



UPK At-Home Learning Activities Calendar

WEEK OF MARCH 23RD

MORNING

AFTERNOON

M

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

1. Rainbow write your name (pick 5 colors and write your name using all 5!)
2. Practice **counting** to 20.

T

1. **Yoga Time - Tiger Pose:** Get on all fours, round your back, tuck your chin into your chest, pretend to be a kitty cat
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 your favorite character from this morning's story.
2. Find 5 objects and **predict** if they will sink or float. Test your predictions.

W

1. If You're A Kid...Dance Around
<https://www.youtube.com/watch?v=Qr9ge4XGUYs&list=PLbw0eclu2gv3aMRg3-v1BPBhqShEZduy->
2. Make the letter **L l** with your body. What sound(s) does it make?

1. **Tear/rip** out pictures and letters you like from old magazines / junk mail
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. Can you think of three words that **rhyme** with sun? Share them with someone.

1. **Puzzle time!** Can you put together all the pieces in your puzzle?
2. Go outside (if possible) and collect 5 items. Put them in a line from smallest to largest.

F

1. **Friday Dance Party!** - Hand Clap Challenge <https://www.youtube.com/watch?v=fF2cgMwyBRo>
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. **Skywrite your name** in the air.
2. Create a **pattern** (AB, AABB, ABC) with your toys, movements, or objects from nature.

