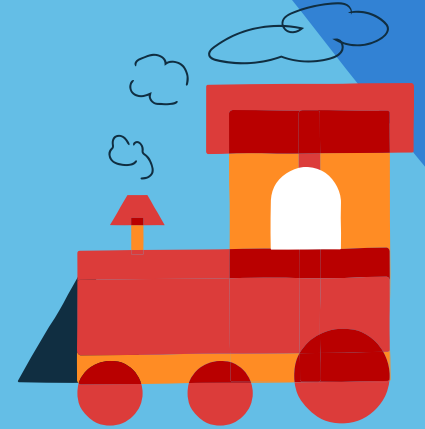


# At Home Learning Guide for Discovery Preschoolers (2 years old)

Week of April 27, 2020



This week in our centers, discovery preschoolers would typically be wrapping up the last week of **Growing Gardens!** Even though we're not in our centers right now, there are lots of ways you can bring the fun of plants and gardens to life at home.

This week is all about **flowers!** From growing flowers to picking them, we've got activities to get your child moving while they grow their knowledge!

This week focuses on flowers, but you can extend the activities using other types of plants to **recreate similar experiences**, such as growing like a tree or using everyday items to build a vegetable garden.

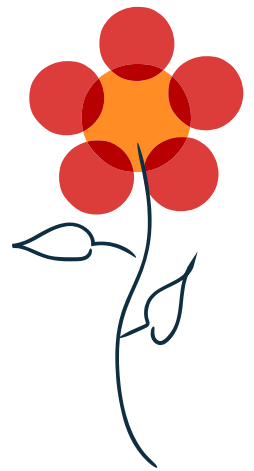
**Developmental Domains** are the areas of focus that support development of the whole child. Interested in learning more? Click [here](#) to discover the six developmental domains.

# This Week's Theme:

# Growing Gardens

What you'll find in this guide. . .

We've organized this content the way your child would be learning in their center, but you and your child can choose your own adventures and do the activities in any order.



## MONDAY

**Get the Wiggles Out**  
(Physical Development and Wellness)



**Grow Like a Flower** Explore the way the body moves as your child grows from an imaginary seed to a beautiful flower.

**Read with Me (Language and Literacy)**  
**Fun in the Sun Read Aloud and Drawing**  
Read along as the characters in this story learn that there are many ways to have fun in the sun. How does your little character like to have fun in the sun?



## TUESDAY

**Rhyme with Me (Language and Literacy)**

**Flowers All Around** Introduce your child to two sets of rhyming words. Do they recognize them as you read the poem?



## WEDNESDAY

**Get the Wheels Turning**  
(Cognitive Development)



**Picking Flowers** Combine counting and color as your child picks pretend flowers.

## THURSDAY

**Growing Flexible Brains**  
(Executive Function)



**Building a Flower Garden** Encourage your child's flexible thinking as they use everyday objects to create a unique flower garden.

**Mindful Moment with Nature Sounds** Take a moment to breathe and relax together as you listen to nature!

## FRIDAY

**Express Yourself (Creative Expression)**



**Making Flowers** Flex those creative muscles by making flowers with familiar art materials and everyday objects.

## EVERYDAY LEARNING EXPERIENCES

Pick an activity to weave learning experiences into your everyday routines—no preparation needed!



## FOCUS ON SOCIAL AND EMOTIONAL LEARNING

Social emotional learning is always important, but never more so than in challenging times like these when managing our emotions is put to the test!

# At Home Learning Guide for Discovery Preschoolers

## Week of April 27, 2020

### Getting Ready for the Week: Materials to Gather

#### Monday:

- ❑ Crayons
- ❑ Paper
- ❑ [Video link](#) to the book *Fun in the Sun* by Lyssa Horvath, illustrated by Krista Martenson

#### Tuesday:

No materials needed

#### Wednesday:

- ❑ Container, medium
- ❑ Crayons, markers, or colored pencils
- ❑ Paper
- ❑ Scissors (for adult use)
- ❑ Large pompoms in red, yellow, and orange (10-15 of each color)  
*(If pompoms are not available, you can create flowers using colored paper cut in circles.)*

