



# UPK At-Home Learning Activities Calendar

WEEK OF APRIL 6<sup>TH</sup>

## MORNING

## AFTERNOON

M

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

1. Use your toys (cars, Legos...) or coins to make the **letters in your name**
2. Practice **counting** to 20.

T

1. **Yoga Time - Elephant Pose:** Wide-Legged Standing Forward Bend. From standing, step your feet hip-width apart, bend your upper body, clasp your hands together, and sway your arms like the trunk of an elephant.
2. Listen to a **story** online and retell it to someone else
  - [Scholastic - Learn at Home Activities PreK](#)
  - [Storyline Online](#)

1. What did today's story remind you of? **Draw** a picture of it.
2. Find 5 objects outside that are **smaller** than you.

W

1. Shake Our Sillies Out!  
[https://www.youtube.com/watch?v=NwT5oX\\_mqS0](https://www.youtube.com/watch?v=NwT5oX_mqS0)
2. Make the letter **R r** with your body. What sound(s) does it make?

1. **Draw a square** 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

1. **Color a picture** (printable pictures can be found here <https://www.coloring.ws/coloring.html> When you are all done, pick someone special to give it to.

<p>hot water, spin two times for meatball, meatball)</p> <ul style="list-style-type: none"> <li>• Superman (Lay on your belly, arms and legs out, hold for 5 seconds) Iron Man - arms backwards</li> <li>• Bicycle Rides (lay on your back and pretend like you are pedaling your bike)</li> </ul> <p>2. How many color words can you think of? Clap out the syllables in each color word.</p>	<p>2. Go outside (if possible) and take a walk. Find something that is <b>hard</b> and something that is <b>soft</b>.</p>
<p><b>F</b></p> <p>1. <b>Friday Dance Party!</b> - “The Goldfish (Let’s Go Swimming)” by Laurie Berkner Band <a href="https://www.youtube.com/watch?v=Cg-wnQKRHTs">https://www.youtube.com/watch?v=Cg-wnQKRHTs</a></p> <p>2. <b>Enjoy a good book</b> with a stuffed animal, pet, or family member. If you can, send a video or picture to someone you love showing you reading.</p>	<p>1. Find a book and <b>trace the letters of the title</b> with your finger. Say the name of any letters you recognize.</p> <p>2. Create a <b>pattern</b> (AB, AABB, ABC) with your toys, movements, or objects from nature.</p>