

Dear Preschool Parents & Guardians~

Due to our extended school closure, we have been asked to give parents some ideas for home activities to keep learning on track. I'll be sending you different emails throughout the closure with suggestions for Preschool-level learning, and also attached specialists' recommendations below. I thought I'd begin with information from an online resource that reviews developmental areas for young children:

<https://drive.google.com/file/d/1fUHOzkZAKPqQ7JUjJGlpLWJ924Vtv3kF/view?usp=sharing>

I hope you all stay well, and that we can all be together again on the 30th.

Michelle Smith
RCS Preschool Teacher
msmith@richmondconsolidated.org

Music / Movement Opportunities:

Great Music site shared by Mrs. Mullen: <https://www.mydso.com/dso-kids/>

We frequently use gonoodle.com

Some of our favorites are:

Little Green Froggy

DinoStomp

Pop See Ko

Pop See Ko 2.0

A-MooseTa-Cha

Clap Stomp Jump

Banana Banana Meatball

Activities -1:

- * Use the "Blizzard Bag" activities for Day two, and materials inside for future activities~
- * Dice Roll Game (see attachment for a graph, or make your own)
- * Make a color book- Use old magazines to look for pictures/letters that are the color you are looking for that day. Cut them out and glue them on paper (One page with Red pictures, one for orange, etc.)
- * Read your borrowed classroom book, and use the Family Engagement Bags
- * Practice a nursery rhyme each day - talk about the words that rhyme, notice the beginning sound of some words, ending sound of others (don't focus on the letters for this activity--just the sounds)
- * Play early board games- learn to follow rules, take turns, and how to handle not always winning ;)
- * Use play dough (You can make your own with the recipe below--your child can help with measuring, and following step by step directions)

- Practice rolling it into a ball
- Roll it into a snake
- Form letters of names
- Form shapes and numbers

Materials

- A large mixing bowl
- 1 cup water
- 4 cups flour
- 2 to 4 tablespoons cooking oil
- 1 1/2 cups salt
- Food coloring (mix them to make different colors)
- Glitter

Directions:

- 1 Have your child pour water into a large mixing bowl.
- 2 Ask her what she thinks will happen to the water when the food coloring is added. Now have her add the food coloring. Make sure she stirs the colored water well.
- 3 Add the flour and salt to the mix. She should stir it a little to begin blending the ingredients.
- 4 Next, add 2 to 4 tablespoons of oil. Add more oil later, if the mix seems too dry. Oil is the secret to keeping this "no cooking required" recipe soft. If you don't add enough oil, the mix will be very crumbly.
- 5 Add generous amounts of glitter to the mix. Now, your child can begin mixing everything together. Ask her how the play dough feels – is it soft or hard? Does it feel wet or dry? Does the play dough have a particular smell? Have her knead the ingredients together until a soft dough is formed. To store the dough, simply roll it into small balls and keep it in plastic bags or a plastic container.

Number Race (Graph) With Dice

For each roll of the die, color, stamp, or place a sticker or small food piece (Cheerios, m&ms) in the box after the matching number box. Play stops when one number reaches the end of the boxes.

1 one	2 two	3 three	4 four	5 five	6 six

Welcome RCS families to Mrs. O'Donnell's Visual Art Exploration Page!

During the next two weeks we have been given time to fully immerse ourselves in the change of season and the beginning of Spring. You do not need the internet or other people to be able to be inspired by nature, all you need is you and the great outdoors!

Let nature inspire you to create visual artworks. You can create plein air paintings (painting made outside looking at your environment), paintings from photographs you have taken of your environment, environmental art sculpture, photographs, drawings and sketches.

Every day you can take art making materials: pencil, paper (you can tape the paper down to a hard book if you dont have a sketchbook), or if you want to try a color landscape than take crayons, colored pencils, or paint, and find a dry place to sit outside, and draw what you see. If it's rainy or cold you can do this looking out a window to the outdoors. Start with a pencil sketch and then move to a new piece of paper and use color. I would be happy to give feedback on your work when we get back to school-just bring it to an art class and we can review what you have made.

*Remember that with environmental art weather and time will create change in the artwork, sometimes instantly-so take a picture of your creation when it is finished. You can even document the change to your art by taking a series of photographs.

