



Dear HRCAP Head Start Parents,

We hope that you and your family are safe and healthy during this time.

While we are unable to have our scheduled class, we would like to provide you and your child with a learning packet of activities to work on at home, until we are back in school on our regular schedule. The learning packet contains a variety of activities that can be completed at home. We have also included materials to get started on our new study, “Reduce, Reuse, “Recycle”. Some activities will require using the materials included and some will be using things around the house. Please remember not to have your child working on these activities for too long. Preschool children should not be kept for more than 15minutes. Lastly, don’t forget to read to your child every night. Enjoy the time you have with your child talking, playing and learning. We look forward to seeing you and your child soon!

Thank you for your continued support in helping our children succeed!



Educational Websites

GoNoodle.com- movement and mindfulness videos that benefit children's physical well-being, academic success, and social emotional health.

Starfall.com- learning games that allow children to have fun while learning

****Online stories can also be an additional resource to support our Study, "Reduce, Reuse, Recycle". Some of the stories are "Michael Recycle", "Something from Nothing", "I Stink", "Peter's Chair", "Hush! A Thai Lullaby", and "The Paper Bag Princess".***

Additional Learning Activities while at Home:

- ***Read to your child each night. Encourage your child to talk about the stories you read together. ("What do you think will happen next?", "Why do you think...?")***
- ***Recite the alphabet song. Use or write letters to point to while singing.***
- ***Recite nursery rhymes.***
- ***Point out letters in your environment (cereal boxes, books, clothing etc.).***
- ***Help your child count how many letters are in their name and compare with other names in your house.***
- ***Go on a "Shape Hunt" throughout your house.***
- ***Discuss the weather, what clothes we wear for this weather and what season we are in.***
- ***Give your child paper and pencils, pens, or markers. Let him or her explore/experiment with writing/drawing.***

Resources for Preschool children

Free book on scoping skills and stress relief for children

https://slumberkins.com/?gclid=EA1alQobChMIsLPi3oKI6AIVjp6fCh3OowpeEAAYASAAEgJO1vD_BwE

This is a link on Puppetry for children

<https://www.ajc.com/lifestyles/center-for-puppetry-arts-livestream-performances-for-free/KuBGQBiqLKxYs2l0WORhWO/>

Free mindfulness classes for kids

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

Scavenger Hunt Games for Kids

<https://primaryplayground.net/scavenger-hunts/>

Resources for Staff, Parents and others working with children

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html>

Our local United Way has closed its office for the next two weeks. However, Both United Way information and referral services are running at this time. If you are in need of assistance and live in Williamsburg, James City County or Upper York County, Call the United Way Community Resource Center at 757.229.2222. If you are in need of assistance and live in Newport News, Hampton, Poquoson or lower York County call United Way first call at 757.594.4636.



Directions for the following Activities:

Butterfly and or Rabbit Puzzle:

Cut along the line outside of the butterfly and or rabbit puzzle. Then cut along the four lines on the picture. Children can place the pieces together to make the picture.

Number Match-Up:

Cut the numbers along the outside square. Then cut along the line that runs through the number. Have your child match and recognize the numbers. Only play with a few numbers at a time until your child catches on.

Alphabet Find:

Review the Uppercase letter and the sound. Then have your child color all of the corresponding lowercase letters.

Brown Bear Brown Bear:

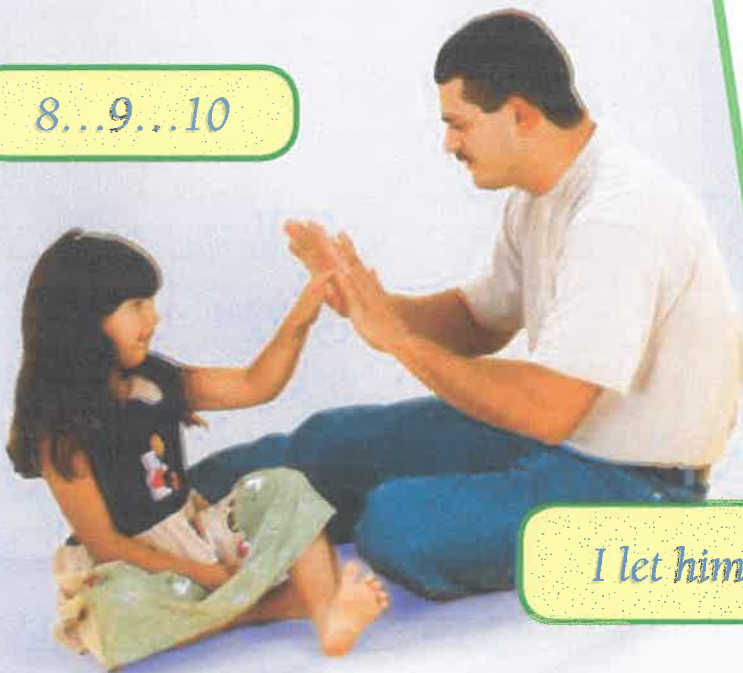
Cut story telling pieces. Have your child retell the story using the story pieces.

Counting Higher

Use your fingers, objects, or motions to add fun as your child counts to 10 or higher.

Our number system is based on 10, so it is useful to get plenty of practice using these important numbers.

8...9...10



I let him go again.



Why this is important

Counting games offer your child practice using the words from 1 to 10 (or more, if she is ready) in sequence. The numerical system in our country is based on 10. When a child masters 10s, it is a good start on the whole system.

What you do

- Use a fingerplay song to help your child practice numbers from 1 to 10:

Sing

One, two, three, four, five,

I caught a fish alive.

Six, seven, eight, nine, ten,

I let him go again.

Play

Close the fingers on one hand to make a fist.

Enclose your first fist with your second hand.

Open up the fingers of your second hand.

Put your hands together and move them back and forth to look like a swimming fish.

- Practice counting with pegs, crayons, or clothespins. You can also use motions such as walking up stairs, hopping on one foot, or clapping your hands to count.
- Say the number clearly as you illustrate it. Encourage your child to say the number during the action.

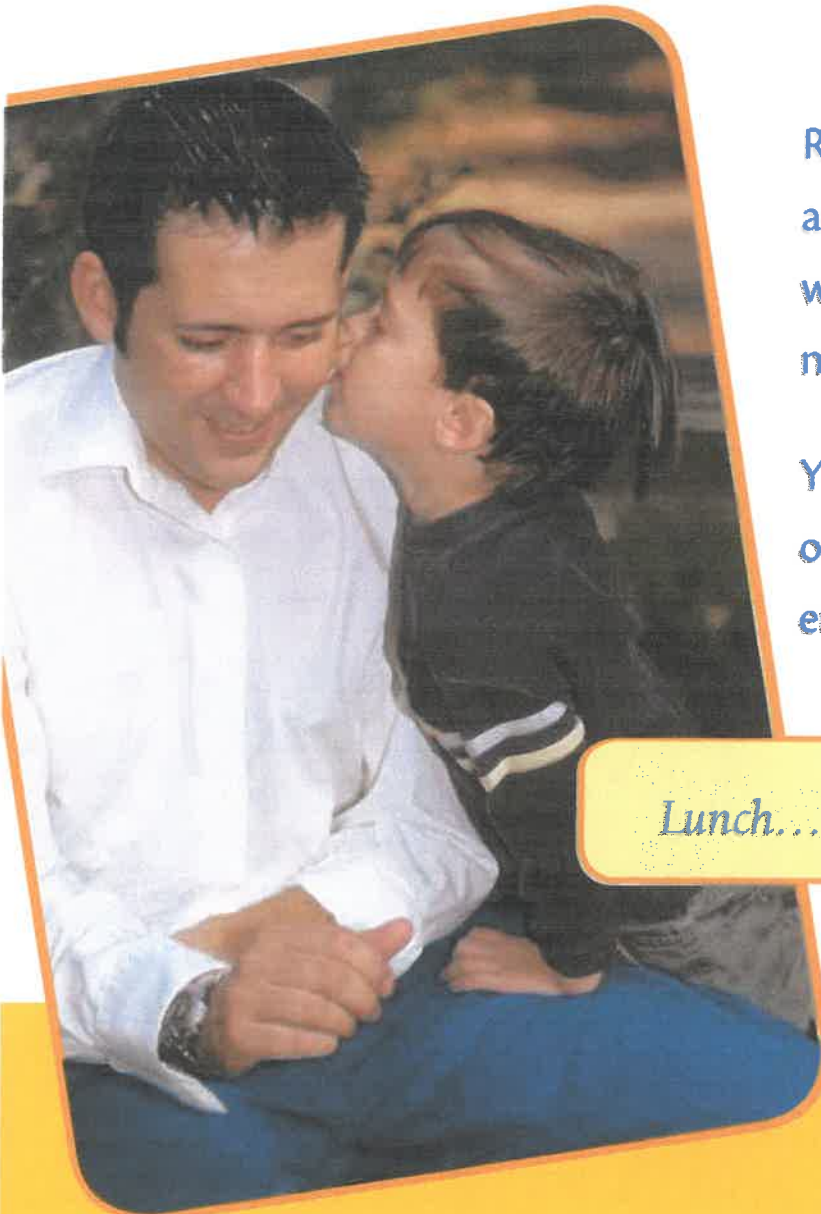
Ready to move on?

Pay attention to your child's progress with counting. Add more numbers when you think she is ready.

Let's read together!

Feast For 10
by Cathryn Falwell

Rhyming



Recite a series of rhyming words, and ask your child to say *Stop!* when he hears a word that does not rhyme.

Your child will practice focusing on the sounds that occur at the ends of words.

Lunch...tunch...bunch.



Why this is important

Your child will practice hearing rhyme patterns and eliminating words that do not fit. Recognizing rhymes is another step in understanding how words are put together. Games that help your child focus on the individual sounds of language also help him to develop skills that will be useful in learning to read and spell.

What you do

- Invite your child to play a rhyming game with you. Begin by repeating words he has heard in a nursery rhyme or favorite book such as *Fox in Socks: Fox, socks, box. All those words rhyme. Now I'm going to say more words. But one won't rhyme with the others. When you hear that word tell me to stop. Are you ready? Fox, socks, blocks, clocks, apple.*
- Repeat the words if he does not tell you to stop at *apple*.
- Use nonsense words occasionally to make the game more fun.
- Place the non-rhyming word at different points in the sequence so that your child will not expect it.

