



MORNING

# UPK At-Home Learning Activities Calendar

WEEK OF MARCH 30<sup>TH</sup>

AFTERNOON

M

1. **Animal walk** - Have fun **slithering like a snake** this morning!
2. Search your house for the letter **M m** (look in cupboards on food packages, magazines, junk mail, books, games)

1. Dip your finger in water and write your name on the counter or window.
2. Practice **counting** to 20.

T

1. **Yoga Time - Mouse Pose:** Sit on your heels, slowly bring forehead down to rest in front of your knees, rest arms down alongside your body, take a few deep breaths.
2. Listen to a **story** online and retell it to someone else
  - [Scholastic - Learn at Home Activities PreK](#)
  - [Storyline Online](#)

1. **Draw** a picture of the setting from this morning's story. Where did the story happen?
2. Find 5 objects outside that are **taller** than you.

W

1. Move It and Freeze  
<https://www.youtube.com/watch?v=Nqg5zY0MOfl>
2. Make the letter **P p** with your body. What sound(s) does it make?

1. **Draw a circle** on scrap paper and **cut it out**. **What can you make it into?**
2. **Count** 10 objects (outside if possible). Point to each object as you count it.

T

1. Pick **2 exercises** to do today:
  - Do 10 Jumping jacks
  - Washing machines (stand up, twist and jump) - 10 times
  - ABC pushups (pushup position, say a letter each time)
  - Spaghetti and meatballs (lay on your back for spaghetti, tuck into a ball for meatball, jump up and down twice for hot water, spin two times for meatball, meatball)
  - Superman (Lay on your belly, arms and legs out, hold for 5 seconds) Iron Man - arms backwards
  - Bicycle Rides (lay on your back and pretend like you are pedaling your bike)
2. How many syllables are in your name? Clap it. Think of 3 words that have the same number of syllables.

1. Practice **pinching** small objects (small Legos, buttons, toys). Can you move them all from one side of your body to the other?
2. Go outside (if possible) and take a listening walk. Name 3 things you hear.

F

1. **Friday Dance Party!** - Happy (Pharrell Williams)  
<https://www.youtube.com/watch?v=YteMhrQvfCo>

2. **Enjoy a good book** with a stuffed animal, pet, or family member. If you can, send a video or picture to someone you love showing you reading.

1. Use your fingers to **write your numbers 1-10** on a carpet.
2. Create a **pattern** (AB, AABB, ABC) with your toys, movements, or objects from nature.

