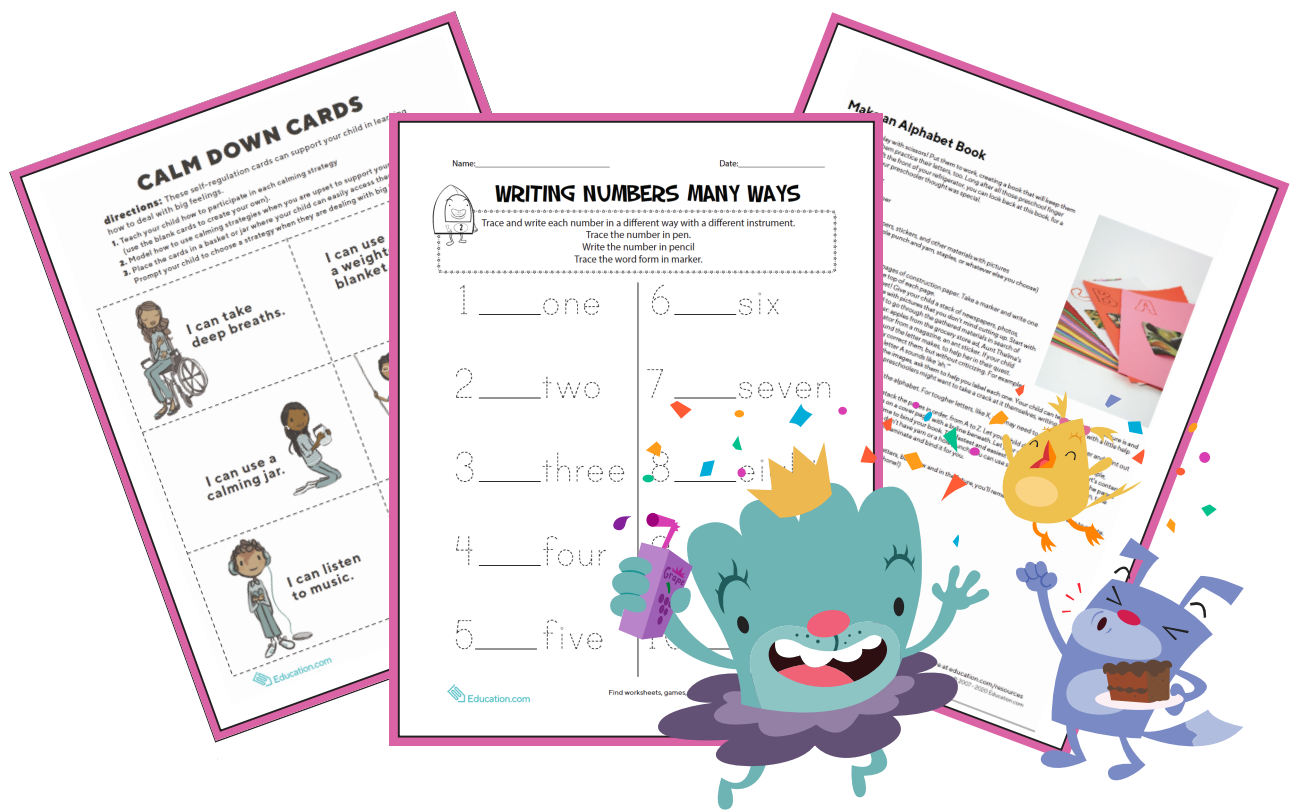


Week 4

P
Preschool

Independent Study Packet

 Education.com



5 Days of
Independent Activities in
Reading, Writing, and Math

Helpful Hints for Students and Families

Materials You Will Need:

- Pencils
- Extra paper or a notebook/journal (everything can go in one place)
- Colored pencils, markers, or crayons for some of the activities



Directions & Tips



- You may complete the activities in any order.
- Check off each of the activities when you finish them on the menu.
- Make sure an adult signs the activity menu page before you bring it back to school.

Activity Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Reading 	Super Question Bookmarks	Turn Your Child into a Letter Detective!	Illustrate a Famous Book!	Play Tape Letter Learning Games	Make a Name Plate
Writing 	Make an Alphabet Book	Branch Out: Create an Alphabet Tree	Emotions Journal	Make Peek-a-Boo Books	My First Gratitude Journal
SEL 	Creating a Peace Corner to Promote Harmony, Kindness, and Calm at Home	Movement and Calm Breaks	Mindfulness: Mindful Listening	Calm Down Cards for Young Children	Learn Self-Awareness Through Deep Relaxation
Math 	How Many Colors in a Rainbow?	Cut and Categorize #4	Writing Numbers Many Ways	Identifying Patterns: Animal Dance Moves	How Many Are There? Trees
Other Fun Stuff	Kindness Bear Puppet	Make a Calm Down Bottle	Make Your Own Fairy Potion	Make a Bravery Badge	Make Peace Rocks

Parent/Guardian Signature: _____

Day 1

Reading	Make your own SUPER bookmark to keep your place and give you lots to think about as you read with a grown-up.
Writing	Create your own alphabet book by writing and illustrating each page.
SEL	Make your very own peace corner in your home!
Math	Practice counting the colors in the rainbow using this artistic activity.
Other Fun Stuff	Create your very own puppet to share kindness with those around you.



Super Question Bookmarks

Super Questions



Before an activity

What will you need?
What are you going to do?
How will you start?
Why are we/you doing this activity?

During an activity

I wonder what this is?
What do you think this is for?
Why do you think that happened?
What do you think will happen if we _____ or we don't _____?

After an activity

Can you remember what happened when _____?
How did you feel when _____?
What did you see/hear/feel?

Super Questions



Before an activity

What will you need?
What are you going to do?
How will you start?
Why are we/you doing this activity?

During an activity

I wonder what this is?
What do you think this is for?
Why do you think that happened?
What do you think will happen if we _____ or we don't _____?

After an activity

Can you remember what happened when _____?
How did you feel when _____?
What did you see/hear/feel?

Make an Alphabet Book

Let your child play with the alphabet! Put them to work, creating a book that will keep them busy, and help them practice their letters, too. Long after all those preschool finger paintings have left the front of your refrigerator, you can look back at this book, for a glimpse at what your preschooler thought was special.

What You Need:

- Construction paper
- Glue stick
- Markers
- Magazines, newspapers, stickers, and other materials with pictures
- Binding material (a hole punch and yarn, staples, or whatever else you choose)

What You Do:

1. Ask your child to pick 26 pages of construction paper. Take a marker and write one letter of the alphabet at the top of each page.
2. It's time to work that alphabet! Give your child a stack of newspapers, photos, magazines, and anything else with pictures that you don't mind cutting up. Start with the letter A and ask your child to go through the gathered materials in search of words that begin with that letter: apples from the grocery store ad, Aunt Thelma's picture from last Easter, an alligator from a magazine, an ant sticker. If your child needs help, you can make the sound the letter makes, to help them in their quest. When they make a mistake, gently correct them, but without criticizing. For example, "That word starts with 'eh,' and the letter A sounds like 'ah.'"
3. After your child has collected all of the images, ask them to help you label each one. Your child can tell you what the picture is and you can write the word below. Older preschoolers might want to take a crack at it themselves, writing the words with a little help from mom or dad.
4. Repeat this process with each letter of the alphabet. For tougher letters, like X, you may need to go to the computer and print out some pictures to have on hand.
5. Once you've finished with all the letters, stack the pages in order, from A to Z. Let your child decide on a title — for example, "Eli's Alphabet Book" — and then write this on a cover page, with a byline beneath. Let your child decorate to their heart's content.
6. You've reached the final stretch! Now it's time to bind your book. The fastest and easiest way is to punch holes in all of the pages and use yarn to tie the book together. If you don't have yarn or a hole punch, you can use staples. For a spill-proof version, take your creation to the copy store and have them laminate and bind it for you.



Don't forget to read your book! As you look over the letters, both now and in the future, you'll remember how much fun it was to create. (And how challenging it was to find a picture of a xylophone!)

Creating a Peace Corner to Promote Harmony, Kindness, and Calm at Home

Adults and children all need space sometimes for solitude and reflection, and a place to go to find ease from the hustle and bustle of everyday responsibilities and agendas. A peace corner can be a great addition to your home—for you and your child—to use as a safe haven for practicing mindfulness and cool-down methods, as well as for quiet alone-time. In this activity, kids will create a peace corner in their bedroom or home and reflect on ways they may use their peace corner through drawing and discussion.

What You Need:

- [My Peace Corner](#) worksheet
- Paper
- Pencils
- Crayons
- 1–3 books that your child likes that makes them feel calm (optional)
- [Calm down bottle](#) (optional)



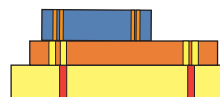
What You Do:

1. Talk to your child about what they may do when they feel upset at home. Ask, "Where do you usually go when you're upset?"
2. Explain to them that a peace corner may be created at home for them to use when they are upset or need space to find calm.
3. Use the My Peace Corner worksheet to guide your child to create and personalize their peace corner.

Name _____

Date _____

My Peace Corner



Quiet spaces can be a great way to find calm by ourselves. Sometimes we may call these spaces or corners "peace corners."