Ready to move on?

Invite your child to be the leader and list rhyming words and one that does not rhyme.

Let's read together!

A Was Once An Apple Pie
by Edward Lear



"Reduce, Reuse, Recycle"

To the tune of "The More We Get Together"

Reduce, Reuse, Recycle

Recycle, Recycle

Reduce, Reuse, Recycle

It's easy to do!

Cause your trash

And my trash

Make up way

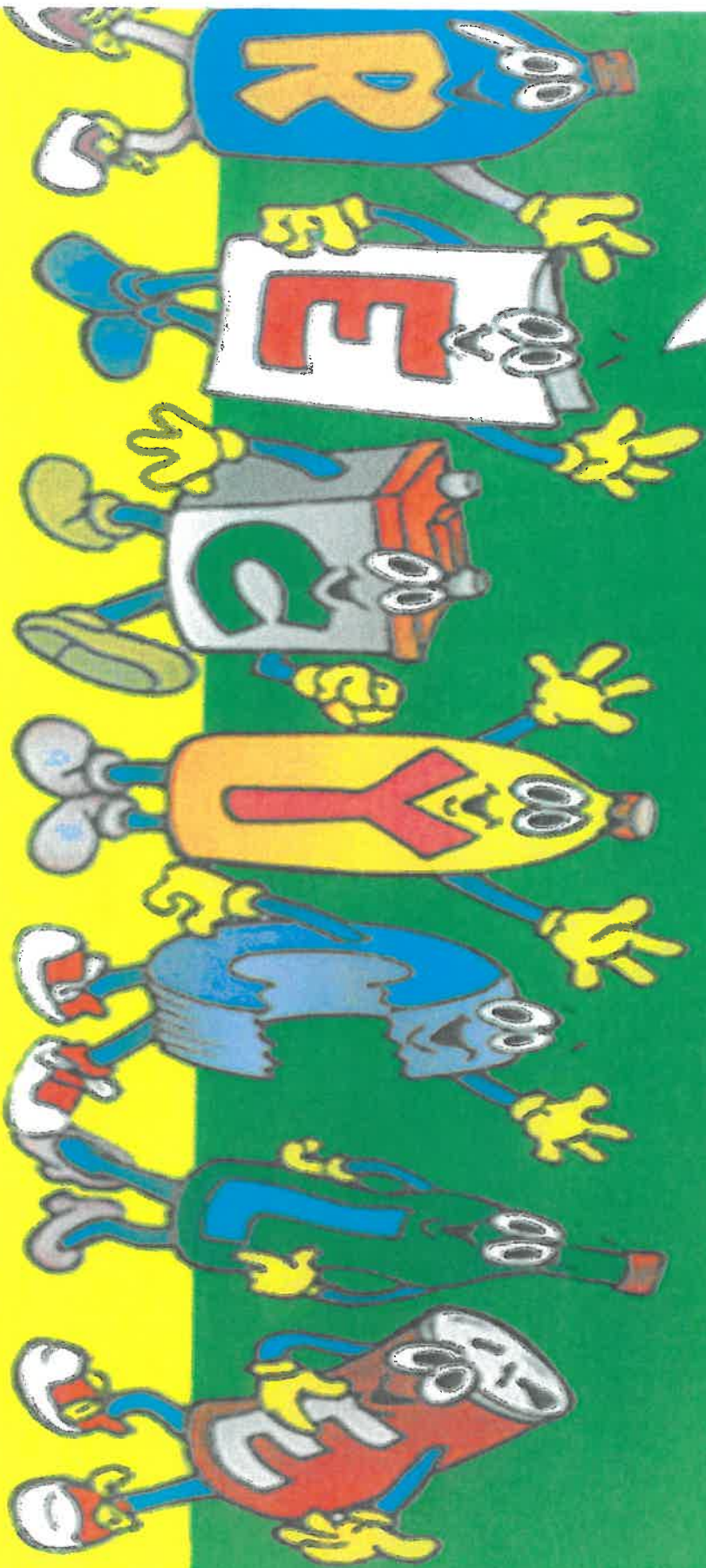
Too much trash.

Reduce, Reuse, Recycle

It's easy to do!



R-E-C-Y-C-L-E it begins with you and me!



Mixed Paper



Cardboard



ore waste less • recycle

ss • recycle more waste le



Metal



Rigid Plastic



Glass

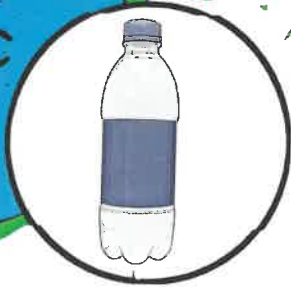
bottles & jars



Cartons



Reduce,



Reuse,



Recycle!

Reduce, Reuse, Recycle

Instructions: Mount sheets with earths onto file folder.
Cut out circles for playing pieces.

Play: Help take care of the earth by recycling the
objects. Place them in the correct pile by type.



Reduce,



Reuse,



Recycle!

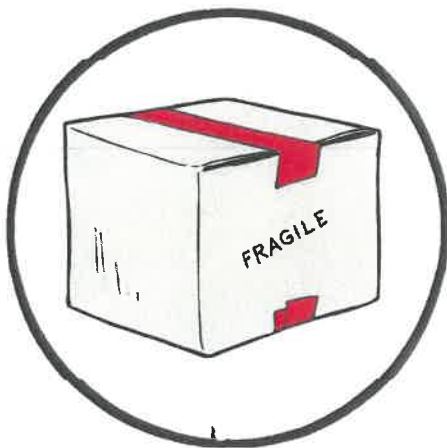
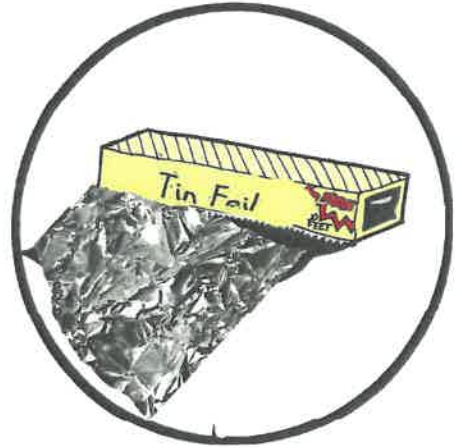
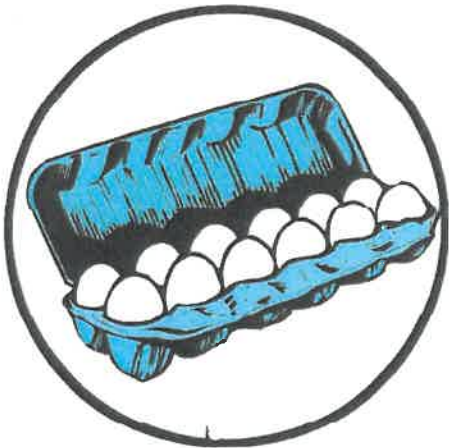
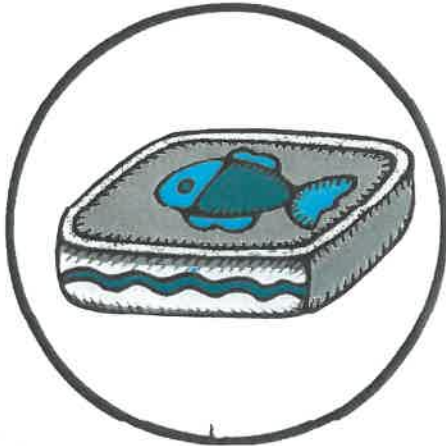


Reduce,

Reuse,



Recycle!

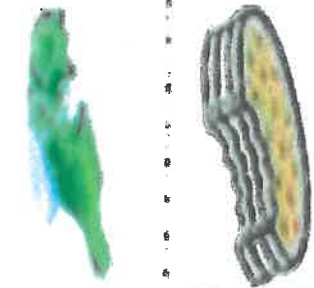
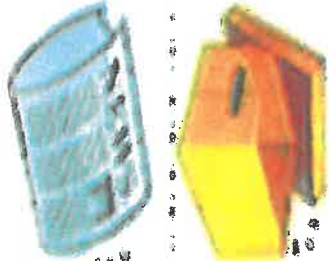
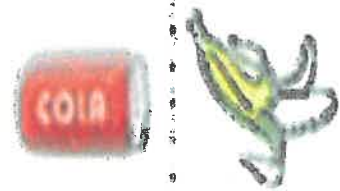
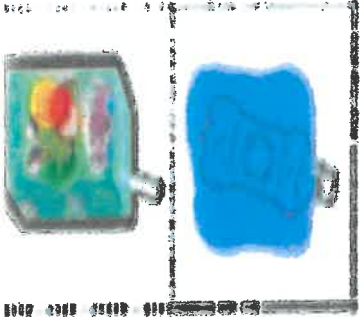


Sorting Trash

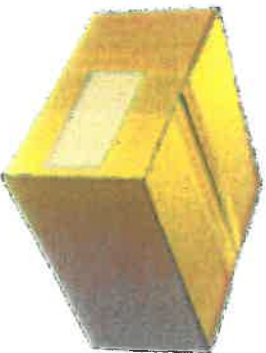
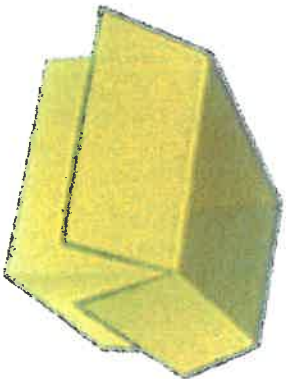
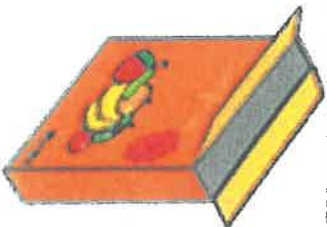
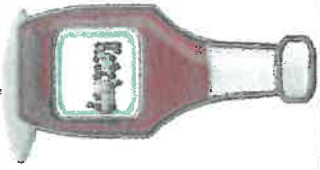
Cut the pictures at the bottom and paste them in the right category.

