

# At Home Learning Guide for Discovery Preschoolers (2 years old)

Week of May 11, 2020



This week kicks off a new theme for you and your child to explore at home: **Shapes and Colors!** This week focuses on squares, circles, and triangles through activities your discovery preschooler would be experiencing in our centers. Even though many of us are not in our centers right now, you and your child can bring the fun of learning about shapes to life at home.

We begin with a **Language and Literacy** activity in which you and your child read books about shapes and then look for shapes in the illustrations. The learning continues through a **Physical Development** activity that invites your child to make shapes with their arms, and an opportunity to sort shapes and work on their Cognitive Development.

As you work through the activities in this week's guide, keep in mind the intention behind these activities is for your child to practice **identifying shapes**. Many activities encourage you to talk about the characteristics of the different shapes, but you shouldn't expect your child to be able to do the same. By sharing your observations about shapes and their characteristics, you're planting the seeds for your child's understanding of geometry in later years.

**Developmental Domains** are the areas of focus that support development of the whole child. Interested in learning more? Click [here](#) to discover the six developmental domains.



**Learning Adventures** are small-group enrichment programs in our centers designed to give your child experiences in cooking, STEM, phonics, and music. Some activities in this guide are adapted from these programs for your use at home. They're a great way to give children confidence for life.

# This Week's Theme: Shapes and Colors



What you'll find in this guide. . .

We've organized this content the way your child would be learning in their center, but you and your child can choose your own adventures and do the activities in any order.

## MONDAY

**Read with Me (Language and Literacy)**

**All about Squares** You and your child read a shape story and see how many squares you can find in the illustrations.

**Phonics Adventures (Learning Adventures)**

**Word Rhythms and I Spy** Have a rich conversation with your child as you clap rhythms in words, mix up a pretend salad, and play a game of I Spy.



## TUESDAY

**Get the Wiggles Out (Physical Development and Wellness)**

**Big Circles, Little Circles** Your child explores how they can use their arms to make circles of different sizes and in different locations.



## WEDNESDAY

**Growing Flexible Brains (Executive Function)**

**Sorting Shapes** Your child practices shape identification as they sort three sets of shapes.



## THURSDAY

**Express Yourself! (Creative Expression)**

**Shape Train** Your child explores creating trains using squares, circles, and triangles.

**Music Explorers (Learning Adventures)**

**One Little Chickie Singable Story** What do five little chickies and naps have in common? You'll find out as you sing and dance along to this catchy song!



## FRIDAY

**Get the Wheels Turning (Cognitive Development)**

**Shape Search** You and your child go on a search for shapes around your home.



## EVERYDAY LEARNING EXPERIENCES

Pick an activity to weave learning experiences into your everyday routines—no preparation needed!



## FOCUS ON SOCIAL AND EMOTIONAL LEARNING

Help your child develop important social-emotional skills by working on your family project! The new prompt for this week focuses on **Flexible Mindsets!**

# At Home Learning Guide for Discovery Preschoolers

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### Getting Ready for the Week: Materials to Gather

#### Monday

- Children's books about shapes, such as *Bear in a Square; A Circle Here, A Square There; Mouse Shapes; Color Zoo*
- [Plants/Food vocabulary poster](#) (two pages)

#### Tuesday

- A circular object, such as a plate, a round lid, or a sour cream or margarine container

#### Wednesday

- Construction paper in various colors
- Crayon, markers, or colored pencils
- Scissors (for adult use only)
- White paper, at least 3 sheets

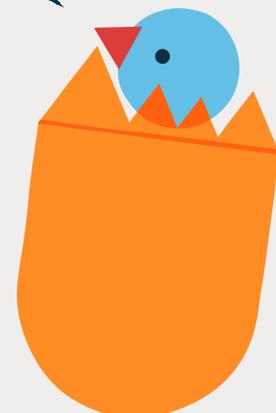
#### Thursday

- Paper shapes (from Wednesday's activity *Sorting Shapes*)
- [Video link](#) to the singable storybook *One Little Chickie*, lyrics by Barbara Wilson Clay and Jane Gillman, music by Jane Gillman, illustrated by Krista Martenson

#### Friday

- Paper shapes (from Wednesday's activity *Sorting Shapes*)

**Tip:** At the beginning of your week, gather materials and place them in a container so you're ready to go!



# At Home Learning Guide for Discovery Preschoolers

## Week of May 11, 2020

**MONDAY**

### Read with Me: All about Squares

You and your child read a shape story and see how many squares you can find in the illustrations.