Have fun! Be creative! Explore and enjoy, remembering there are no mistakes in art and when your art takes an unexpected turn (your paint water spills all over your paper, your cat steps on the wet paint etc.) this is an awesome chance for a new challenge to stretch our imaginations and creativity!

Here are some of my favorite websites to get inspiration for projects:

Draw inspiration from the greatest artists of all time!

Google Arts & Culture's collection includes the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history, and science.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Deep Space Sparkle has super fun projects for elementary ages:

<https://www.deepspacesparkle.com/>

Environmental Art ideas to get you out in nature!:

<https://lovelygreens.com/30-garden-projects-using-sticks-twigs/?fbclid=IwAR2oC2iaMxN3OhVYVCGWAEIRKNvAAybpJhKLoOb8gBH3IysIneVCxXEB--s>

My favorite environmental artist-Andy Goldsworthy- So amazing:

<https://www.kidzworld.com/article/29663-andy-goldsworthy-the-art-of-nature>

https://www.youtube.com/watch?v=LP_-P7ZcWZU

<https://youtu.be/JTnHiOA6a0E>

More cool websites for art project ideas:

<https://doodles-academy.org/projects/>

https://www.pbslearningmedia.org/search/?q=STEAM%20art%20lessons&selected_facets=

<https://www.parents.com/fun/arts-crafts/>

<https://www.steamsational.com/the-ultimate-list-of-steam-art-projects/>

<https://www.youtube.com/watch?v=JTnHiOA6a0E>

Richmond Consolidated School – Physical Education

[Recommended Levels of Physical Activity](#) – Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.

Go Outside!

- Play outside
- Walk, run or hike
- Ride a bike with a helmet on
- Rollerblade with protective gear on
- Have a pass
 - Soccer
 - Football
 - Frisbee
 - Lacrosse
- Yardwork
 - Raking
 - Gardening
- Create an obstacle course
- Do something not listed
- Complete exercises on the March Wellness Calendar that was sent home

Online Resources:

- FitBoost - [FitBoost](#)
- Go Noodle - [GoNoodle](#)
- Cosmic Kids Yoga - [Cosmic Kids Yoga](#)
- Dance Move Challenge - [Dance Move Challenge](#)
- HIIT Workouts - [Themed HIIT Workouts by Glenn Higgins Fitness](#)
- Yoga Dice/Coin Activity - [Yoga Dice](#)
- Jump Start Johnny - [Jump Start Jonny.](#)
- Darebee - [Superhero Workout](#)
- Glenn Higgins Fitness - [Kids Workouts](#)
- TABATA Workouts - [TABATA](#)
- Roll It Fitness - [Roll It Fitness](#) need dice or use virtual dice
- Choose It Fitness - [Choose It Fitness](#) need dice or use virtual dice
- Shape America - [Shape America](#)

40 Quick and Easy SENSORY BREAK IDEAS

- Jumping Jacks
- Jumping on a mini or large outdoor trampoline
- Heavy work activities
- Crawling through tunnels or under objects
- Wall or chair Pushes
- Animal Crawls (can you crawl like a bear? crab? frogs? seals?)
- Ball Pass
- Ball Pits
- Reading in a bean bag chair
- Biking
- Climbing trees or on a jungle gym
- Use fidget toys
- Chewing toys or tools such a Chewable Jewelry
- Crashing mat
- Play with a parachute
- Popcorn jumps
- Wheelbarrow walking
- Obstacle course
- Passing weighted balls back and forth
- Scooter board activities
- Resistance bands
- Bouncing on a therapy or exercise ball
- Listening to upbeat OR calming music
- Swinging
- Going outside for a walk or hike
- Jumping jacks
- Skipping
- Running
- Bean bag squeezes
- Drinking water through a water bottle with a Bite Valve
- Chewing gum (all natural chewing gum option)
- Using a weighted blanket or vest
- Lifting light weights
- Yoga moves
- Swimming
- Tummy Time
- Headphones to block out unnecessary noise
- Roller blade or skating
- Visit the playground

IDEAS TO FACILITATE SPEECH AND LANGUAGE SKILLS

Welcome RCS families to the virtual speech and language room!

