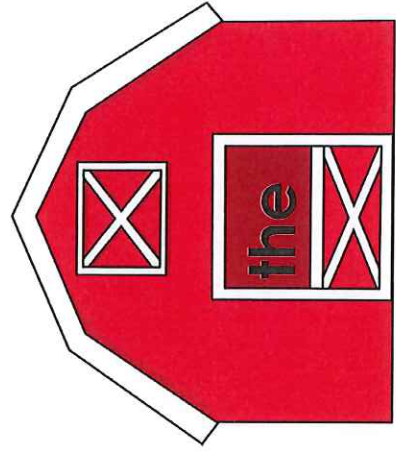
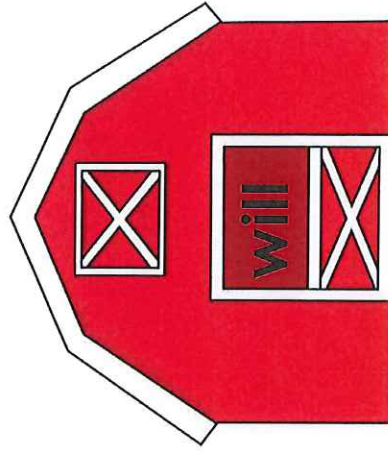
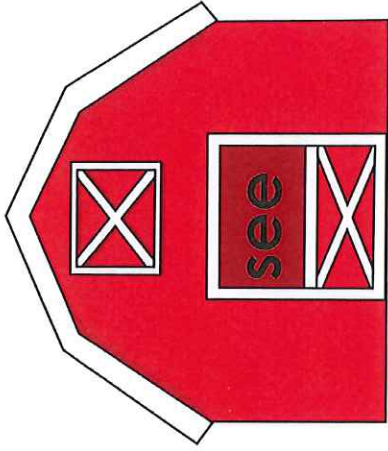


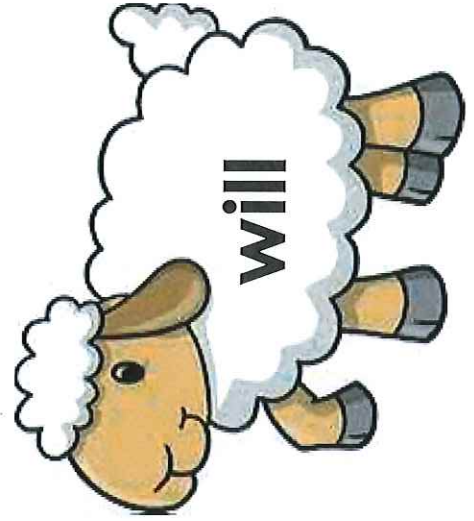
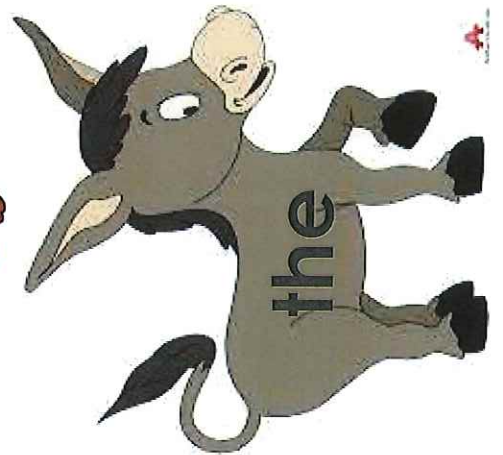
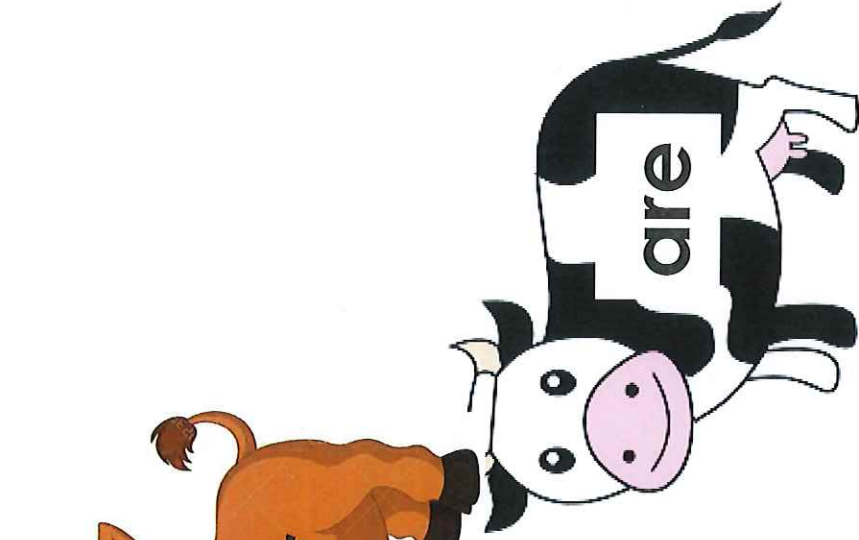
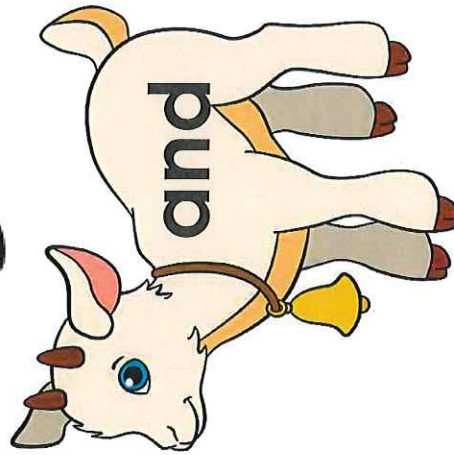
4. Your child should flip the barns until he/she finds the barn with the same high frequency word.