1. Draw all of the things that you would like in your quiet space at home that help you feel peaceful and calm (A favorite book? Your cool-down bottle? Favorite coloring pages?):

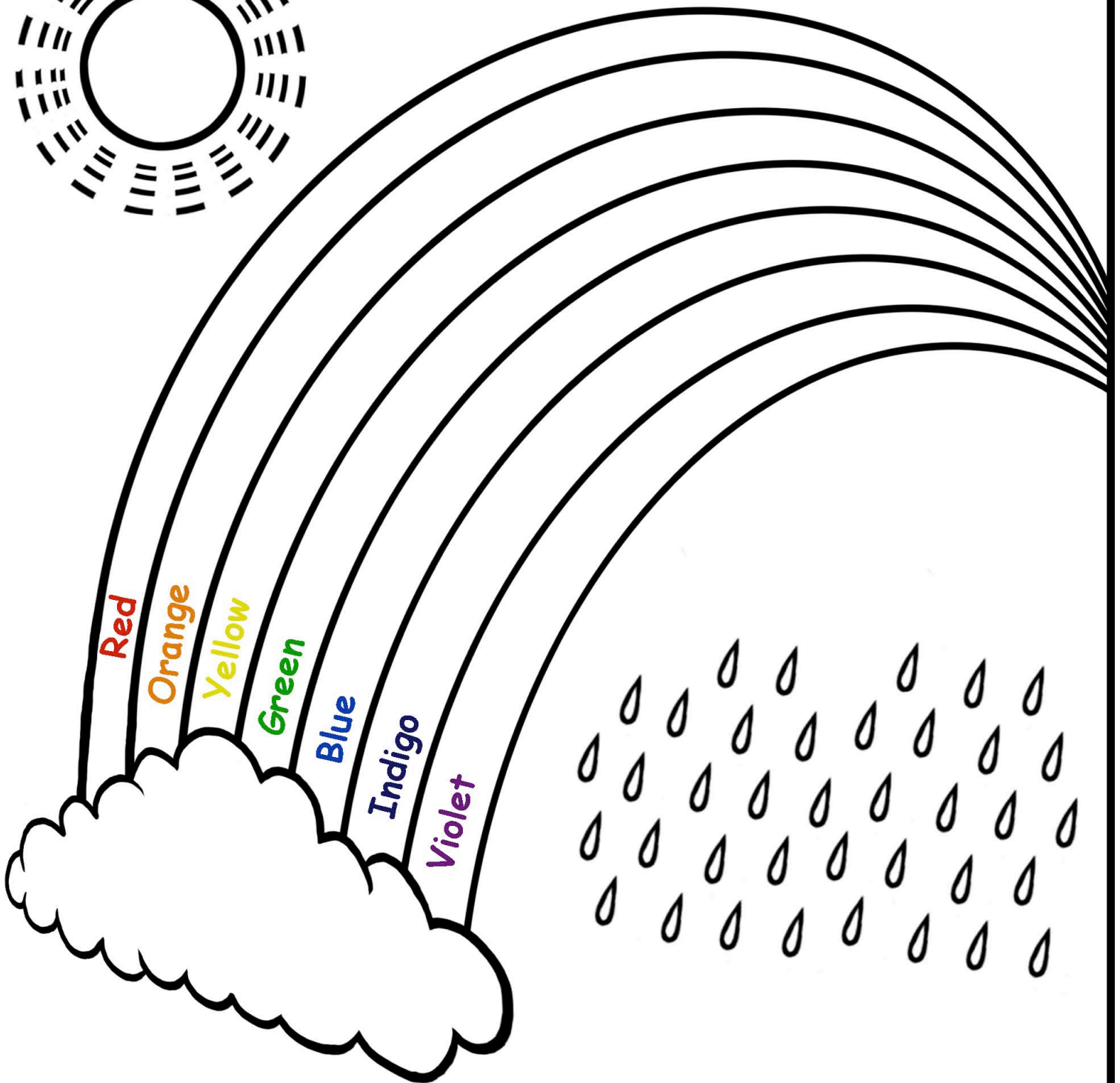
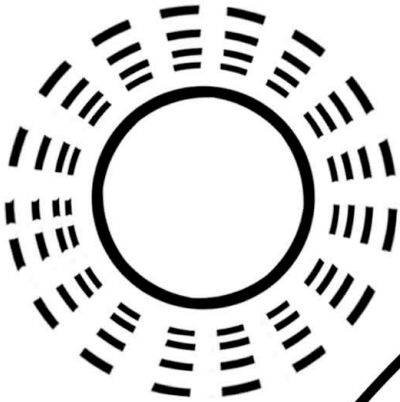


2. Now fill this space in your home or bedroom with these items. Make the space as cozy as possible.

3. What name would you like to give your quiet space?

Draw a picture of yourself using your peace corner at home:

How many colors does a rainbow have?



Name _____

Date _____

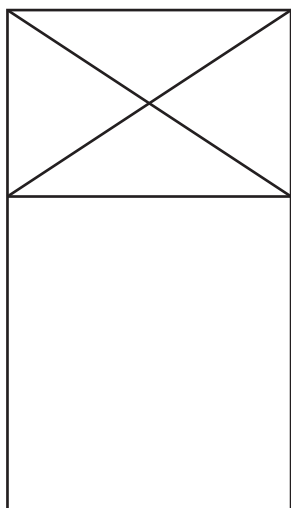
Kindness Bear Puppet



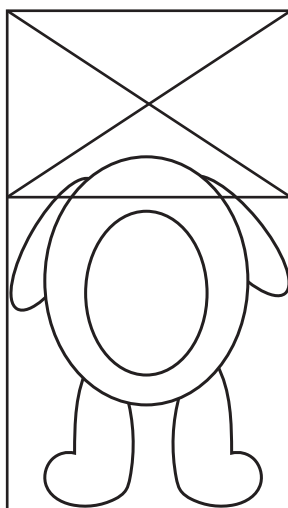
Follow these directions to make your own kindness bear puppet!

1. Color in your bear face and body.
2. Cut out your bear body and face.

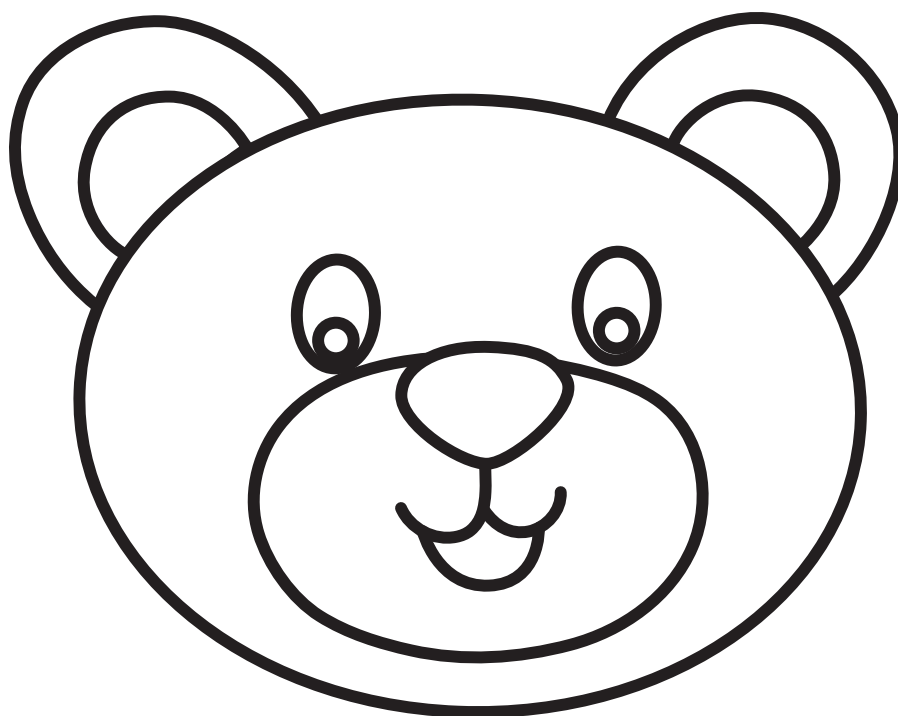
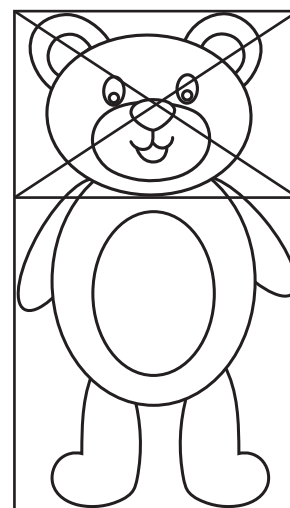
3. Lay your paper bag flat.