**Length of activity:**  
10–15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement Required by Adult:** High



**Level of Prep Required:** Low



**What you need:**

Children's books about shapes, such as *Bear in a Square*; *A Circle Here, A Square There*; *Mouse Shapes*; *Color Zoo*



**What your child is learning:**

- Making connections between text and illustrations
- Attention to text read aloud
- Identifying and naming simple shapes

**What you do:** Select a book to read with your child. Share the cover of the book with them and then read the book. After reading the book, look at the illustrations with them. Ask your child to look at the illustrations and to point out any squares that they see. Help them locate the squares by providing information about squares, like "Squares have four sides. Let's count the sides of this shape. One, two, three. This shape has three sides, let's look for one that has four sides." Or "The four sides of a square all the same size, this shape had four sides, but two sides are short, and two sides are long. Let's look for another shape with four sides and see if they are the same size."

Continue through the illustrations looking for squares. On pages where there are multiple squares, encourage your child to join you in counting the squares, or share your observations about the squares. For example, "There are two squares on this page. One square is big, and one square is small."

**If your child is ready:** Repeat the process looking for circles or triangles.

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## Week of May 11, 2020

**MONDAY**  
(continued)

### Phonics Adventures: Word Rhythms and I Spy

Have a rich conversation with your child as you clap rhythms in words, mix up a pretend salad, and play a game of I Spy.



**Length of activity:**  
15–25 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: N/A**



**What you need:**

[Plants/Food vocabulary poster](#) (two pages)



#### What your child is learning:

- Vocabulary words related to plants and foods
- Beginning to hear syllables as parts of spoken words
- Finding an image of an object based on how it is described

**What you do:** Show your child the [Plants/Food vocabulary poster](#). Have a conversation about each of the images. Alternate asking your child to find a certain item and point to it, with you pointing to an item and asking your child to name it. Use rich language to describe each of the fruits and vegetables.

Next, stand with your child. Point to the word carrots and say, “Carrots.” Invite your child to clap with you to the rhythm of each word. Clap together on each syllable as you speak it. Continue with each of the other foods on the poster. You can also mix it up and use different movements to represent each syllable, like stomping, patting your head, or toe tapping.

Then, sit together and “use” the foods on the poster to make a pretend salad. You can say something like, “Let’s pretend we are making a big salad. First, we will cut the carrots (use a cutting motion with one hand), and then we will put them into a bowl (pretend to put carrots into a bowl). Next, we will tear the lettuce (use both hands and pretend to tear lettuce), and then we will put it into the bowl. Let’s cut up the tomatoes next (use one hand to pretend to cut up tomatoes) and put them into the bowl. It’s time to toss the vegetables (pretend to toss with utensils) and pour dressing on our salad (pretend to pour dressing). And the last thing we’ll do is eat our salad (pretend to eat salad with a fork). Yum!”

Finally, play a game of I Spy using the foods on the poster. For example, you might say, “I spy something white with green leaves around part of it. Can you find it, too?” Continue playing I Spy with items on the poster as long as your child is interested.

#### Questions to ask:

- How many claps will we do for the word carrot?
- What other vegetables or fruits could we add to our pretend salad?
- What is this plant (or food)?
- What orange-colored items do you see on the poster?

# At Home Learning Guide for Discovery Preschoolers

## Week of May 11, 2020

**TUESDAY**

### Get the Wiggles Out: Big Circles, Little Circles

Your child explores how they can use their arms to make circles of different sizes and in different locations.



