

# Weekly Guided Learning Plans

These weekly guided learning plans are intended to help families continue the kinds of learning and development experiences that children have been enjoying at school right in their own homes.

In these weekly plans you'll find lots of great activities!

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## From **The Creative Curriculum**®

- Familiar songs, rhymes, and games from *Mighty Minutes*®
- Guided learning through activities inspired by *Intentional Teaching Experiences*
- Positive guidance and developmental tips and strategies from the foundation volumes

## From **ReadyRosie**™

“Modeled Moment” videos with fun, easy activities that families can do to continue classroom learning at home

## The Creative Curriculum®

A comprehensive, research-based curriculum that promotes exploration and discovery as a way of learning, enabling children to develop confidence, creativity, and lifelong critical thinking skills.



Providing families with meaningful content is just one of the ways ReadyRosie™ supports family/school partnerships. Learn more about ReadyRosie™ [here](#).

# Weekly Guided Learning Plans

Each day you will find guidance for the following:

## Morning Meeting

After morning routines are complete, come together as a family for a morning meeting to kick off the day! Review and talk about the daily plan: *What do each of us want to make sure we get done today? What will we play?* Ask your child what kind of play they are most excited about and make it a priority to help realize that play. Don't forget to include what's important to *you* today as well. Each Morning Meeting will also include a short chant, game, or rhyme to get things started.

## Study Exploration

Each day, there will be an investigation question for your family to explore together. This week's plan will feature explorations from the Reduce, Reuse, Recycle study. Visit our Facebook page to post videos and photos of your family's explorations and to see what other families are discovering.

## Guided Learning

Here you'll find a suggested 10–15-minute activity that's a bit more focused on supporting a specific skill for your child's development.

## Making the Most of Routines

Even the smallest of moments in the day can be learning moments! Each day, we'll provide one idea to consider as you support your child's development through everyday activities like setting the table, taking a bath, or taking the recycling out.

## Reflecting on the Day

Take time in the late afternoon or at the dinner table to talk about the day's events. Consider nominating someone from the family to draw a picture of what the best part of the day was. You can keep these reflections together as a journal that you can look back on later.

Every family is juggling a different set of responsibilities and circumstances and certainly may not be able to enjoy everything on this list each day. Our hope is that these daily suggestions can help children and families find joy in learning together in a variety of ways that are most meaningful and appropriate for them.



### ReadyRosie™ Connection

Visit our [Healthy at Home](#) Page for more ideas and videos for learning at home!

**Something to consider:** Feeling cooped up indoors? Challenge your child to move his body in new ways! Talk about how different animals move and how they communicate. Watch your pet or the animals outdoors and ask your child to copy their movements. You could say, *Look at that bird outside. It is hopping, then looking up and chirping. Can you move and chirp like that bird?*

# Monday

## Morning Meeting

- Review today's daily plan. *What did you do this weekend that you want to keep working on?*
- **Let's Move: *The Sounds We Found – Spatial relationships***
  1. Explain that your child will need to listen carefully to decide whether the sound is near or far.
  2. Ask your child to turn around so he can't see you and then move to another area of the room.
  3. Make a sound—*clap, click, say a letter sound, etc.*—and ask, *Do you hear the sound near or far?*
  4. Encourage your child to take turns with you to lead the experience!

## Study Investigation:

### How can we reuse the items we use?

#### How can we reuse clothes?

1. Explain that *reuse* means to use something again.
2. Remind your child of (or show her) clothes with big stains, rips, or holes. Ask, *Why don't you wear these leggings anymore?*
3. Ask, *What do we do with the clothes that we no longer wear?* Write her answers on paper.
4. Review the list your child created and ask, *What are some ways that we can reuse these clothes?*
5. Encourage your child to explore and think of ways to reuse the clothes: pass on gently-used clothes to other friends or family members, cut pants with holes in the knees into shorts, use old button-up shirts as aprons or smocks, or cut up worn out t-shirts to use as cleaning rags to reduce paper towels.
6. Write your child's answers on a sheet of paper and encourage him to draw pictures of his idea. Talk about trying one of his ideas today!

## Guided Learning:

### Better Endings—Explores drama

1. Select a familiar book in your home. Cover the last few pages with blank paper.
2. Invite your child to reread the story with you.
3. When you get to the blank pages, explain, *We can make a different ending to this story!*
4. Encourage your child to consider different endings, asking questions such as *What would happen if the Little Red Hen decided not to share her bread?*
5. Invite your child to draw his new ending to the story. Offer to write his words on the new pages of the book.
6. Encourage your child to think of alternate endings to other familiar stories!

## Making the Most of Routines: Cleaning Up

Cleaning up after a meal is a valuable opportunity for your child to participate in keeping things tidy! Talk about the cleaning materials you use to clean up: *I'm going to spray this cleaner on this washcloth and wipe the table. I'll wash the washcloth when I'm finished so I can reuse it.* Encourage your child to help: *Can you squeeze the sponge so the water comes out?*

## Reflecting on the Day

How did today go? What went really well? What did your child discover about reusing materials to avoid waste? What else can you help your child think about reusing?