4. Glue body under the flap.



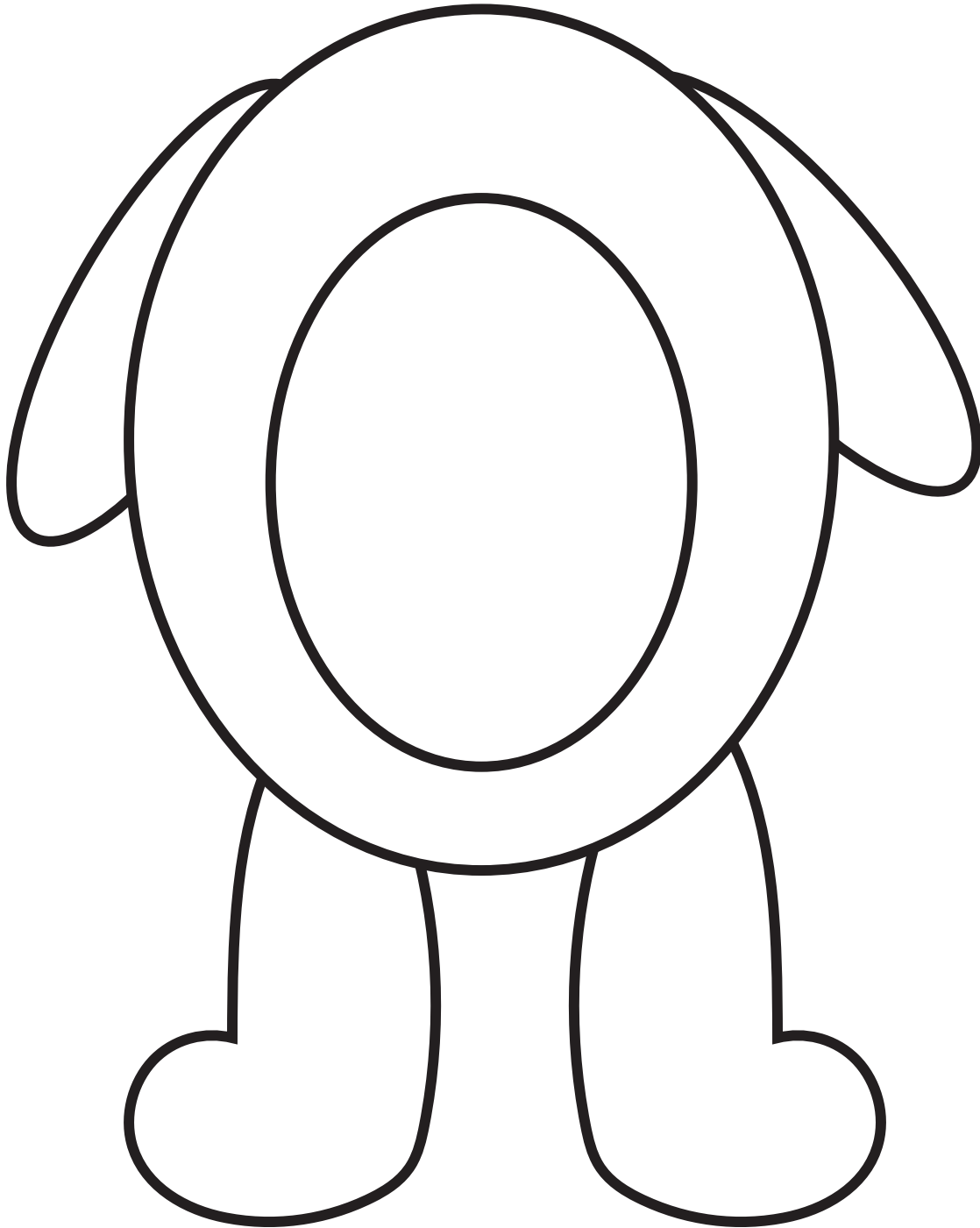
5. Glue your bear face on top of the flap.



Name _____

Date _____

Kindness Bear Puppet



Day 2

Reading	Become a letter detective as you search for the letters of the alphabet!
Writing	Create your own alphabet tree as you practice writing your letters.
SEL	Get your body moving!
Math	Practice sorting and categorizing in this animal-themed cut-and-paste activity sheet.
Other Fun Stuff	Create your very own calm down bottle!



Turn Your Child into a Letter Detective!

Getting a preschooler to sit still and run through the alphabet isn't easy. And why should it be? It sounds boring.

But spice things up with a few adult-looking markers and the promise of a hunt, and you're in business. This activity turns kids into word detectives—scouring their way through documents in search of letters.

What You Need:

- Highlighters in several colors
- Magazines or newspapers
- Several index cards or post-it notes
- Magnifying glass (optional)

What You Do:

1. Choose a letter of the alphabet. Make sure that your child knows what it looks like, both as a capital letter and as a lowercase letter. (You may want to print both versions on an index card or post-it note, to give them a reference.) Once you've given your child a target, arm them with a set of old magazines or newspapers to hunt through, and a magnifying glass if you've got one, to add to the Sherlock Holmes experience. As they find their letter, they should highlight it.
2. Want to add extra excitement? Use a timer and see how many versions of the letter your child can find in two or three minutes. Tally the number and see if they can "beat" it the next time.
3. If your child is having difficulty with this, don't despair. The magazine and newspaper pages may have too much writing on them. You can create your own page using a computer's word processing program. Instead of those Word Searches, so common in the newspaper, you're creating a Letter Search. Be sure to use a large font size, then type letters randomly, using some uppercase and some lowercase letters. To keep frustration levels low, use your focus letter frequently, at least at first. Here's an example of what a letter search for "Aa" would look like.
4. Once your child is finding all of the letters of the alphabet quickly, challenge them with some high frequency words instead. Some possible words to start with include: **the, a, to, my, is, you, and**.

The more they practice the faster they'll get. So keep those highlighters handy, and the hunt fresh.



Branch Out: Create an Alphabet Tree

Early literacy skills are probably the most important development for your preschooler, so what better way to teach them than with this fun arts and crafts activity? Make an alphabet tree collage! Cut out the pieces of a tree and glue them together, writing each letter of the alphabet on the leaves! Your child will have fun improving their fine motor skills, learning essential reading and letter recognition skills, as well as basic math skills like shape.

What You Need:

- Construction paper in brown and green (or other colors)
- Ruler
- Markers
- Scissors
- Glue stick

What You Do:

1. Help your child come up with shapes to form a tree. For example, a large rectangle could be the tree trunk, smaller rectangles could be the branches, and circles, diamonds, or triangles could be the leaves.
2. Measure a rectangle about 6" tall and 2" wide on brown construction paper, and help your child cut it out to use as the trunk. (Note: measurements don't need to be exact. Feel free to eyeball it!)
3. For the branches, cut a rectangle 8 1/2" tall and 2 1/2" wide. Fold it in half horizontally, then cut along the crease. Stack the two pieces together and cut the pieces vertically into four strips (about 3/4" wide). Because they are stacked, you should end up with eight strips total.
4. Cut out 26 shapes for the leaves. You can use green construction paper or orange, yellow, and red depending on the season. Leaf shapes should be a little bigger than a dime.
5. Invite your child to glue the pieces together onto a piece of construction paper. Glue seven of the eight strips onto the large rectangle (the leftover one can be recycled since it's not being used). The branches should fan out of the top of the trunk, with enough space between each branch for some leaves to fit on either side.
6. Glue three or four leaves to each branch, making sure to use all 26. Then set it aside to dry.
7. Hand your child a marker and invite them to write each letter from the alphabet on the leaves. If they are unable to do this yet, you can write the letters for them as long as you end up with all 26 letters on your tree.
8. When you're finished, invite your child to identify each letter and the sound it makes! If you like, couple this art and letter recognition activity with a read-aloud experience. Good books to read before or after this project could be *The Alphabet Tree* by Leo Leonni or *Chicka Chicka Boom Boom* by Bill Martin, Jr. and John Archambault.



Movement and Calm Breaks

Getting in touch with our bodies can be a powerful tool in boosting our sense of peace, joy, and energy. In this social emotional learning activity, you and your child will practice taking movement and calm breaks during homework or when feeling tired. Then, your child will write about and draw what the experience was like for them. Ideally, encourage your child to step outside to move during this activity and future mind breaks.

What You Need:

- [Taking Breaks to Move](#) worksheet

What You Do:

1. Ask your child, "What can you do to give yourself more energy when you feel tired?"
2. Tell them that movement breaks can be helpful to move energy in our bodies and make us feel more awake.
3. Take a mindful movement break with your child! Guide them to complete the following steps, modeling each one for them:
 - a. Stand up.
 - b. For one minute, begin to bounce softly with your knees, keeping your feet flat on the ground and gently swinging your arms by your sides from front to back.
 - c. Pause, and take a few deep breaths. Explain to your child that deep breaths can help us feel more energized.
 - d. For one minute, jump in place and shake your arms, fingers, and head gently from side to side.
 - e. Pause, and take a few deep breaths.
 - f. Keep your feet in place, and swing your arms side to side, twisting your belly.
 - g. For one minute, feel your hands gently tap your sides and back.
 - h. Pause, and take a few deep breaths.
 - i. Slowly take a seat.
4. Ask your child what they notice and how they feel.
5. Tell them that there are other things we can do to feel more calm, too.
6. Ask your learner to open their hands wide forward, with just their thumbs touching.
7. Then, ask them to bring their hands together.
8. Guide them to start rubbing their hands together and to feel the warmth that is created.
9. Explain to them that you are going to count to three. When you get to three, they should pause.
10. Count from one to three, and pause.
11. Have your child cup their hands over their eyes and keep their eyes open.
12. Ask them to close their fingers so that no light gets through their hands.
13. Guide them to feel the warmth from their hands on their eyes. Pause.
14. Invite them to feel their gentle breath at their nose. Pause.
15. Begin to speak more softly, and have them slowly lower their hands. Pause.
16. Ask them what they notice and how they feel.
17. Ask, "When is a good time to use movement if you may be feeling tired?"
18. Ask, "When is a good time to use hand cupping if you may be feeling nervous?"
19. Tell your child that now, you will both create a drawing as a reminder to take movement breaks throughout the day.
20. Read the instructions on the Taking Breaks to Move worksheet, and use it as a guide.
21. Create your drawings and write about your experience taking a movement break.
22. Find a special place in the house to hang your drawings so that you will both remember to take movement breaks.



