



UPK At-Home Learning Activities Calendar

WEEK OF MARCH 16TH

MORNING

AFTERNOON

M

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

1. **Write your name 2** times. Name each letter as you write it.
2. Practice **counting** to 20.

T

1. **Yoga Time - Fish Pose:** lay on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold on to your feet.
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 part from this morning's story.
2. Find 3 containers that can hold water and fill them up in the sink, tub, or outside. Decide which one holds the most.

W

1. The Very Hungry Caterpillar: A Cosmic Kids Yoga Adventure - <https://www.youtube.com/watch?v=xhWDiQRrC1Y>
2. Make the letter C c with your body. What sound(s) does it make?

1. **Cut** 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 cake? Share them with someone.

1. **Build a tower** from things around the house (Legos, blocks, cereal boxes, cans)
2. Go on a **color hunt** (outside if possible). See if you can find one object that is red, one orange, one yellow, one green, one blue, and one purple!

F

1. **Friday Dance Party! - Old Town Road**
<https://www.youtube.com/watch?v=dx6wHN0VsJo>
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. **Draw** a letter or number on a family member's back and ask them to guess what you drew!
2. Create a **pattern** (AB, AABB, ABC) with your toys, movements, or objects from nature.

