

Week 9 – Peace and Emotions

Monday	Tuesday	Wednesday	Thursday	Friday
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<b>Movement/Control</b>	Make silence with Ms. Cynthia (video)	March from your room to your living room. Turn around one time. Take two small hops forward. Do five jumping jacks. Walk as slowly as you can back to your room.	Focus on emotions and muscles tension and relaxing (video with Ms. Dyanna)	Sit on the ground or floor with your legs straight out in front of you. Can you touch your toes without bending your knees? Now lie on your back. As slowly as you can, raise one leg up in the air. As slowly as you can, lower it back to the ground. Now do the same with the other leg. Do each leg four more times.	Focus on emotions and muscles tension and relaxing (video with Ms. Dyanna)
<b>Sensorial/Language</b>	Go on a sensory hunt in your home. Find 5-10 items that feel different: <ul style="list-style-type: none"> <li>• Soft</li> <li>• Hard</li> <li>• Rough</li> <li>• Smooth</li> <li>• Bumpy</li> <li>• Fuzzy</li> </ul> Save in a basket for tomorrow	Describe items you collected yesterday and put in a basket. <ul style="list-style-type: none"> <li>• Without a blindfold</li> <li>• With a blindfold on (or hands under a blanket or scarf).</li> </ul>	Go on a sensory hunt outside. Find 5-10 items that feel different: <ul style="list-style-type: none"> <li>• 2 different rocks</li> <li>• A leaf</li> <li>• Some dirt</li> <li>• A stick</li> </ul> What else can you find? Describe each item	Rhyming: What words can you think of that rhyme with: <ul style="list-style-type: none"> <li>• Love</li> <li>• Light</li> <li>• Peace</li> <li>• Calm</li> <li>• Rest</li> <li>• Joy</li> </ul> Hint: Non-sense words are fine. Example: “keace” rhymes with “peace”	Look for something red. Can you find something else red that is a shade darker? A shade lighter?  Do the same with <ul style="list-style-type: none"> <li>• Green</li> <li>• Blue</li> <li>• Yellow</li> <li>• Purple</li> </ul>

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<b>Culture/ Science/ODE</b>	Find 10 sticks. Sort them from shortest to longest	Find 10 rocks. Sort them from smallest to largest	Cut and open up a brown paper bag. Take outside in a sunny area and let your shadow cast upon it. Have someone trace your shadow.	See yesterday. Get paper and different objects. Place in sunny area and trace shadow outline of objects.	Elephant song in Spanish (Facebook Video with Mandeep)
<b>Mindfulness</b>	Everyone has a love light – Ms. Ninfa video	Making Silence – Ms. Ninfa video	The Peace Candle – MS. Ninfa video	Circles of Self-Awareness – Ms. Ninfa video	Emotions – Identifying and expressing feelings – Ms. Ninfa video
<b>Story time</b> <ul style="list-style-type: none"> <li>watch, listen, and talk about</li> </ul>	<i>Breathe Like a Bear</i> (Ms. Jess)	<i>When Sophie Gets Angry—Really, Really, Angry</i> (Ms. Shannon)	<i>On Monday It Rained</i> (Ms. Cynthia)	Watch ( <i>Peace Poem</i> video) with Ms. Shannon	<i>Mice Squeak, We Speak</i> (Ms. Shannon)
<b>Practical Life</b>	Practice buttoning and unbuttoning on a shirt or coat and/or zipping and unzipping something.	Whipstitch or sew the love light from your packet.	Make Lotus peace candle from packet.	Cut out and label Circles of Awareness from packet.	Emotions coloring pages (packet and pdf link)

## Language

- Sounds – refer to week 3 – I Spy, Rhyming, Tongue Twisters
- Storytime – refer to Week 3 How to Prompt Children and Helping Your Emergent Reader
- Vocabulary – do they know what special words mean? For example – stack, fuzzy, thoroughly, etc.

A child needs freedom within limits...Maria Montessori