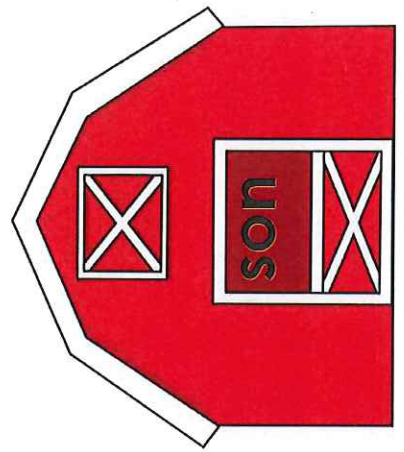
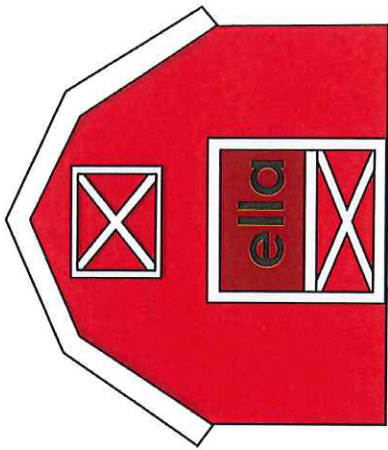
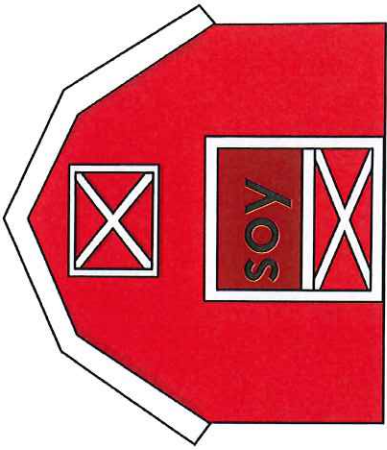
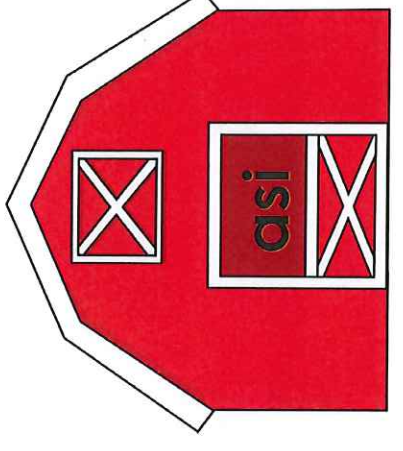
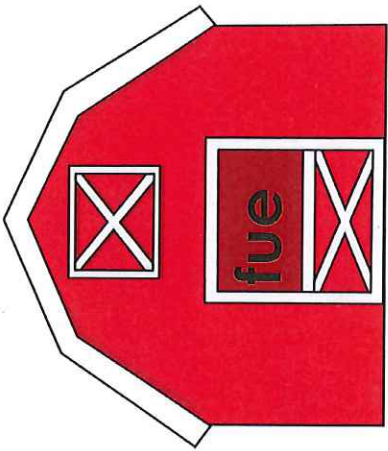
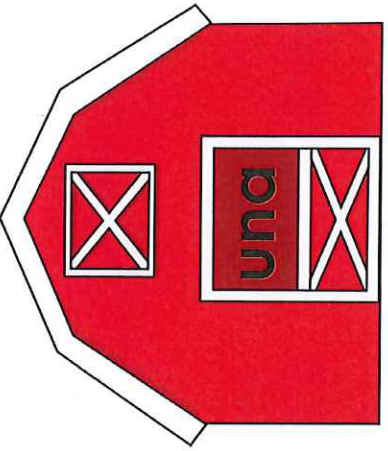
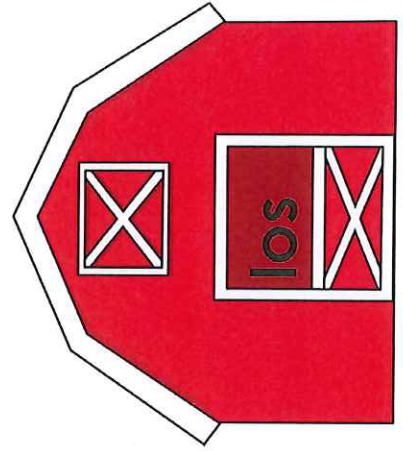
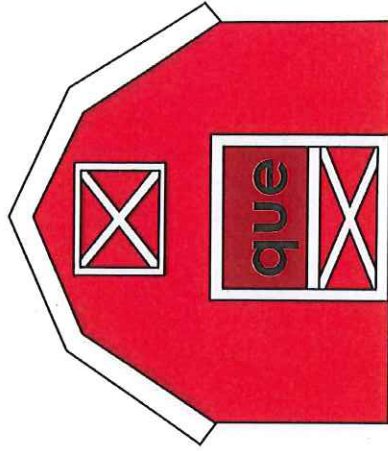
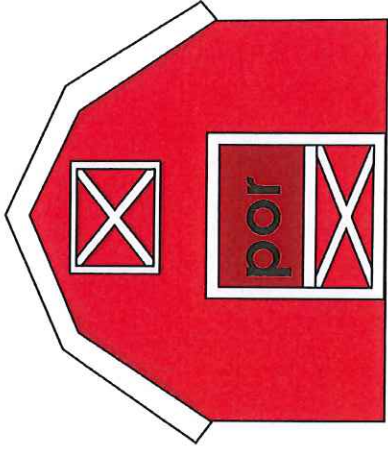


