



Stay at home program plan

Junior Preschool

Typical daily schedule

- 7:30 - Planned activities/child initiated activities
- 9:00 - Morning snack
- Outdoors
- 10:30 - Planned activities/child initiated activities
- 11:15 - Circle time (felt stories, songs, etc)
- 11:30 - Lunch
- 12:30 - Rest time
- 2:30 - Planned activities/child initiated activities
- 3:15 - Circle time (felt stories, songs, etc)
- 3:30 - Afternoon snack
- Outdoors

Songs we love

** A lot of the songs we sing and listen to throughout the day come from **Michael Anderson**. You can find him on Spotify, Apple Music or Youtube by searching Michael and Jello! **Some of our favourites are:** Zoom, Zoom Zoom, Finger on your head, Ah ta ka ta nuva (which you can drum along too), Les Petites Marionnettes, Baa Baa Black Sheep, Wheels on the Bus. We also enjoy listening to **Super Simple Songs** which can also be found on Spotify, Apple Music or Youtube! **

- **5 Little Ducks** -- <https://www.youtube.com/watch?v=pZw9veQ76fo>
 - *hold up 5 fingers at the beginning of the song, put one finger down after each part*

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- 5 little ducks went out one day
 - Over the hills and far away
 - Mother duck said “quack quack quack quack”
 - But only 4 little ducks came back
 - *repeat each part of song, counting down*
 - ...but only 3 little ducks came back
 - ...but only 2 little ducks came back
 - ...but only 1 little duck came back
 - ...but none of the 5 little ducks came back
 - (look sad) Sad mother duck went out one day
 - Over the hills and far away
 - Mother duck said “quack quack quack quack”
 - And all of the 5 little ducks came back (show 5 fingers)
- **5 Green and Speckled Frogs --** <https://www.youtube.com/watch?v=TtX8yVEF0-w>
 - *hold up 5 fingers at the beginning of the song, put one finger down after each part*
 - 5 green and speckled frogs
 - Sat on a speckled log
 - Eating some most delicious bugs (rub belly) yum yum!
 - 1 jumped into the pool
 - Where it was nice and cool
 - Now there are 4 green speckled frogs, blup blup
 - *repeat each part of song, counting down*
 - ...now there are 3 green speckled frogs, blup blup
 - ...now there are 2 green speckled frogs, blup blup
 - ...now there are no green speckled frogs, blup blup
- **5 Little Pumpkins --** <https://www.youtube.com/watch?v=cm1qvX1ygOo>
 - 5 little pumpkins sat on a gate
 - *point to each finger as you say the number*
 - The first one said “Oh my it’s getting late”
 - The second one said “There are witches in the air”
 - The third one said “Well we don’t care”
 - The fourth one said “Let’s run and run and run”
 - The fifth one said “I’m ready for some fun”
 - So boom (clap once) went the wind and out went the lights
 - And the 5 little pumpkins rolled out of site *hold up 5 fingers and move your hand behind your back*
- **5 Little Monkeys --** <https://www.youtube.com/watch?v=0j6AZhZFb7A>
 - *hold up 5 fingers at the beginning of the song, put one finger down after each part*
 - 5 little monkeys jumping on the bed.

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- One fell off and bumped its head.
 - Mama call the doctor and the doctor said
 - “No more monkeys jumping on the bed”
 - Repeat down to 1
 - **Cookie Shop --**
 - 5 cookies sitting in the cookie shop
 - Big and round with the icing on top
 - Along came (name) with a nickel one day
 - Bought a cookie and took it away
 - (they pretend to eat the cookie in your hands)
 - 4 cookies sitting in the cookie shop
 - Big and round with the icing on top
 - Along came (name) with a nickel one day
 - Bought a cookie and took it away
 - Countdown to zero
 - **Grizzly Bear**
 - *have the children lay down pretending to sleep, when you say the last word they “wake up” and roar/shiver/whisper*
 - Grizzly bear oh grizzly bear is sleeping in her cave
 - Grizzly bear oh grizzly bear is sleeping in his cave
 - Be so very quiet
 - Oh so very quiet
 - If you wake them
 - If you shake them
 - They’ll be very mad/cold/quiet
 - *change out grizzly for polar or quiet, polar bears wake up and shiver, quiet bears wake up and whisper roar*
 - **Sleeping Bunnies -- <https://www.youtube.com/watch?v=SsR-TZW58O4>**
 - *have the children lay down to pretend to sleep*
 - See the sleeping bunnies sleeping till it’s noon
 - Why don’t we wake them with a happy tune!
 - Oh so still, are they ill?
 - Wake up sleeping bunnies and hop, hop, hop! Wake up sleeping bunnies and hop, hop, hop! Wake up sleeping bunnies and hop and stop!
 - *change out bunnies for crocodiles who wake up and snap, kangaroos who wake up and hop, fire-trucks who wake up and saw wee-oo!*
 - **Put your finger on your head**
 - Put your finger on your head, on your head
 - Put your finger on your head, on your head
 - Put your finger on your head and point to something red