Over the next two weeks, there will be many ways to work on your child's speech and language development and skills at home. Below, we have gathered a list of websites and applications to target speech and language skills.

In addition to websites and apps for your iPad, spend some time together playing board games or going outside to enjoy the nice Spring weather. These are great ways to target speech and language skills including speech sounds (e.g. take a walk and play I spy to find all the words that start with the sound "p"), turn-taking in games, social skills (e.g. practice appropriate conversation skills including tone of voice, appropriate topics, eye contact).

Websites

- Starfall.com: This site focuses on phonemic awareness and phonological awareness (e.g. rhyming, blending syllables).
- Adaptedmind.com: This site contains activities for spelling and vocabulary.
- Brainpop.com: This site focuses on a variety of language skills, writing, and grammar.
- Quia.com: This site includes a variety of activities including activities related to receptive and expressive language, written language, speech sound production, social language.
 - https://www.quia.com/shared/speech_therapy/
 - <https://www.quia.com/pages/speechersclass.html>
- Mystery Doug: This site focuses on science concepts. Students can work on their comprehension skills and verbal language skills. (Grades K-4)
- Go Noodle: This site focuses on gross motor movement, language comprehension skills, and ability to follow directions. (Grades Pre-K-2)
- Pbslearningmedia: This contains videos games, and activities related to a variety of topics including receptive and expressive vocabulary skills and phonological awareness skills. (Grades Pre-K - middle school)
- Youtube
 - National Geographic Kids: This focuses on science and nature and helps strengthen receptive language skills (Grades Pre-K - 4)
 - National Geographic: This channel targets science concepts for older students (Grades 5-8)

iPad/Smartphone Apps

- Phonics Studio
- Beginning Sounds Interactive Game (by Lakeshore Learning)
- TOCABOCA Apps
- Fisher-Price (many - counting, body parts, shapes and colors, etc)
- Articulation Station
- Multiple Choice Articulation
- Visual Countdown Timer (This helps children to stay on task; Grades Pre-K - 3)
- Countdown!! (This helps middle schoolers manage their time)
- Astound Public Speaking (All aspects of public speaking are addressed, even articulation; middle school)
- Speeko-Public Speaking Coach (This concentrates on public speaking; middle school)
- Wonster Words (This works on articulation, phonics, and spelling; Pre-K - 1)
- Model Me Going places 2 (Social skills; Pre-K - 4)
- Wordscapes (Focuses on spelling and vocabulary; Grades 4-8)

Phoebe Chestna
Clinical Fellow
Speech/Language Pathologist

Tracy Holcomb
Speech/Language Pathologist

>>>>> **Library, Mrs. K. Smith says "Read for fun!"** <<<<<<<

Visit the Cincinnati Zoo! <http://cincinnati-zoo.org/news-releases/cincinnati-zoo-is-bringing-the-zoo-to-you/>

Due to many schools being closed, Scholastic also has offered this free website with activities for 20 days at all different learning levels:

www.scholastic.com/learnathome

For Preschool/K specifically:

<https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k.html>

This week, our letter focus is Bb. Please feel free to do a video "share" of something your child can show us that starts with the letter B. Work on using complete sentences, telling us how it looks, feels, smells, sounds-- use all your senses. Practice making upper and lowercase Bb with playdough, yarn, printing with crayons, markers, pencils. Try to find things all around the house that start with B. Start an alphabet book with a page for each letter of the alphabet--Use magazine or internet photos, or draw your own pictures on each page.

Bb Song Videos: <https://www.youtube.com/watch?v=f1bcER1Zzak>
<https://www.youtube.com/watch?v=kzzXROKd-i0>

ABC Phonics Song Video: <https://www.youtube.com/watch?v=kXc-hxRXlo>

Heidi Songs Alphabet Video: <https://www.youtube.com/watch?v=0p7LY8P-WPc&list=PLptZ0bJ4RfUW3rfE-uyOCiRAQa6rYtghV>

Free Bb week

activities! <https://www.teacherspayteachers.com/FreeDownload/FREE-Back-to-School-Alphabet-Phonics-Letter-of-the-Week-B-705929>

