

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!

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.

Celebration of Learning

Each day, there will be a reflection question for your family to discuss together. This week's plan will feature reflections about your child's learning over the past year. Visit our Facebook page to post videos and photos of your family's memories and see what other families are recalling.

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 and prepare for new routines during the summer through everyday activities like mealtimes, bathing, or cleaning up.

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 to 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: What changes might summer bring to your family’s morning routine and schedule? You can help your child prepare for busy mornings by deciding what he will wear the night before! You might say, *We can put your clothes out before you go to sleep so it will be easy to get dressed in the morning. What would you like to wear tomorrow?*

Monday

Morning Meeting

- Review today’s daily plan. *What did you do this weekend that you want to do again?*
- **Let’s Move: My Stretchy Face—Comprehends language**
 1. Invite your child to stretch out his face with you as you sing the following to the tune of “Row, Row, Row Your Boat:”

*Scrunch, scrunch, scrunch up your face, as small as you can.
Now open up your eyes and mouth, to make it big again.
Look, look, look with your eyes, look right and left and down...
Look up, look down, look all around, then blink them at a friend.*

Celebrating Learning

Family Show & Tell

1. Ask your child to think about something interesting they have that they want to show to their friends and family members. Encourage all members of your household to gather their items for “show & tell.”
2. Explain that she will show her special item and describe what is special about this item.
3. Invite your child to think about the item she selected and ask, *Why did you choose to show your stuffed iguana? or What makes this item special?*
4. Encourage all family members to take turns to share their special Show & Tell items.
5. Support your child to add a page for “Show & Tell” to her memory book with her description and illustrations.
6. Consider recording your family’s Show & Tell to share with other family members and friends.

Guided Learning:

Huff & Puff—Compare and measure

1. Invite your child to join you in a measurement experience using lightweight balls (such as table tennis balls), straws, ruler, masking tape or chalk, and yarn.
2. Use masking tape or chalk to mark a starting line on the floor. Show how to put the ball on the line and then use a straw to blow to see how far the ball rolls.
3. Use rulers or non-standard measuring tools like yarn to compare the distances. You can say things like *The ball moved quickly! Mikey, can you help me cut a piece of yarn from the line to the ball? Then, we can compare your yarn to mine.*
4. Talk about other ways to make air blow—hair dryer, paper fan, or several people blowing towards the ball at once.

Making the Most of Routines: Rest Time

Help your child to slow down and prepare for rest time by focusing on his breathing: *Let’s take a deep breath, one, two, three; hold it, one, two, three; and breathe out, one, two, three.* You can also ask your child to notice his muscles by tensing and then relaxing each one: *Wiggle your toes. Tighten them (one, two), now relax them so they feel loose and soft. Now, tighten your legs (one, two) and then relax.*

Reflecting on the Day

How did today go? What went really well? What was your child excited to tell you about his Show & Tell item? Share your favorite memories of Show & Tell from school with your child!

Something to consider: You can support your child's independence in the bathroom by posting a visual checklist where your child can see it! Discuss what to include with your child, act out the tasks on the list, and invite her to help illustrate and post it where she can see it. Consider including tasks like: *Flush the toilet, Check zippers/buttons, Wash hands with soap, Dry hands, Turn off water, etc.*

Tuesday

Morning Meeting

- Review today's daily plan and say, *What is one thing that you wanted to do yesterday that you didn't get to do? Can you do it today?*
- **Let's Move: High Knees—Patterns**
 1. Invite your child to move with you as you sing or recite the following chant:
*High knees, high knees,
We can [march] with high knees.
Left right, left, right.
[Marching] along.*
 2. Repeat the chant several times.
 3. Create new chants by changing the action and making a pattern, e.g., skip, skip, stomp, etc.

Celebrating Learning

What job would you like when you grow up?

1. Gather the drawing materials to add to your child's preschool memory book and talk about the jobs your child sees people doing in your family and in your community.
2. Ask, *What job would you like to do when you grow up?*
3. Record your child's answers and ask him to choose his favorite job.
4. Write the job he would like to do when he grows up on a blank sheet of paper in the memory book and ask him to illustrate how he would look doing the job!