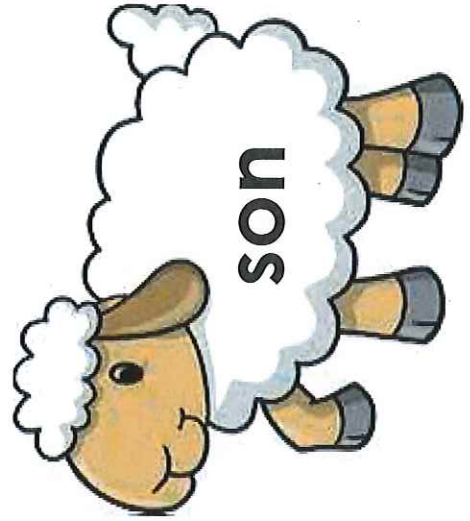
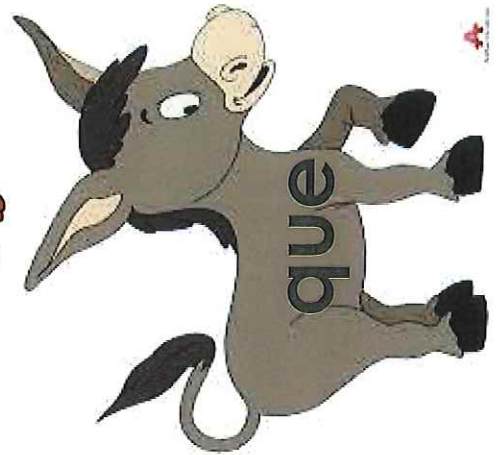
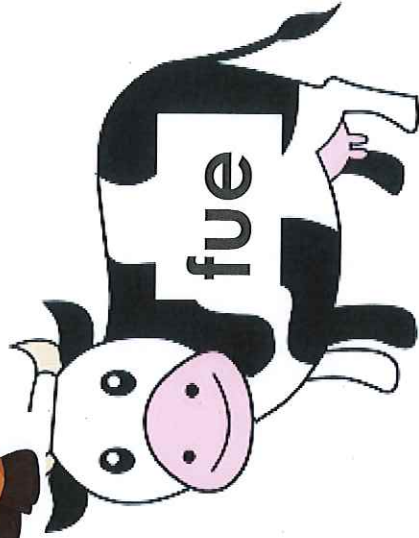
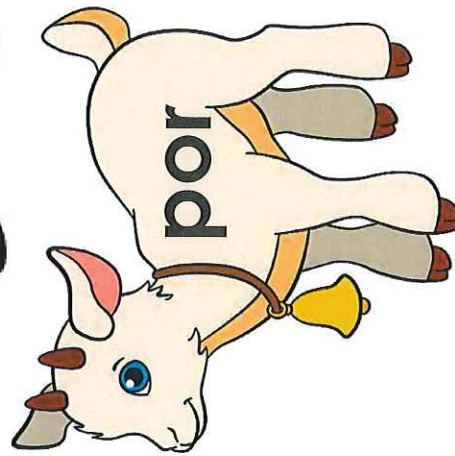
5. Have your child say the word and place the animal next to the barn.