Please check out our Clifford Magazine online: mybigworld.scholastic.com

Our Classroom Code is: **PS102**

Here you can access:

- A digital copy of each magazine (& have it read to your child as it highlights the words said—click “Listen and read”, then “read aloud” at the top)
- “Skill Sheets” that go along with our themes and curriculum
- Short videos related to the themes, along with “Dance Breaks” to incorporate some movement breaks, and focus on slow breaths afterward
- Games
- Hands-on activities

“Mighty Milers” – Keep a log of your activities to continue earning your prizes. Make your own chart, or Mrs. Jezak created a form for you at this link:

https://docs.google.com/spreadsheets/d/1d7olJpj1dcSyhPLbTOMihYG-8q_mMF9_hyKv6Y20Aus/edit?usp=sharing

More Links for learning:

<https://www.pbslearningmedia.org/grades/prek/>

https://www.buzzfeed.com/melissaharrison/educational-resources-activities-kids-coronavirus?utm_source=dynamic&utm_campaign=bffbbuzzfeedtasty&ref=bffbbuzzfeedtasty&fbclid=IwAR3CmAG9o1s8AqclQSqIsgSX35FkoOKbP9aqj4MVBfnQw8YyYsz0Oj8wg

https://www.neaq.org/visit/at-home-events-and-activities/?fbclid=IwAR2S_HStlgexDpyuD9jv90E8_823b33SY5-wdUVnN3g6K9D9dtwCV2KnCh4

https://www.youtube.com/watch?v=MFmr_TZLpS0

<https://www.youtube.com/watch?v=F6OVwsnuX-Y>

<https://www.youtube.com/watch?v=9nKq4jm4LD8>

I am now getting a free 30 day subscription to IXL.com I will email you your child's username and password separately. Please make use of this great site!

Dear Preschool Parents & Guardians,

I am pleased to tell you that we will have 30 day access to a website called IXL. IXL is a comprehensive learning program offering unlimited math, language arts, science, social studies, and Spanish practice across thousands of skills—all of which are aligned to Massachusetts Standards. One of the best things about IXL is that your child can access it from home, so you have a chance to see your child's progress!

To get your child started on your home computer, please follow these easy steps:

1. Go to <https://www.ixl.com>
2. Enter your child's username and password and click "Sign in." (Note: If the username and password are not listed below, they will be provided separately.)

Username_____ Password_____

3. Click on any skill to start learning!

IXL is designed to help your child learn at his or her own pace. The program is adaptive and will adjust based on your child's demonstrated understanding of the material. All of your child's results will be saved, so you can monitor his or her progress anytime by clicking on Analytics. For on-the-go practice, you can download IXL's free tablet apps for iPad, Android, or Kindle and sign in with your child's username and password.

I hope you'll encourage your son or daughter to use IXL regularly. Here's to working together to make learning fun for your child!

Sincerely,

Mrs. Michelle Smith

Michelle Smith
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Richmond Consolidated School does not discriminate on the basis of race, color, sex, gender identity, religion, national origin, sexual orientation, disability or homelessness.

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<https://www.pbslearningmedia.org/shared/2507117/4870547/#.XnTIjZNKjBI>

<https://www.pbslearningmedia.org/resource/8dac2e13-02ab-4c51-b157-c665f98ee079/healthy-me-healthy-habits/>

https://www.pbslearningmedia.org/resource/a407561f-37a7-4701-9e89-611f49ca8e48/activity-episode-202-webby-in-bathland-super-why/?fbclid=IwAR3MZQ9CDmx3sXPHPzwpQLIVSWvM6mIApcr6MoTw8GI5H7c_CRqhfoJ2IiQ

FREE 30 DAY SUBSCRIPTIONS AVAILABLE AT ABC MOUSE:

<https://www.abcmouse.com/abt/homepage?cjevent=0f5bb1596ac311ea818602cc0a240612>

Shake Your Sillies

Out: https://www.youtube.com/watch?v=NwT5oX_mqS0&list=RDNwT5oX_mqS0&start_radio=1

Tony

Chestnut: https://www.youtube.com/watch?v=e1aYOPINZxE&list=RDe1aYOPINZxE&start_radio=1