Name _____

Date _____



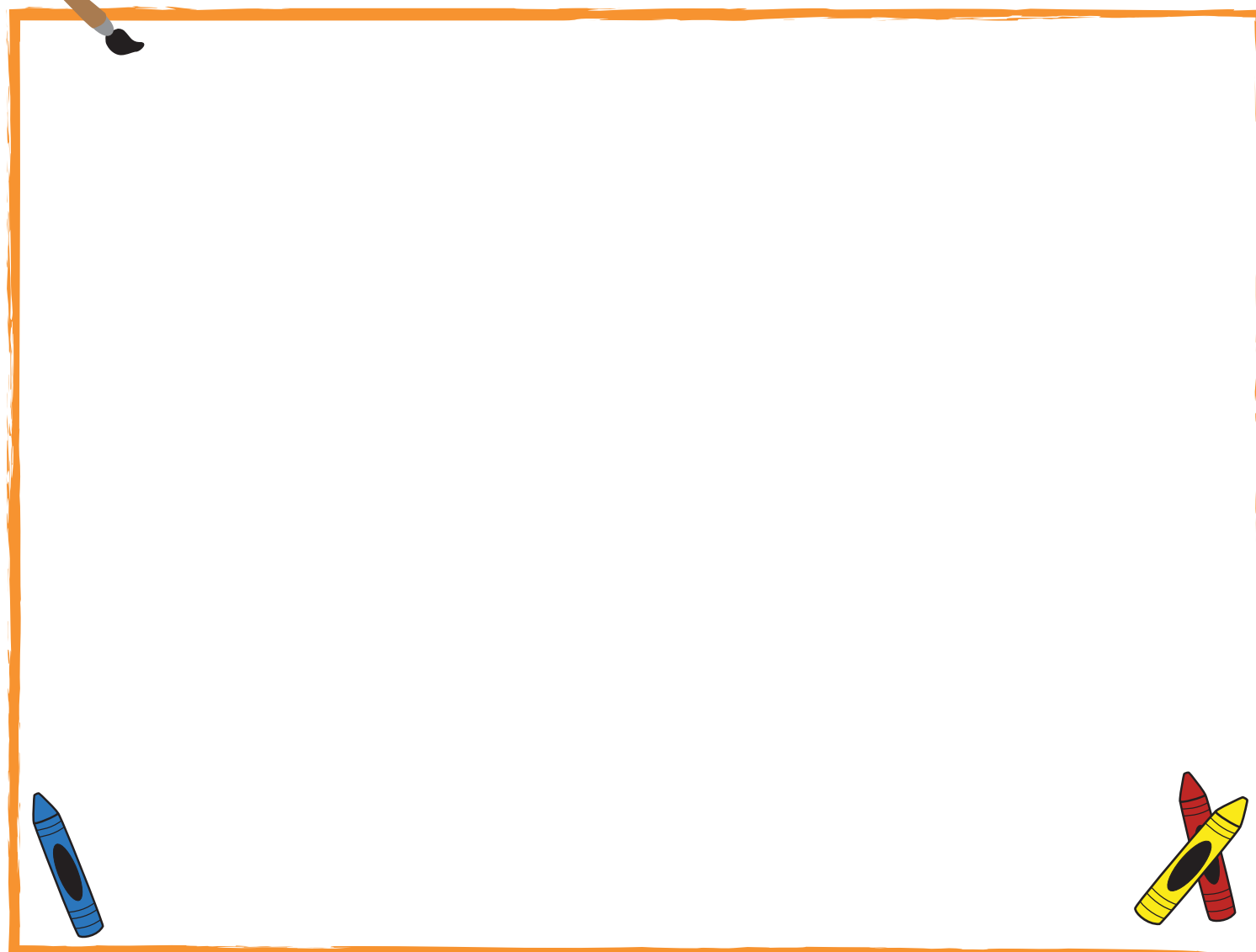
Taking Breaks to Move



Materials: Art paper, colored pencils/markers/paints

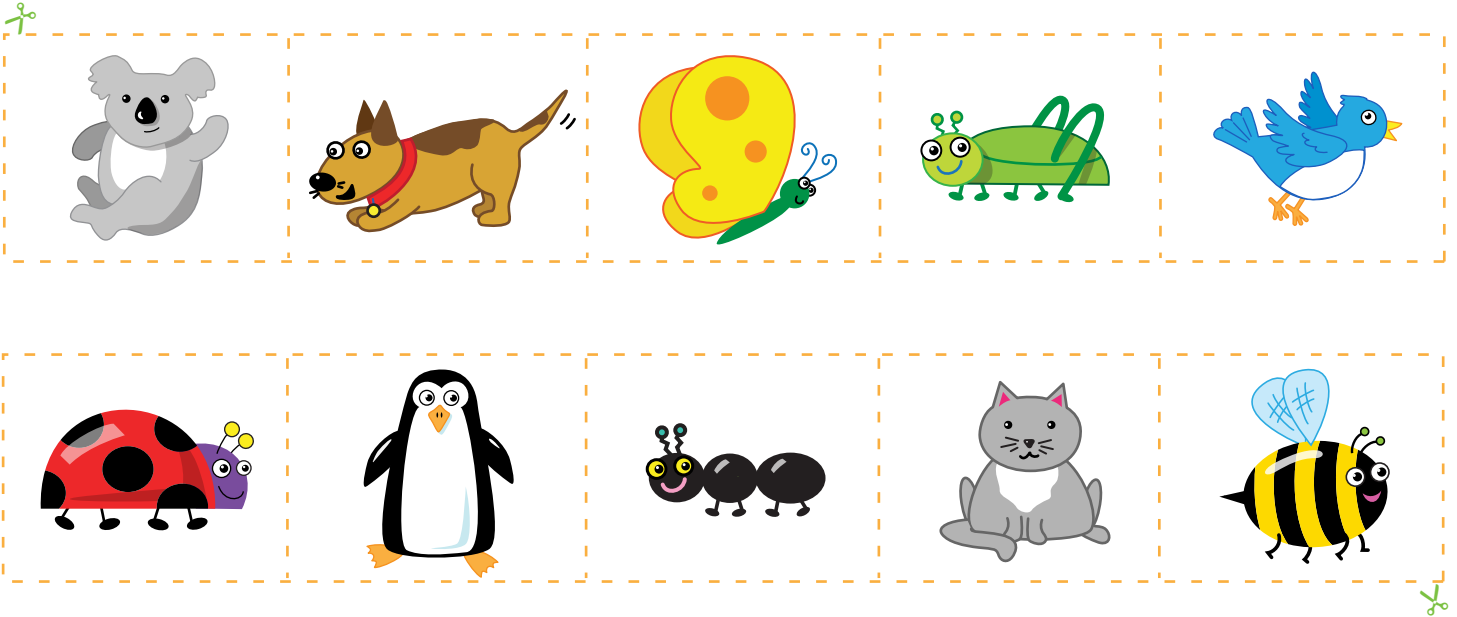
Directions:

1. Spend some time sharing with each other how movement can relate to how you feel. For example, how do you feel when you run? How do you feel when you breathe and stretch? Discuss why it's important to take movement breaks throughout the day.
2. Now, spend some time planning what you want to draw in the space below as a reminder of the importance of taking movement breaks.



3. Now use your art paper and colored markers/paints/pencil and begin to make your creation!
4. Find a special place in your home to hang what you created where it will serve as an important reminder to take movement breaks throughout the day.

Cut out the squares below. Then paste them into the correct box.

**Insects****Not Insects**

Make a Calm Down Bottle

Do you need to help your students chill out? This activity will help your students learn how to breathe deeply, self-soothe, and calm themselves down. Once the calm down bottle is made, have your child breathe deeply as they watch the glitter in the bottle settle down. The more glue you use, the longer the glitter will float. This strategy works because it takes some time for the glitter to settle, so watching it ensures kids take long breaths.