KIDS 7 MINUTE HIIT WORK OUT FOR SELF-REGULATION

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



FROG JUMPS

Hop, hop, back and forth like a frog



BEAR WALK

Hands & feet on the floor, hips high - walk left and right



GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

Entrenamiento de siete minutos para niños para la autorregulación

Configure un temporizador de intervalo y completa cada movimiento de los animales durante 45 segundos y 15 segundos de descanso entre ellos. Haz tantos como puedas.



salta, salta para adelante y atrás como una rana



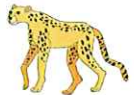
manos y pies en el piso, caderas altas, caminar de izquierda a derecha



hundirse en una sentadilla baja, con las manos en el suelo, arrastrarse por la habitación



salta de tijeras tan rápido como puedas con brazos y piernas extendidas



corre en tu lugar lo más rápido que puedas! Como el animal más rápido del Sahara



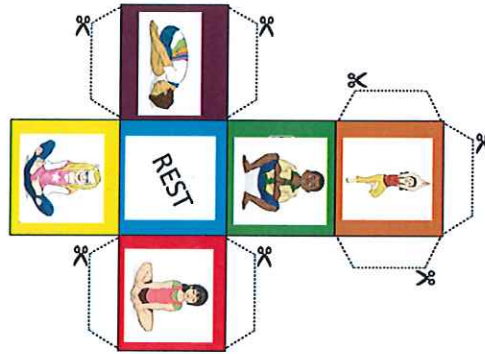
siéntate y coloca las palmas de tus manos en el piso detrás de ti cerca de tus caderas. Levántate del suelo y gatea



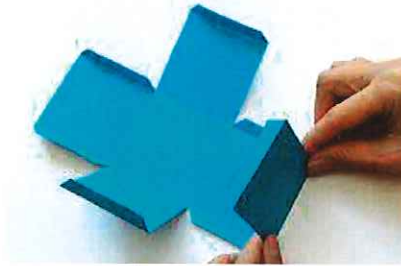
marcha en tu lugar levantando las rodillas tan alto como puedas y pisoteando el suelo tan fuerte como puedas