Guided Learning: Riddle Dee Dee—Rhyming

1. Chant the following rhyme:
*Riddle dee dee, riddle dee dee.
Can you make a rhyme with me?
I say [ball], you say [fall].
[Ball], [fall], [mall], [gall].*
 2. Provide the first two rhyming words and invite your child to continue making rhymes with that word.
 3. Try it again with another word and take turns choosing the rhyming words as long as children are interested
- * Have fun with nonsensical words as you rhyme! It doesn't have to be a real word for children to build their rhyming skills.

Making the Most of Routines: Outdoors

Maps are a powerful way for your child to apply his spatial relationship skills to his personal environment. Offer your child paper and pencil and take a walk around your neighborhood. As you walk, ask your child to create a map of what he sees. When you return home, encourage him to use crayons to add colors such as green for parks, blue for water features, etc.

Reflecting on the Day

What did your child enjoy most about talking about the jobs she might want to do when she grows up? Consider looking for images or videos or reaching out to people in your family and community who have experience in this job to learn more!

Prepare for tomorrow's Guided Learning experience by cutting out fish-shaped cards from construction paper.

Wednesday

Something to consider: Using scissors is a complex skill, especially for little hands! You can help your child learn to hold and use scissors by practicing the motions using clothespins, or squeeze-trigger spray bottles. Next, offer child-sized, blunt-tip scissors to snip molding dough, then paper. Draw a happy face or put a small sticker on your child's thumb for proper hand placement. Explain, *Make sure you can see your thumb facing up as you cut.*

Morning Meeting

- Review today's daily plan and ask, *What job would you like to help with today?*
- **Let's Move: Mimic Mime—Descriptive language**
 1. Explain: *A mime is an actor who pretends to do things without making any sounds. Let's be mimes together. Can you do what I do? Remember, we can't make any sounds.*
 2. Act out different actions such as brushing your teeth, washing your hands, or painting a picture.
 3. Encourage your child to act out the scene with you.

Celebrating Learning

What was your favorite snack treat or cooking experience during preschool?

1. Gather drawing materials to add to your child's memory book and say, *You had a lot of treats and cooking experiences during preschool. Let's think about all the things you made or ate at school. What was your favorite?*
2. Record your child's answers and ask her to choose her favorite memory about the snack or cooking experience.
3. Write her favorite treat on a blank sheet of paper in the memory book and ask her to illustrate what she remembers.
4. Consider asking your child to describe how to make her favorite snack and then preparing it together. Encourage her to describe the ingredients, the steps, and how it is served.

Guided Learning

Fishing Trip—Number concepts and operations

1. Invite your child to pretend she is a bear, explaining: *We are going on an imaginary fishing trip.*
2. Designate a space on the floor, or an area rug, as an imaginary pond. Show your child the fish-shaped cards and add them to the pond.
3. Ask your child to roll a die or select a numeral card to determine how many fish she will pull from the pond. Encourage her to move and growl like a bear as she scoops up the fish.
4. Ask questions that prompt your child to talk about the fish she caught: *If you catch one more fish how many will you have?*

Making the Most of Routines: Bath Time

Continue to encourage your child to strengthen the small muscles in his hands by offering spray bottles and sponges in the bath. Squeezing these items help develop coordination and strength. Say, *Can you rinse the soap off your knee with this spray bottle?* or *Can you squeeze all the water out of the sponge?*

Reflecting on the Day

What did you child enjoy about the cooking experience? Are there family recipes you'd like to share you're your family members?

Prepare for tomorrow's Guided Learning by creating a large word search on the back of a piece of wrapping paper or paper grocery bag using the names of people in your family.

Thursday

Something to consider: The summer months are a great time to practice skills your child will need later on, like recognizing and writing his name. You can help him practice recognizing his name by writing a list of names from your family and asking him to find his name on the list! Help him practice writing his name by asking him to write throughout the day: *Whose yogurt is this? Jayden, can you write your name on it?* or *Artists sign their name on their artwork. Can you write your name on the bottom?* or *Let's write our names on this card for Pop-pop.*

Morning Meeting

- Review today's daily plan and ask, *What was one thing that happened yesterday that made you happy?*
- **Let's Move: Tightrope Walking—Spatial relationships**
 1. Place a long strip of masking tape on the floor to act as a tightrope.
 2. Say, *Let's pretend this is a tightrope high in the air. We have to walk across it very carefully and try not to step off the line.*
 3. Invite your child to move along the tightrope in different ways, using directions like *backward* or *sideways*.
 4. Encourage your child to think of new ways to move along the tightrope.