#### Thursday:

- ❑ Boxes of varying sizes
- ❑ Cardboard tubes
- ❑ Containers of varying sizes
- ❑ Crayons, markers, or colored pencils
- ❑ [Mindful Moment video](#) with nature sounds
- ❑ Paper
- ❑ Scissors (for adult use)
- ❑ Tape

#### Friday:

- ❑ Child-size scissors
- ❑ Crayons, markers, or colored pencils
- ❑ Glue or glue stick
- ❑ Paper
- ❑ Tape
- ❑ Variety of craft items, such as craft sticks, large pompoms, pipe cleaners, construction paper, or tissue paper
- ❑ Variety of repurposed materials, such as egg cartons, paper cups, large plastic bottle caps, or clean lids to containers like sour cream or margarine

**Tip:** At the beginning of your week, gather materials and place them in a container so you're ready to go!

# At Home Learning Guide for Discovery Preschoolers

Week of April 27, 2020

**MONDAY**

## Get the Wiggles Out: Grow Like a Flower

Explore the way the body moves as your child grows from an imaginary seed to a beautiful flower.



**Length of activity:**  
15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement Required by Adult:** High



**Level of Prep Required:** Low



**What you need:**  
N/A



### What your child is learning:

- How to move creatively during pretend play
- How to balance while changing body positions
- How their body can be different sizes or move in different ways

**What you do:** Begin by asking your child to share what they know about flowers. If possible, look outside at flowers that are growing and invite your child to make observations about them. Tell your child that you are going to tell them a story, and as you tell them, you'll pause for them to act out what's happening. Begin by saying "You are going to start as a tiny seed in the ground. How can you make your body look like a tiny seed?" When they have decided on a seed shape, continue the story, pausing at the end of each line, and asking questions as needed to help your child decide what movement or pose to make.

**You are starting out as a small seed planted in the soil.**

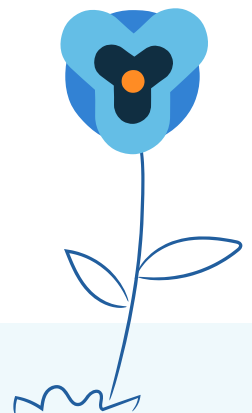
**Then with some water and sunshine, you grow into a sprout.**

**As the days pass and you continue to get sun and water, you grow a stem.**

**And that stem keeps growing, growing, growing.**

**Your stem starts to grow leaves.**

**Then a flower bud appears and slowly opens into a beautiful flower!**



**If your child is ready:** Add more details to the story, such as wind blowing, or the plant starting to wilt in the sun and then perking up when watered.

# At Home Learning Guide for Discovery Preschoolers

## Week of April 27, 2020

**MONDAY**  
(continued)

### Read with Me: *Fun in the Sun* Read Aloud and Drawing

Read along as the characters in this story learn that there are many ways to have fun in the sun. How does your little character like to have fun in the sun?



**Length of activity:**  
10–20 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**

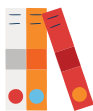


**Level of Prep Required: Low**



**What you need:**

- Crayons
- Paper
- [Video link](#) to the book *Fun in the Sun* by Lyssa Horvath, illustrated by Krista Martenson



#### What your child is learning:

- The joy of listening to and talking about a book
- That books can use pictures and/or words to tell a story
- How to draw a picture that represents something they like to do
- How to control small muscles in their hands to draw

**What you do:** Watch the [video](#) *Fun in the Sun* with your child. When the video's over, talk with your child about the story, helping them recall the characters and what happened.

If you like, you can mute the audio while you play the video and read the words yourself.

Next, talk with your child about what they like to do to have fun in the sun. After coming up with a few ideas, give your child a sheet of paper and some crayons. Invite your child to draw a picture to show their favorite ways to have fun in the sun. When they are done drawing, ask your child to tell you about the drawing. On a separate piece of paper, write your child's words and find a place in your home to display their work!

#### Questions to ask:

- Who was the story about?
- What were the children doing at the beginning of the story? What happened next?
- What were some of the children eating?
- Why did the children run inside at the end of the story? How do you know?
- How do you think the children were feeling at the beginning of this story? How about at the end?
- Why do you think they're feeling that way? Did their faces show you, did the story tell you?
- What can you do to have fun in the sun?



