Welcome to the Every Child Ready @ Home calendar! Here, you will find activities designed for your young learner over the next four weeks. This calendar will focus on the natural world, dinosaurs, and fossils! Try all of the activities or pick those that work best for your family.

Visit AppleTree’s Distance Learning Page and social media regularly for additional resources and updates.

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**Getting Started:**

**Using the Calendar**

Activities are organized by day. You can scroll through days or click directly from the weekly calendar. You can also access the book of the week from the weekly schedule.

**Daily Print Materials**

Each day includes 5 activities for your child. There are often print materials. You do NOT need to print. You can show your child on a device or draw materials of your own. If you would like to see the daily materials, click at the top of each page.

**Accessing Helpful Resources**

Within lessons, you’ll find helpful links to additional resources, such as activity videos and examples.

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**Let’s Get Started!**
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**Morning Connection:**

#### Feather Breath

- Start your morning with calming breaths!
- Say, *Pretend you have a feather on your nose—breathe out of your mouth. Blow the pretend feather away from your nose. Breathe in as you bring the pretend feather back.*
- Try feather breaths when your child (or you!) gets frustrated throughout the day. Feelings happen!

**Letter Talk:**

#### I

- Talk about the letter I. Say, *We make an I by writing a line down, across, across.*
- Have your child *say the letter,* I! Have them *make the sound,* like in igloo. Finally, have your child *trace the I* with their finger a few times.
- See how many uppercase I’s you can find together throughout the day!
- *Don’t worry if your child needs more time to learn the letter!* I

**MATERIALS:** Tree Life Cycle, crayons, optional scissors

- Print or draw the images.
- Have your child *individually color each picture.*
- Later, *cut out the pictures* like cards and have your child put them in order. Point out that a log doesn’t turn into a seed, but it does help seeds grow. Your child can explain the steps to another family member.

**Independent Learning:**

#### Tree Life Cycle

**MATERIALS:** Tree Life Cycle, crayons, optional scissors

- Print or draw the images.
- Have your child *independently color each picture.*
- Later, *cut out the pictures* like cards and have your child put them in order. Point out that a log doesn’t turn into a seed, but it does help seeds grow. Your child can explain the steps to another family member.

**Math:**

#### Our Routine

**MATERIALS:** paper, crayons or pencil

- Plan a daily routine together. Have your child *draw and write about each time of day.*
- Think about times of day your child should try to be independent, like coloring, reading alone, or doing a simple chore!
- Routines can help each day feel safe and predictable for your child.
- Check out this example for ideas!

**Read:**

#### Sophie’s Garden

- *Read Sophie’s Garden* together. Have your child help you *count* as you read. Help your child point to each item as they count.
- If you want more tips on reading, check out the book guide!
Morning Connection: Balloon Belly

- Start your morning with calming breaths!
- Say, Breathe in. Push your belly out as you fill it slowly with air, like a balloon. Hold the air for a count of three. 1-2-3. Slowly let out your breath. Try two more times.
- Try balloon belly when your child (or you!) gets upset or feels cooped up throughout the day.

Letter Talk: I

- Say, Make an I by writing a line down, across, across.
- Have your child say the letter, I! Have them make the sound, like in igloo. Finally, have your child trace the I with their finger a few times.
- See how many uppercase I’s you can find together throughout the day!
- Don't worry if your child needs more time to learn the letter I!

Independent Learning: Letter I

MATERIALS: Paper, pencil, letter I's

- Have your child independently trace the letter I. Use the page provided or make one of your own!
- Your child can color the provided pictures or draw ones of their own (igloo, iguana, inchworm).
- Later, ask questions like, What letter did you write? Can you think of other words that start with I, like in igloo?

Math: Weekly Calendar

MATERIALS: paper, marker or pencil

- Your child is still learning the days of the week. Sometimes they are unsure what will happen tomorrow.
- Make a weekly calendar. Talk about how weekends might be different than other days of the week. Point out special events, like calls to family. Say things like, Tomorrow is Wednesday. I don't work on Wednesday. Tomorrow, I will be home with you!
- Need inspiration? Check out our example.

Explore: My Timeline

MATERIALS: paper, crayons, pictures of your child

- Show your child pictures when they were a baby and a toddler.
- Say, In the past, you were a baby. Are you still a baby? No!
- Make a timeline with your child. Have your child draw pictures of themself as a baby, toddler, and now in order.
- Talk about how your child has changed over time.
Morning Connection:
Sun Rolls

- Start your morning with a calming stretch!
- Sit comfortably. Say, Put your chin on your chest. Breathe in and roll your head to one shoulder. Breathe out and put your chin on your chest. Breathe in and roll your head to your other shoulder. Go slow. Try two more times.
- Try sun rolls when your child (or you!) gets upset or feels cooped up throughout the day.