<https://berkshires.macaronikid.com/guides/5e73b82bbcda3e5c4552aac7/stuck-home-with-the-kids-weve-got-a-survival-guide-for-you?fbclid=IwAR10kbbkAJmpjofPSh8bX16meyBoDyUPMDg4Pp2JFfnciQUcJv8U8ZPvWxM>

It is Pp Week for Preschoolers! Hoping to see your video shares for the letter Pp on our Private Facebook Page: [RCS Preschool Class 2019-2020](#) www.Facebook.com
It's been a nice way to stay connected and see what everyone is up to ☺



Preschoolers love Pete the Cat! Check out this great site for books read to your child, songs, videos and Printable activities:

http://www.petethecatbooks.com/songs/?fbclid=IwAR1B7nLDwHS_8bvkOGrIYKwZDZab5fICrIIjbtDXVnvuKqy7HcMzB4LUT5o

You can get a free 1 month subscription to VOOKS for more storybooks coming to life:

https://www.vooks.com/parent-resources?fbclid=IwAR03x69RgOLvt6aYERpd_VJ0JH-ulvK9YtxMRm_nLUcZp9OOGdBoQAfOnWY

Funny songs for Pp Week!

<https://www.youtube.com/watch?v=0gM5TjSOQ48&fbclid=IwAR3StKVTtF2hTvv9oKwPCSu9jKyBTgjk2Vga5VMBstkXLItvRaYTmExOrUY>

Can't leave out POP SE KO!!!

<https://app.gonoodle.com/activities/pop-see-ko?s=Search&t=pop%20se%20ko>

or POP SE KO 2.0:

<https://app.gonoodle.com/activities/pop-see-ko-2-dot-0?s=Search&t=pop%20se%20ko>

Poppin' Bubbles:

<https://app.gonoodle.com/activities/poppin-bubbles?s=Discover&t=Wo3/23/20-FP-4A-Featured%20on%20GoNoodle%20MONDAY&sid=1734&x=2&y=1&mft=simple%20row>

Pp song (Jack Hartman)

<https://www.youtube.com/watch?v=14hXRz94jRQ>

Another Pp song for recognition & sound:

<https://www.youtube.com/watch?v=HMMY6Y-nduE>



Scholastic Learn at Home: Grades PreK-K

Week 2 for Scholastic online learning (Great site!):

https://classroommagazines.scholastic.com/support/learnathome/grades-prek-k-week-2.html?fbclid=IwAROU1X83JYJZnLMYvvHNq6Kmmkj9bpt_F8WcpfuCURfR9AYTzCPCaBEhsI

Please check out generationgenius.com You can get a free 1 month subscription. I will also try to send some direct links to avoid logging on (hope they work...) Plant Parts:



www.generationgenius.com/?share=604A0

Plants & Pollination: www.generationgenius.com/?share=84A10

Use your 5 Senses to calm yourself:

HOW TO PREVENT AN ANXIETY ATTACK

- Breathe deeply in through your nose and out through your mouth
- Slowly look around you and find...
- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell (or 2 smells you like)
- 1 emotion you feel

This is called GROUNDING - it can help when you feel like you've gone too far in your head and lost all control of your surroundings.

Please share this, it could really help someone in need!

Don't worry about them regressing in school. Every single kid is in this boat and they all will be ok. When we are back in the classroom, we will all course correct and meet them where they are. Teachers are experts at this! Don't pick fights with your kids because they don't want to do math. Don't scream at your kids for not following the schedule. Don't mandate 2 hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all of this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those 4 or more weeks is long gone. So keep that in mind, every single day.