# At Home Learning Guide for Discovery Preschoolers

Week of April 27, 2020

**TUESDAY**

## Rhyme with Me: "Flowers All Around"

Introduce your child to two sets of rhyming words. Do they recognize them as you read the poem?



**Length of activity:**  
10–15 minutes\*

\*Duration will vary depending on your child's interest.

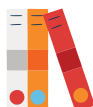
**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: Low**



**What you need:**  
N/A



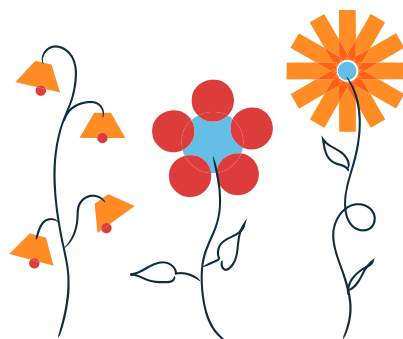
### What your child is learning:

- Rhyming word recognition
- Attention to text read aloud
- Exploring different ways of conveying ideas (through poetry instead of a story or pictures)

**What you do:** Familiarize yourself with the poem "Flowers All Around." Ask your child to share what they know about flowers, if you did the activity Grow Like a Flower, ask them to share what they remember about how the flower in the story grew. Next, share the word pair *around* and *ground* with your child. Tell them these two words rhyme, that means that the end of the words sounds the same, say the word pair again placing emphasis on the ending sounds. Repeat this process for the word pair *light* and *bright*. Then tell your child that you're going to share a poem with them about flowers that uses these rhyming words. Recite the poem, encouraging your child to listen for the rhymes.

### "Flowers All Around"

Flowers, flowers, all around  
Sprouting up  
From the ground.  
Give them water.  
Give them light.  
Help them grow  
Big and bright.



**If your child is ready:** Invite your child to add movements to the poem, reminding them of parts of the poem that are similar to parts of the story in the activity Grow Like a Flower. "Yesterday, you pretended to be a flower growing into a sprout. This poem has a line about flowers sprouting up. How could you show flowers sprouting?"

# At Home Learning Guide for Discovery Preschoolers

Week of April 27, 2020

**WEDNESDAY**

## Get the Wheels Turning: Picking Flowers

Combine counting and color as your child picks pretend flowers.



**Length of activity:**  
20 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement Required by Adult:** High



**Level of Prep Required:** Medium



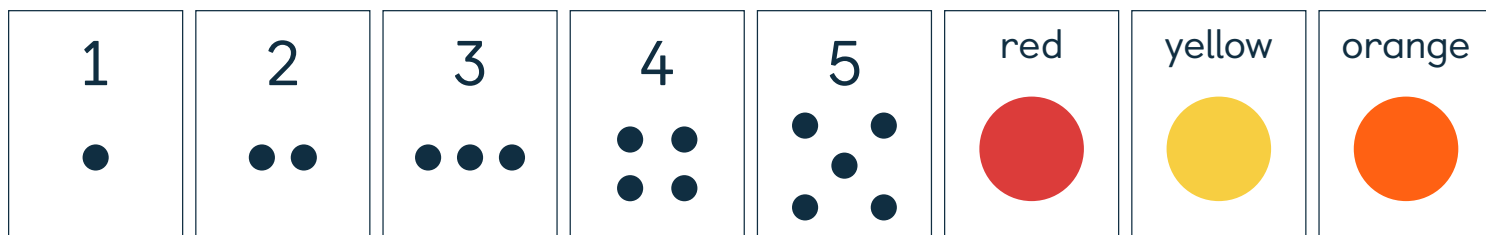
### What you need:

- Container, medium
- Crayons, markers, or colored pencils
- Large pompoms in red, yellow, and orange, 10 - 15 of each color. We've suggested colors, but any three colors will work. (If you don't have pompoms, just create flowers using colored paper cut into circles.)
- Paper
- Scissors (for adult use)

### What your child is learning:

- Beginning counting skills
- How to identify the number of objects in a set
- Names of colors and numbers

**What you do:** Place pompoms in the container. Cut the paper into 8 equally-size cards. Create 5 number cards and 3 color cards as shown below.