What You Need:

- Small plastic bottles
- Warm water
- Mixing bowl with spout for pouring
- Tape
- 2 ounces glitter glue
- 2-3 drops of food coloring (depending on bottle size)
- 2-4 ounces fine glitter
- [Calm Down Bottle worksheet](#)



What You Do:

1. Talk to your child about how their body feels when they feel a strong emotion.
2. Explain that there are strategies they can use to relax. Have them take a few deep breaths in their belly to see how breathing can calm them down.
3. Share that they will make a calm down bottle today to help them out whenever they feel stressed, upset, or overwhelmed.
4. With your support, have your child add warm water to the bottle until it's filled "¾" of the way up.
5. Add the glitter glue and stir until combined with water.
6. Add 2-3 drops of food coloring. Be careful not to add too much or it will be challenging to see the glitter.
7. Pour in the glitter! Again, your child can use more or less than suggested.
8. Stir well until combined with the existing mixture. Optional: use a drop of baby oil or liquid soap to give the calm down jar a cool effect.
9. Use tape to secure the bottle and make sure it stays closed shut.
10. Have your child place the calm down bottle in an easily accessible place.
11. Encourage your child to give the bottle a more creative name.
12. Have your child practice breathing deeply using their calm down bottle every day.
13. It can be fun to breathe deeply together with them and make a calm down bottle for yourself too and keep it in a special place.
14. Brainstorm times or ways you would use your calm down bottle.
15. Complete the [Calm Down Bottle worksheet](#).

About the author: Meena Srinivasan, MA, National Board Certified Teacher, is a leader in the fields of Mindful Awareness Practices (MAP) and Social and Emotional Learning (SEL). She is the author of *Teach, Breathe, Learn: Mindfulness In and Out of the Classroom* (Parallax Press, 2014) and *SEL Everyday: Integrating Social and Emotional Learning With Instruction in Secondary Classrooms* (Norton, 2019).

Name _____

Date _____

Calm Down Bottle

Instructions: Fill one third of a small plastic bottle with warm water. Add 2 ounces glitter glue, 2-4 ounces fine glitter, and 2-3 drops food coloring. Close the lid tightly and shake to combine. When you're upset, look at the bottle and breathe deeply.

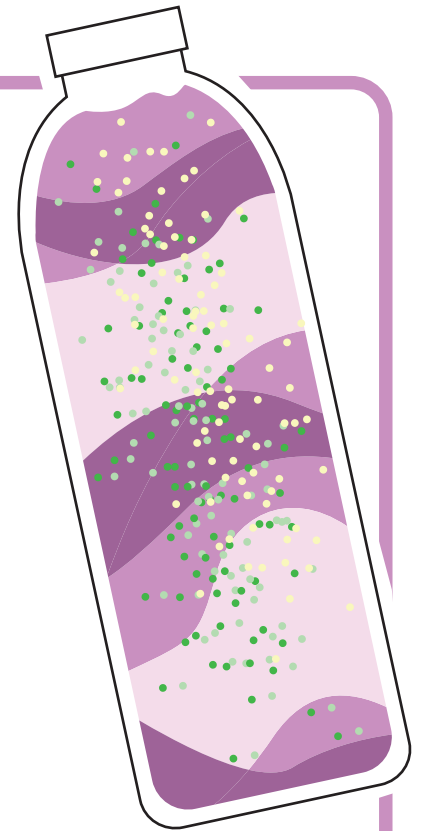
After making a calm down bottle, answer the following questions:

What is a calm down bottle?

How will you use your calm down bottle?

When will you use your calm down bottle?

Draw a picture of your calm down bottle:



Day 3

Reading	Practice your listening skills as you read a book and create your own set of illustrations!
Writing	Write and draw about your feelings in an emotion journal.
SEL	Go on a sound hunt to practice mindful listening.
Math	Practice writing numbers two different ways using this tracing page.
Other Fun Stuff	Get creative as you make your very own fairy potion!



Illustrate a Famous Book!

In the best picture books, the illustrations bring as much meaning to the story as the words themselves. But what if your child couldn't see the pictures? In this activity, they'll listen to a story without looking at it, and create their own images. Not only will they get a kick out of becoming the "new illustrator" of a famous book like *Where the Wild Things Are*, or *The Little Engine That Could*, but they'll get some major reading comprehension help along the way.

What You Need:

- Picture book
- Paper
- Pencil
- Crayons or markers
- Stapler, string, or brass clips

What You Do:

1. Pull out an unfamiliar book and sit down somewhere comfortable with your child. Without opening the book, look at the cover. Ask your child what the picture makes them think of. What's happening in it? Looking only at the picture, ask them to predict what they think the story will be about.
2. Now tell your child you're going to read them a story, but just this one time, they won't be able to look at the pictures. Instead, ask them to use their imagination, and come up with images in their mind while you read.
3. During the reading, stop periodically and ask questions. For example, "Why did Sally go outside when her mother said not to?" Try to incorporate questions that require kids to make predictions as to what will happen next.
4. Once you've finished the book, tell your child they're going to illustrate it! Now's the time for discussion. While adults can often remember what happened in a story long after they've finished reading it, this is a skill that young kids need help developing. Give your child some prompts. Ask what happened first and then let them draw it. Ask what happened next, let them draw it, and so on. As they finish each picture, help them by writing some text below their illustration, using the words your child used when they retold it to you.

Bind the story and make a cover. If they like, you and your child can compare their version to the original and see what's different.



Name _____

Date _____

My Emotions Journal

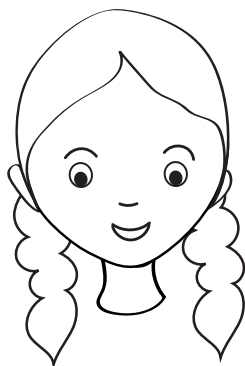
Create a cover for your emotions journal, then draw a picture for the first page of your new journal.

Color in your journal cover!

MY EMOTIONS JOURNAL

_____ name

happy



excited



scared



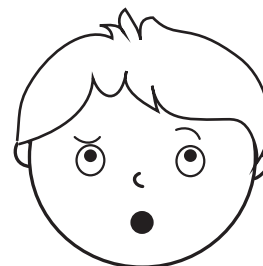
angry



confident



confused



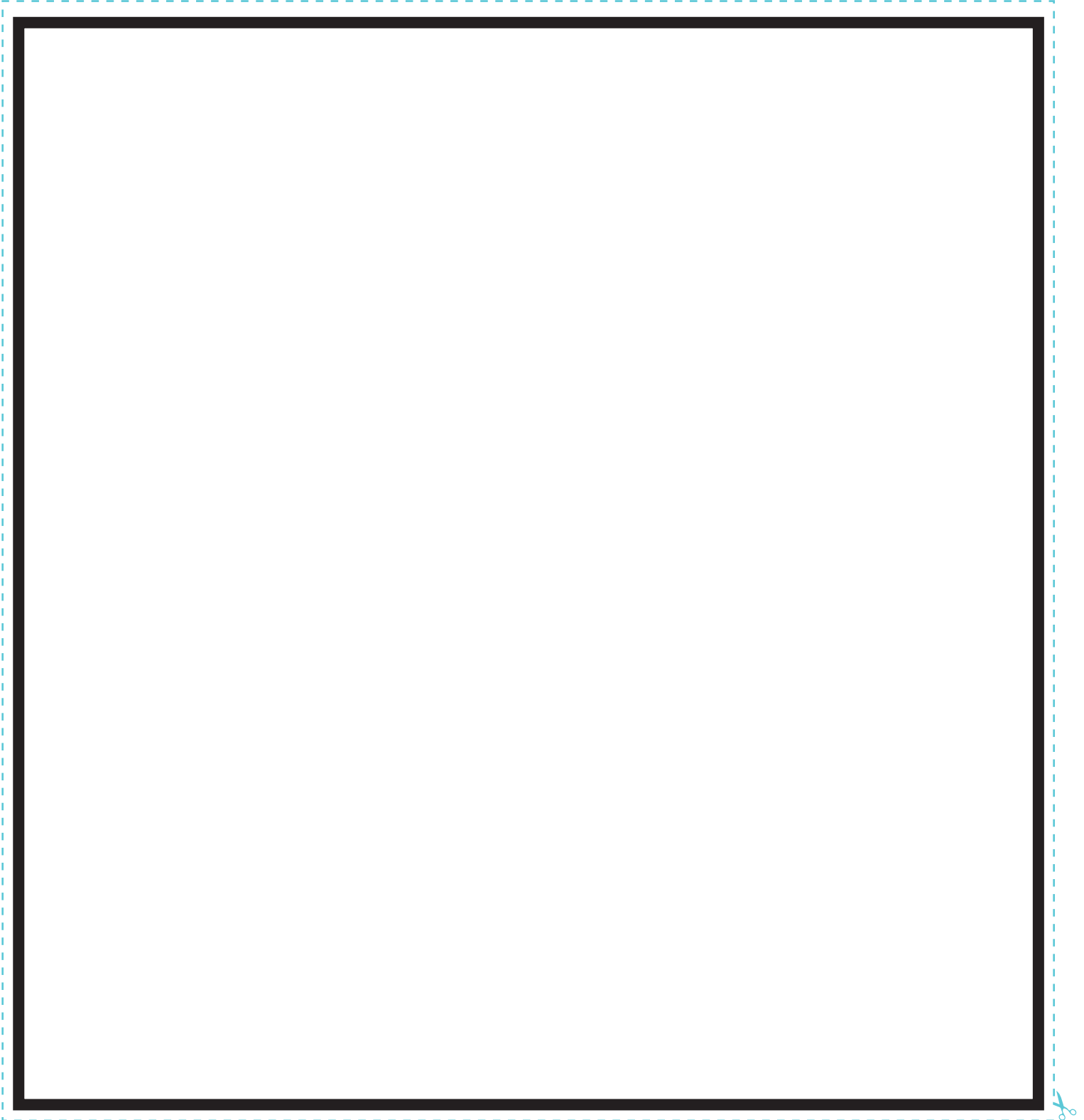
Name _____

Date _____

My Emotions Journal

Journal Page 1

Draw a picture of something that makes you feel **happy**:

A large rectangular area for drawing, enclosed by a dashed blue border and a solid black border. The area is empty, intended for a child to draw something that makes them feel happy.