Garden Yoga for Kids

1. Cut the dice template.



2. Form and glue the dice.



3. Roll the dice.

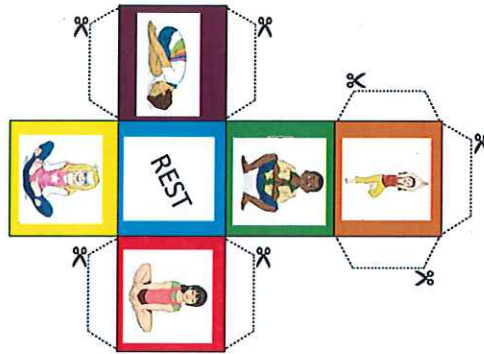


4. Perform the yoga pose the dice landed on.

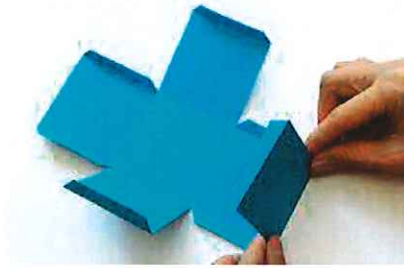


Yoga para niños

1. Recorte el modelo del dado.



2. Forme y pegue el dado.



3. Tire el dado.



4. Realize la postura de yoga.



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



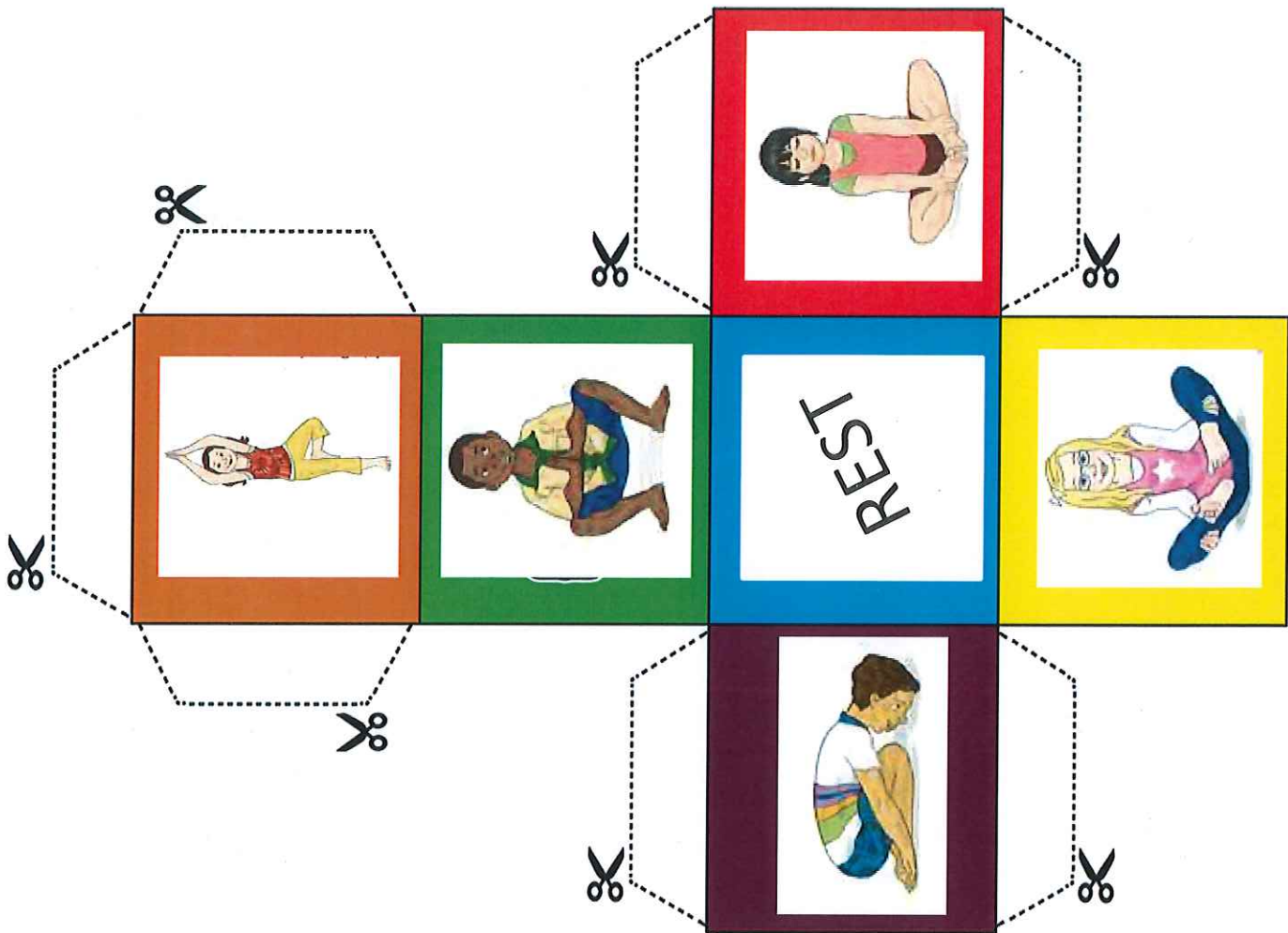
Pretend to be a butterfly

Cobbler's Pose: Sit down with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.





Finga ser un árbol

Pose de árbol: Párese en un solo pie. Doble la otra rodilla y ponga la planta del pie sobre su pierna. Balancearse como un árbol. Ahora el otro pie.



Finga ser una rana

Pose de sentadillas: Bajar en posición de sentadilla. Separe sus rodillas y coloque sus brazos en sus rodillas. Toque sus manos y salte como rana.



Finga ser una semilla

Pose de bebe: Siéntese hacia atrás sobre sus talones. Ponga su frente a descansar en el piso.