**Length of activity:**  
10–15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: N/A**



**What you need:**

A circular object, such as a plate, a round lid, or a sour cream or margarine container



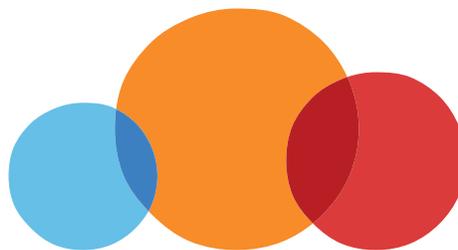
**What your child is learning:**

- Coordinating their body movements
- How their body moves in space
- Identifying and naming simple shapes

**What you do:** Show your child the object and ask them to name the shape. Tell them this is a circle and demonstrate how to trace the shape of a circle with your finger. Then invite them to trace the circle. Explain that you're going to explore ways to make circles with your arms. Begin by having your child hold their arms out to their sides and ask them to move their arms forward and back around to make a circle, modeling as needed.

When your child is familiar with the movements needed to make circles with their arms, invite them to try some of these:

- Making big/small circles
- Making fast/slow circles
- Making forward/backward circles
- Making circles in front of the them
- Making circles over their head



**If your child is ready:** Invite them to try making other shapes with their arms, such as a square or a triangle. Ready for a challenge? Have them lift one foot off the ground while moving their arms.

# At Home Learning Guide for Discovery Preschoolers

## Week of May 11, 2020

**WEDNESDAY**

### Growing Flexible Brains: Sorting Shapes

Your child practices shape identification as they sort three sets of shapes.



**Length of activity:**  
10–15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: High**



**What you need:**

- Construction paper in various colors
- Crayons, markers, or colored pencils
- Scissors (for adult use only)
- White paper, at least 3 sheets



**What your child is learning:**

- Sorting and classifying shapes
- Identifying and naming simple shapes
- Grouping things based on specific attributes

**What you do:** Cut various sizes of squares, circles, and triangles out of different colors of construction paper.\* Cut 5 or 6 of each shape. If construction paper isn't available, use crayons, markers, or colored pencils to draw and color the shapes on white paper, then cut them out. Draw a large square on one sheet of white paper, a large circle on a second, and a large triangle on a third.

Sit with your child and place the three sheets of white paper with the large shapes in front of them. Ask your child to name each of the shapes, helping them as needed. Then show your child all of the shapes you've cut out. Ask them to select one of the shapes and to place it on the sheet of paper with the same shape. Ask questions to help prompt their thinking. "Let's count the number of sides on this shape. One, two, three. Which sheet of paper has a shape with three sides?" Have your child place the shape on the corresponding sheet of paper. Have your child continue until all the shapes are sorted.

**If your child is ready:** Once the shapes are sorted, invite your child to choose one pile of shapes and place them in a line, then ask your child to help you count them, pointing to each shape as you count it.

\*Keep the paper shapes to be used in other activities throughout the month.

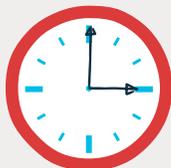
# At Home Learning Guide for Discovery Preschoolers

## Week of May 11, 2020

**THURSDAY**

### Express Yourself: Shape Trains

Your child explores creating trains using squares, circles, and triangles.