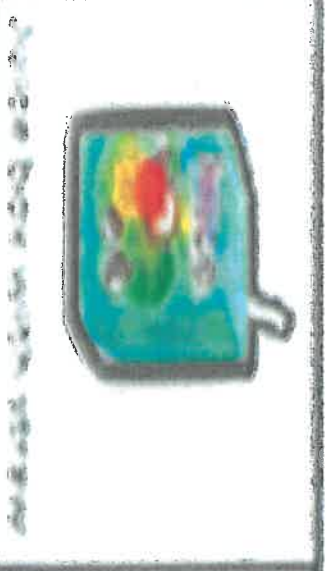
Recycle

Garbage



-cut out pieces for advanced sorting-

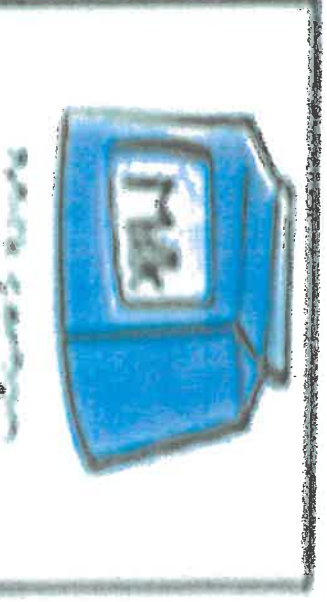




Large box with things



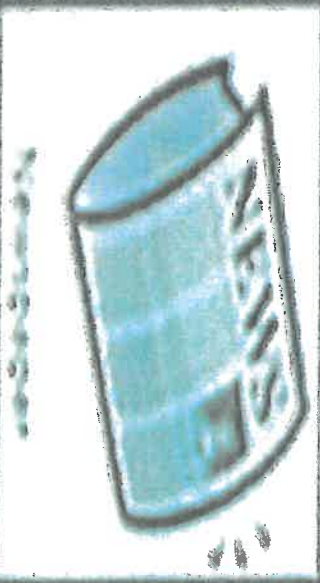
Large box



Milk container



Can



Medium box



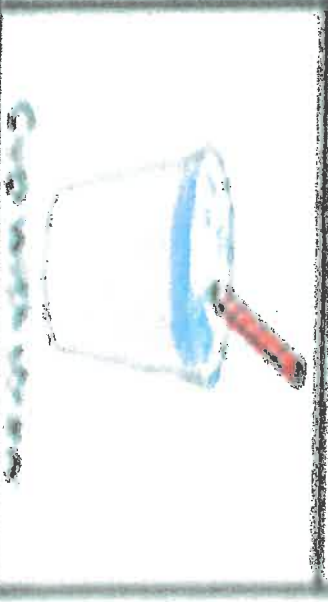
Small can



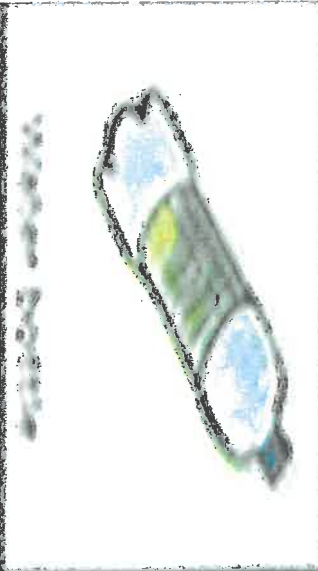
Box with fish



Small can



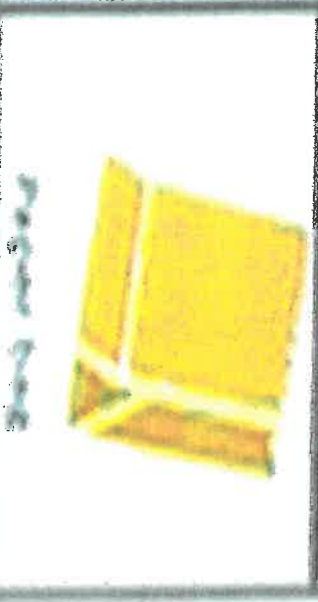
Cup with liquid



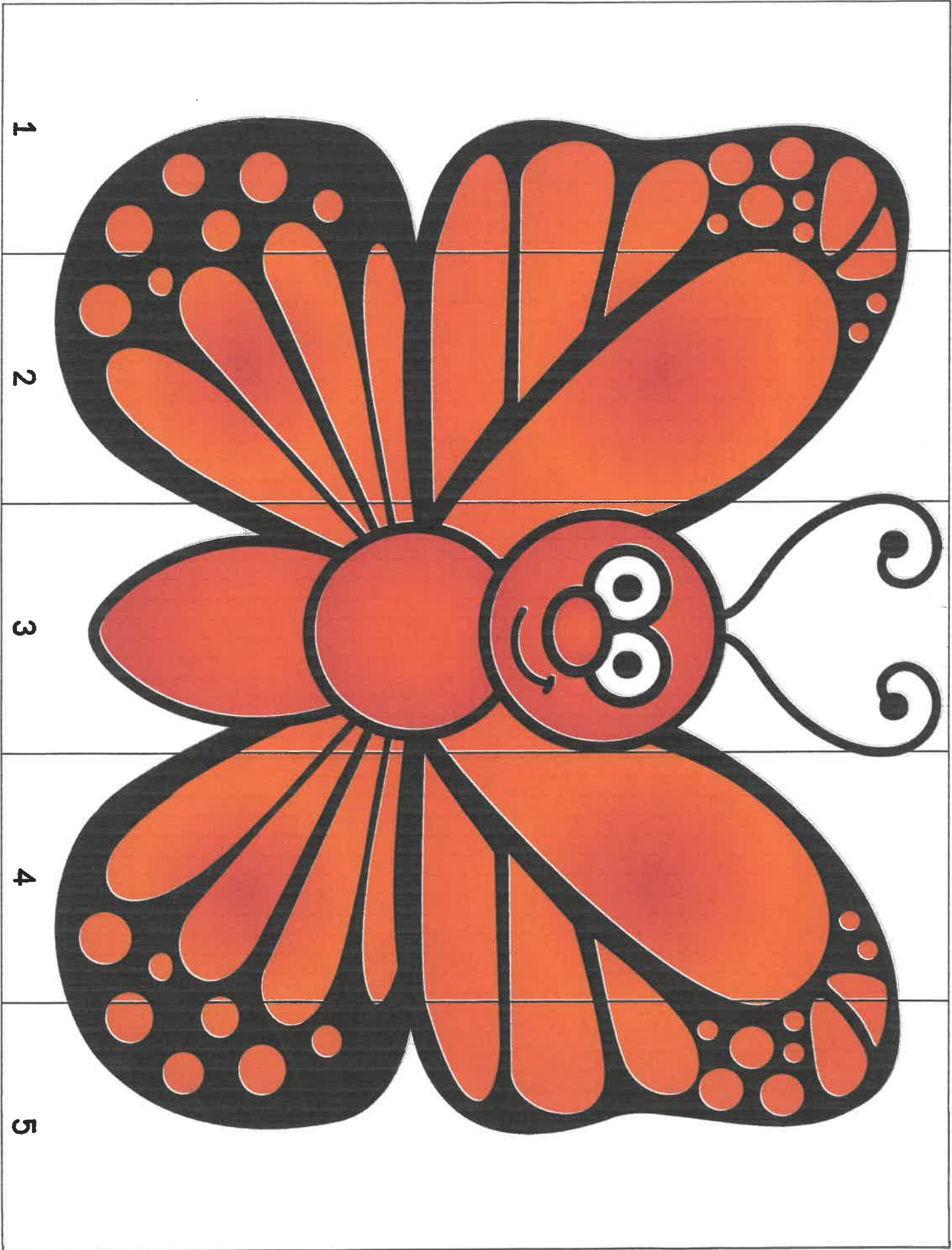
Box with fish



Can



Large box



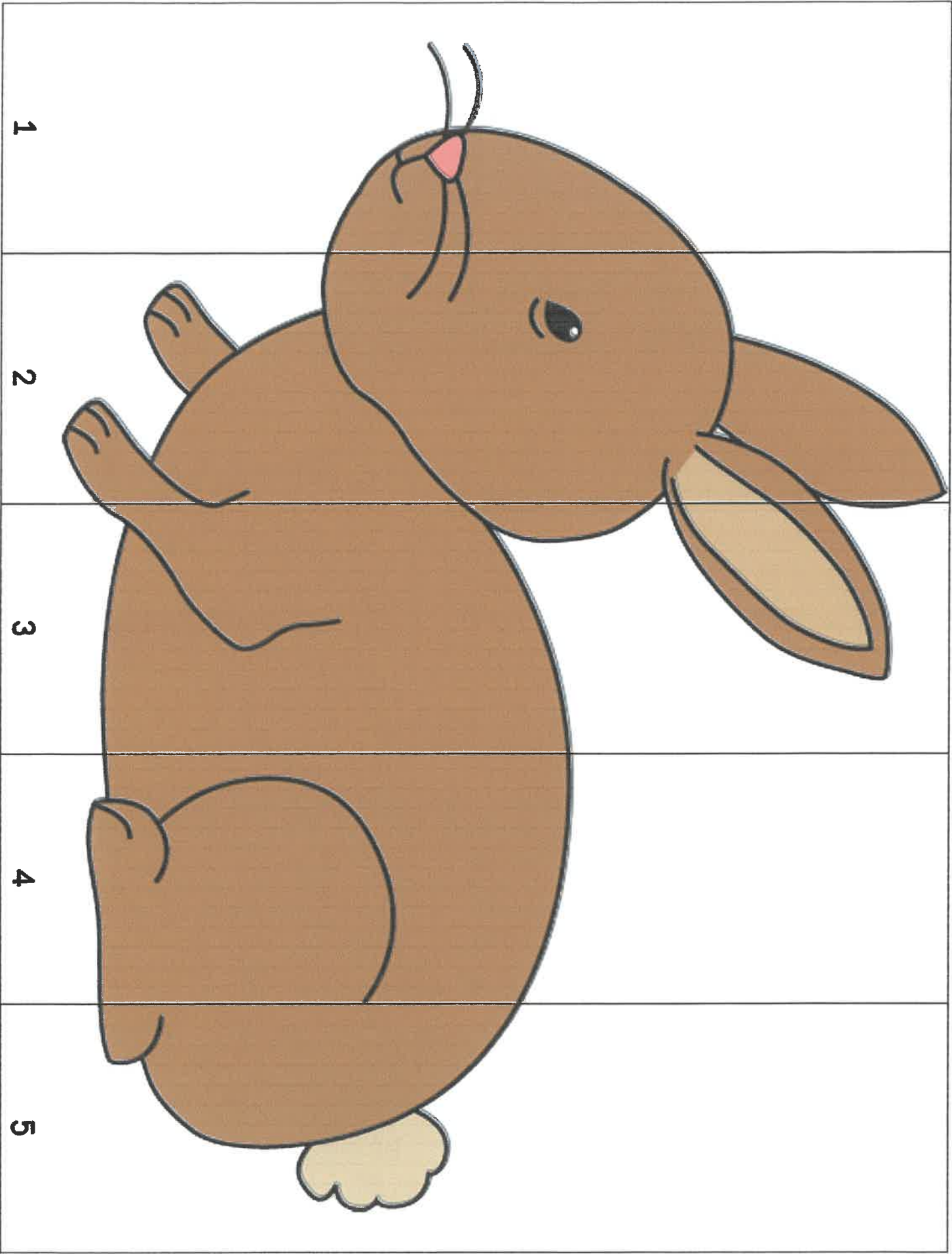
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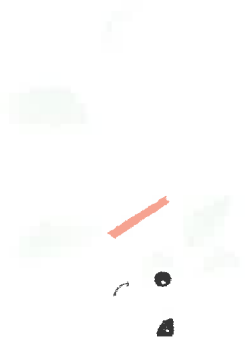
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Brown Brown Red Red