I am working on sending out
POSTCARDS for the
PRESCHOOLERS for Pp week.
Hopefully, you will get them by
the weekend. 😊

Mrs. Zigmand gave us this resource for music and poems for little ones (Emily Arrow). Check them out – great stuff ☺



EMILY
ARROW

MUSIC
BOOKS
UKULELE
STORYTIME

<https://youtu.be/OnoSqXjvMFI>

<https://www.youtube.com/channel/UCF3fmzbEwONd0Trjrjqeauw/videos>

Here is a recipe for Pp Week to try with your Preschooler:

Peach Cobbler

1/2 cup sugar
1 tablespoon cornstarch
1/4 teaspoon ground cinnamon
1/4 teaspoon nutmeg
4 cups sliced peaches
1 teaspoon lemon juice
3 tablespoons shortening
1 cup all-purpose flour
1 tablespoon sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon milk

In a mixing bowl, blend together flour, 1 tablespoon sugar, baking powder and salt. Mix until flour mixture resembles fine crumbs. Stir in 1/2 teaspoon milk and set aside. In saucepan mix 1/2 cup sugar, cornstarch, cinnamon and nutmeg together. Add peaches and lemon juice. Cook over medium heat and constantly stir until mixture thickens and comes to a boil. Allow to boil about 1-2 minutes. pour into a small casserole dish. Spread flour mixture over the top of peaches. Bake at 400 degrees for 25 minutes or until golden brown.



www.Kids-Cooking-Activities.com

BASIC SLIME RECIPES



SALINE SOLUTION SLIME

SUPPLIES

Clear or White PVA Washable School Glue
Saline Solution
Baking Soda
Water
Food Coloring and Fun Mix-Ins

STEPS

Mix 1/2 cup of glue and 1/2 cup of water in a bowl.
Add 1/2 tsp of baking soda and stir.
Add food coloring and mix-ins if desired.
Add 1 tbsp of saline solution.
Stir vigorously until mixture forms slimy ball.
Coat hands with a few drops of saline and knead slime to desired consistency.

SUPER FLUFFY SLIME

SUPPLIES

White PVA Washable School Glue
Saline Solution
Baking Soda
Foam Shaving Cream
Food Coloring and Fun Mix-Ins

STEPS

Add 3 cups of shaving cream to a bowl.
Add food coloring if desired.
Add 1/4-1/2 tsp of baking soda and stir.
Mix in 1/2 cup of glue. Stir to combine.
Add 1 full tbsp of saline solution.
Mix until mixture forms a fluffy slime ball.
Coat hands with a few drops of saline and knead slime to desired consistency.

BORAX POWDER SLIME

SUPPLIES

Clear or White PVA Washable School Glue
Borax Powder
Water
Food Coloring and Fun Mix-Ins

STEPS

Mix 1/2 cup of glue and 1/2 cup of water in a bowl.
Add food coloring and mix-ins if desired.
In a separate container combine 1/4 tsp of borax powder and 1/2 cup of warm water and stir well.
Add borax solution to glue mixture and stir vigorously until mixture forms a slimy ball.
Knead slime with hands for desired consistency.

LIQUID STARCH SLIME

SUPPLIES

Clear or White PVA Washable School Glue
Liquid Starch
Water
Food Coloring and Fun Mix-Ins

STEPS

Mix 1/2 cup of glue and 1/2 cup of water in a bowl.
Add food coloring and mix-ins if desired.
Add 1/4 cup of liquid starch
Stir vigorously until mixture forms slimy ball.
Knead slime with hands and let it rest for 3 minutes or knead immediately.
Slime may appear stringy at first but the texture will change as you knead it.

P

Name _____

Check off as you learn!

Trace the poem. Read the poem. Color each P. Color the picture.

