

Casa Weekly Plan

May 4 – May 8, 2020

PRACTICAL LIFE

- Looking for a new environment to clean? How about the car? On the inside, gather the trash, vacuum, wipe the seats, wash the windows, tidy the glove compartment and center console. Get out the hose and wash the outside, too.
- Did you tune up your bike last week? Now let's wash it. [Here's a video to help!](#)
- Here is a variation on last week's pouring exercise.
 - Materials Needed: tray, 2 small pitchers, water, small sponge
 - Instructions:
 - Pick up pitcher with water, one hand on handle and other hand on base of pitcher.
 - Pour water carefully into the other pitcher.
 - Watch the last drop of water, carefully wipe with a small sponge.
 - Repeat as often as needed.
- Strengthen little hands and build concentration in the process.
 - Materials needed: a tray with a garlic press (or equivalent tool), a container of water holding pre-cut sponge pieces, an empty container for squeezing water into, and a regular sponge or paper towel for any spills.
 - Instructions:
 - Insert one sponge piece into the press, then squeeze it over the empty container to catch the water.
 - Once all sponges have been transferred, put them back into the full water container and grab another.
 - Repeat until the water is all gone and has been transferred to the other container.
 - Leave it out on your home Montessori shelf for repetition, freely chosen.



- Help prepare some eggs for a snack or a salad.
 - Materials needed: 3-4 hard boil eggs, a placemat or cutting board, and three small bowls. (See below.)
 - Instructions:
 - Place eggs in one bowl, place all bowls on top of your placemat. Bowl 2 will be used for shells and bowl 3 for peeled eggs.
 - Invite your child to peel each egg by carefully cracking it and then peeling one egg at a time, beginning at the fattest end.
 - Refrigerate or eat peeled eggs.
 - Put empty egg shells in a disposal or compost or save for making chalk.
 - Children should wash or place dirty dishes at a designated area.



SENSORIAL

- Your child is learning about geometric shapes. Combine some 2 dimensional shapes to make new ones. Watch [this video](#) to learn more.
- Do a science experiment with flowers to see how water travels up the stems to reach the petals.
 - Instructions:
 - Fill clear vases, jars or plastic cups with water and squeeze 10-15 drops of food coloring into each.
 - Add white or light colored flowers after trimming the stems.
 - Wait patiently and observe the flowers begin to change color until they become saturated after a couple of days. Capillary action at work!



- Let's learn the concepts of comparative and superlative.
 - Instructions:
 - Gather into a basket or box several objects from around your house. (Best if they're similar, but not necessary.)
 - Line them up according to size from smallest to largest.
 - Choose one and ask your child to identify one smaller or larger.
 - Which is the smallest? Which is the largest? Continue to point out these comparisons as the day progresses.
- Go on a scavenger hunt to find objects that are rough and smooth to the touch.
 - For 2-4 year olds: Pick out different objects around the house that are smooth, that are rough.
 - For 4-6 year olds: Write down the names of the objects that are smooth, objects that are rough.
- Sharpen those listening ears with this sound game!
 - Materials: small basket, 6 or 8 plastic eggs (or folded toilet paper rolls) of two different colors, lentils, rice, small beans and tape.
 - Instructions:
 - Pair your eggs together, creating two columns, each of one color.
 - Fill in two eggs of different colors (one red, one blue) with one spoon of rice.
 - Fill in another pair with equal amounts of lentils; then a pair with beans. It is important that the paired sounds be precise, so measure carefully.
 - Tape along the seam.
 - Invite your child to match them by shaking one egg at a time to hear the sound and finding its corresponding sound.



LANGUAGE

- [Watch this video](#) with your child to learn about the noun and its symbol.
- Play Bingo with Puzzle Word Bingo found on our Google Classroom
- Explore words that begin with the same sound.
 - Explore fun alliterations, for example, *nine new nickels, five fantastic fish*.
 - Create fun phrases and change the first sound, for example, change *three yellow birds* to *zee zellow zirds*, etc.
 - Sing the [Apple and Banana song](#) and change the vowel sounds.
- Classifying items helps build vocabulary and brain power. All you need are items from your house. Find an open area to sit with your child and together pick a specific subject to talk about like kitchen tools, art supplies, clothes, plants. Invite your child to walk around the house and gather items that fit that category. (Be mindful to share with your child what they may work with and not.) For example: for art supplies you may gather paper, pencil, eraser, paint, tape, scissors, etc. Show your child where they should place all the items. If your child is a writer, invite them to make a list of their categories. Complete the work cycle by putting things away or leave them out to examine again tomorrow.
- Check out [Storyline Online](#). Developed by the Screen Actors Guild Foundation, Storyline Online features classic children's books on video and resources aimed at strengthening verbal skills and comprehension.
- Check out [Reading Rockets](#), which offers information, resources, tips, and best practices for helping Pre-K and K students become confident readers and writers. This national literacy initiative contains an abundance of articles on everything from how to support children's emerging phonemic awareness to developing writing and spelling at home.

MATH

- [Teach your child about fractions using a pizza](#). Don't worry that the pieces are exact.
- This footwear counting activity will give your child the chance to learn about pairs, skip counting two by two, and multiplying by two. Curious to know how many shoes you own as a family? Invite your child to walk around the house and gather shoes, slippers, boots. Once all are collected and put in a central location, count each shoe; assist your child as needed. Do the math!
- Create a calendar for this week with only seven squares. Every morning check it and teach the vocabulary of today, yesterday, tomorrow, the day after tomorrow. When you make one next week, you can introduce last week, a few days ago, etc.

