

Toddler Distance Learning Program

Week Eight: May 18-22, 2020

Language

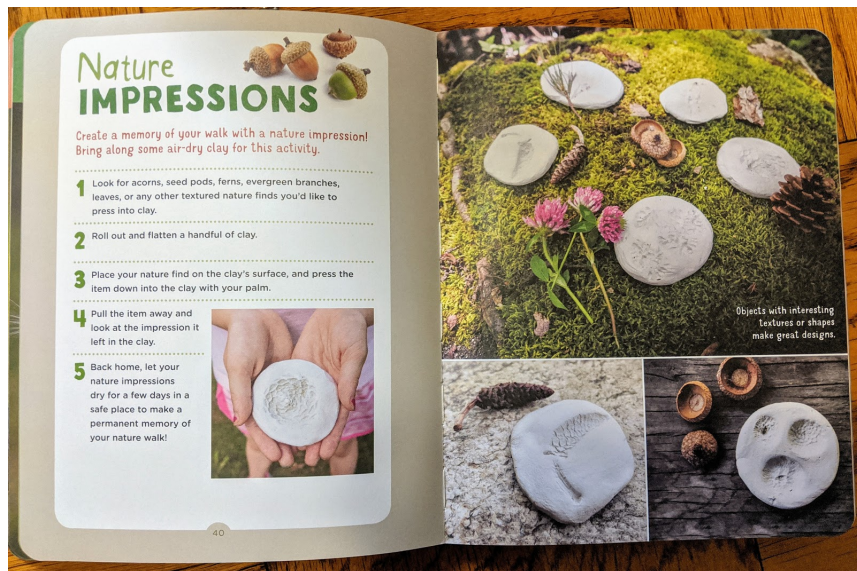
"Let the children be free; encourage them; let them run outside when it is raining; let them remove their shoes when they find a puddle of water; and, when the grass of the meadows is damp with dew, let them run on it and trample it with their bare feet; let them rest peacefully when a tree invites them to sleep beneath its shade; let them shout and laugh when the sun wakes them in the morning as it wakes every living creature that divides its day between waking and sleeping."

-Dr. Maria Montessori, ***The Discovery of the Child***

1. Head out into nature with your child. Take a basket and gather natural materials to create a nature collection. Identify the materials- pine cone, twig, acorn, petal, pine needles, rocks, etc. (Use these materials to make nature impressions ****See Self-Expression #1***)
2. Create a treasure hunt in nature. [Create a list of pictures](#) and work together to find all the items on the list (tulip, dogwood tree, twig, acorn, dandelion, rainbow art in a window, a bird chirping). Stroll through a garden, use your backyard or park, venture into the forest, or walk a city block.

Self-Expression

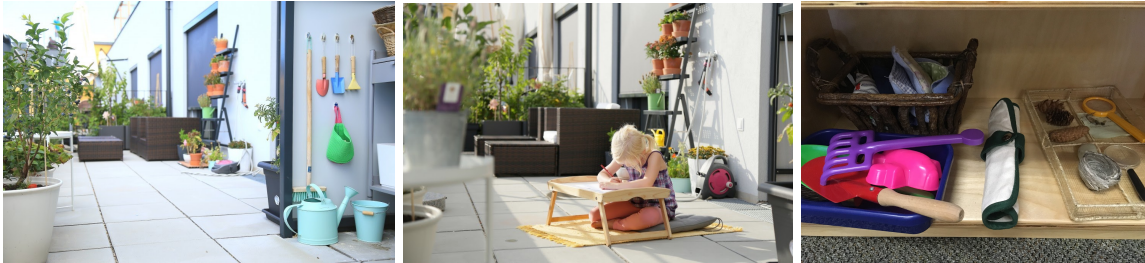
1. Make nature impressions in clay or salt dough (***see Kitchen #1***).



2. Young children are sensorial learners and the outdoors provide a symphony to the senses. Listen to the movement of the trees and grass, smell the flowers or the rain, watch insects at work, or touch plants with gentle hands.

Practical Life

1. Prepare an outdoor space or basket of outdoor materials. Make a space for a spade, rake, watering can, magnifying glass, broom, or bucket accessible to the child. Move the child's table (or a blanket) outside for an afternoon. They can make art, read books, or dine *al fresco*.



2. Clean windows using a spray bottle, squeegee and/or cloth. Use water or a vinegar water combination. Squeezing a spray bottle is great for hand strength.



Kitchen

1. Watch Ms. Barba's [Making Salt Dough video](#). Here is [the recipe](#).
2. Family meals should be enjoyable (90% of the time). Use a candle at meal times to share a grace, give gratitude, remind everyone of your family values, and encourage grace and courtesy at the table. [Invite the child](#) to blow out the candle (or use a candle snuffer) after the grace or at the end of the meal to signal the meal is over and the child is excused to leave the table.



Movement

1. Move through these Yoga Nature Poses (see PDF). Add to your Sun Salutations and Be a Yoga Animal from previous weeks.
2. Free the feet and take off those shoes! Walk barefoot in the grass, feel pebbles under your feet, and mud between your toes! Afterwards, with a towel nearby, use a basin or the tub to wash those toesies.

Work of the Hands

1. Dust and water the leaves of houseplants using a small sponge. A gentle palm holds the leaf while the other hand uses the sponge to wipe the leaf.



2. Make a flower arrangement using store bought flowers or flowers gathered outside. The child can fill a very small jug with water and pour the water into the vase. Then place one flower into the vase. Invite them to choose where the vase will be placed - Mom's or Dad's work desk, the dining table, in their bedroom, on a shelf. (Have a towel or sponge at the ready for small spills.)

