

EVERETT PUBLIC SCHOOLS PRESCHOOL LEARNING ENGAGEMENT GUIDE

June 15 - 19					
	Monday	Tuesday	Wednesday	Thursday	Friday
Reading	Draw story in your yellow book about an outdoor activity that you enjoy. Use your yellow card to help you remember the parts of story.	Read <i>The Big Hungry Bear</i> Or Watch <i>The Big Hungry Bear</i> read aloud *see link below	Retell <i>The Big Hungry Bear</i> story. Talk about the characters, the setting and the emotions in the story.	Draw story in your yellow book about a time you have shared with someone like the mouse in the story shared his strawberry.	Read your favorite book.
Math	<i>Sorting-</i> Sort the rocks you find from your rock hunt	<i>Patterning-</i> Make a rock pattern with the rocks you collected. Example: Big little, dark light, smooth bumpy	<i>Counting-</i> Count the rocks you collected.	<i>More/ Less-</i> Play a more, less or equal game with your rocks. Example: this pile has more than that pile, these 2 piles are equal	<i>Counting-</i> Using the five frame and/or the ten frame attached, count your rocks by placing one rock on each square of the frame. Try taking some rocks away and recounting.
Science	Go on a rock hunt to search for interesting rocks in your yard or neighborhood.	Make your own paper boat and see if it can float.	Take ice cubes and play with them until they melt. Take them outside if it's a sunny. Do they melt faster in the sun?	Melt crayons in a Ziplock bag out in the sun. Once they are melted together, put it in your fridge until it is hard again for a rainbow crayon.	Make your own bubbles *see attached recipe

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Social-emotional	Talk about how you felt in the story you created in your yellow book. Happy, sad, silly...	Share your (strawberry) or snack with a friend	<i>Family Connection-</i> As a family, take turns to share your high and low from the week.	<i>Butterfly Breaths-</i> Practice breathing like a butterfly using your whole body. *see instructions below	Practice ways to stretch and breathe that help you to feel calm and relaxed. Or Try an activity from Cosmic Kids Yoga *see link below
Other	The Big Hungry Bear https://youtu.be/JssVL-8BUHE Cosmic Kids Yoga https://www.cosmickids.com/				
Additional activities and resources available on the Everett Public Schools website: www.everettsd.org					
School closure information and updates will also be available on the website.					

mindfulness series

BUTTERFLY BREATH

Practice mindful breathing like a butterfly using these three techniques:



1. Hands

Seated, hook your thumbs and curl your fingers in toward the palms. With the in-breath your fingers open/expand, and with the out-breath they curl back in.

2. Arms

Standing, grow your wings using your full arms. Expand your full wingspan with in-breath, and curl in toward the center of the body with the out-breath.

3. Legs

Your legs are now your wings! Lying on your back, place your feet together, knees apart. Flap down on the in-breath, together with the out-breath.

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How to Make Homemade Bubbles

INGREDIENTS

- 4 cups warm water
- 1/2 cup sugar
- 1/2 cup blue Dawn dish soap

INSTRUCTIONS

Step #1. Whisk the sugar and water.

Whisk the sugar into the warm water until the sugar dissolves.

Step #2. Whisk in the soap.

Add the dish soap and whisk to combine.

Step #3. Let sit.

This step is only if you have some patience or think to make the solution ahead of time. Letting the homemade bubbles sit for a couple of hours or even overnight helps them work a bit better but is not strictly necessary.

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5 Frame

10 Frame