

This week's theme is

Underwater Adventure



Books and Stories

[Miss Lindsay reads Smile Pout Pout Fish -video](#)

[Miss Lindsay reads Pete the Cat Scuba Cat -video](#)

[Miss Kristin reads Secrets of the Sea -video](#)

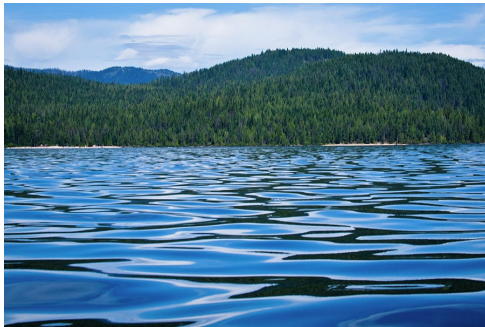
[Miss Jen reads Sea Shapes -video](#)

[Miss Chris reads Rainbow Fish and shows us her aquarium-
video](#)

[Miss Lindsay's Underwater Adventures vocabulary video](#)

lake	ocean	pond	river
coral reef	dolphin	octopus	whale
starfish	fish	sea horse	shark
waves	seashells	sand	

Miss Lindsay's underwater adventures vocabulary with pictures (see below)



Letters and Writing

[Miss Nadine goes fishing for some letters-video](#)

[Miss Carrie feeds a shark letter game- video](#)

letter and number fish pictures for games
(see below)

Science

[Miss Ann's science lesson about sharks-video](#)

[Miss Erika grows vegetables in water -video](#)

Math

[Miss Kristin's number fishing game video](#)

letter and number fish pictures for games
(see below)

Miss Mariette's Octopus Math
(see below)



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Music, Movement & Meditation

[Baby Shark-Super Simple Songs- video](#)

[Cosmic Kids Yoga-Under the Sea- video](#)

[Elmo Happy Thoughts Song- video](#)

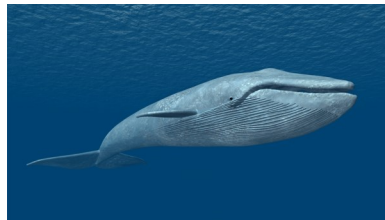
[Sesame Street Monster Meditation : Goodnight Body with Elmo and Headspace- video](#)

Miss Mariette shares songs about fish (see below)

Art

[Miss Claire's Foil Fish Art Activity video](#)

Miss Mariette's shape aquarium art
(see below)



Social - Emotional Skills

[Miss Lindsay & Julia play a feelings game video](#)

pout pout fish pictures for game (see below)

Second Step Lessons

[Managing Disappointment video -Day#1](#)

[Managing Disappointment video -Day#2](#)

[Managing Disappointment video -Day#3](#)

Miss Chris' sun safety tips
for parents (see below)

Miss Chris' sun safety song
(see below)

Underwater Adventures



dolphin

coral reef



octopus



starfish



whale



seahorse



shark



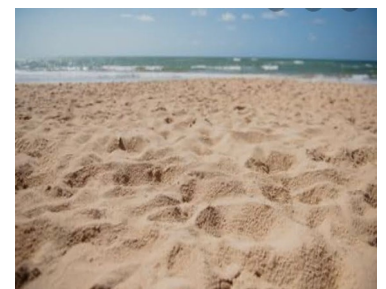
fish



waves



seashells



sand

Underwater Adventures page 2

Bodies of water



lake



ocean



pond



river

Octopus Math

You can begin this activity by giving your child some background knowledge about octopuses. You can tell your child that an octopus lives in the ocean and has eight arms. You can read this poem from poemsearcher.com to your child. Read it two to three times and encourage your child to chime in once the poem becomes more familiar to them. After reading you can show your child the letter Oo and tell them that Oo is for octopus. See if they can find some O's in the text!

You can also show them images or videos online of real octopuses. I have attached some images below.

Octopus

The arms on the octopus number eight:
One, two, three, four, five, six, seven, eight!

All curled up, then pointing straight,
One, two, three, four, five, six, seven, eight!

In the ocean, octopuses wait,
One, two, three, four, five, six, seven, eight,

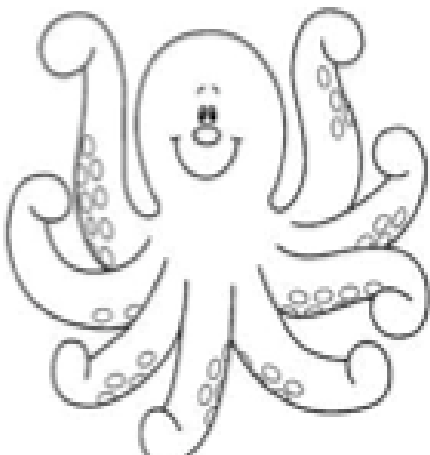
For clams and crabs to put on their plate!
One, two, three, four, five, six, seven, eight!