Name _____

Date _____

mindfulness series

MINDFUL LISTENING

Listen like an owl to become more aware of the sounds around you.

**An owl can hear sounds that are close up and far away,
and can also be silent when needed.**

Go on a “sound hunt” as an owl. What do you hear close up?
What do you hear far away? Write and draw your observations.



Name _____

Date _____

mindfulness series

MINDFUL LISTENING

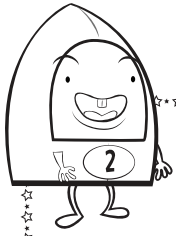
Go on a sound hunt in a different environment.

Draw the sounds that are close and the sounds that are far away.

Sound hunt location:

Name: _____

Date: _____



WRITING NUMBERS MANY WAYS

Trace and write each number in a different way with a different instrument.

Trace the number in pen.

Write the number in pencil

Trace the word form in marker.

1 _____ one

6 _____ six

2 _____ two

7 _____ seven

3 _____ three

8 _____ eight

4 _____ four

9 _____ nine

5 _____ five

10 _____ ten

Make Your Own Fairy Potion

What do you get when you combine science and fairies? Fairy scientists who make their own potions, of course! This activity promotes critical thinking skills as your child mixes, experiments, and creates their very own fairy potions. All you need is food coloring, water, flowers, leaves, containers, and your imagination and you are ready to make a one-of-a-kind concoction. Geared for preschool age children, this is a project that scientists of all ages will enjoy!

What You Need:

- A variety of plastic containers
- Food coloring
- Water
- Outdoor space where your child can get messy Outdoor table (covered with newspaper if you'd like it to stay clean)
- Fairy wings
- Leaves
- Safe scissors for toddlers
- Measuring cups and spoons
- Flower and leaf cuttings
- Water source (such as a hose)



What You Do:

1. Prior to bringing your child outside, set up the containers filled with water, food coloring, flower and petal cuttings, and the rest of the materials outside on the table you chose.
2. Bring your child to the outdoor space. Act excited and explain that today, they will be creating their very own fairy potions (e.g., magical liquids)!
3. If possible, offer your child the fairy wings to wear. (You can wear some too to make this even more fun!)
4. Model how to create a fairy potion. For example, mix red and yellow food coloring to create an orange fairy potion. Point this out to your child by asking questions like, "Wow! I started with red. Then I mixed in yellow. Now I have orange. I wonder how that happened?" Mix in some petals and leaves to heighten the sensory experience. Show your child how to cut the petals and leaves using the safe scissors.
5. Allow your child time to experiment with the materials.
6. Observe your child and use questioning strategies like the one above to encourage them to make connections and verbalize what they notice.
7. Encourage your child to think about capacity by asking questions like, "If I pour this container of red potion into this container of green potion, what will happen?" Active questioning will allow your child to problem solve and think deeply about what they are doing.

Remember that your child learns through play, so it's also critical to give them time to experiment with the materials without questions/comments from an adult. Enjoy watching your little fairy create, learn, and explore!

Day 4

Reading	Practice learning your letters by playing this fun tape game.
Writing	Make your own peek-a-boo book to practice your reading and writing.
SEL	Learn different strategies for calming down using these cards!
Math	Finish the pattern by identifying what comes next in this fun cut-and-paste activity.
Other Fun Stuff	What does it mean to be brave? Use this activity to create a personal bravery badge!



Play Tape Letter Learning Games

In preschool, letter learning is the name of the game, and there's no end to fun and easy ways to practice. In this activity, you and your child can play several different games with taped down letters to help reinforce letter recognition while playing. You can also use this activity to help your child learn numbers, shapes, or colors.

What You Need:

- Blue painter's tape
- Vinyl or tile floor
- CD player and children's music
- Stuffed animals

What You Do:

1. Test the tape on your floor in an out-of-the-way area to make sure that it doesn't leave any marks when you remove it. Do not do this activity on a wood floor. If you do not have a tile or vinyl floor, you can also do these outside with sidewalk chalk.
2. When your child is not in the room, tape 4 letters that your child is learning on the floor. Depending on your available space, you can either lay them out in a line or in a box shape.
3. When your child notices the letters, play one of the following three games:

Letter Freeze

Turn on the music and tell your child that both of you are going to dance on the letters. Be as silly as possible as you dance on the alphabet, hopping from letter to letter. After you have danced for a few minutes, stop the music. When the music stops, everyone has to freeze. Shout out the name of the letter that you are on, and then turn the music on and play again. The sillier the better!

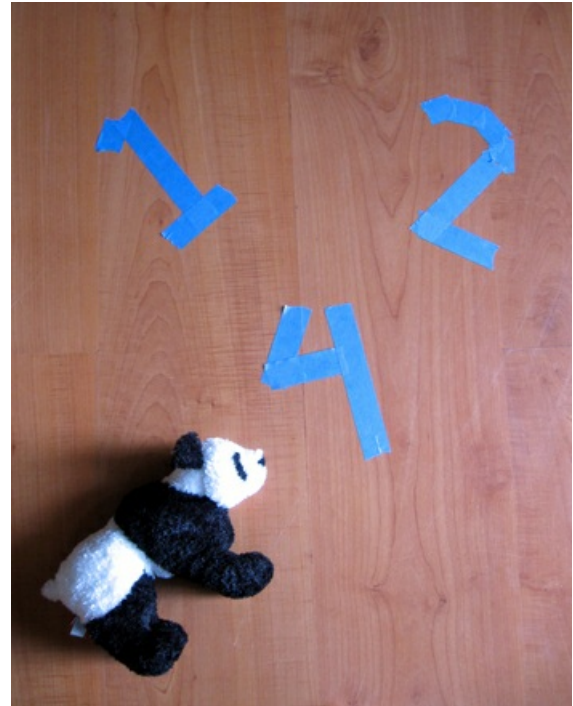
Stuffed Animal Shuffle

Have your child find three favorite stuffed animals who want to play on the letters. Give them directions as to where to put the animals such as "Teddy wants to go to the letter Q, but first they need to stop on the letter R." Continue giving them additional directions for the animals, and get sillier as your child gets faster at following directions. You can also add some variety to the game by having them do silly movements as they move the animals, such as hopping like a frog. When they are done, switch roles and have them tell you what letters each animal wants to move to.

Scavenger Hunt

Talk about what sound each letter makes and ask them to find an object that starts with the sound of each letter on the floor. Place the objects on the matching tape letter. As an extension, you can play along too and see who finds the silliest objects for each letter.

Once your child has mastered the letters that you taped, you can play the game on another day with different letters. Be sure to remove the tape from the floor when you are done playing the game!



Make Peek-a-Boo Books

Does your preschooler love to play hide-and-seek? Are they always trying to name things they don't know the words for? Then this is the activity for you! Build a peek-a-boo book and give your child a vocabulary and reading boost, on the fly!

What You Need:

- 10 lined index cards
- 2 pieces of colored construction paper pencil
- hole punch
- safety scissors
- 10 pieces of yarn (each about 5 inches long)
- crayons

What You Do:

1. Help your child to fold one piece of colored construction paper into 8 sections. First fold it in half, then fold that in half once more, and then fold the remainder in half again. This should create 8 sections about the size of a 3x5 index card. Do the same thing with the other piece of construction paper. Have your child use their safety scissors to cut out the sections on the folded lines. You should have 16 pieces in all when finished (this gives you a few extras in case of mistakes!)
2. Let your child know that they're going to create their own Hide-and-Seek game...inside a book. This Peek-A-Boo book will allow them to practice matching pictures with their names. They'll "hide" each picture under an index card, with its name written on top.
3. Ask your child to help you make the first card by thinking of their favorite animal, then using crayons to draw a picture of it on one of the cut out pieces of construction paper. When they're done, ask them the name of their animal, and help them write it in pencil on one of the index cards. Using a hole punch, punch two holes in the top of both the lined index card and the picture card. With your child's help, bind them together using two pieces of yarn—the lined index card should be on top of the picture card.
4. Repeat this process for each of the following objects, in order to create a total of ten small Peek-a-Boo books.
5. Once your child gets the hang of it, you can use these materials to create multiple stories. You can also have them write longer books. Take down what they say and choose one word of each sentence to highlight in a different color. Then make that word the picture that's "hiding". These books are a great way to practice vocabulary and grow reading skills. And they also make a cute gift for a far-away relative!



CALM DOWN CARDS

directions: These self-regulation cards can support your child in learning how to deal with big feelings.

1. Teach your child how to participate in each calming strategy (use the blank cards to create your own).
2. Model how to use calming strategies when you are upset to support your child.
3. Place the cards in a basket or jar where your child can easily access them.
Prompt your child to choose a strategy when they are dealing with big feelings.



**I can take
deep breaths.**

**I can use
a weighted
blanket.**



**I can use a
calming jar.**



I can swing.