- Let's combine counting and sewing. Children can practice counting by 2s, 5s, 10s, and more using skip-counting lacing plates.
 - Materials needed: paper plates, a marker, a hole punch, and a shoelace (or even yarn).
 - Instructions:
 - Punch some holes (the number will be different depending on where you want your child to stop counting) and write the numbers at random near each of them.
 - Have your child use the yarn or lace to follow and link the next number in the sequence (see picture below). Pro tip: Lace the plate correctly and flip it over to mark the lines with a marker and ruler to make this a self-correcting material.
 - This can be adapted for younger children, too, by counting by ones or matching dots with numerals.



CULTURAL

- Engender generosity in this time of isolation by sweeping a neighbor's walk, picking up sticks in their yard, or weeding their garden.
- Find different pictures online of different Water Formations: lake, system of lakes, gulf, bay, and strait. Identify each formation.
- Discuss with your child about one of the holidays that you celebrate as a family. Talk about the memories, smells, weather, food, desserts, adventures you do together. What was special about it? Who came over? Where were you? What are our family traditions? Lastly, come up

with something new to do next time you celebrate it: a new game, entree, dessert, etc. Be creative and have fun!

- Another continent this week: [take a deeper look at Africa's people, culture, animals and natural resources.](#)

MOVEMENT

- Fit some yoga into your morning schedule. [Here's a chart of different poses.](#) You can also find yoga cards on our Google Classroom.
- Strengthen that core. Provide large and heavy items for your child to carry from one place to another: a bag of blocks, a box of big tools, a basket of books. For a greater challenge, weigh the items, add to the containers, extend the distance, race a timer.
- Remember this game? Place a hard-boiled egg (or plastic egg, small ball or beanbag) on a spoon and begin walking carefully, carrying it across a designated area without dropping it. Play outside on the lawn or use tape/string to mark out a straight line on the floor. Mark how far with each try and attempt to do better.
- This week let's stretch those arms straight up as high as they can go, even on tiptoe. Bend over and touch the floor. Repeat 5 times. Do this exercise before each meal, including snack times.
- Using tape, chalk, or string, create a never ending shape on your floor like a circle, ellipse, rectangle, square or just a straight line. Invite your child to walk heel to toe. (Not as easy as it looks.) Add some quiet music to help with their concentration. If you leave it out, they will return to it often just as they do in the classroom.



SELF-EXPRESSION

- [Learn how to do Scribble Art](#). Color your design with complementary colors using pastels, crayons or markers. Leave these materials out for your child to independently choose later.
- Do a String Painting. Watch a video [here](#).
 - Materials needed: a foot long piece of string, yarn or thin ribbon, paper, and washable tempera paint.
 - Instructions:
 - Dip the string into paint.
 - Make a shape with string onto half of the paper.
 - Fold the paper in half and crease all around.
 - Place a book or heavy flat object over paper.
 - Apply pressure on the book as you slowly pull the string out.
 - Open the piece of paper and admire your design.
 - Clean up.
- Create a Family Masterpiece.
 - Materials needed: gather a variety of colors of construction paper, a sheet of 8 ½" x 11" white paper, a pencil, scissors, a glue stick and a frame (optional).
 - Instructions:
 - Invite every member of your family to pick a different color of paper.
 - Take turns tracing each other's hand and cut each out.
 - First, glue the largest hand onto your white paper, then proceed to glue the rest from largest to smallest.
 - Write the person's name on their thumb.
 - Optional: add the quote "When the world stayed apart, this was my favorite place to be." Signed, lockdown 2020.
 - Frame your masterpiece or tape it onto your refrigerator.



- Stringing beads (pasta) of decreasing size onto cords of decreasing stiffness never gets old. Variations on the theme include skewering kabob pieces and making bird feeders.
- Bring *The Very Hungry Caterpillar* to life with this simple art activity.
 - Materials needed: construction paper or cardstock (red, green and black - but any colors you have around will work great), a stapler or glue, scissors, and a marker. (Wiggle eyes also cute for this project if you happen to have some.)
 - Instructions:
 - First, cut four to six long strips out of the green paper and one long strip out of red.
 - One by one, glue or staple your paper into circles and intertwine them to make a chain. The red will be in front as the caterpillar's head and the green will be the body.
 - Next, cut a simple pair of antennae for your craft out of black paper.
 - To finish, draw eyes on red paper with a black marker or glue on wiggle eyes, then attach the antennae to the caterpillar's head.
 - Read the book together with your new friend nearby.



SUPPORTING INDEPENDENCE & ROUTINE

- Identify opportunities to be independent. Together make a list of things your child could be doing by themselves : wash and brush hair, get dressed, make snack, rinse dishes and put them in the dishwasher.
- Have your child feed themselves. For the younger children: allow them to feed themselves instead of being spoon fed by parent, grandparent or nanny. For older children, show them how to use a knife on “soft” foods and then graduate to “hard” vegetables or meats.
- Choose one day this week. Together plan a menu for breakfast, lunch or dinner. Your child can dictate it to you or write it themselves. Make it fun by creating a replica of a restaurant menu.
- End the work cycle (for each lesson or each day) by cleaning up and preparing your environment for what comes next. It is a great opportunity for your child to return all supplies and materials back to their places; walk around their environment and straighten materials and supplies. For example, sharpen pencils, replenish paper, wipe down mats, sweep. Hold your child accountable. (And remember that modeling is key!)