Yellow Yellow Blue Blue

Green Green Purple Purple

2

o

3

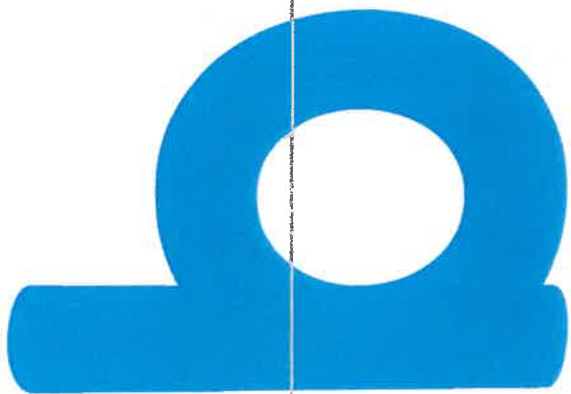
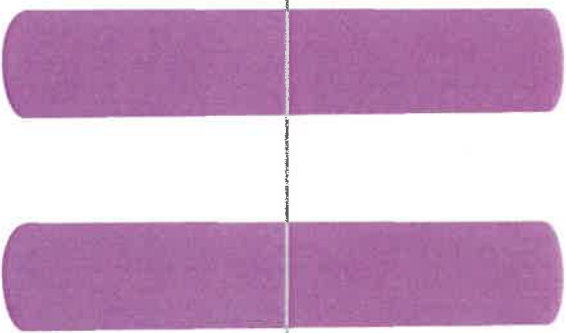
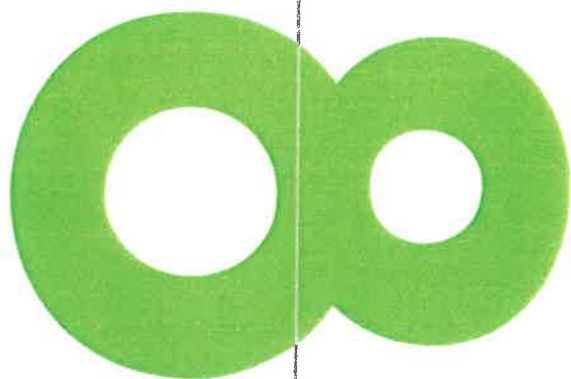
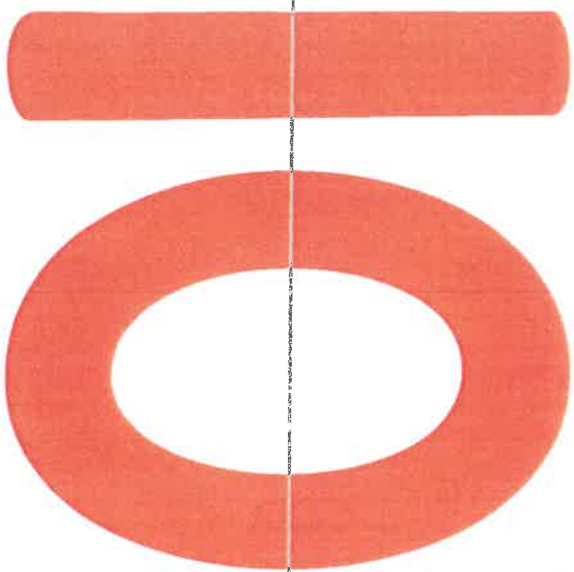
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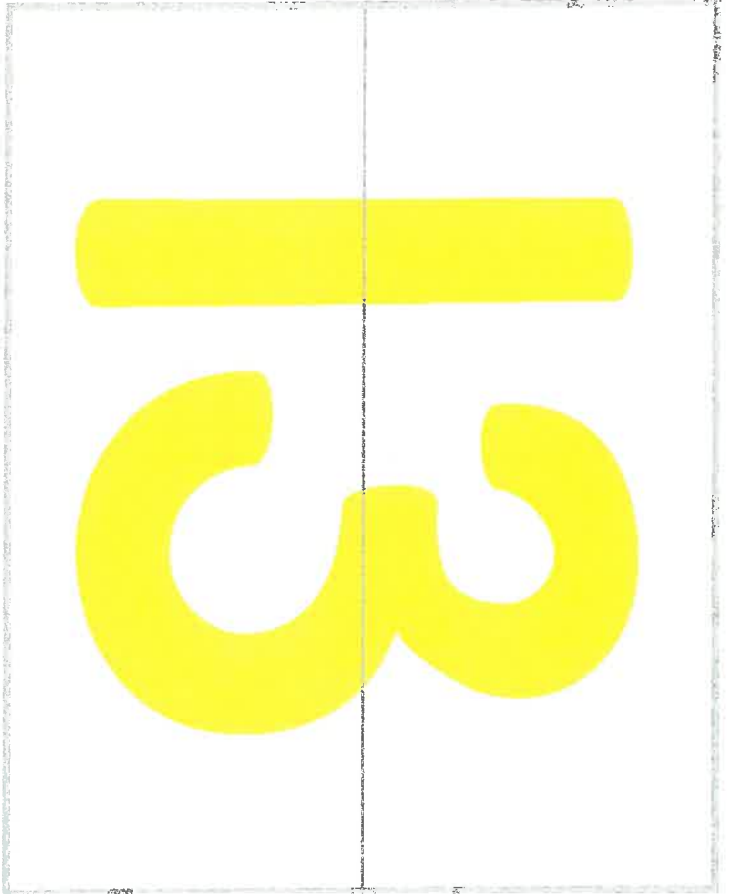
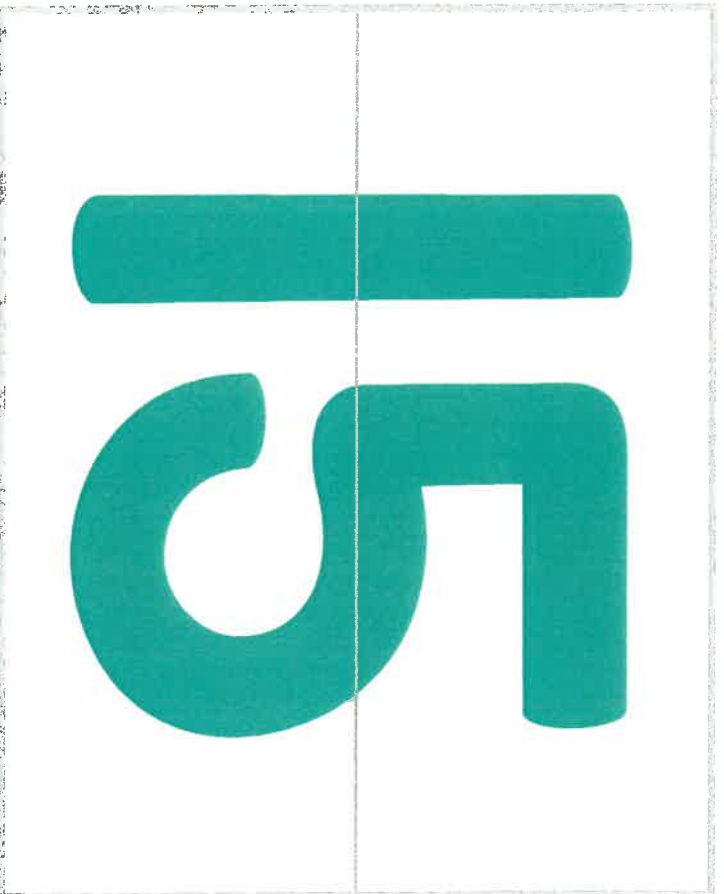
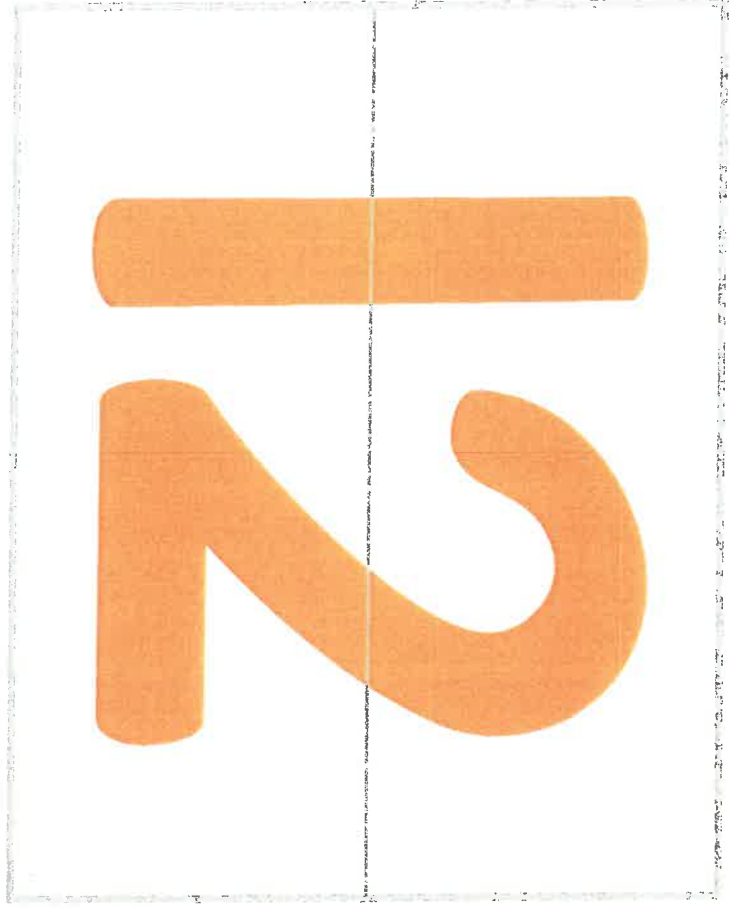