**Something to consider:** Using technology can be an exciting way for your child to learn problem-solving skills. Remind your child that technology includes manual tools like scissors, tweezers, forks, and markers. Encourage your child to notice how technology can help us solve problems. You might say, *The ball is losing air and won't bounce. We should put more air inside. How can we inflate the ball? Yes, you remembered your uncle pumping air into his bike tire! Let's see if the air pump can help us.*

# Tuesday

## Morning Meeting

- Review today's daily plan and say, *What is one thing you want to try today?*
- **Let's Move: Tubes & Tunnels Here & There—Alliteration**
  1. Invite your child to perform the actions with you as you recite the following poem.

*Tubes and tunnels turn and twist [twist back and forth]  
Tubes and tunnels are round like this [make arms into a big circle]  
Trains and trucks can drive right through [turn steering wheel]  
Tunnels as they blow "woo-woo" [blow horn]  
Tubes carry water to the tap  
Turn it on just like that [turn wrist]  
Tubes and tunnels are here, there, and everywhere! [point all around]*
  2. Talk about the words that start with the same letter sound like *tunnel* and *tube*.

## Study Investigation:

### How can we reuse the items we use?

### How can we reuse broken things?

1. Show your child something that is damaged like a broken crayon, sunglasses, or a chipped cup. Ask, *What do you think happened to this [cup]?* Write down your child's ideas.
2. Say, *I was going to throw these pieces away, but I wonder if there's a way we can reuse them.*
3. Talk about different ways to reuse broken or damaged items. You could say, *Your favorite cup is cracked. How can we reuse it? Yes! We can put your markers in the cup!*
4. Use your ideas and go online to research ways to reuse broken thing in new ways.

## Guided Learning:

### Bounce & Count—Compare and Measure

1. Go outdoors with a ball that bounces. Ask your child to *predict* or guess how many times the ball will bounce when it is dropped. Write his idea on the ground with chalk.
2. Show your child how to hold the ball out in front of himself and release it. Count each bounce aloud. Talk about how different balls bounce differently: *You thought the golf ball wouldn't bounce because it's so hard, but it bounced 13 times!*
3. Experiment with bouncing different balls and dropping them from different heights.
4. Create a chart listing the different balls and the number of times each one bounces.

## Making the Most of Routines: Rest time

As your child relaxes for rest time, ask your child to join you in a "What if?" story. Start by asking a question like, *What if you had a backpack with wings and it could fly you anywhere you wanted to go? Where would you go? What might you see?*

## Reflecting on the Day

What did everyone enjoy most about today? What broken materials was your child excited to try to reuse? What are other broken items your child can reuse?

**Something to consider:** When children feel like they are an important part of a community, they feel more secure and responsible. Talk about your family as a community. What can the members of your family do to help each other feel loved and appreciated? Celebrate when your child helps others and encourage her to find ways to help throughout the day!

# Wednesday

## Morning Meeting

- Review today's daily plan and ask, *What can we do to make our day run smoothly?*
- **Let's Move: Imaginary Band—Patterns**
  1. Invite your child to join you in making an imaginary band.
  2. Keep the beat by clapping or patting your lap as you recite the following chant:  
*Let's play an instrument  
We can play together.  
Let's all play the [drums]  
[boom, boom, boom, boom].*
  3. Repeat the chant using new patterns, instruments, and sounds—*cymbals/clap, guitar/strum*, etc.

## Study Investigation:

How can we reuse the items we use?

How can we reuse containers?

1. Talk about how you and your child have explored how to reuse things: *What do you remember about how we've reused things this week?*
2. Show your child a piece of trash that can be reused (egg cartons, milk jugs, cereal boxes, oatmeal canisters, etc.).
3. Ask, *What do you think will happen to this carton when all the milk is gone?* Explain that the carton can be reused, just like clothes, broken mugs, and paper.
4. Ask your child for ideas on how to reuse the carton. Write down your child's answers on paper.
5. Invite your child to draw a plan of what he wants to make with the carton.

## Guided Learning:

What's for Snack?—Print and its uses

1. Talk about what your child will eat for a snack. Show the food product labels and ask her to share what she notices.
2. Help your child create a snack menu using the food product labels and by writing or drawing the foods. On a sheet of paper, help your child write, *Today's snack is graham crackers and milk* and illustrate the menu.
3. Consider asking your child to help you create a picture recipe for a snack she will make on her own—*Let's draw ants on a log. We use celery sticks, sun butter, and raisins. What should we draw first?*
4. Consider creating more picture recipes with your child to encourage her to prepare her own snacks!

## Making the Most of Routines:

Bath time

Consider asking your child how she might be able to use clean plastic food containers during bath time. Using a yogurt container to fill a bowl, squeezing a ketchup bottle to fill the bottom with water, or a clean plastic food tray as a boat for plastic animals helps your child develop her cognitive and fine motor skills!

