



UPK At-Home Learning Activities Calendar

WEEK OF MAY 11TH

THEME: UNDER THE SEA

MORNING

OCEAN YOGA

M

1.

- 

I am a jellyfish.
STANDING FORWARD BEND
- 

I am a shark.
LOCUST POSE
- 

I am a dolphin.
DOLPHIN POSE
- 

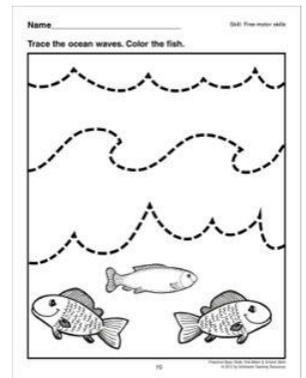
I am a crab.
TABLE TOP POSE
- 

I am a turtle.
TORTOISE POSE

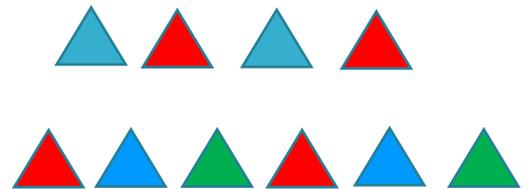
2. Practice writing the letter **O** for ocean and **Y** for **yoga**. Write each letter 4 times. Then make the letter O with your body and the letter Y with your body.

AFTERNOON

1. Draw ocean waves on a piece of scrap paper (wavy lines), then cut along those lines with scissors.

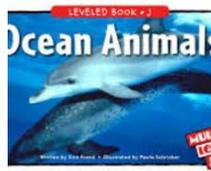


2. Draw 8 or 9 triangles. Use 2 or 3 colors to make a pattern.



T

1. Get Moving to "Baby Shark" https://www.youtube.com/watch?v=XqZsoes_a55w
2. Read the book Ocean Animals by Kira Freed. See if you can spot the letter "f" while you are reading the story. <https://www.youtube.com/watch?v=w8gCTC5u6DY&t=82s>



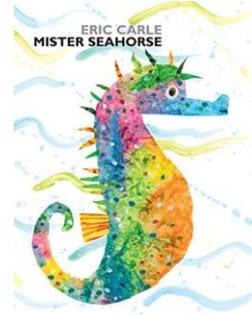
1. Practice writing the letter **F f** for **fish**. Practice writing 5 upper case F and 5 lower case f. Don't forget to write your name on your paper!
2. Pick your favorite animal from the book, Ocean Animals, and share one interesting thing you learned about that animal with someone in your family. (You can even draw that animal and label it with its name!)

W

1. Cosmic Kids Yoga: “Under the Sea”
<https://www.youtube.com/watch?v=qC83oFEeVZA>
2. Read **Mr. Seahorse** by, Eric Carle
<https://www.youtube.com/watch?v=yoqxhji4HbQ&t=63s>

Pause it on the page where Mr. Seahorse’s eggs come out of his pouch at the end of the story. **How many baby seahorses were there?**

1. Draw a bunch of Mr. Seahorse’s eggs (circles) on a piece of paper. Count to see how many eggs you drew! Don’t forget to write your name on your paper!
2. Did you draw more or less than the amount that hatched from Mr. Seahorse’s pouch?



T

1. Move along with the kids in “**The Goldfish Song (Let’s Go Swimming)**” by the Laurie Berkner Band
<https://www.youtube.com/watch?v=Cg-wnQKRHTs>
2. Syllables: Clap out the syllables in these fish words from the book “Mr. Seahorse”:
trumpet fish, stickleback, tilapia, bullhead, seahorse, lion fish

1. Draw a goldfish (or a school of goldfish) using the shapes oval (body) and triangle (tail fin) Don’t forget to write your name on your paper! Can you make any other sea animals out of shapes?



2. Using gold fish crackers (or another snack if you don’t have them), put 7 crackers on your plate. Pretend you are a shark and eat 4 of them! How many are left? Write that number 5 times.

F

1. Friday Dance Party! Just Dance “**Under the Sea**” from the Little Mermaid
<https://www.youtube.com/watch?v=SH-7A3NVQbY>

2. Get out a beach towel and put on your bathing suit if you want! **Pretend you are relaxing at the beach and read a good book to whoever is at the beach with you.**



1. **Trace your foot on paper or outside on the sidewalk with chalk.** Try to turn it into a sea animal. (a fish, an octopus, a jelly fish. Just use your imagination!)
2. Continue the **Beach Party** outside! Bring your towel and a snack. Just relax and listen. **What sounds in nature can you hear?** Are they the same sounds that you could hear at the beach or different?