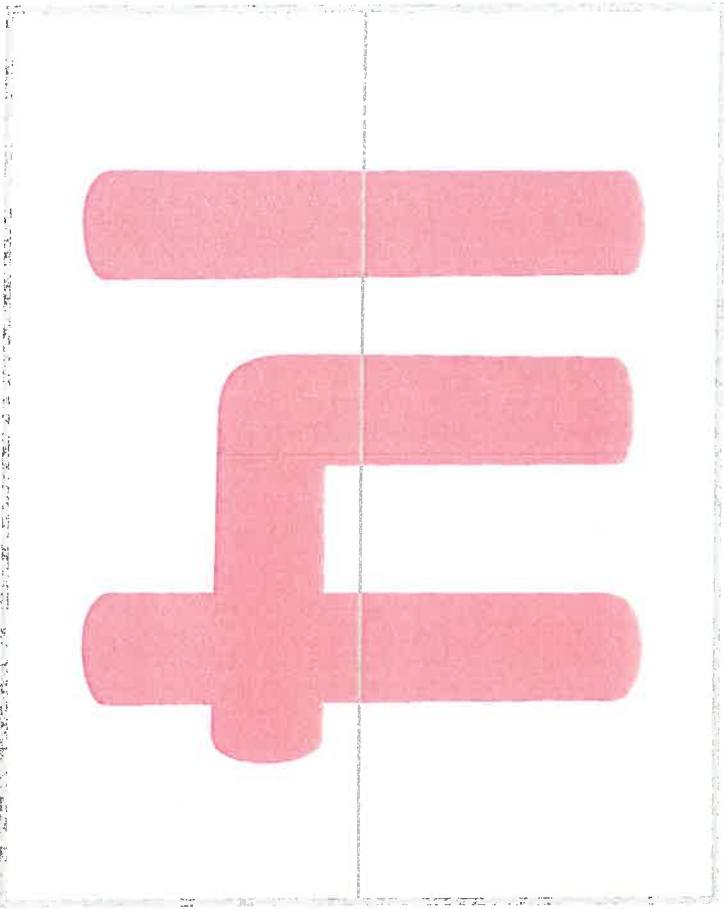
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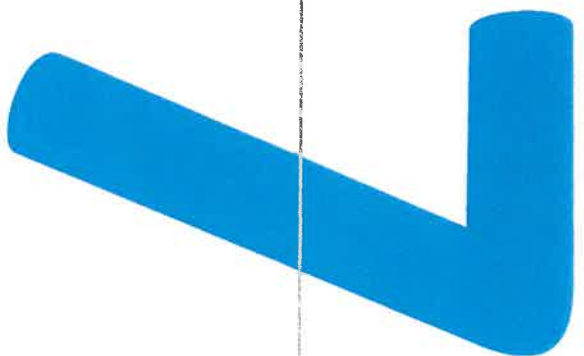
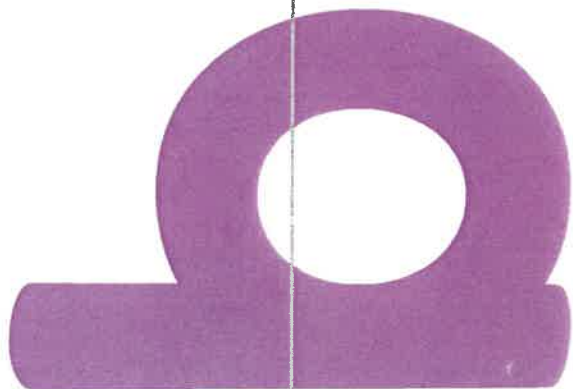
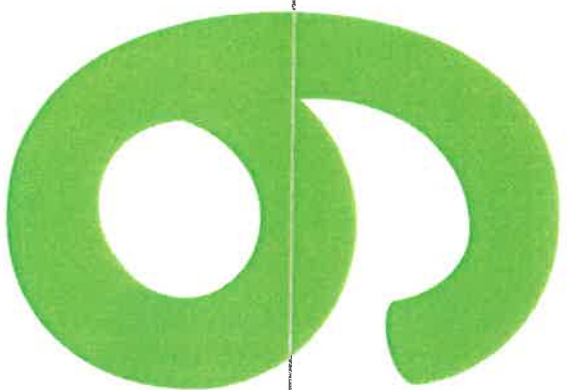
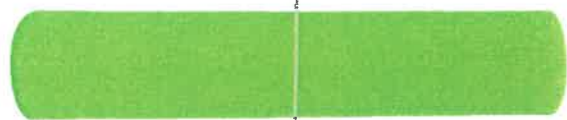
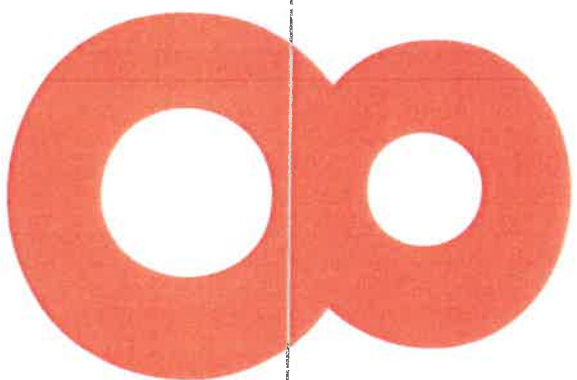
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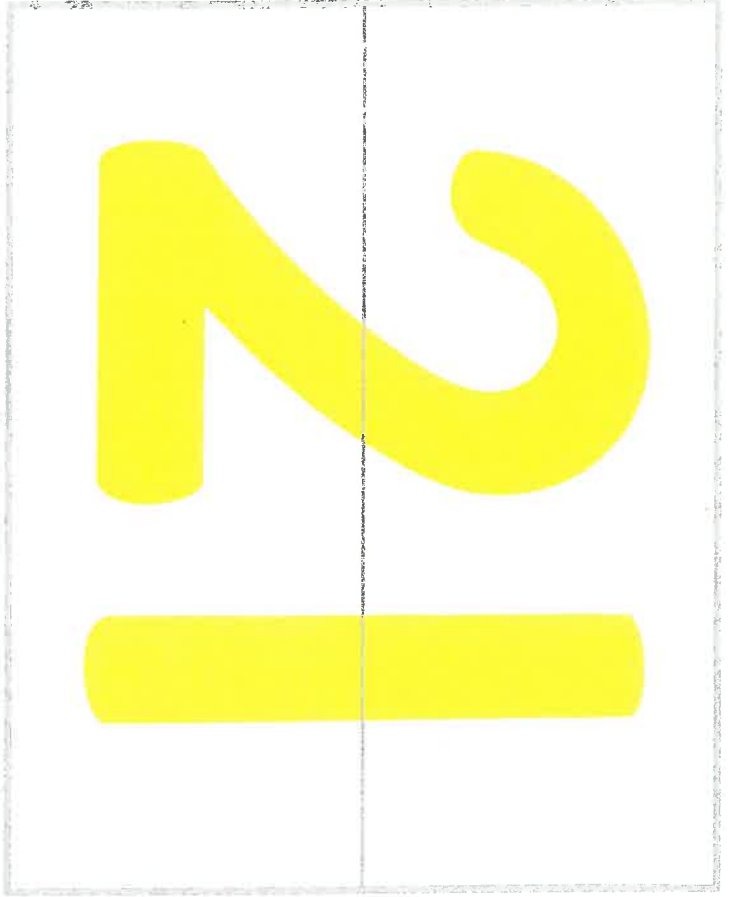
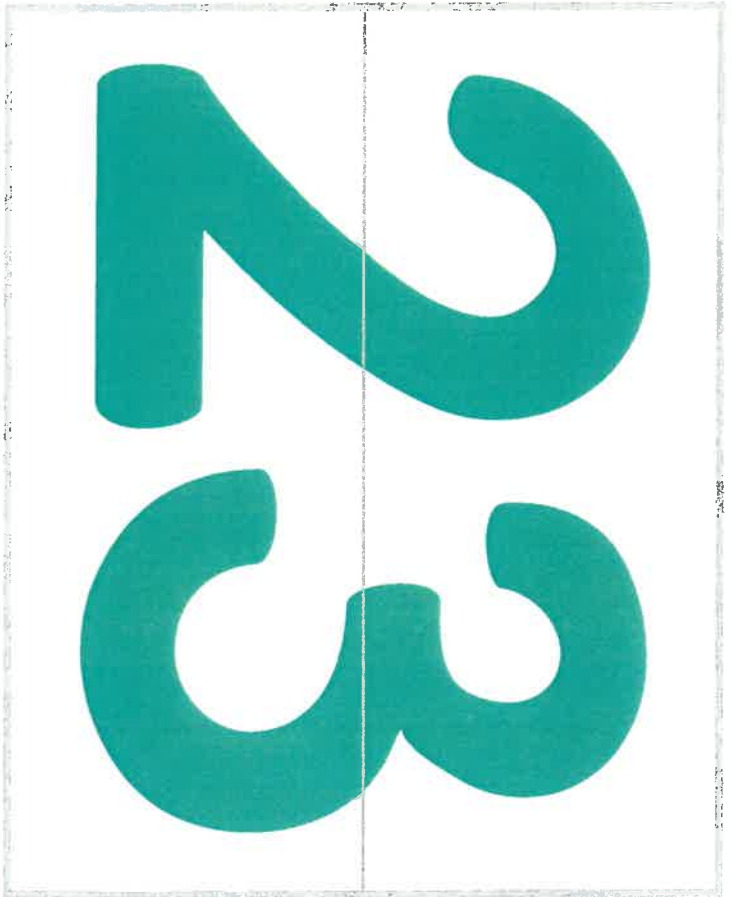