## Reflecting on the Day

What ideas did your child have about reusing materials? How can you continue to help your child follow his plan? Prepare for tomorrow by looking online for images or videos from your local recycling facilities that show how material gets recycled. Here's one to check out:

<https://www.youtube.com/watch?v=FX55cKJvg-g>

# Thursday

**Something to consider:** What were your favorite games as a child? Introduce your child to games from your childhood like “Mother May I?” or simple card games like “Slapjack” and talk about playing it when you were a child. Sharing personal stories and classic games helps engage your child in meaningful conversations about your family memories and encourages you to pass on or create new family traditions!

## Morning Meeting

- Review today’s daily plan and ask, *What is one thing you like to do every single day?*

- **Let’s Move: Metamorphosis—Vocabulary**

1. Use hand and body motions to act out the following chant.

*A still, little egg is lying on a leaf.  
Pop! Out comes a caterpillar as tiny as can be.  
The hungry little caterpillar munches on the leaf.  
Growing bigger and bigger and bigger.  
The big, slow caterpillar wraps up snug in his cocoon.  
The cocoon opens up and out crawls a little, fuzzy brown moth.  
He flaps his new wings and flies away.*

## Study Investigation:

### How can we reduce the trash we throw away? How are materials recycled?

1. Show your child a piece of trash that has the recycling symbol. Explain that *recycling* is a process to reuse materials to make something new.
2. Talk about materials in your trash that can be recycled. You might say, *We put paper, plastic, glass, and metal in our blue recycling bin. I wonder what happens to them after the big truck takes it away. What do you think?* Record her answers on paper.
3. Invite your child to draw a picture of what she thinks happens to the recyclables.
4. Look online at images or videos showing how trash is recycled. Afterwards, ask your child to compare her drawing to what you saw. Encourage her to add information or details to her drawing!

## Guided Learning:

### I’m Thinking of a Shape—Spatial relationships and shapes

1. Ask your child to help you gather clean recyclables of different sizes and shapes—*cans, oatmeal cartons, spoons, paper towel tubes, boxes, balls, cones, cups.*
2. Introduce your child to the shape names and talk about their attributes. You could say, *This empty tissue box has a side that is long and looks like a rectangle. This oatmeal can is a cylinder, the bottom is like a circle.*
3. As you and your child explore, use words like *points, edges, corners, and faces* when talking about each shape.
4. Show your child a few shapes and ask her to describe which one you are describing. You might say, *This shape is round like a ball. Yes! It’s the sphere!*

## Making the Most of Routines: Going Outdoors

Next time your family goes outdoors, look up! Notice the clouds and encourage your child to describe what he sees. Invite him to think creatively by sharing the animals or figures he sees in the clouds!

## Reflecting on the Day

What excited your child about how materials are recycled? What questions did your child ask about the process? Where can you find information to answer his questions? Look for information from your local waste and recycling management companies about what kinds of materials can be recycled to share with your child tomorrow.

# Friday

**Something to consider:** Most children love to play with water! The sound it makes, the way it feels, the way it changes from ice to water and steam, and the way it moves is fascinating! Encourage your child to experiment with water throughout the day—boil water and show your child how it becomes steam or freeze water in plastic containers and check how long it takes for the water to become ice. Watching how water changes helps your child develop her ability to observe, make predictions, and test her findings.

## Morning Meeting

- Review today's daily plan and ask, *What did you do this week that you would like to do again over the weekend?*
- **Let's Move: Line Dancing—Counts**
  1. Invite your child to practice a few simple line dancing moves with you—heel digs, side step, partner walk, walk forward, walk backwards.
  2. Perform each step for four counts.
  3. Count each beat in the step—*Walk forward, one, two, three, four. Heel digs, one, two, three, four.*
  4. Create a simple dance routine to perform to one of your family's favorite songs.

## Study Investigation:

**How can we reduce the trash we throw away? What do the recycle symbol and little numbers tell us?**

1. Explain that a *symbol* is a picture that has meaning. Show your child the recycle symbol and ask, *What does this symbol mean?*
2. Ask your child to find the recycle symbol on boxes, bottles or cans in your home. Invite him to draw the recycle symbol and list the little numbers inside the symbols on plastic containers.
3. Ask, *What do you think these little numbers tell us?*
4. Together, research what the numbers indicate and which kinds of plastic are recyclable in your area.

## Guided Learning: Feely Bag—Vocabulary

1. Place a clean, empty food container inside a bag or pillowcase. Ask your child to put his hand inside the bag without looking inside.
2. Explain that he is going to feel the secret item and then guess what is inside.
3. Encourage your child to describe what he feels using words like *smooth, hard, heavy, straight, curved.*
4. After your child guesses correctly, invite him to find a secret object for you to feel and describe. Model by using descriptive language like *corner, edge, points,* etc.

## Making the Most of Routines: Meal Time

As you prepare for dinner, consider asking your child to separate the seeds from foods to plant in homemade planters. Use paper cartons, plastic jugs, or paper towel rolls as planters for seeds. Look online for other ways to reuse household materials for simple gardening experiences.

## Reflecting on the Day

What questions did your child have about the different types of plastic in your recycling? Did your child enjoy learning a few line dancing steps? Do you have friends or families who would like to demonstrate how they line dance? Consider having a video dance party for your family and friends!