



THE BELLEVUE DISCOVERY TEACHERS PRESENT

At-Home Activities for **Friday, April 3, 2020**

Thank you to Miss Pael for this week's curriculum design!



A Favorite Grasshopper Song

The Animals on the Farm

~ Recommended by Miss Rimi ~

Song

<https://www.youtube.com/watch?v=zXEa-QO3xTg>



A Favorite Dragonflies Song

I went to visit a farm today

~ Recommended by Miss Pael ~

Song

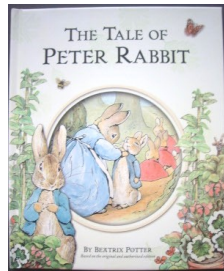
<https://www.youtube.com/watch?v=oB0xmLjSOis&t=47s>



Sensory Activity: Washing the Animals

Materials: A bin, water, dirt, dish washing liquid, a used toothbrush or any type of brush, plastic farm animals or any animals you have

Farm Animal Washing Station. Before the farm animals can get clean they need to get dirty! Set up a muddy area for the animals by mixing some of the dirt with water. Add the dish soap to the water to create bubbles and add the animals and cleaning supplies and start cleaning the animals.



Storytime

The Tale of Peter Rabbit

~Recommended by Miss Sveta~

<https://www.youtube.com/watch?v=EuTIQCGxE5Y>



Fun Art Activity

Materials

1 crumple paper, Marker or Colored Pencil

Directions

First crumple the paper. Open piece of crumpled paper and begin to use a marker to trace folded lines. Trace all folded lines. Color in all shapes with markers. if you don not have markers you can use colored pencils. You can enjoy this art with your siblings.

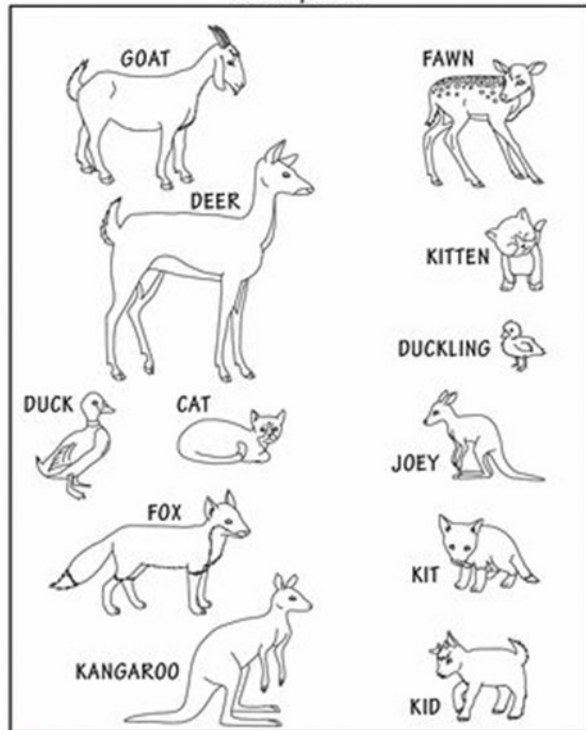


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Fine Motor Skills Activity

Are you my mother?

Help the baby animals find their parents!
Can you draw a line between the baby animal and the correct parent?



Large Motor Skills Activity

"A fun workout at home. You can do this activity with your siblings or parents."
~Miss Poonam~

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP
Hop, hop hop! up and down like a frog



BEAR WALK
With your hands & feet on the floor, hips high, walk left & right



GORILLA SHUFFLE
In a low sumo squat, use your hands to balance and shuffle around the room.



STARFISH JUMPS
Jump up and down spreading your arms and legs wide (jumping jacks)



CHEETAH RUN
Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK
Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet



ELEPHANT STOMPS
March in place, stomping your feet as hard as you can.