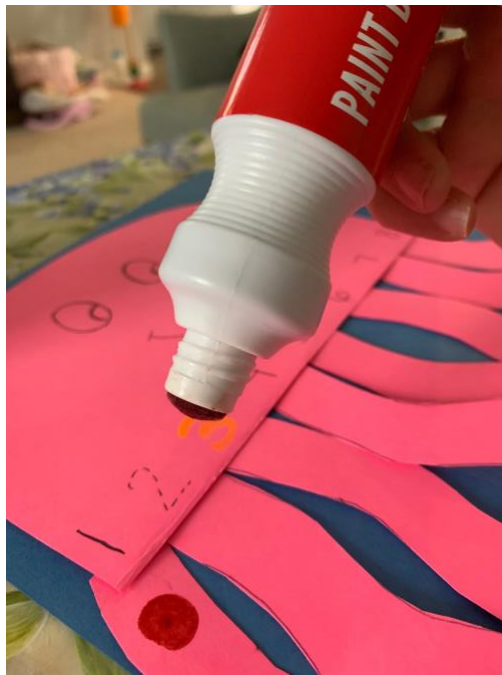
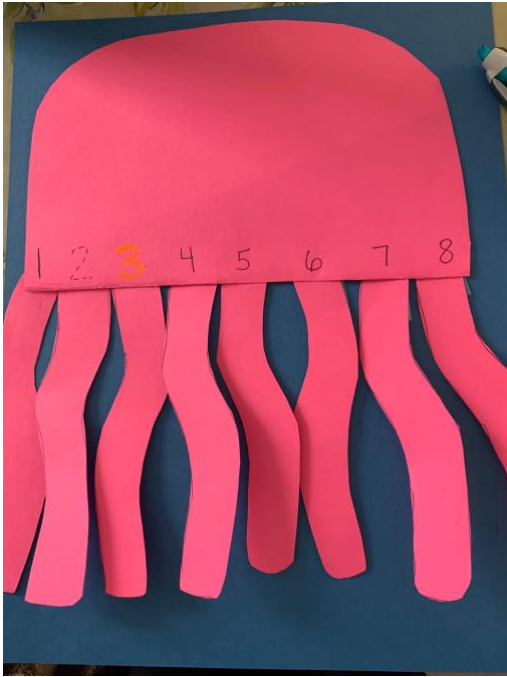


Veniceclayartists.com



Unsplash.com
baby octopus-Reddit.com





Materials Needed: Construction paper, scissors, glue or tape, paint dabbers, small stickers, crayons, or markers.

1. Place a piece of construction paper vertically and fold it in half. Draw a semi-circle on the top. Draw eight arms on the bottom.
2. Cut out the semi-circle and arms. Have your child help you cut if they are able to.
3. Have your child glue the octopus's body and arms to the paper. Draw a face for your octopus.
4. Count the arms together. Write the numbers 1-8 above the arms. Have your child write the numbers, trace dotted lines, or trace over highlighter to make the numbers.
5. Have your child use the paint dabbers, stickers, or crayons to make the matching quantity underneath. If your child is struggling you can use a pencil or pen and put a small mark to help show them where to place their dabber or sticker.
6. Have your child touch the number, say the number, then count.
7. Your child can write the letter Oo around their octopus.

Invitation to Create

Before the activity: Sing some fun fish songs with your child. Here are a couple from DTLK.com.

I'm a Little Fish

(to the tune of I'm a Little Teapot)

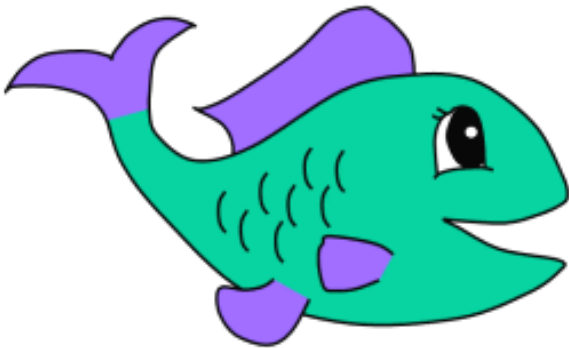
I'm a little fish, I like to swim

(put hands in prayer position facing away from you... they're the fish. Wiggle them back and forth like a fish swimming through the water.)

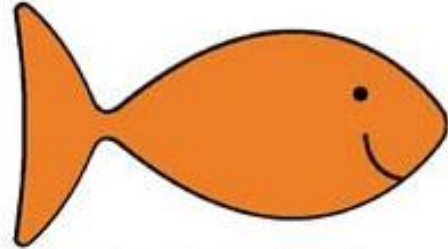
You can't catch me, 'cause I have fins
(shake finger back and forth "no no no")

When I swim past my friends, I hear them say
(put hand to ear like you're listening)

Stop your swimming and come and play!
(make a STOP gesture with hand and then jump up in the air)



One, two, three, four, five



One, two, three, four, five.
Once I caught a fish alive,
Six, seven, eight, nine, ten,
Then I let it go again.
Why did you let it go?
Because it bit my finger so.
Which finger did it bite?
This little finger on the right.



This simple activity encourages your child to use their imagination. Provide your child with shapes cut out of construction paper and glue. Watch them create! You may want to show them images or videos of fish and the ocean to inspire them. 😊 I have included some on the next page. After your child is done creating ask them about their creation. You can write their words on the paper and read it back to them.





Images from youtube.com



Below image is from worldatlas.com



I feel _____ because _____.

Worried



Scared



Sad



Mad




Happy



How Can I Protect My Children from the Sun?



- Seek shade. UV rays are strongest and most harmful during midday, so it's best to plan indoor

activities then. 

- Cover up. When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays.

- Get a hat.



- Wear sunglasses.

- Apply sunscreen. Even waterproof sunscreen needs to be reapplied after sports and swimming. Get kids in the habit of coming to you for more sunscreen when they are finished with activities that cause them to get wet or sweat. Sure, you will need to chase them down at first, but the need for this will (hopefully) gradually decrease over time.





Are you covered? Are you covered?
Head to toe? Head to toe?
Put your long sleeve shirt on.
Now put on your trousers.
Here we go! Here we go!

I am covered! I am covered!
Head to toe! Head to toe!
I put my wide brimmed hat on
Then I put my sunscreen on
Out we go! Out we go!

Have a safe and healthy summer.
Chris Tedesco- Health Coordinator