**I can listen
to music.**

**I can ask to
be alone.**



BLANK CARDS

directions: Design your own calm down cards using the template below.

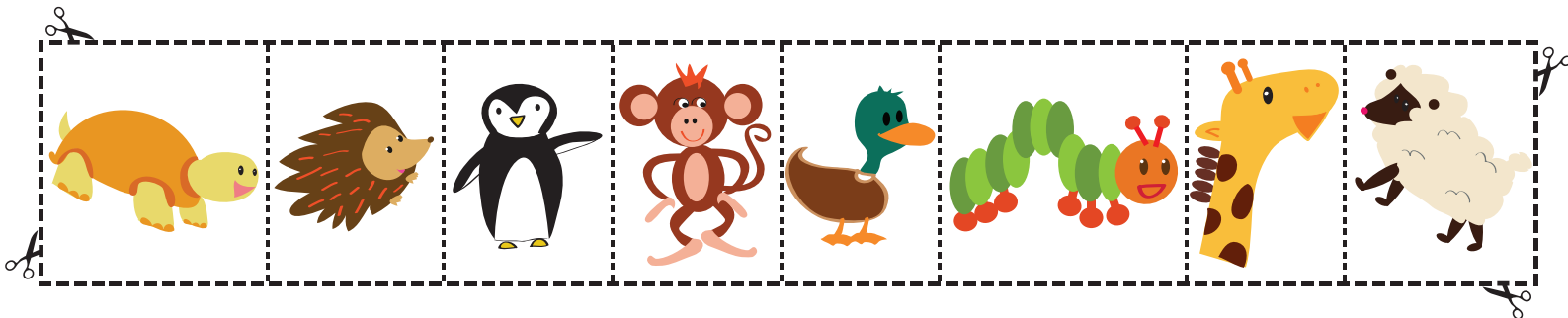
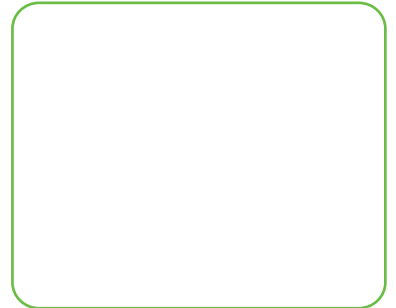
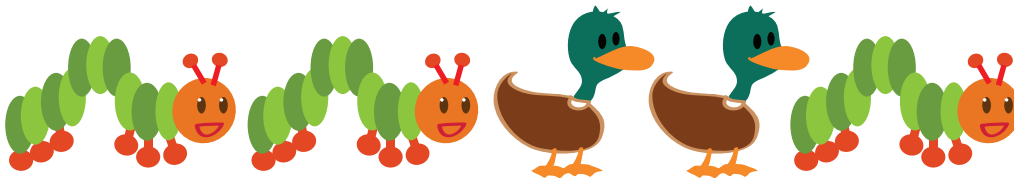
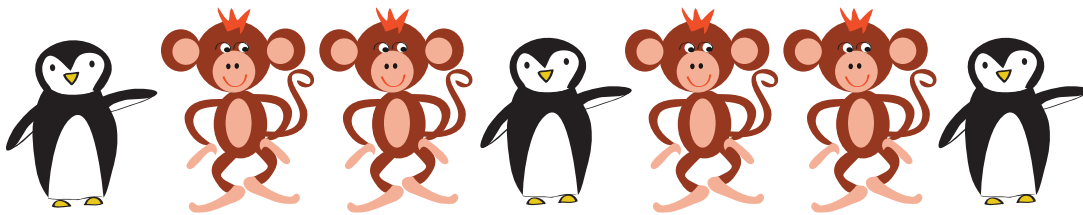
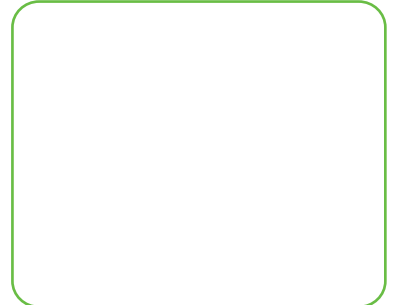
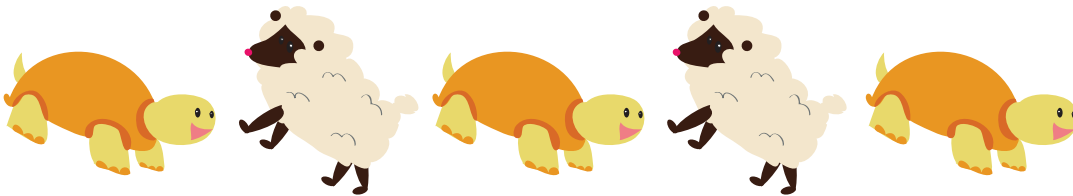
Name _____

Date _____

Animal Dance Move!

Identifying Pattern

Which move comes next in each row?
Cut and paste pictures below.



Make a Bravery Badge

For a young child, starting a new school year, riding on the school bus, or doing something alone for the very first time can be scary. Help your child battle their fears by teaching them how to make a bravery badge that they can wear the next time they need a little extra courage. As they learn more about what it means to be brave, they'll also enlist their creativity, using fun colors and stickers to come up with their own special design.

What You Need:

- Colored construction paper
- Pencil
- Scissors
- Circle tracers (you can use glasses, bowls, lids, or anything else circular you can find)
- 2 cut pieces of ribbon, 5" long, 2" wide
- Glue
- Star stickers
- Safety pin

What You Do:

1. Sit down with your child and discuss situations that make them feel scared or uncomfortable. Talk to them about what bravery is and how it helps us stay positive when we're trying something new for the first time.
2. Have your child pick a few colors of construction paper that they like and that make them feel brave. Then, have them trace circle shapes for their badge. Encourage them to trace circles of all sizes, and when they're all done, they can pick which colors and sizes they like best.
3. Have them cut out the circles, following their traced lines with scissors. This is a great way to boost hand-eye coordination and fine motor skills.
4. Once the circles are cut out, it's time to decorate! They can use the star stickers and draw lines and shapes with markers in any design they want.
5. Have them pick a few different-sized circles and layer them, putting one on top of the other, largest circle on the bottom and smallest on the top. Then, help them glue the circles in place.
6. Once the glue has dried, help them by writing something on their badge to remind them to be brave, such as, "I am Brave," or, "Bravery Power!"
7. Now, glue the ribbon in an "X" across the back of the badge.

Once the glue is dry, the badge is ready to wear! Help them attach it to their coat or shirt with a large safety pin. Now, they're ready to face anything!



Day 5

Reading	Practice reading and writing your name by making a name plate for your room!
Writing	Use writing and pictures to share what you are thankful for using a gratitude journal.
SEL	Learn a new relaxation technique to use when you need it!
Math	Practice addition by counting trees.
Other Fun Stuff	Create a colorful work of art while spreading thoughts of peace and love.



Make a Name Plate

Whether you have siblings squabbling over territory or simply a kid proud of their domain, textured name plates are a great way to claim some space. Create a decorated name plate to hang on your preschooler's door and help them practice letter recognition and their fine motor skills!

What You Need:

- Cardboard
- Permanent marker
- Glue
- Dried lentils, birdseed, confetti, or glitter
- Hole punch
- Ribbon

What You Do:

1. Cut out a piece of cardboard about nine or ten inches long and four inches wide. Note: The length of the cardboard can be customized depending on the length of your child's name. If their name is very long, you might want to consider using a nickname.
2. Write your child's name in big bubble letters on the cardboard, leaving a little space between each letter.
3. Ask your child to fill in the letters completely with glue.
4. Have them choose between lentils, birdseed, confetti, or glitter, and then invite them to sprinkle it all over the glue, covering the letters completely to add texture. Let dry.
5. Shake off the extra materials over a waste basket.
6. Use the hole punch to make two holes in the top two corners of the cardboard.
7. Tie a ribbon through the holes and hang it on their door, so everyone knows whose room it is!



Name _____

Date _____



My First Gratitude Journal



Two Things I am Thankful for Today

A large, empty rectangular box with a black border, intended for writing the first thing the user is thankful for.

I am thankful for _____.

A large, empty rectangular box with a black border, intended for writing the second thing the user is thankful for.

I am thankful for _____.

Learn Self-Awareness Through Deep Relaxation

Deep relaxation is a great way to create the conditions for learning by helping students let go of tension and worry. Practicing in this way, students learn to self-soothe, regulate their behavior, and find relief from stressful situations by focusing attention on their breath and body.