**Length of activity:**  
15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** Medium



**Level of Prep Required:** N/A



**What you need:**  
Paper shapes\*  
(from Wednesday's activity  
Sorting Shapes)



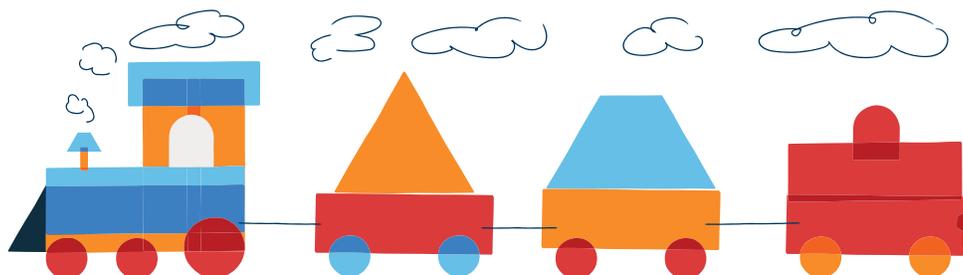
#### What your child is learning:

- Identifying and naming simple shapes
- Hand-eye coordination as they pick up and place the shapes
- Fine motor skills as they manipulate the shapes

**What you do:** Show your child the shapes and ask them to name each of the shapes, helping them when needed. Invite your child to make a shape train by placing shapes in a line, one after the other. Ask them to share what shapes they're using to make their train. Help your child count the number of shapes they used in their train, pointing to each shape as you count it. Invite your child to explore creating different trains by arranging the shapes in different ways and/or using different numbers of shapes.

**If your child is ready:** Invite them to explore putting the shapes together in other ways to create pictures or designs.

\*Keep the paper shapes to be used in other activities throughout the month.



# At Home Learning Guide for Discovery Preschoolers

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**THURSDAY**  
(continued)

### Music Explorers: *One Little Chickie Singable Story*

What do five little chickies and naps have in common? You'll find out as you sing and dance along to this catchy song!



**Length of activity:**  
10–15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** Medium



**Level of Prep Required:** N/A



**What you need:**

- [Video link](#) to storybook and song *One Little Chickie*, lyrics by Barbara Wilson Clay and Jane Gillman, music by Jane Gillman, illustrated by Krista Martenson



**What your child is learning:**

- Connecting songs and books
- Identifying characters in a song
- Moving to music

**What you do:** Share with your child that songs tell stories, and that you have a song that has a storybook to go with it. Play the [video](#) and invite your child to watch along as the book is sung aloud. Sing along as you catch on to the lyrics and tune. Then, help your child reflect back on the characters and what happened in the story. Play the video as many times as you'd like, pausing here and there if your child is interested in talking about the illustrations. Dance and sing along to the music!

**Questions to ask:**

- Who were the characters in the story?
- What were the chickies doing?
- What did the chickies find to eat?
- What did the chickies do after they ate?
- How do you think the chickies felt when they found each type of food?
- Why did the chickies take naps?
- How does the music make you feel?
- How can you dance to this music?
- How can you sing along to the music?



# At Home Learning Guide for Discovery Preschoolers

## Week of May 11, 2020

**FRIDAY**

### Get the Wheels Turning: Shape Search

You and your child go on a search for shapes around your home.



**Length of activity:**  
10–15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** High



**Level of Prep Required:** N/A



**What you need:**

Paper shapes\*  
(from Wednesday's activity  
Sorting Shapes)



**What your child is learning:**

- Identifying and naming simple shapes
- How to focus on an activity
- How to relate prior learning to new experiences

**What you do:**

Select one of each shape and show it to your child. Ask them to name each of the shapes, providing help as needed. Tell them you're going to go on a shape search to look for squares, circles, and triangles around your home. Walk through your home with your child, taking the three paper shapes with you, and encourage your child to look for the same shapes in the space around them. If needed, you can draw your child's attention to objects by providing clues about the object, such as "Ooh, I see a circle. This is a circle I can use to put a snack on. Can you find the circle?" Continue searching for shapes for as long as your child is interested.

**If your child is ready:** Place two or three of each paper shape in a paper bag. Have your child take one shape out of the bag and look for an object that matches that shape. After they have found that specific shape, they can take another shape out of the bag. Continue until all of the shapes have been removed from the bag.

\*Keep the paper shapes to be used in other activities throughout the month.

# At Home Learning Guide for Discovery Preschoolers

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## Everyday Learning Experiences

Pick an activity to weave learning experiences into your everyday routines—no preparation needed!