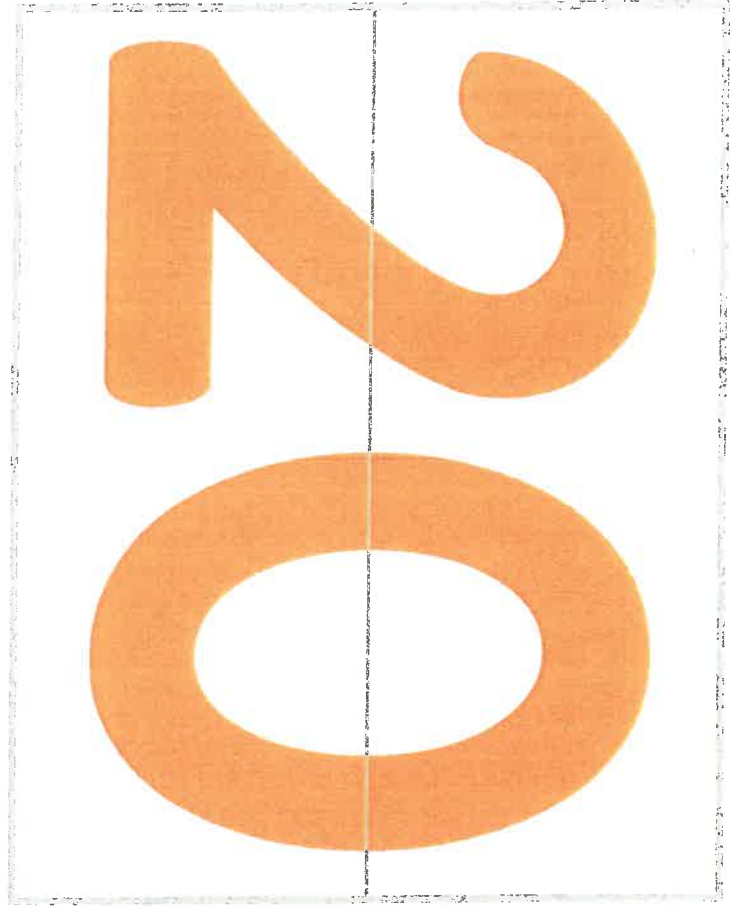
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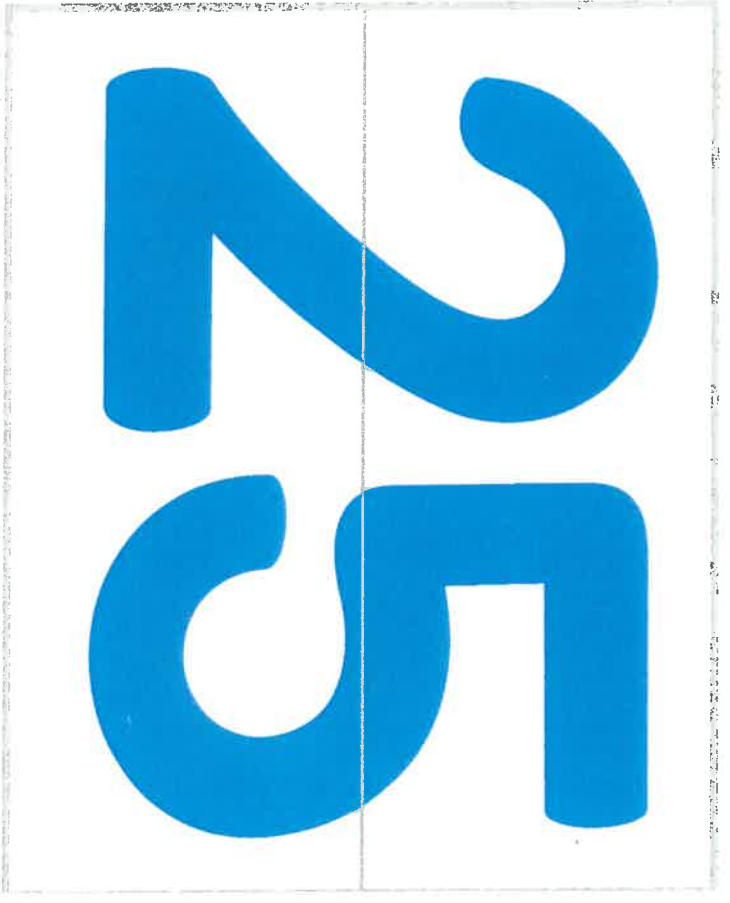
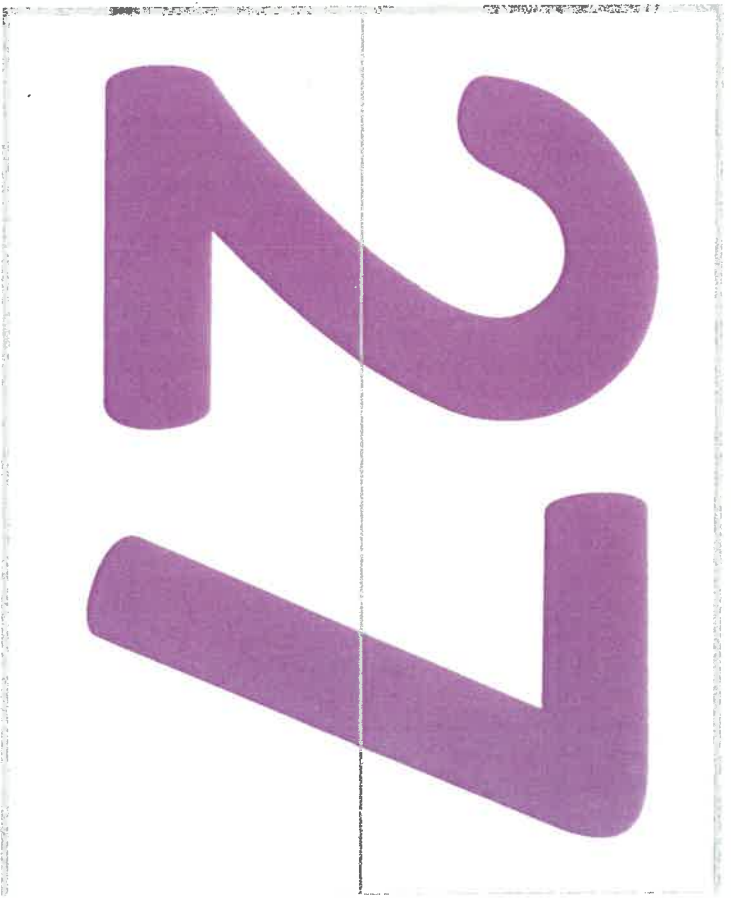
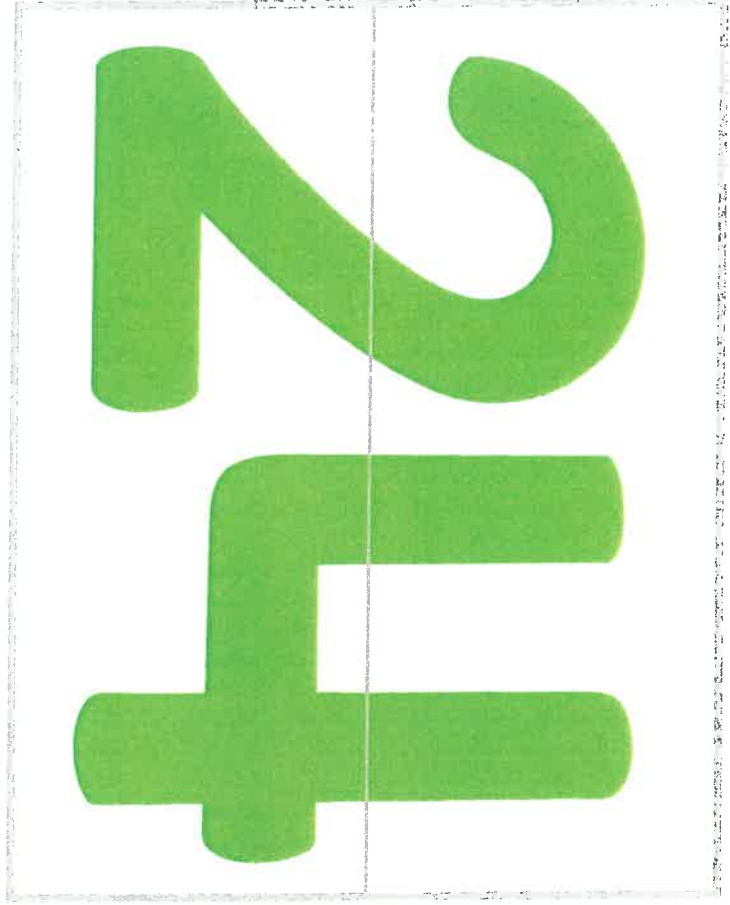
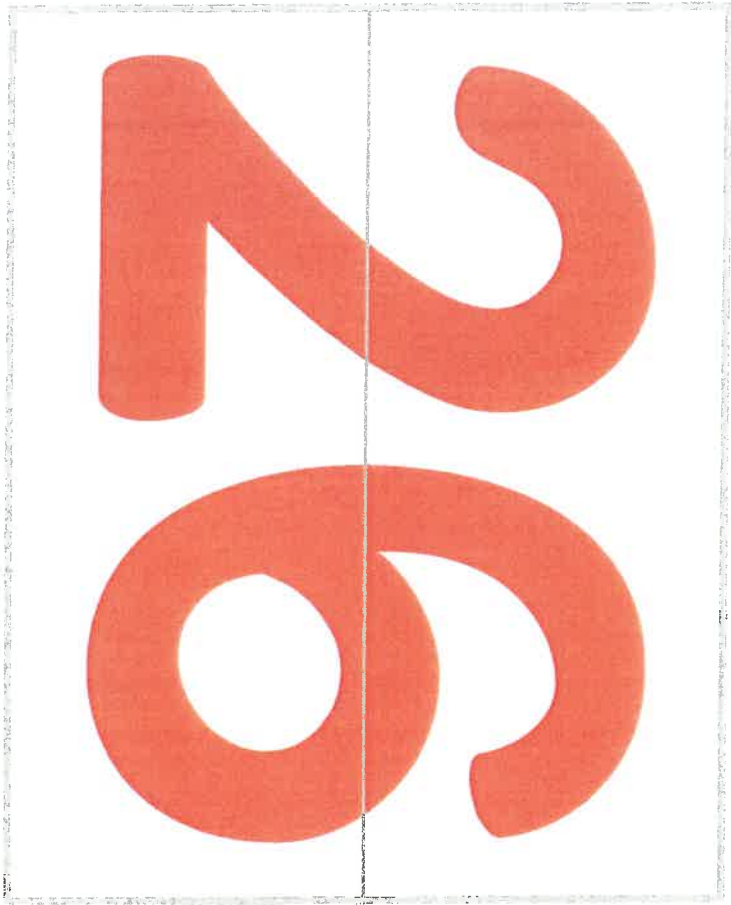
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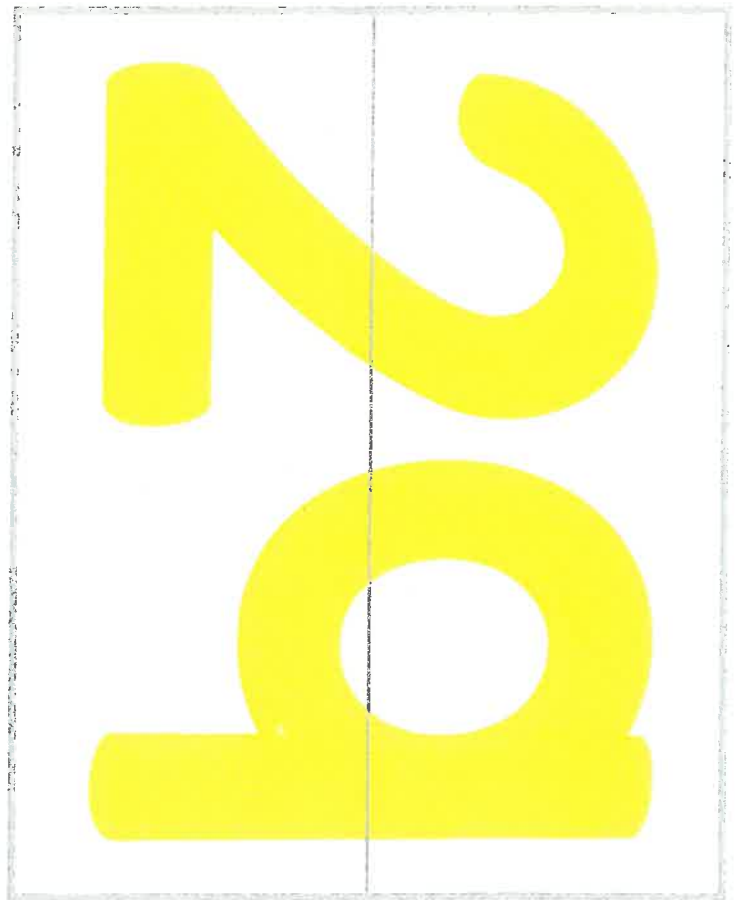
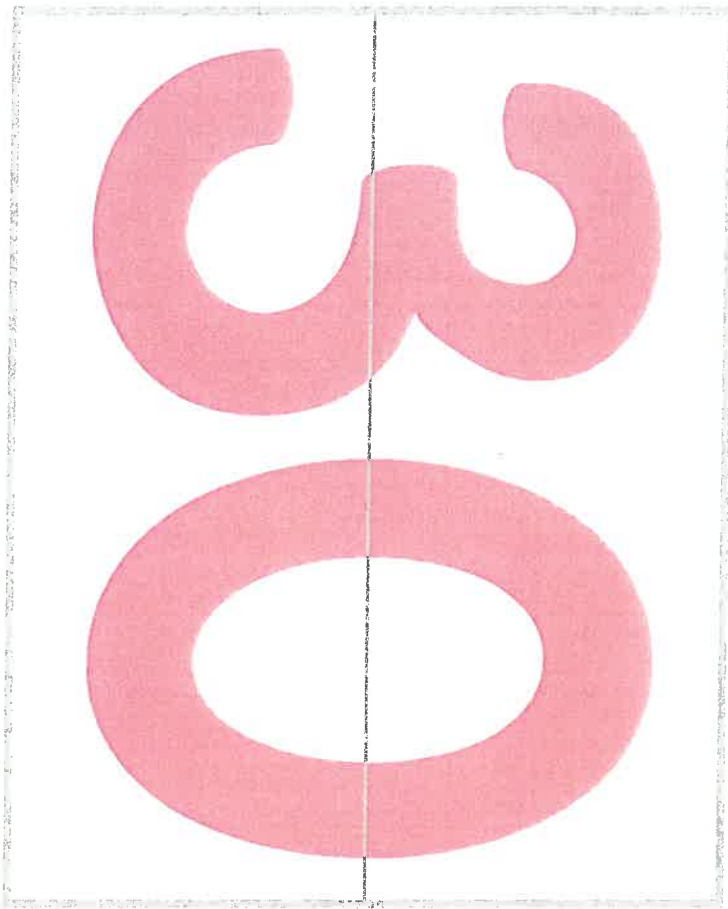