What You Need:

- [Deep Relaxation Reflection Questions worksheet](#)

What You Do:

1. Explain that we are going to take some time to relax our bodies and minds. Share that doing this can help us feel peaceful, rested, and ready to learn.
2. Have students lay down on their backs. Make sure they are not touching each other and are comfortable.
3. You may use a mindfulness bell or sound a chime at the beginning and end of the deep relaxation to help students maintain a more relaxed state. Begin by telling students to get comfortable on their back. Ask them to congratulate themselves for taking important time to relax.
4. Once they are in a comfortable position, ask them to gently close their eyes and, if they can, bring a half smile to their face.
5. Tell them to bring awareness to their breathing. Say that they can place one hand on their chest and one on their belly to feel their breath if it is helpful. With each breath in and out, have them silently count to themselves. Tell them to take up to five mindful breaths and as they breathe, feel their whole body on the floor and sink deep into the ground. Ask them to imagine they are weightless, floating on water or a fluffy white cloud. Reassure them that they have nowhere to be but relaxing with their breath—no worries, no tension, just breathing.
6. Now ask them to bring awareness to their arms. As they breathe out, tell them to relax their arms all the way down to their hands. As they breathe in, ask them to bring awareness to their hands, focusing first on their right. Then have them bring awareness to each finger. Repeat with the left.
7. Ask them to breathe deeply and send love and gratitude to both of their hands. Remind them that our hands make it possible for us to draw, play sports, cook, and so much more. Our hands are very precious.
8. Now it is time to move on to the legs. As they breathe out, ask them to relax their legs completely. As they move their awareness down their right leg, tell them to relax from their thighs to their knees to their calves, down to their ankles and finally their right foot. Next, relax each toe one by one. Repeat with the left leg and wiggle all toes as they relax both feet. Remind them that their feet bring them so much joy by allowing them to play, dance, and more. Have them send love and gratitude to their feet.
9. Now have them move up their body to the top of their head. Breathing in and out, have them take a few breaths as they relax the muscles around their head. Breathing in, ask them to relax their eyes.
10. As they breathe in, tell them to bring awareness to their shoulders. As they breathe out, tell them to release and relax their shoulders. Then have them focus again on the top of their head. Have them take a few breaths to relax the muscles around their head. Now, breathing in, tell them to relax their eyes.
11. Have them next bring awareness to their mouth. Perhaps they still have that gentle half smile on their face. Ask them, "Did you know that smiling releases the tension in the hundreds of muscles in your face?" Tell them to feel the tension release as they smile and silently thank their mouths for all it allows them to do—eat, sing, and more.
12. Lastly, as they breathe in, instruct them to bring awareness to their heart. Tell them that our hearts work so hard 24/7, but we often forget to love them back. Tell them to silently thank their heart for all it does.
13. Tell them to bring awareness to their breathing. They may now stretch if they'd like, and when they are ready, they should slowly and mindfully stand up.
14. In deep relaxation, you can use any part of the body: the hair, the ears, the nose, lungs, internal organs, the digestive system, or any part of the body that needs healing and care. Just have students embrace each part of their body with mindfulness and gratitude as they hold their awareness while breathing in and out.
15. Complete the Deep Relaxation Reflection Questions worksheet.



Meena Srinivasan, MA, National Board Certified Teacher, is a leader in the fields of Mindful Awareness Practices (MAP) and Social and Emotional Learning (SEL). She is the author of *Teach, Breathe, Learn: Mindfulness In and Out of the Classroom* (Parallax Press, 2014) and *SEL Everyday: Integrating Social and Emotional Learning With Instruction in Secondary Classroom* (Norton, 2019).

Name _____

Date _____

DEEP RELAXATION REFLECTION QUESTIONS



Engage in deep relaxation by lying on your back and paying attention to your breathing. Bring awareness to each part of your body, starting at your head all the way down to your toes.

Instructions: Record your reflections below.

What did you experience during deep relaxation?

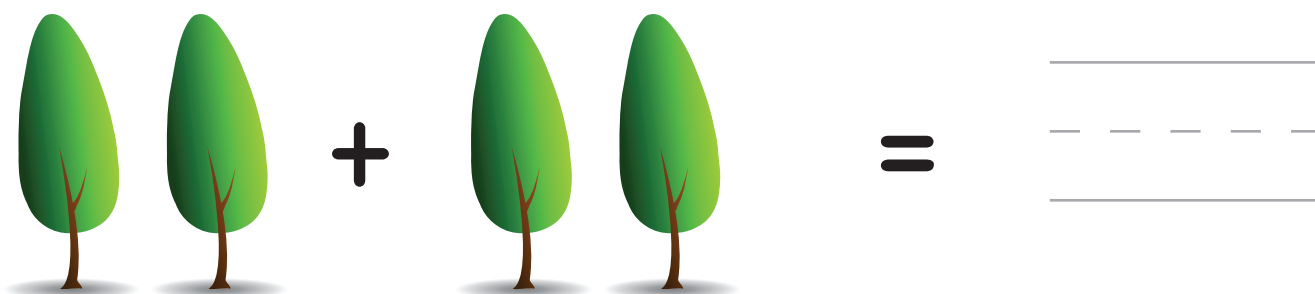
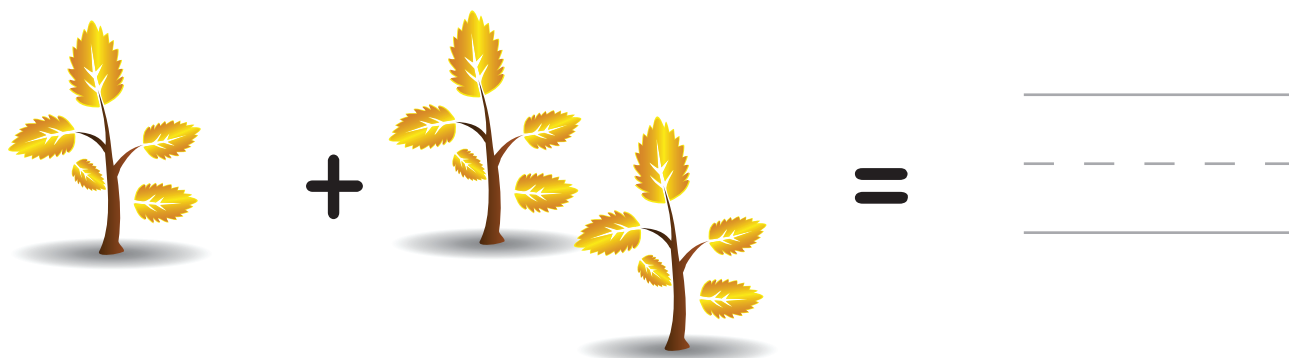
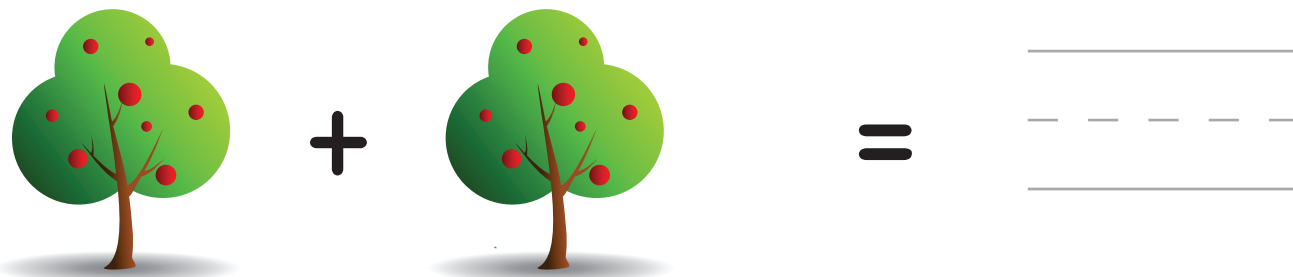
How do you practice deep relaxation?

Why practice deep relaxation?

When do you plan to practice deep relaxation?

How Many Are There?

Add together the trees
and write down how many there are!



Make Peace Rocks

With school, home, and activities in between, life can sometimes feel chaotic to kids. Help your child learn how to stop and relax with handmade peace rocks. This activity encourages them to tap into their artistic side while learning strategies to find peace every day.

What You Need:

- Pebbles or rocks large enough to write on
- Permanent markers
- Chime or triangle
- [Peace Rocks worksheet](#)
- 4 pebbles for each child (you can collect the pebbles yourself or have the children collect them)
- Colored pencils
- Crayons



What You Do:

1. What does peace mean to you? Have students reflect on what peace means to them. Ask them when they are not peaceful and if they have any strategies to “keep the peace” and maintain a sense of peacefulness.
2. Tell them that today they will learn a strategy to help create peace inside themselves.
3. Have students think of images that help them feel peaceful, or a time when they have felt peaceful, and draw the image or experience.
4. Once students have thought deeply about when they’ve felt peaceful, have them pick up one of the rocks and breathe deeply as they connect with their peaceful image or moment. Tell them this will help infuse the rock with peace.
5. After the rock is “infused with peace,” have students decorate the rock with whatever design they feel conjures up a feeling of peace.
6. If time permits, have students choose other helpful words and create calm rocks, confidence rocks, or focus rocks.
7. Now whenever students feel stressed, upset, or overwhelmed, they can use their peace rocks and breathe deeply.

About the author: Meena Srinivasan, MA, National Board Certified Teacher, is a leader in the fields of Mindful Awareness Practices (MAP) and Social and Emotional Learning (SEL). She is the author of *Teach, Breathe, Learn: Mindfulness In and Out of the Classroom* (Parallax Press, 2014) and *SEL Everyday: Integrating Social and Emotional Learning With Instruction in Secondary Classrooms* (Norton, 2019).

Name _____

Date _____

Peace Rocks

Make peace rocks by decorating a rock with images and words that remind you of peace.

Write and draw your answers to the following questions:



I feel peaceful when...

I feel confident when...

I feel happy when...