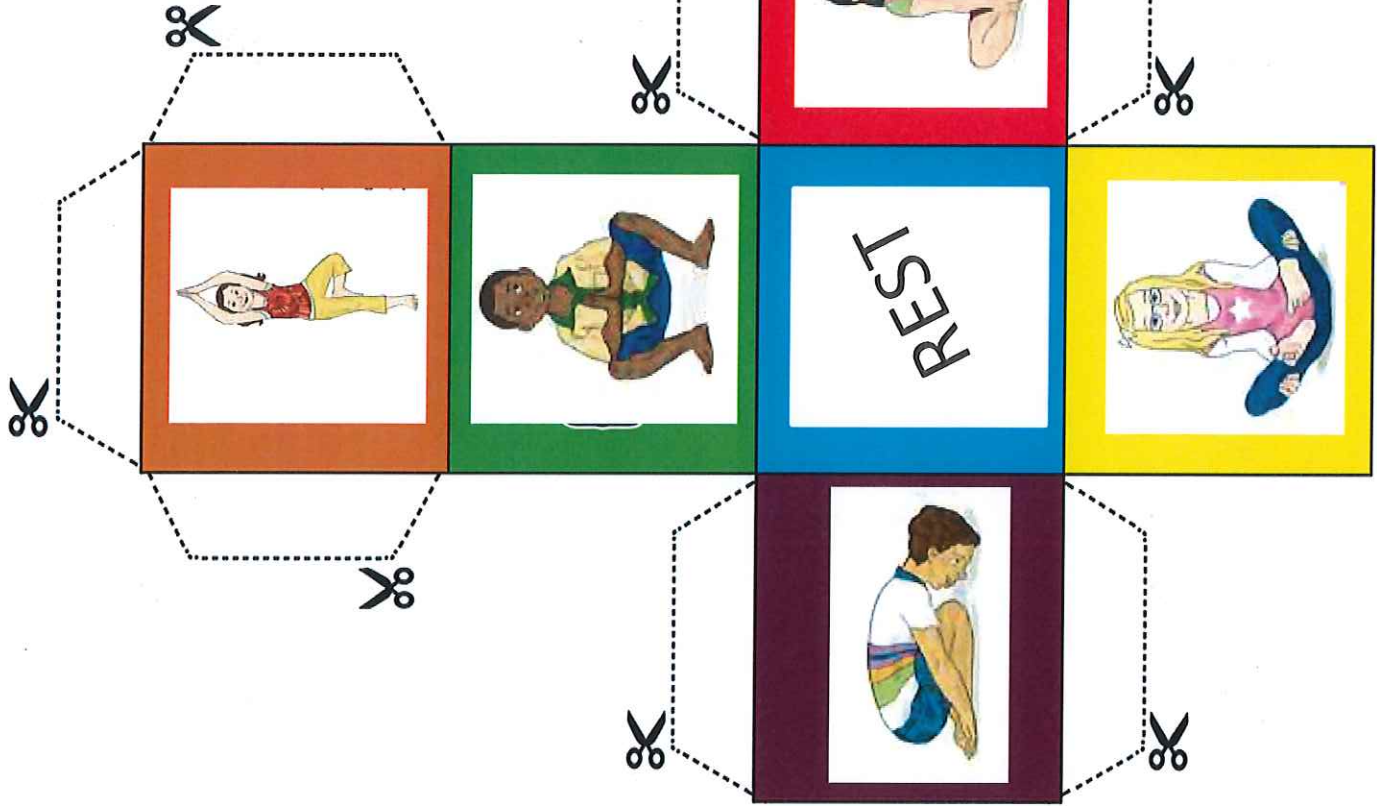
Finga ser una mariposa

Pose de Cobbler's: Siéntese con su espalda recta. Doble las rodillas con las plantas de los pies tocándose. Mueva sus pies como las alas de una mariposa.