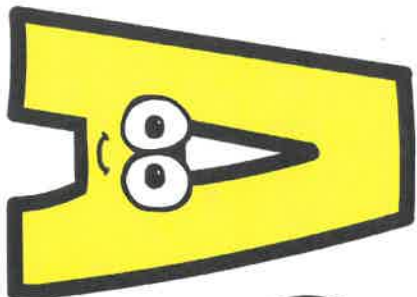






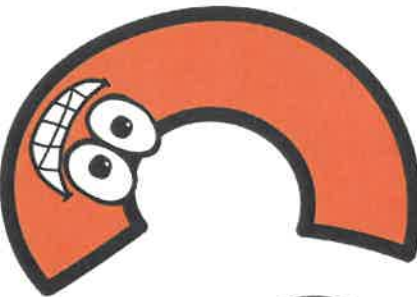






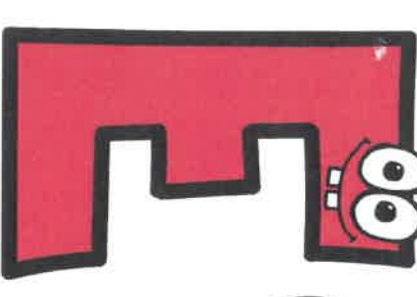
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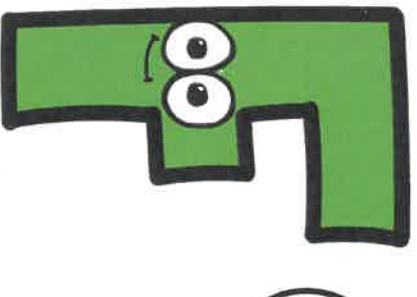
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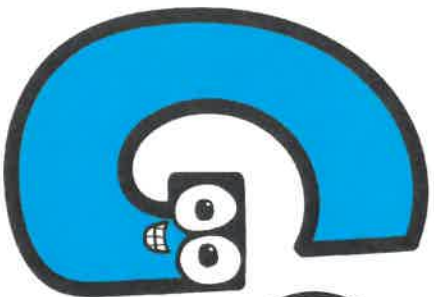
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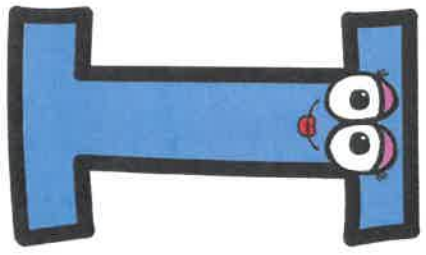
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A large blue letter 'G' with a cartoon face featuring two large eyes and a small smile.

Below the letter are several circles containing lowercase letters: 'a', 'g', 'g', 'p', 'g'.

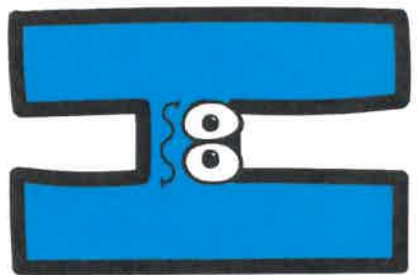
A Planning Playtime product. © 2018 by Amy Nielson



A large blue letter 'I' with a cartoon face featuring two large eyes and a small smile.

Below the letter are several circles containing lowercase letters: 'i', 'm', 'i', 'i', 't', 'i'.

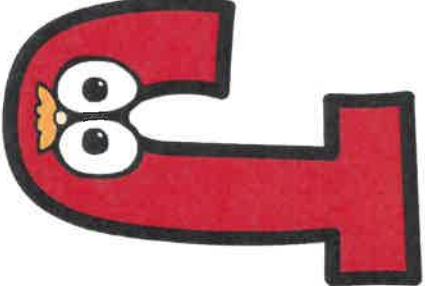
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A large blue letter 'H' with a cartoon face featuring two large eyes and a small smile.

Below the letter are several circles containing lowercase letters: 'h', 'h', 'i', 'b', 'h', 'h'.


