

# PRIMARY WEEKLY PLAN

March 30 to April 3, 2020

## PRACTICAL LIFE

- Take level-appropriate responsibility for the laundry: gather the dirties, sort and place them in the machine, note the time to switch, fold and put away iron, too.
- Move furniture away from the walls to clean, sweep, dust, wipe, maybe even rearrange, certainly declutter.
- Use a spray bottle to spritz plants, wash windows, clean sinks, tubs and countertops.
- Care for the needs of the pets. Pre-measure the food and water for mistake-proof feeding. Brush the cat or dog or guinea pig. Assist with cleaning of the fish tank or bird
- Tie, snap, zip, button, lace own clothing then help with yours and others in the household. Then find all the zipped things and zip them. All the buttoned things...

## SENSORIAL

- Gather objects of differing textures and encourage your child to touch them sighted and blindfolded. Teach the language: fuzzy, smooth, velvety, leathery, rough, etc.
- Sort socks, buttons, utensils, coupons, hairbows, cans, boxes, paperclips, pens, objects ad infinitum.
- Compare the length, width, weight, and height of similar objects.
- Find articles of varying shapes: cylinders, cones, cubes, prisms. Name and sort.
- Pull out the spices in your pantry. Sniff and name then try to identify 2-3 while eyes are closed.

## LANGUAGE

- Enrich vocabulary by deliberately naming real objects in each room of the house. Write them down or have your child write them.
- Play sound and word games wherever you are in the house: rhyming, I Spy, Omission.
- Memorize a favorite poem or verse or song to recite for others at a family gathering or over the phone to a relative.
- Tell stories about when you were little making sure to have a beginning, middle and end. Solicit tales as are age appropriate. Write them down and decorate.
- Have your child dictate (or write) lists, gift tags, thank you notes, place cards, name tag, food labels for dinner.

## MATH

- Have your child measure ingredients when you cook. Figure out how much of each is needed if you cut the recipe in half or double it. Use a half teaspoon when adding in 4 teaspoons.
- Make cleaning up fun! Estimate how many toys, books, stuffed animals, etc. are on the floor. Count each item as it is put away to see how close the guess was.
- Choose the Number of the Day. Come up with creative ways to find that many. If it's 8, I need 3 shoes, 2 socks, and 3 ties.
- Call others and ask them to take a survey you've made up: favorite animal, color, pizza toppings. Chart and compare.
- Look out the window and count the number of (fill in the blank). Add them up over time. Or subtract them if that is more of a reality.

## CULTURAL

- Create a display shelf with artifacts from different countries that you might have around the house. Or look at books to find some pictures.
- Choose a wall to decorate with paper lanterns, brightly imprinted fabrics, ornaments, fans, flags, etc.
- Listen, sing and dance to a wide variety of music, identifying from whence it comes. Research other facts about that culture.
- Celebrate a holiday that's not within your family's norm. (Even if it isn't that time of year.)
- Dress up in costumes that resemble other cultural heritages.

## MOVEMENT

- Walk around the house, timing how long it takes. Then hop & time that. Crawl...
- Roll a ball (or other rounded toy) across the floor at different distances.
- Make today Official Tiptoe Day and walk as quietly as possible.
- Do some gentle roughhousing or tumbling 4 x today.
- Find objects of differing weights and have a lifting and transporting work out.

## ROUTINE

- Organize a space by the front door with all necessary get-outta-the-house items.
- Institute a snuggling time upon waking to ease the transition from sleepiness to busyness.
- Ask your child, "What comes next?" as you go through the day.
- Be deliberate with routines of cleanliness, talking about them in advance. (Bath, brushing teeth, combing hair.)
- Have a more formal meal with candles, a song to start and to end the meal, thanking all who helped prepare it.

## **SUPPORTING INDEPENDENCE**

- Have your child arrange outfits together (top, pants, underwear, socks) so that they can choose their own clothing in the mornings.
- Push buttons, turn knobs, slide bolts, zip plastic bags, unlock doors with a key, unlatch, remove lids, screw tops on.
- Clean and/or polish rain boots, snow boots and shoes. Keep brushes and cloths available in a bucket near the door for easy access.
- Guide your child through the exercise of preparing an appetizer or snack. Let them do it on their own tomorrow.
- Have your child be responsible for putting all dishes in the sink after every meal today.

## **SELF-EXPRESSION**

- Prepare art supplies by making sure all are in good working order: sharpen pencils, check markers for dryness, test pens, organize crayons by color.
- Paint with watercolors or just water. Include clean up as part of the process.
- Cut with scissors: paper, cardstock, flower stems, parsley...
- Have your child draw/color on several sheets of paper and make it into a booklet.
- Use a variety of media on one piece of paper. Compare and contrast ease of use, thickness of line, etc.