



Stay at home program plan

Senior Preschool

Typical daily schedule

- 9 am morning snack
- Programed activities at the tables
- 10 circle time
- Outdoor / active play
- 11:30 Meditation / mindfulness story
- 11:45 lunch
- 12:30 - 1:30 Rest/ sleep / quiet activities
- Programmed activities at the tables
- Outdoor / active time
- 3:15 snack
- Circle time - group games / songs / discussions / yoga
- Programmed activities at the tables
- Free play
- Reading stories / dancing

Songs we love



Good morning song

Good morning, good morning, good morning to you

Good morning, good morning, and how do you do ?

Your face is like sunshine you bring me such cheer

Good morning, good morning, I'm so glad you're here.

Its nice to see _____ (child's name)

Its nice to see _____ (same child's name)

Its nice to see _____ (same child's name)

Hello and how are you, hello and how are you ??? ----- The child will then respond

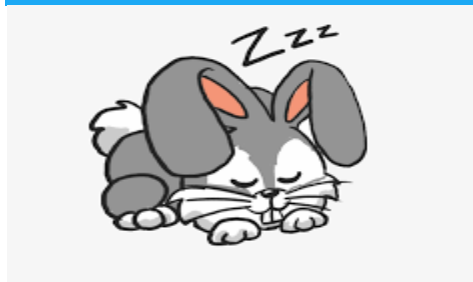
Its nice to see _____ (child's name)

Its nice to see _____ (same child's name)

Its nice to see _____ (same child's name)

Hello and how are you, hello and how are you ??? ----- The child will then respond

Keep going :) Sing to Mom, Dad, the cat, your stuffies, plants, anything you see.



Sleeping bunnies

Children will lay down on the carpet

See the sleeping bunnies sleeping 'til its noon

How can we wake them? With a happy tune !

Oh so still, are they ill ?

Children jump up and down

Wake up little bunnies and hop hop hop

Wake up little bunnies and hop hop hop

Wake up little bunnies and hop and stop

Children lay back down

Repeat with any animal / truck you can think of

Eg.

See the fire trucks sleeping 'til its noon

How can we wake them? With a happy tune !

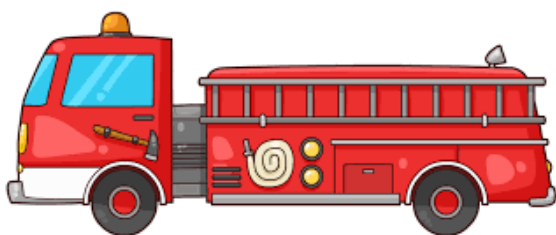
Oh so still, are they ill ?

Wake up little fire trucks and weeeeoooo weeeeoooo weeeeoooo

Wake up little fire trucks and weeeeoooo weeeeoooo weeeeoooo

Wake up little fire trucks and weeeeoooo weeeeoooo stop

Hurry hurry drive the fire truck



Make your hands as if they are holding a steering wheel

Hurry hurry drive the fire truck, Hurry hurry drive the fire truck

Hurry hurry drive the fire truck , ding ding ding ding ding *as if youre ringing a bell*

Hurry hurry (turn the corner) (spray the water) (find the fire) climb the ladder)

Resources / Apps We use..

- **Bedtime explorers(spotify):** Relaxing meditation series designed to sooth kids to sleep. It is a guide for kids on a wonderful imaginative journey to magical places
- **Stories Podcast(spotify):** The stories range from retellings of fairy tales like Snow White to classical stories like Peter Rabbit. Everything is G rated. The perfect kids podcast for imaginative families
- **Noodle Loaf(spotify):** interactive music themed show for kids created by a music-ed specialist

Activities we love

Science Activity:

Germs Activity

Materials:

- 1 plate
- 1 small bowl
- water
- Pepper seasoning
- dish soap

Instructions:

Pour water onto the plate. Then add pepper seasoning over water. In the small bowl add dish soap and water.

The child will then dip their finger in the pepper water. Afterwards children will observe what happened. Children will then dip their finger into the dish soap and water and back into the pepper water. Children will see the cause and effects

- **Yoga**
- **Pipe cleaners & Strainers**
- children can use the pipe cleaners to poke through the strainers
- **Homemade playdough**
- **Using recycled items to create a structure or 3D art - using glue or tape**
- **Drawing Challenge: challenging children to draw with their feet.**
- **Foil Painting or Saran Wrap Painting**
- **Follow the Line: Using colored electrical tape. Have the tape on the floor creating different designs. Children will balance and follow the line**
- **Apples & Onions: Discussion*** can be played at the table during meal times.
Apple- something good about your day
Onion- something not so good about your day