Morning Connection:
Sun Rolls

- Say, We make an N by writing down, line down, down. Have your child say the letter, N! Make the sound for N, like nest. Finally, have your child trace the N with their finger.
- See how many uppercase N’s you can find together throughout the day!
- Don’t worry if your child needs more time to learn the letter N!

Independent Learning:
Design a Garden

MATERIALS: paper, crayons or pencil
- Have your children independently draw a garden. You can draw a large rectangle for them to add flowers, vegetables, fruits, and other plants. Show pictures of gardens on your phone before they start.
- Later, say, Tell me about your garden! It’s ok if your child scribble writes or misspell swords!

Materials:
- Have your children independently draw a garden. You can draw a large rectangle for them to add flowers, vegetables, fruits, and other plants. Show pictures of gardens on your phone before they start.
- Later, say, Tell me about your garden! It’s ok if your child scribble writes or misspell swords!

Independent Learning:
Design a Garden

Math:
Number Moves

MATERIALS: optional - write numbers 1 to 10 on paper
- Play a game to count and move! Have your child pick a number between 1 and 10. If you wrote the numbers, your child can point to one. Say, You picked five. Let’s jump five times. We’ll count together! Repeat for more numbers.
- Switch roles. You pick a number and your child picks the moves!

Math:
Number Moves

Read:
Sophie’s Garden

- Read Sophie’s Garden together. Have your child help you count as you read. Also, have your child trace each number with their finger.
- For more ideas, check out the book guide!
Morning Connection: 
Fluffy Cloud, Hard Rock 
- Start your day with a calming movement! 
- Sit or stand. Say, Close your eyes. Make your whole body tight. Don’t move for three counts. 1-2-3. Breathe out and let your body relax. Try two more times. 
- Try the fluffy cloud, hard rock strategy in your calming space. Want to know what a calming space is? Check this out!

Letter Talk: N 
- Practice the letter N. Say, Make an N by writing down, slant down, down. Have your child say the letter N! Make the sound for N, like in nest. Finally, have your child trace the N with their finger. 
- See how many uppercase N’s you can find together throughout the day! 
- Don’t worry if your child needs more time to learn the letter N!

Independent Learning: 
Using Water 
MATERIALS: paper, crayons or pencil 
- Together, brainstorm ways your family uses water. Point out that Sophie uses water in her garden, too! 
- Have your child independently draw and write about the uses of water. 
- Later, say things like, What did you draw? What letters do you hear in the word water? Let’s write them. 
- Remember, spelling isn’t important right now!

Math: 
Number Moves 
MATERIALS: optional - write numbers 1 to 10 on paper 
- Play a game to count and move! Have your child pick a number between 1 and 10. If you wrote the numbers, your child can point to one. Say, You picked five. Let’s wave five times. We’ll count together! Introduce moves you haven’t tried. 
- Switch roles. You pick a number and your child picks the moves!

Read: 
Sophie’s Garden 
- Read Sophie’s Garden together. Have your child help you count as you read. Also, have your child trace each number with their finger. 
- For more ideas, check out the book guide!
Morning Connection: Child Choice

- You’ve practiced four calming activities together this week! Feather breath, balloon belly, sun rolls, and fluffy cloud, hard rock. Great job!
- Let your child pick which calming activity you try today. They might even want to try them all!

Letter Talk: Letter Walk

MATERIALS: paper, pen, music

- Write several letter I’s and N’s. Tear them apart to make cards. Place the cards on the floor in your home or outdoors.
- Have your child dance or walk around to music. When the music stops, they stop and put one foot on the letter you call out.
- If your child has a hard time, help them find the correct letter.

Math: Counting Sets

MATERIALS: bag, 10 small toys

- Play a counting game together. Place 5 toys in a bag. Say, I have a set of toys. Let’s count them. Slowly pull each toy from the bag and say the number with your child. We have five toys!
- Make sets of different amounts up to 10.

Explore: Day and Night

MATERIALS: flashlight, ball

- Say, Pretend the ball is Earth and the light is the sun! Have your child hold the light. The sun shines on Earth in the day. Talk about things you do during the day. Turn the ball a little. Say, Now the light is on a different part of Earth. That’s what happens at night. Talk about things you during the night.
- Have your child draw or talk about how night and day are different.
Week 2 Schedule

- **Monday**
  - PK
  - Day 6 Lessons

- **Tuesday**
  - Day 7 Lessons

- **Wednesday**
  - Day 8 Lessons

- **Thursday**
  - Day 9 Lessons

- **Friday**
  - Day 10 Lessons

COMING SOON