# At Home Learning Guide for Discovery Preschoolers

## Week of April 27, 2020

### WEDNESDAY

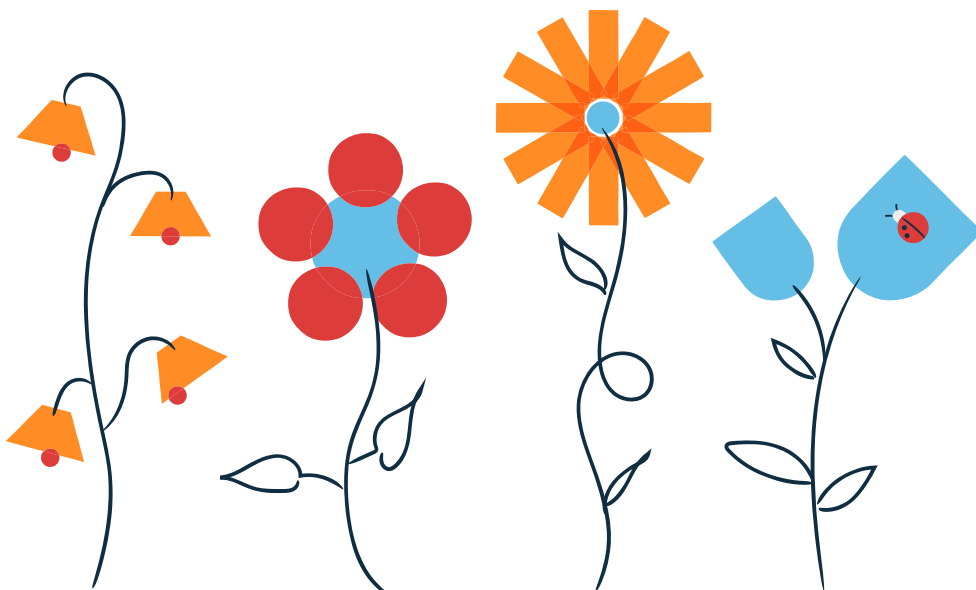
(continued)

Show the cards to your child one at a time. For each number card, help them to count the dots on the card and to associate the number of dots with the numeral on the card. "There is one dot on the card; this is the number one." For each color card, help them to name the color on the card and to associate the color with color name. "This card has a red dot; this is the word red."

Give your child the container of pompoms and ask them to dump the pompoms onto the floor or table and spread them out to create a field of flowers. Explain that they are going to use the number and color cards to pick flowers. Place the number cards face down in one stack and the color cards face down in another. Have your child turn over the top card in each stack. Help your child to identify the number and the color, and then ask them to pick that same number of flowers in that color and place them in the container. "There are three dots on this card and a yellow circle on this card. Can you pick three yellow flowers and put them in the container?"

Have your child continue to select cards, shuffling as needed, until they have put all of the pompoms in the container. When they reach a point where they do not have enough of the selected color, have them count how many they do have and add them to the container.

**If your child is ready:** Add green, purple, and blue flowers to the game and create additional color cards for the new colors.





# At Home Learning Guide for Discovery Preschoolers

Week of April 27, 2020

**THURSDAY**

## Growing Flexible Brains: Building a Flower Garden

Encourage your child's flexible thinking as they use everyday objects to create a unique flower garden.



**Length of activity:**  
20–30 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** Medium



**Level of Prep Required:** Medium



### What you need:

- Boxes of varying sizes
- Cardboard tubes
- Containers of varying sizes
- Crayons, markers, or colored pencils
- Paper
- Scissors (for adult use)
- Tape



### What your child is learning:

- How to take apart and put together simple objects
- Hand-eye coordination as they stack the different objects
- Problem-solving skills as they determine how to combine the different objects

**What you do:** For this activity, you will need to draw some simple flower, leaf, and stem outlines on paper, making 4–5 of each that are different shapes and sizes. Give your child coloring tools and the outlines to color. When they are finished coloring, cut out the drawings using care to cut around the portions your child has colored, and use tape to attach them to the boxes, cardboard tubes, and containers. You can ask your child to help you decide which cutout goes on which container. After attaching all the cutouts, invite your child to use the different parts to create flowers for a flower garden, mixing up the parts to create different combinations.

**If your child is ready:** Use descriptive words to ask your child to make specific combinations, like "Can you make a red flower with a long stem?... Can you add round leaves to your flower?"

