



June 1-4, 2020



Story Time: You can read any book to your child. It is recommended for families to read 10-20 minutes with your child a day.

If you do not have books to read, here are some virtual books for the week that complement the lessons in the Content/Activities section.

Froggy Gets Dressed
https://www.youtube.com/watch?v=UveFBZ6Nn-c
Eating The Alphabet
https://www.youtube.com/watch?v=T1oKUf_7BJ0
Peppa Pig Phonics- letter sounds
https://www.youtube.com/watch?v=h5uYHKZ4FTI
Counting Crocodiles
https://www.youtube.com/watch?v=LHGGJXQmwTo

Content and Activities

IEP Area: Adaptive: Fork Food

By talking about foods and how they are eaten at mealtime, your child will learn the names of foods and begin to classify them. She will begin to think about the different ways a food can be eaten. A

strawberry, for example, can be eaten using her fingers or with a fork. Working with food and the appropriate eating utensils is part of handling the ritual of eating in culturally acceptable ways

What you do:

Invite your child to make three charts with you. The charts should be labeled "Fork Foods," "Spoon Foods," and "Finger Foods."

Your child can add to the charts by drawing a fork, spoon, or hand under the related heading. Place the charts in a prominent part of the kitchen.

Go to the chart before each meal and talk about what food you will serve: Tonight I cooked fish and rice. We are also having applesauce. What will you use to eat the fish: a fork, a spoon, or your fingers?

Offer your child a pencil or crayon to draw a picture of the food on the appropriate chart. If you are eating something that comes in a package such as frozen vegetables or cereal, invite your child to cut out the label and tape it to the correct chart.

Repeat the process with each food in the meal. Encourage your child to think about which foods might belong on more than one chart, such as the rice.

Return to the chart regularly with your child as she thinks of more foods to add.

IEP Area: Adaptive: Button and Zip

Guiding your child in learning to button and zip helps her learn the skills needed for independent dressing. Children who are struggling to be independent often are unwilling to accept the help they need. By learning the more difficult steps like buttoning and zipping, she will be able to take care of her own dressing at home or school.

What you do:

Give your child a smock or sweater with large buttons and buttonholes. Explain and demonstrate how to put the button through the buttonhole.

Show her how to push the button halfway through the hole. Then, hold that part of the button as she pulls the cloth over the other half.

Keep a few garments handy that have easy-to-fasten buttons.

Let her practice during a long car ride or while waiting at the doctor's office.

Encourage her to button her own clothes when she is ready.

Teach her how to zip a zipper by letting her zip up your coat for you.

Explain how to hold the bottom of the coat as she pulls up on the zipper.

Resist the urge to finish the job for her. She needs lots of practice to master this skill!

IEP Area: Cognitive: Literacy: Listen and Hear:

Before your child begins to read or spell, she must learn the letters of the alphabet and their sounds. Learning letter/sound matches helps prepare your child for reading.

What You Do:

Start with games, books, and activities that interest your child. While your child is playing, help her to notice the letters around her and make letter sounds. Remember to be supportive and encouraging while your preschooler learns letter sounds, as it may take time.

- Share an alphabet book with your child and ask her to say the letter sounds with you. Encourage

your child to think of more words that start with a particular letter.

- Play games such as I Spy using letters and their sounds. "I spy something that starts with the letter B. Remember what sound a B makes? Bbb, Bbb, can you guess what I'm looking at?"
- Use chalk to write letters in each square of a sidewalk hopscotch grid. Your child can say the name of each letter and something that starts with that letter sound as she hops from square to square.
- Have your child help you write a grocery list and ask her what letter certain items start with. If she doesn't know, you can help her out. Learning letters and their sounds takes time.

IEP Area: Cognitive: Math: Adding Ice

What You Do:

Fill a glass part way with water. Ask your child to predict how many ice cubes it will take to make the water rise to the top. Add ice cubes one at a time while counting and compare with the prediction! Help your child with the counting sequence. After the glass is full, ask your child how many ice cubes are in the glass.

Music

Brown Bear What Do You See song

<https://www.youtube.com/watch?v=gUdsvvnnWo>

I Wish You Well song

<https://www.youtube.com/watch?v=V9 li6cSB5o>

Apples and Bananas song

<https://www.youtube.com/watch?v=ul8IJ D-Jaw>

Sesame Street ABC Hip Hop

<https://www.youtube.com/watch?v=p-f6aboKAE>

Remember 30-60 minutes a day of outdoor play, exploratory projects or household chores should be encouraged.

90 plus minutes of imaginative play makes for a happy home!!

Take pictures of your work and share with me. I would love to see how you showcase their learning.

Wishing you all well,

Nessa and Debra