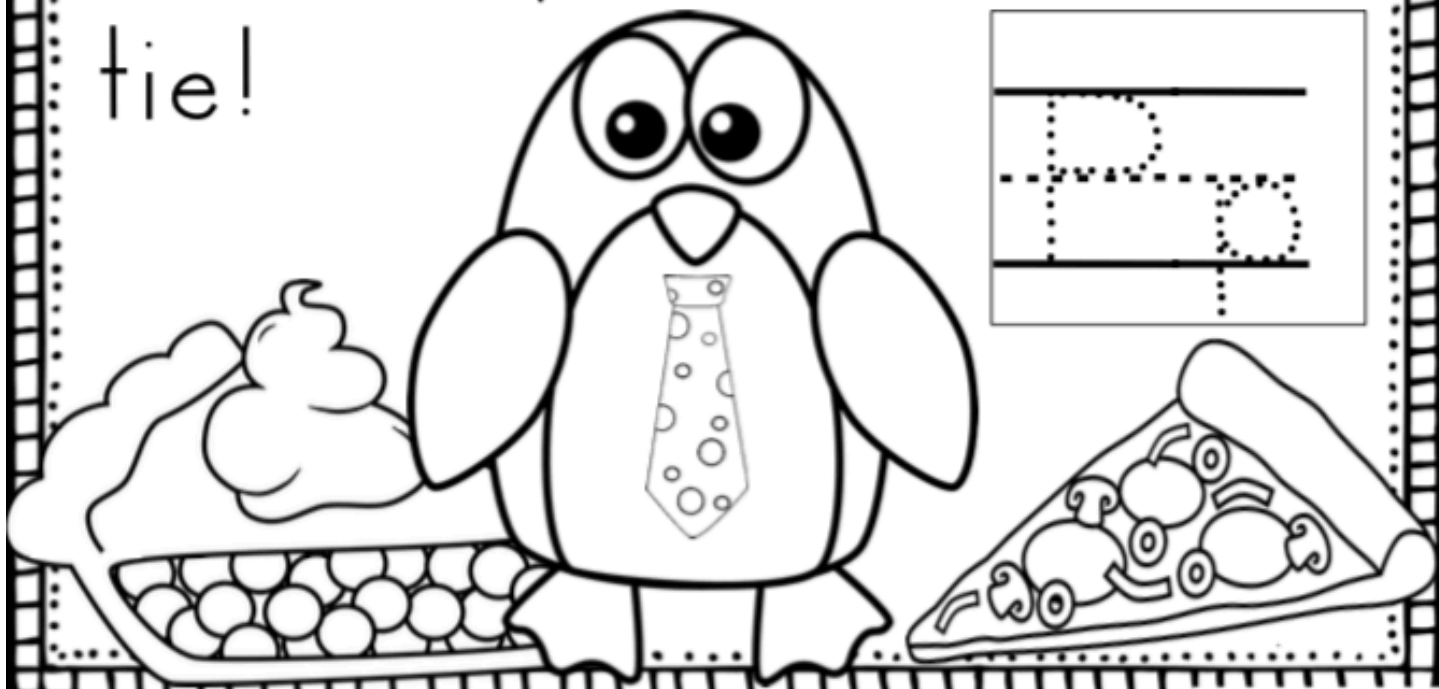
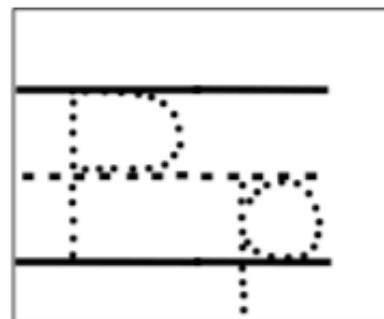
Letter Pp

P is for pizza.

P is for pie.

P is for a penguin

with a polka-dotted tie!



Pp

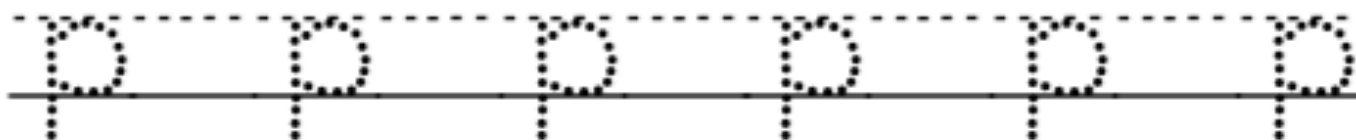
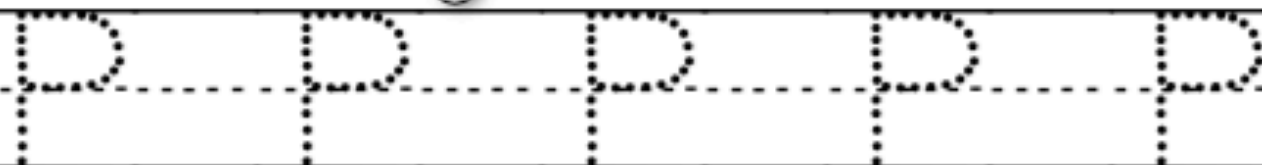
Name: _____

Trace and write the letter P.

Pp



Penguin



pizza



pie