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- Put your finger on your head, on your head
 - *change out head for different body parts and places -- ex. Put your finger on your back, point to something black. Put your finger on your belly, does it shake like apple jelly. Put your finger where you think, point to something pink. Put your finger on your shoe, point to something blue. Point your finger on your chin, make a great big grin, etc*
 - **One of these things is not like the others --**
<https://www.youtube.com/watch?v=rsRjQDrDnY8>
 - (Place 4 items in front of you, 3 that are similar and 1 that is different. Ex. 3 red items, 1 blue, etc.)
 - One of these things is not like the other
 - One of these things just doesn't belong
 - Can you guess which thing is not like the other, before I finish my song
 - (Allow them to guess which item is not like the others)
 - **Loud loud, Bang bang**
 - (children bang their hands on the table/ground to the beat of the song)
 - (high tempo)
 - We're going to loud loud, bang bang
 - Rata-bang-bang
 - Let's make plenty of noise!
 - We're going to loud loud, bang bang
 - Rata-bang-bang
 - Let's make plenty of noise!
 - (put your finger on your lip and whisper)
 - (low tempo)
 - We're going to soft soft, sh sh
 - Rata-soft-sh
 - Let's not make any noise
 - We're going to soft soft sh sh
 - Rata-soft-sh
 - Let's not make any noise....
 -BANG!!! (children bang once on the table/ground)
 - **Turtle Song**
 - (make a turtle with your hands using sign language, you can google how)
 - I had a little turtle
 - His name was Tiny Tim
 - I put him in the bathtub to see if he could swim (pretend to swim)
 - He drank up all the water (pretend to drink), he ate up all the soap (pretend to eat)

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- Now he's home sick in bed (pretend to sleep) with bubbles in his throat
 - (make gurgle sounds)
 - **BINGO (with Mommy and Daddy)**
 - I love Mommy and she loves me
 - Mommy is her name-o
 - M-O-M-M-Y * spell out and repeat 3 times*
 - And Mommy is her name-o!
 - I love Daddy and he loves me
 - Daddy is his name-o
 - D-A-D-D-Y *spell out and repeat 3 times*
 - And Daddy is his name-o!
 - **Open, Shut them -- <https://www.youtube.com/watch?v=ziSR3ZLeDR4>**
 - Open, shut them, open, shut them
 - Give them a great big clap, clap, clap (clap your hands)
 - Open, shut them, open, shut them
 - Put them in your lap, lap, lap
 - Creep them, creep them, creep them, creep them right up to your hand
 - Open wide your little mouth, but do not let them in!
 - **If You're Happy and you Know It**
 - If you're happy and you know it clap your hands (clap your hands)
 - If you're happy and you know it clap your hands (clap your hands)
 - If you're happy and you know it and you really want to show it if you're happy and you know it clap your hands (clap your hands)
 - *Repeat with different actions below*
 - If you're angry and you know it then you stomp (stomp your feet)
 - If you're allergic and you know it do the elbow sneeze (pretend to sneeze into your elbow)
 - If you're tired and you know it then you yawn (pretend to yawn)
 - If you're hungry and you know it rub your belly (rub your belly)
 - If you're happy and you know it shout hooray!

Activities we love

** We read and listen to many stories throughout the day and one of our favourite authors is **Robert Munsch**. You can find read along stories that we listen to on Spotify, Apple Music and Youtube! **Some of our favourites are:** Mortimer, Paperbag Princess, I Have To Go!, Alligator Baby, Angela's Airplane, Boo! **

These are some of our favourite activities! We've simplified the materials and included activities that can easily be done with materials found at home!

- **Goop**
 - Mix 1 cup of cornstarch and 2 cups of water together in a bowl (you can add essential oils to the water to make it smell nice!) The recipe can be adjusted to your liking if you want the goop to be more runny or solid. Food colouring is optional as well as adding different materials like rocks, spoons, etc.
- **Making roads with tape**
 - Cut some tape (any kind of tape but we typically use electrical or masking tape) into pieces and allow your child to make their own roads to drive toy cars/vehicles on. If you have pieces of cardboard laying around you can make the roads on there to save it or add to it another day!
- **Dry Markers dipped in water** (one of our favourites!)
 - If you have any dry markers around you can revive them by dipping them into water. For a different effect draw onto coffee filters.
- **Slime**
 - You will need to grate 1 bar of ivory soap into a bowl and add 2-3 cups of boiled water and mix together. Food colouring is optional. Let it set overnight for best results -- the longer it sits the better. We like to add jewels, plastic bugs, spoons and cups when we make slime to extend the play.
- **Musical Chairs**
 - This is a great game for the whole family to play! Set up as many chairs as you like and play any kind of music. Encourage the children to walk around the chairs different ways each time (ex -- stomping, walking sideways, holding hands, etc). Instead of removing the chairs after each turn we keep all the chairs there to encourage social play and allow the game to continue for longer periods of time!
- **Red Light/Green Light** (great for outdoors)

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- You can make your own red light, green light signs by simply finding a red piece of paper and a green piece of paper to hold. If you have popsicle sticks you can glue them onto the back of the papers to make it easier to put up and down. Explain to the child when the “green light” is up it means go (running around, skipping, hopping, etc) and when the “red light” is up it means stop (freezing on the spot). Take turns holding the red light and green light
 - **Bird Feeders**
 - Make your own bird feeders with string and cheerios to help practice fine motor skills
 - **DIY Water Table** (another favourite)
 - You can make your own water table with large bowls, bins or even use your bathtub. Adding essential oils and food colouring will enhance the play. Some theme ideas are:
 - **Alphabet soup:** Place letter magnets, bowls, and spoons into water to make “alphabet soup”
 - **Car wash:** Add cars, soap and sponges
 - **Water exploring:** Add cups, funnels, spoons, water toys, etc
 - **Bowling**
 - Take turns playing the game of bowling, each time placing the bowling pins farther away. It can be played inside or outside depending on the weather! You can incorporate numbers by counting how many pins fall/still standing. If you don't have bowling pins you can play with paper towel or toilet paper rolls and rolled up socks