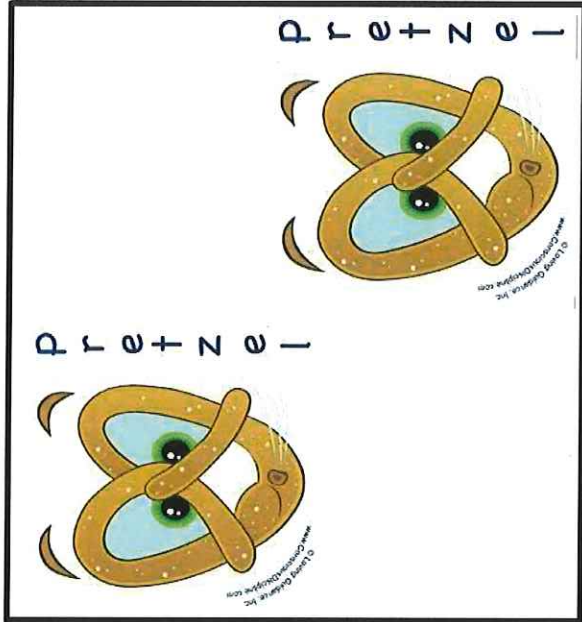
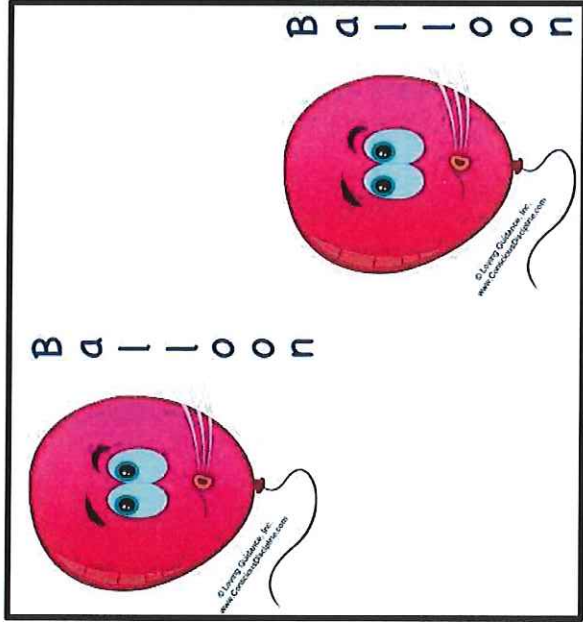
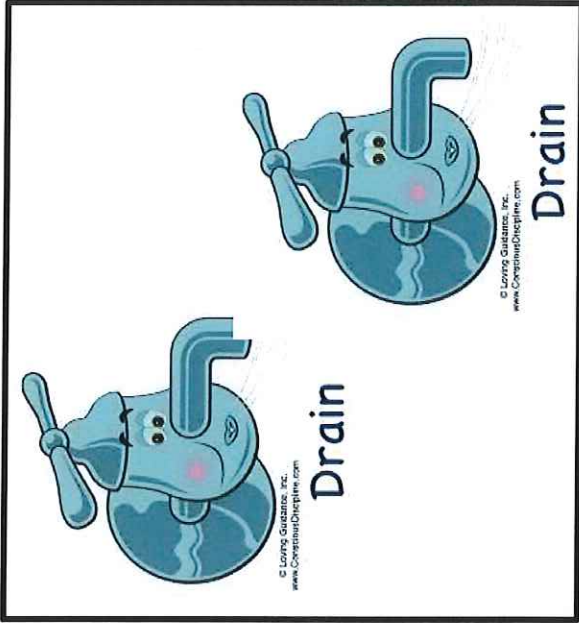
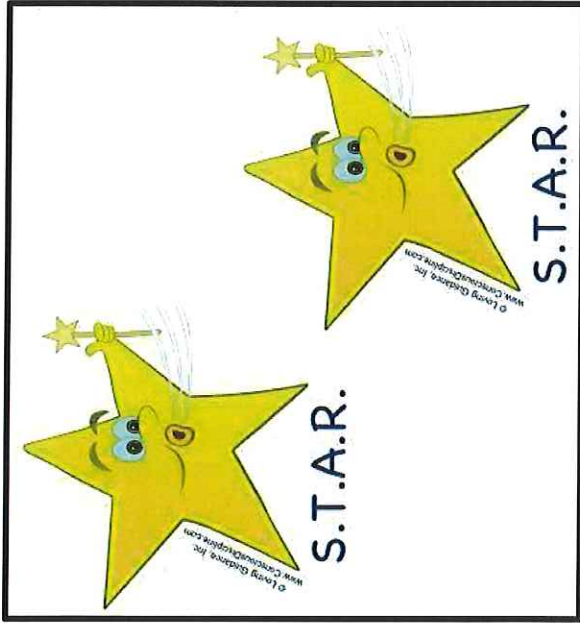


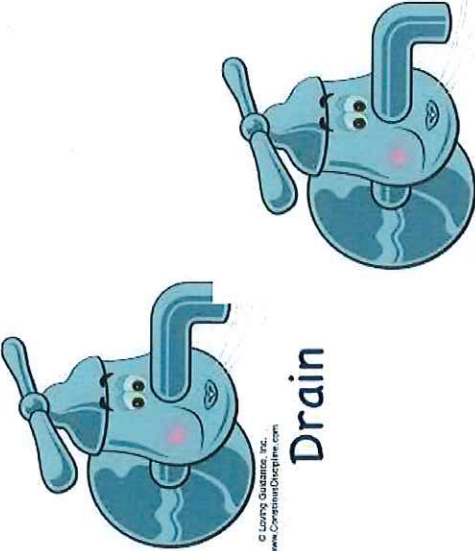
Finga ser una flor

Pose de una flor: Siéntese con sus con su espalda recta y doble las rodillas. Levante sus rodillas hacia arriba y equilibre su cuerpo. Coloque sus manos (las palmas hacia arriba) debajo de sus pies.