A Planning Playtime product. © 2018 by Amy Nielson



A large red letter 'J' with a cartoon face featuring two large eyes and a small smile.

Below the letter are several circles containing lowercase letters: 'k', 'j', 'j', 'j', 'a', 'j'.

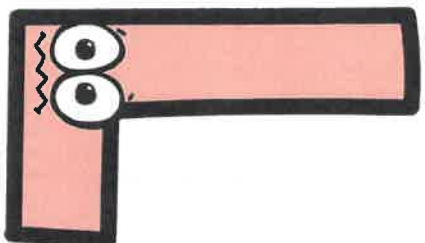
A Planning Playtime product. © 2018 by Amy Nielson



A large red letter 'K' with a cartoon face featuring two large eyes and a small smile.

Below the letter are several circles containing lowercase letters: 'j', 'l', 'k', 'k', 'k'.

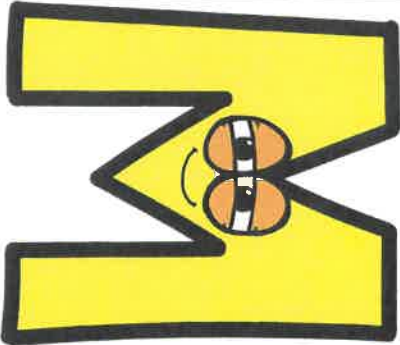
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A large pink letter 'L' with a cartoon face featuring two large eyes and a small smile.

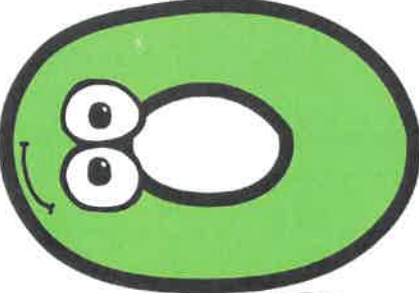
Below the letter are several circles containing lowercase letters: 'l', 'l', 'f', 'l', 'i', 'l'.

A Planning Playtime product. © 2018 by Amy Nielson



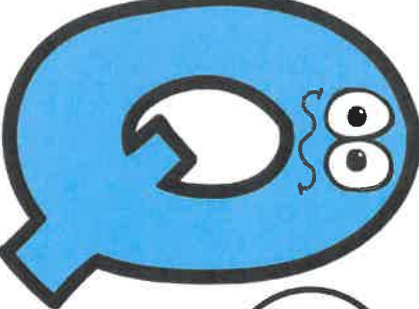
A yellow uppercase letter 'M' with a character inside that has two eyes and a smiling mouth. Below the letter are several lowercase letters in circles: 'a', 'm', 'm', 'p', and 'm'.

A Planning Playtime product. © 2018 by Amy Nielson



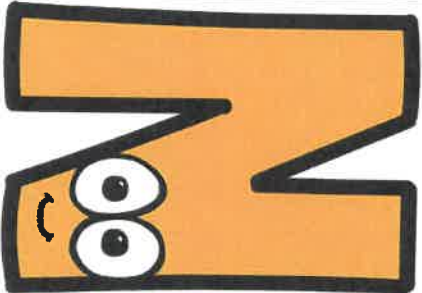
A green uppercase letter 'O' with a character inside that has two eyes and a smiling mouth. Below the letter are several lowercase letters in circles: 'i', 'o', 'o', 'o', and 't'.

A Planning Playtime product. © 2018 by Amy Nielson



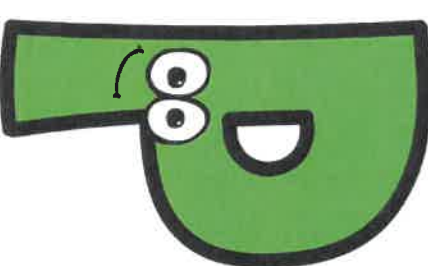
A blue uppercase letter 'Q' with a character inside that has two eyes and a smiling mouth. Below the letter are several lowercase letters in circles: 'q', 'q', 'q', and 'k'.

A Planning Playtime product. © 2018 by Amy Nielson




An orange uppercase letter 'N' with a character inside that has two eyes and a smiling mouth. Below the letter are several lowercase letters in circles: 'n', 'n', 'b', 'i', and 'n'.

A Planning Playtime product. © 2018 by Amy Nielson



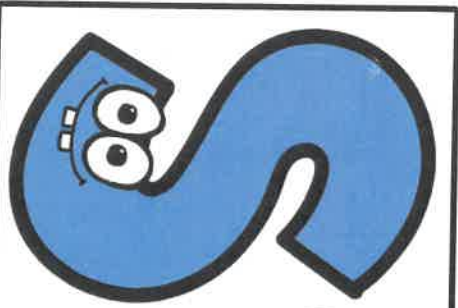
A green uppercase letter 'P' with a character inside that has two eyes and a smiling mouth. Below the letter are several lowercase letters in circles: 'p', 'p', 'p', 'j', and 'y'.

A Planning Playtime product. © 2018 by Amy Nielson



A blue uppercase letter 'R' with a character inside that has two eyes and a smiling mouth. Below the letter are several lowercase letters in circles: 's', 'l', 'r', 'r', and 'r'.

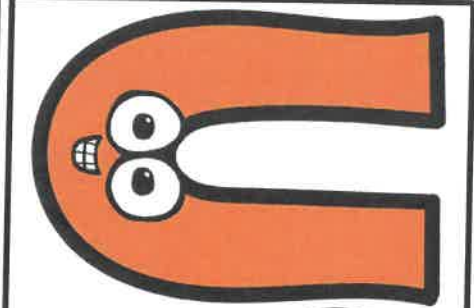
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A large blue letter 'S' with a cartoon face featuring large eyes and a small mouth.

Below the letter are several circles containing the letter 's' in lowercase: s, s, s, s, s, s, s, s.

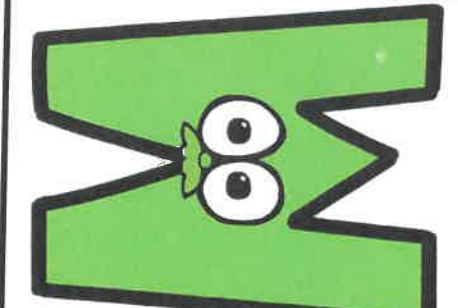
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A large orange letter 'U' with a cartoon face featuring large eyes and a small mouth.

Below the letter are several circles containing the letter 'u' in lowercase: u, u, u, u, u, u, u, u.

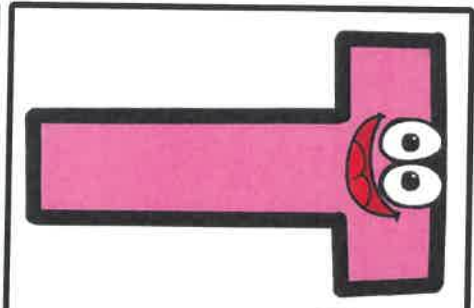
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A large green letter 'M' with a cartoon face featuring large eyes and a small mouth.

Below the letter are several circles containing the letter 'm' in lowercase: m, m, m, m, m, m, m, m.

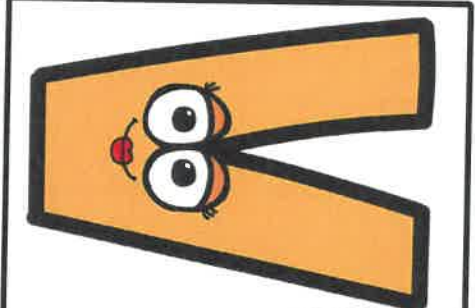
A Planning Playtime product. © 2018 by Amy Nielson



A large pink letter 'T' with a cartoon face featuring large eyes and a small mouth.

Below the letter are several circles containing the letter 't' in lowercase: t, t, t, t, t, t, t, t.

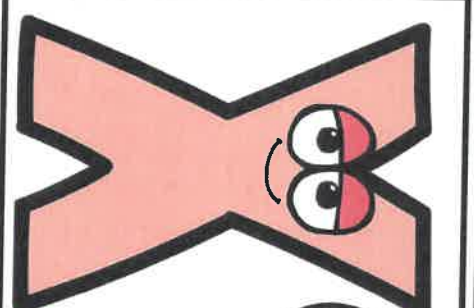
A Planning Playtime product. © 2018 by Amy Nielson



A large orange letter 'V' with a cartoon face featuring large eyes and a small mouth.

Below the letter are several circles containing the letter 'v' in lowercase: v, v, v, v, v, v, v, v.

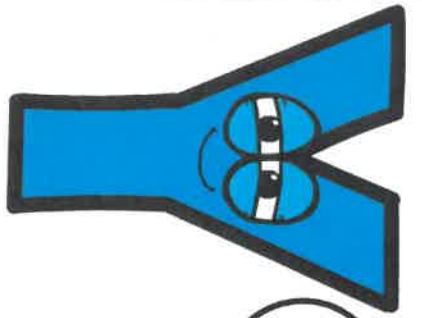
A Planning Playtime product. © 2018 by Amy Nielson



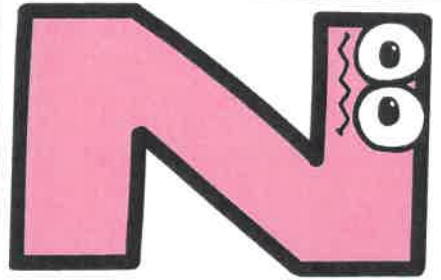
A large pink letter 'X' with a cartoon face featuring large eyes and a small mouth.

Below the letter are several circles containing the letter 'x' in lowercase: x, x, x, x, x, x, x, x.

A Planning Playtime product. © 2018 by Amy Nielson



A Planning Playtime product. © 2018 by Amy Nielson



A Planning Playtime product. © 2018 by Amy Nielson

Sign in Sheet

Monday _____

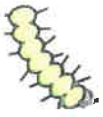
Tuesday _____

Wednesday _____

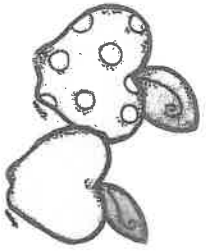
Thursday _____

Friday _____

I Can Print My Name



○	
○	
○	



Alphabet Trace

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

APPLE