

# WEEKLY SCHEDULE

Suggestions  
To Ease Your  
E-learning  
Experience

# Our Learning Goals



## Phonological Awareness

I can Identify rhyming words.  
I can Identify and create rhyming words.



## Writing Development

I can write letters and symbols to describe events or tell stories  
I can use an initial & ending letter to represent a word.



## Number Sense

I can use vocabulary to order up to 4 objects by size, length, and height.  
Small/smaller, short/shorter, big/bigger/biggest, Tall/taller/tallest, long/longer/longest



## Reading:

## Little Red Riding Hood

I can identify the characters and setting.  
I can retell the story with the beginning, middle, & end with details.  
I can identify the problem and solution.

## Homeschool & Online Class This Week

Hi Parents,

This is our class schedule for the week. You can complete these assignments at any time of the day.

You will find additional resources & ideas to keep your preschooler learning on page 9.

Take plenty of pictures, so we can show everyone how well your super learner is doing.

I am here for you. Feel free to contact me if you have questions & concerns.

# Monday



**Social Emotional Learning:** Continue doing acts of kindness and send pictures to your teacher. Practice breathing exercises daily or when needed. Refer to page 8 in this presentation.



**Benchmark:** Read E-Learning Book, Animals shapes & sizes, letter U, Shape star & color white songs.

Click here: [Benchmark Log-In](#)



**Zoom:** Online Virtual Class at 1PM – 2PM



**Packet:** Complete Unit 6 packet if you're not participating in E-Learning.

# Tuesday



**Benchmark:** Read E-Learning Book, Animals are living things, Shape diamond, color pink & letter B song.

Click here: [Benchmark Log-In](#)



**Online Resources:** Students will practice writing the alphabet, (letters A-F), counting to 20 & shapes.

Follow the link to our weekly video playlist to complete these assignments.

Click Here: [Learning Playlist](#)



**Packet:** Complete Unit 6 packet if you're not participating in E-Learning.

# Wednesday



**Benchmark:** Read E-Learning Book, Mammals are animals, Hexagon shape, color black & letter H song Click here: [Benchmark Log-In](#)



**Zoom:** Online Virtual Class at 1PM – 2PM



**Packet:** Complete Unit 6 packet if you're not participating in E-Learning.

# Thursday



**Benchmark:** • Read E-Learning book, Mattie's Impossible Mane. Letter U & Hexagon song. Click here: [Benchmark Log-In](#)



**Online Resources:** Students will listen to the, The Little Red Riding Hood story and interact with the Letter Sound Video. Students will draw a picture to retell, The Little Red Riding Hood story, in their class dojo portfolio. Follow the link to our weekly video playlist to complete these assignments.


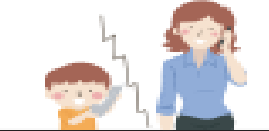


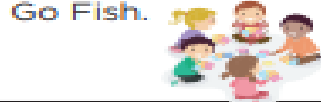













Click Here: [Learning Playlist](#)



**Packet:** Complete Unit 6 packet if you're not participating in E-Learning.

Send a picture to add to our Act of Kindness Tree Book.

**CARING CONNECTIONS: Strengthening Relationships by Practicing Kindness, Being Grateful, and Spending Quality Time With Those We LOVE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Do something helpful for a family member or friend.</p> 	<p>Connect with a relative to say hello and chat.</p> 	<p>Count your blessings: List the kind things others have done for you.</p> 	<p>Create and then share a card or a piece of art with someone you love.</p> 	<p>Go outside and find one thing that reminds you of someone. Share what you find and your why.</p>	<p>Create a cell phone / device parking lot so you can enjoy device-free moments together each day.</p>	<p>Find a deck of cards and play a game like Crazy Eights, Spoons or Go Fish.</p> 
<p>Find a joke that you love and share it with 2 other people in person, by phone, or virtually.</p>	<p>Work together to plan a 3-course meal. Write down / draw each part of the meal to share as the menu for the evening.</p>	<p>Go outside and find materials to create a centerpiece for others to enjoy!</p> 	<p>Name 3 things you are grateful for. Draw a picture or write a list of these things and then post in a prominent place.</p>	<p>Work to create 5 "happy cards" for seniors that are in a local nursing home. Drop them off for them to enjoy.</p>	<p>While washing your hands look at yourself in the mirror and tell yourself one thing you like about YOU!</p>	<p>Do one act of kindness to make life easier for someone.</p> 
<p>Thank 3 people you are grateful to and tell them why.</p> 	<p>Smile at the people you are with to brighten their day.</p> 	<p>Learn one new thing today and share what you learned with someone.</p> 	<p>Choose a favorite song(s) and enjoy a spontaneous dance party.</p> 	<p>Get a deck or two of cards and build a home. Talk about what makes a home safe and what connects us to others.</p>	<p>Go outside and enjoy a game of "Red Light, Green Light." Be sure to run, walk, slide, jump and enjoy other creative ways to move.</p>	<p>Design and create a musical instrument. Enjoy a sharing concert.</p> 
<p>Ask someone to do what you LOVE to do today.</p> 	<p>Send a message or letter to someone you cannot be with today.</p> 	<p>Find a favorite book and read it or share it with someone.</p> 	<p>Enjoy a scavenger hunt with someone. Both write lists of 5 things the other person will look for, switch lists and then GO!</p>	<p>Notice 5 things that are beautiful within your world. Share your ideas with someone.</p> 	<p>Learn how to play hopscotch and then PLAY!</p> 	<p>Thank someone and tell them how they make a difference for you.</p> 



## Drain

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



## S.T.A.R.

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



## Pretzel

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



## Balloon

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

Three deep belly breaths shut off the brain's "fight or flight" system.

This active calming strategy is key to emotional health.

Conscious Discipline utilizes four core breathing techniques: S.T.A.R, Drain, Balloon and Pretzel.

These techniques are simple, fun ways to teach belly breathing to children.