Memory Game
Breathing Choices

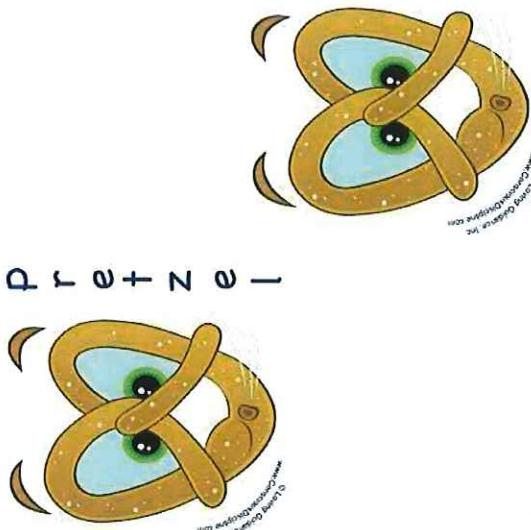




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Drain


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Pretzel

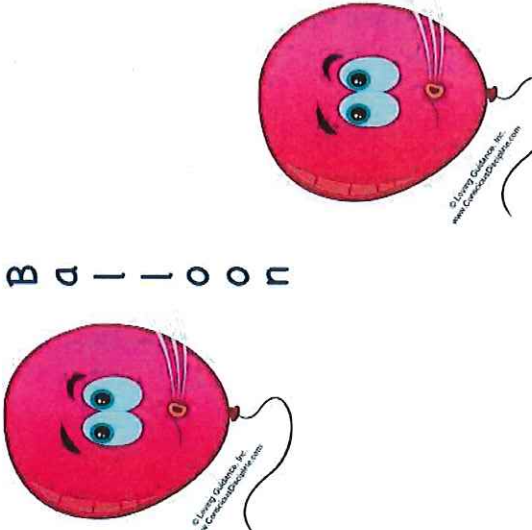
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Balloon

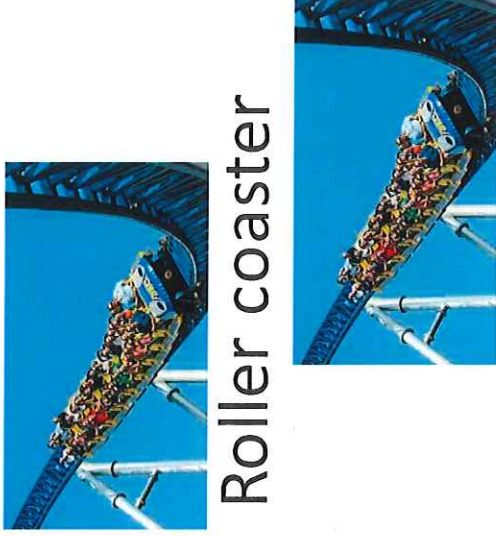
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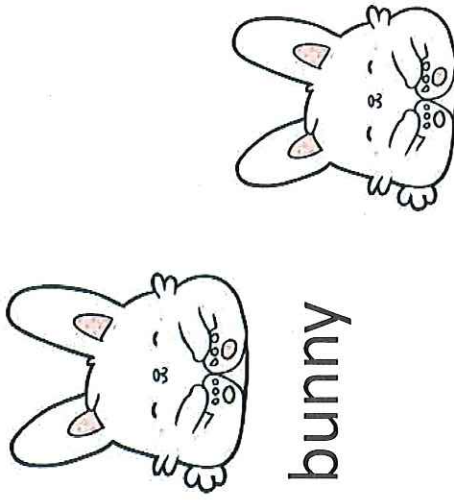
Spider man



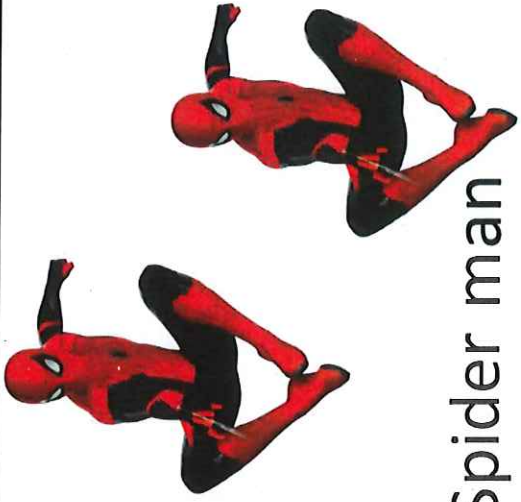
cake



Roller coaster



bunny



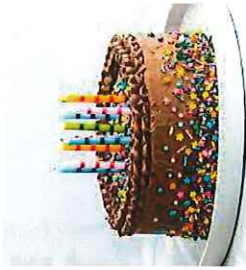
Spider man



Roller coaster



cake



bunny





frozen



Smell the flower
Blow the candle



frozen



Smell the flower
Blow the candle



frozen



Smell the flower
Blow the candle



frozen



Smell the flower
Blow the candle

Child Development Center

Children Websites:

<https://www.sesamestreet.org/>

<https://www.getepic.com/sign-in>

<https://www.fungooms.com/>

<https://www.turtlediary.com/>