Celebrating Learning Family Field Day

1. Ask your family members to think of their favorite movement activities.
2. Explain that field day is a day for sports and movement competitions, usually outdoors.
3. Write your family's ideas for field day events. Create a plan for how and where your family can hold your family field day!
4. Consider creating celebration ribbons or prizes for the winners of each event.
5. After your family's field day, help your child to add to her memory book with an entry for her favorite event!

Guided Learning:

Family Word Search—Identify and name letters

1. Display the word search you created yesterday and explain how to look for words or names in the letters: *There are names hidden in these letters. Let's see if I can find Nana's name. What letter should we start with? Yes, N.*
2. Write the names hidden in the word search for your child's reference as he looks for the names. Ask him, *Can you find an N? Let's find comes next, an A.*
3. Help your child find the names on the list and explain how to circle them to show they were found: *You found it! Let's circle Nana's name!*

Making the Most of Routines: Mealtimes

You can help your child prepare for mealtimes in school settings by using a placemats and explaining that she can only touch the items on her placemat. This will help her practice keeping her "hands to herself."

Reflecting on the Day

What did your child enjoy about field day? Are there other field day events you would like to teach your child? What materials will you need?

Friday

Something to consider: Before your child returns to a school setting, practice skills he will need later on. Show your child how to raise his hand and wait quietly until you have called his name. Explain that this is how many school teachers expect students to let her know they have something to say! Encourage older children to join your child in practicing this skill during daily routines like mealtimes, in the car, or during discussions!

Morning Meeting

- Review today's daily plan and ask, *What did we do this week that you would like to do again over the weekend?*
- **Let's Move: Hop the Circle—Expanding vocabulary**
 1. Invite your child and family members to join you to hop together to form a circle.
 2. Sing the following to the tune of "London Bridge."
Hop a circle nice and round, nice and round, nice and round.
Hop a circle nice and round, now make it [smaller].
 3. Change the verse to make the circle different sizes—wider bigger, tiny, etc.
 4. Use the song to introduce your child to new vocabulary related to size—*huge, enormous, mini*, etc.

Celebrating Learning:

Write a letter to your teacher

1. With your child, gather materials to write a letter to his preschool teachers.
2. Talk about why we send letters to people we care about. You might say, *You learned a lot from Miss Oralia. It's nice to send letters to people we care about to tell them how we are, that we're thinking of them, and that we love them. What would you like to tell Miss Oralia in a letter?*
3. Help your child write a letter by offering to take dictation of your child's words.
4. Encourage your child to add drawings or include a photo of herself in the letter.

Guided Learning:

Lemonade—Compare and measure

1. Invite your child to wash his hands and help gather lemonade ingredients—lemons (one for every two people), sugar or honey, water, ice; and materials—pitcher, knife, cutting board, juicer, measuring cups/spoons.
2. As you make the lemonade, give your child the opportunity to measure, pour, and mix ingredients.

Directions:

- Slice the lemons in half and help your child use the juicer to squeeze the lemons.
 - Ask your child to pour the juice into a liquid measuring cup, removing the seeds.
 - Help your child combine the juice and 2 tablespoons of sugar or honey in a pitcher, and measure 2 cups of water per lemon.
3. Support your child to pour the water into the pitcher and serve over ice.

Making the Most of Routines:

Cleaning Up

During cleaning routines, challenge your child to "Take Five." You could say, *Can you take five cars back to the basket?*, *Can you find five red toys to put in the box?*, or *Let's see if you take five big steps to put the book back on the shelf!*

Reflecting on the Day

What did your child enjoy about writing to her teachers? Consider continuing his memory book by recording some of his other favorites like his favorite friends, toys, or discoveries. Continue to share your own memories from school to model how memories of positive learning experiences can last a lifetime!