

Learning can happen anywhere. Interactive and hands-on learning is the best way for anyone to learn, especially our kiddos.

The following pages provide a schedule of ways to have fun learning. Each day has its own “theme” and a few suggestions to go with it. This way, you don’t have to feel overwhelmed that you have to do it all every day. Perhaps you need a little help to organize yourself and your to-do list. Maybe you need a reminder to slow yourself down from the hectic reality of our lives and spend a little time embedding a little learning into our schedule and routines.

Following the “schedule”, you will see some listed benefits of each area.

Following that, you will find a more formally guided activity.

You are encouraged to complete an activity (your own and/or the guided activity) and share your results with us. Take a photo, a video, and/or write a journal entry with your child’s dictated words.

Interactive activities: * are a fun way for kids to play & learn. *physical activities promote fitness & health. *games & puzzles aid in skill development. *collaborative activities improve social skills & tighten bonds. *cooperative games teach essential life lessons.

<https://www.journalbuddies.com/having-fun/benefits-of-interactive-activities/>

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M

Make it Monday:

craft, play dough, Legos,
blocks, fort...

T

Take a Trip Tuesday:

virtual museum, bike ride,
walk...

W

*What's Cooking
Wednesday:*

Make something to eat.

TH

Thinking Thursday:

science experiment,
cooperative activity, puzzle...

F

Fun Friday:

Pick a fun favorite activity.

Creativity: *is multi-disciplinary. * allows you to express yourself. *promotes thinking & problem solving. *reduces stress and anxiety. *allows you to enter your happy zone & have fun. *gives you a sense of purpose. *can lead to feelings of accomplishment & pride. *improves your ability to focus. *promotes risk taking. *is a prerequisite for innovation. *encourages us to be lifelong learners.

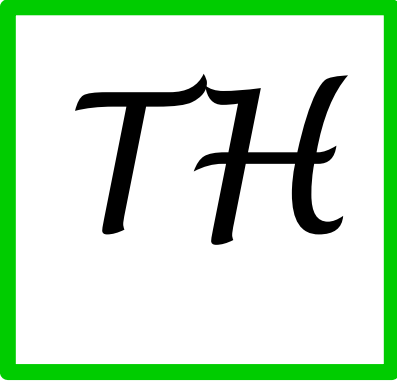
A trip: improves social & communication skills. *ensures peace of mind. *helps you gain original & creative thoughts. *broadens your horizons. *enhances your tolerance for uncertainty. *boosts your confidence. *gets you real-life education. *creates memories. *helps you have fun.

Cooking: *strengthens a child's fine motor skills. *develops basic understanding of math concepts. *develops the concept of sequencing. *expands vocabulary. *develops reading skills. *introduces scientific concepts. *develops an adventurous & diverse taste palette. *engages our senses. *increases focus & attention. *teaches life skills. *promotes healthy eating. *boosts self-confidence. *encourages family bonding.

Critical Thinking: *encourages curiosity. *enhances creativity. *reinforces problem solving ability. *Promotes: reasoning skills, analytical thinking, evaluative skills, logical thinking, organizational & planning skills, language skills, self-reflection, observational skills, open-mindedness, visualization techniques, questioning ability, and decision making. *develops independence. *is a lifelong skill.

Having fun: *reduces stress. *improves our ability to cope. *boosts energy. *improves memory & concentration. *improves our connections with others. *improves sounder sleep.

Guided Activity:



Nature Sensory Bottles

Use items from nature or recycle/reuse items to create a sensory bottle – great item for observation.

Materials:

Plastic Bottle, Clear Glue, Warm Water, Glitter, Nature Items or Small Recyclables (buttons, paper clips, marbles)

What to do:

Fill the empty bottle about halfway with the clear glue, add glitter and found items or recyclables. Fill the bottle the rest of the way with warm water. Seal top with hot glue or tape.

Extension:

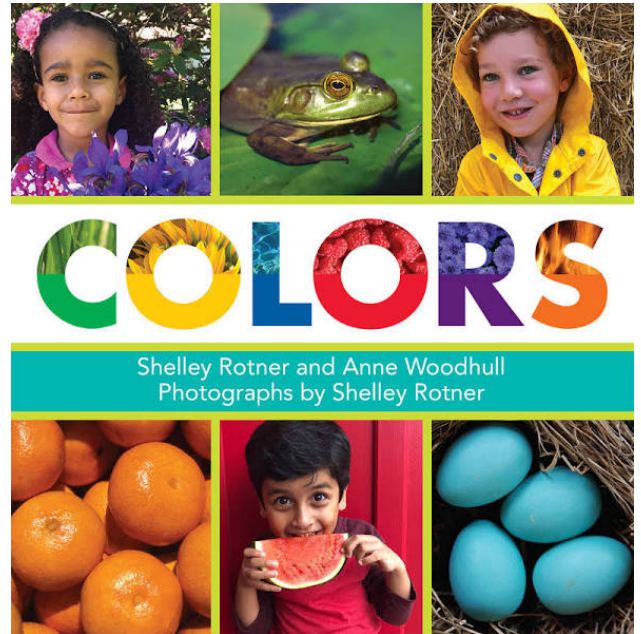
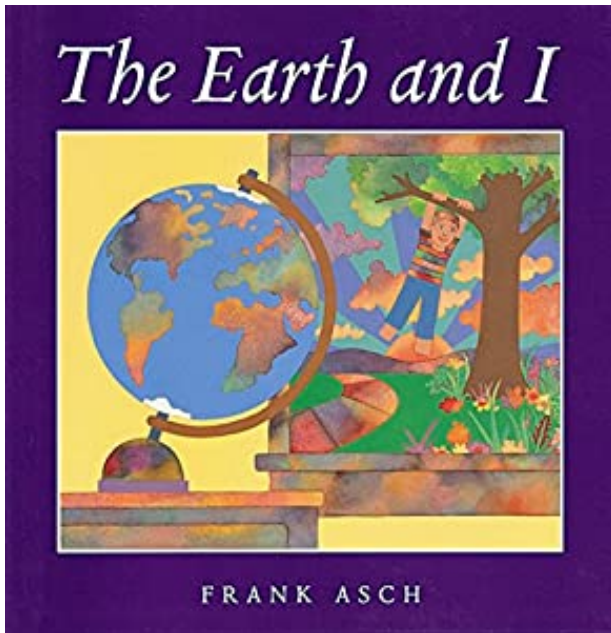
Discuss what happens to the objects inside. Do they sink to the bottom or float? What happens when you turn it upside down or shake it?

ISBE Learning Standards:

Science 11AECc Plan and carry out an investigation; 12DECb Explore the effects of forces in nature.

Social Emotional 30CECc Show initiative, self-direction and independence.

Recommended Reading:



If you do not already own these books, you can find them digitally online at your library, Hoopla, or You Tube.

Title: The Earth And I by Frank Asch

<https://www.youtube.com/watch?v=Bg-rxJp9z3M&feature=share>

Title: Colors by Shelley Rotner <https://www.youtube.com/watch?v=ILNSmQc-7i0>

****More sensory bottle resources and ideas: <https://rhythmsofplay.com/nature-inspired-sensory-bottles/>*