Focus on simple shapes—squares, circles, and triangles—during **meal or snack times**. Draw your child's attention to the different shapes of the foods they are eating, such as a triangle shaped cracker, a square slice of cheese, or a circle-shaped cucumber slice.

Your child is working on hand-eye coordination and fine motor skills every day as they feed themselves, stack a tower of blocks, or use crayons to draw a picture. You can help your child further expand these skills by giving them a **specific task**, such as picking up the blocks one at a time and placing them in a basket, asking them to help you fold their clothes, or encouraging them to pick up small snacks one piece at a time instead of by the handful.

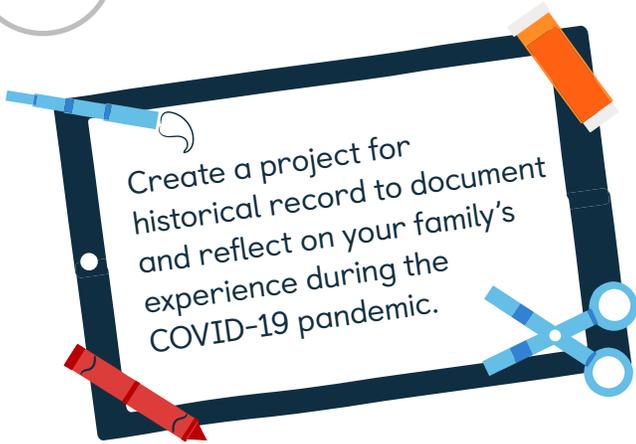
While this week focuses on specific activities to help your child identify and name simple shapes, any opportunity you can provide your child to expand their understanding of words and to relate those words to specific objects or actions is beneficial to their language development. Use your routines and activities throughout the day to **narrate what you are doing** and to help your child connect words to objects and actions.

# At Home Learning Guide for Discovery Preschoolers

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## Focus on Social and Emotional Learning



Did your family decide on a family project idea? In case you missed it, last week we released our [Stay-at-Home Story: A KinderCare Family Project](#). By working on your project together, you're helping your child develop important social-emotional skills in fun new ways! Each week, we'll reveal a new project prompt that explores one of the following themes:

## THEMES:

- **All the Feels:** Explore and identify your hopes, worries, gratitude, or frustrations.
- **Building Connections:** Find a way to embrace your family and community from a distance.
- **What Is Essential:** Redefine what *essential* means through your everyday actions.
- **Flexible Mindsets:** How are you learning and growing together as a family?
- **Who Are the Helpers:** Who is helping us? How are we helping others?

As your family project takes shape, talk together about how you can add new entries to it through the lens of the project themes. Our first three themes were *All the Feels*, *Building Connections*, and *What Is Essential*. If you've worked your way through those, try exploring this week's theme: *Flexible Mindsets*.

*Try this!*

### Flexible Mindsets

Over the past two months we've all had our flexible thinking skills put to the test. We've had to adjust to new and often challenging ways of working, playing, and learning. As you consider this theme, think of ways you can creatively express how your family has learned to be flexible during your time at home.

# At Home Learning Guide for Discovery Preschoolers

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## Plants/Food vocabulary poster (1 of 2)



**carrots**



**broccoli**



**asparagus**



**cauliflower**



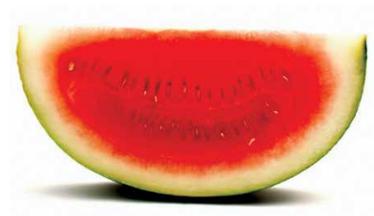
**lettuce**



**tomatoes**



**cantaloupe**



**watermelon**



**blueberries**



**raspberries**

# At Home Learning Guide for Discovery Preschoolers

Week of May 11, 2020

## Plants/Food vocabulary poster (2 of 2)



**apple tree**



**orange tree**



**lemon tree**



**evergreen**



**sunflowers**



**corn**



**pumpkins**



**daffodils**