# At Home Learning Guide for Discovery Preschoolers

## Week of April 27, 2020

**THURSDAY**  
(continued)

### Growing Flexible Brains: Mindful Moment with Nature Sounds

Take a moment to breathe and relax together as you listen to nature!



**Length of activity:**  
10–15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement Required by Adult:** High



**Level of Prep Required:** N/A



**What you need:**

[Mindful Moment video](#) with nature sounds



#### What your child is learning:

- To pay attention to sounds they hear for short periods of time, with your support
- To use deep breathing and focus as a way to self-soothe
- To identify nature sounds they like
- To name their feelings

**What you do:** Talk with your child about the sounds they hear on a spring day. Might they hear birds singing or rain falling? What other sounds might they hear?

Explain that listening to sounds in nature can help us relax and feel peaceful. Tell your child you are going to listen together to outdoor nature sounds they might hear in the spring.

Invite your child to sit or lie down near you. Take a few deep breaths together to begin, then lower or close your eyes and play the [sounds video](#).

When the sounds video is done playing, ask your child to look up or open their eyes, then share what they heard and how they felt while listening to the different sounds. Talk about how you are both feeling after taking this moment to breathe and relax together. Help your child give a name to their feelings—are they feeling relaxed, peaceful, calm, tired, energized?

You can do this activity anytime, with or without the sounds video! Just find a quiet spot together in a local park (practicing social distancing, of course) or in your own outdoor space, and listen to the sounds around you!

# At Home Learning Guide for Discovery Preschoolers

## Week of April 27, 2020

### THURSDAY

(continued)

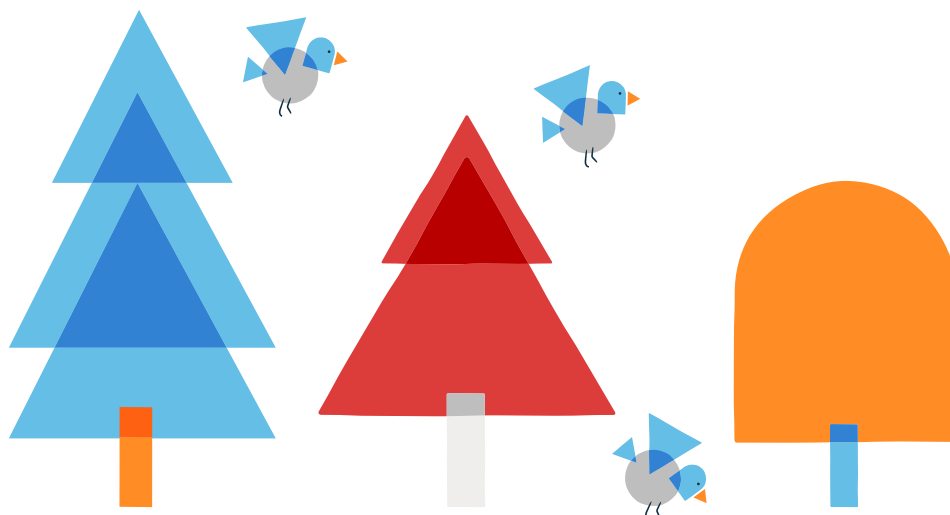
#### Questions to ask:

- What sounds did you hear?
- Which sound did you like best?
- How do you feel (after listening to the sounds)?

#### A note about mindfulness:

Mindfulness is the practice of focusing on or paying close attention to what we are doing or what is happening around us in the present moment. A “mindful moment” is literally that—a moment in which you focus on a thought, image, feeling, sensation, or the environment around you. It gives us a way to calm and re-center when we feel stressed, anxious, or simply need a break.

Research has shown that practicing mindfulness with children benefits their brains, overall well-being, and social and emotional development. It helps them develop attentiveness, self-management skills, self- and other-awareness, relationship skills, and the ability to cope with big feelings in a positive way. Interested in learning more about mindfulness for children? Check out [this website](#).



# At Home Learning Guide for Discovery Preschoolers

Week of April 27, 2020

FRIDAY

## Express Yourself: Making Flowers

Flex those creative muscles by making flowers with familiar art materials and everyday objects.



**Length of activity:**  
15–20 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** Medium



**Level of Prep Required:** Medium



### What you need:

- Child-size scissors
- Crayons, markers, or colored pencils
- Glue or glue stick
- Paper
- Tape
- Variety of craft items, such as craft sticks, large pompoms, pipe cleaners, yarn, construction paper, and tissue paper
- Variety of repurposed materials, such as egg cartons, paper cups, large plastic bottle caps, or clean lids to containers like sour cream or margarine

### What your child is learning:

- How to use different tools and materials to create two- and three-dimensional art
- How to create art that represents animals, people, or things
- Hand-eye coordination and fine-motor skills as they manipulate the different materials



# At Home Learning Guide for Discovery Preschoolers

## Week of April 27, 2020

### FRIDAY

(continued)

#### What you do:

Show your child the materials you have collected and ask them how they could use the materials to make flowers. Talk with your child about the different parts of a flower and what materials they could use to make those parts.

- What can they use to make a flower stem?
- How can they make a flower or flower petal?
- What can they use to make the leaves?
- How will they attach the pieces to each other?

Allow time for them to use the provided materials to create as many flowers as they'd like, providing assistance with cutting, gluing, and taping as needed. If your child is not interested in taping or gluing the pieces together, let them place the materials together as they would like.

**If your child is ready:** Encourage your child to use the materials to create other plants or garden-related items, like fruits and vegetables, garden tools, or spiders, insects, and animals they might see in a garden.



## Everyday Learning Experiences

Pick an activity to weave learning experiences into your everyday routines—no preparation needed!

1

As you and your child go about your day, keep an eye out for objects with names that are short and easy to rhyme with, like ball, cup, bed, door, dog, or sock. When you see one, ask your child to say its name, then provide a **rhyming word** and talk about the ending sound that makes them rhyme.

2

While doing a task like folding laundry or putting toys away, ask your child to help you by finding items of a certain **color**. For example, ask them to find as many black socks in the basket as they can or to pick up all the red blocks and put them away.

3

When it's time for your child to do something like put their toys away or eat their broccoli, add **counting** to the experience to make it interesting and educational. For example, how many balls can they pick up and put in the basket? How many pieces of broccoli does everyone have on their plates? Help them count out loud as you work together to point to each item.

4

When your child's body language or behavior shows you that they're having big feelings like anger or sadness, take a moment to talk with them about it and help them **name their emotions**. For example, you might say something like "You are yelling and throwing your toys. You look mad. How do you feel?" Encourage your child to use words to tell you what feelings they're experiencing.

5

When your own emotions are running high and you could use a way to calm down, model taking slow, deep breaths. **Be honest** about how you're feeling and what you're doing by saying something like "I'm so frustrated that this computer isn't working! I want to feel better. I'm going to take three deep breaths." Invite your child to breathe with you and offer deep breathing as a strategy to them when they need help feeling calm.

# At Home Learning Guide for Discovery Preschoolers

## Week of April 27, 2020



### Focus on Social and Emotional Learning

Parenting young children through a global pandemic is probably not something you ever anticipated doing. There are a ton of emotions that come with this experience, and the emotional rollercoaster isn't limited to adults—our kids are feeling it too. In young children, stress and anxiety shows itself in a variety of ways, from sleep disruptions to emotional meltdowns to extra clinginess and attention seeking.

Watch our first episode of [Puppet Pals!](#) We introduce our favorite puppet characters, Uncle Gerald and Tootlebootle, who discuss living in a pandemic. Do you have a topic you'd like our puppets to discuss? Send your idea to [education@kc-education.com](mailto:education@kc-education.com)!

Also, our friends at Sesame Street have a variety of materials designed to support you and your little ones through this unprecedented moment in our history. From tips for families on how to schedule the day and keep learning happening at home, to dances and meditations to help kiddos manage big feelings, check out <https://www.sesamestreet.org/caring> for strategies, resources, and much more.

Our big kids may be more aware of what's happening in the world, and while they're more able to express their emotions verbally, they'll still need some support in learning how to process and manage their feelings. For children PreK–6th grade, check out these free offerings from the social emotional learning experts at [Sanford Harmony](#). These materials provide a variety of strategies for learning how to recognize and express emotions in a healthy, constructive way.

