**Week 1**

**Morning Meeting:**

Songs to start out with in the mornings. These can all be found on Youtube:

<https://www.youtube.com/watch?v=TFVjU-dsIM8>

*Good morning song*, have students make eye contact, vocalize or move their body to greet you.

<https://www.youtube.com/watch?v=3tx0rvuXIRg>

*Day of the week song*. Let them know what day of the week it is. I am sure it is confusing for everyone at times like these.

<https://www.youtube.com/watch?v=rD6FRDd9Hew>

*How’s the weather song*. You can tell them what the weather is and show them what it looks like outside or I found these cool sensory bottles you can use to have them match what it looks like outside to a sensory bottle. <https://www.pinterest.com/pin/540643130268412287/>

*Specials*:

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| Monday | Tuesday | Wednesday |
| Music:  On music days play this song: <https://www.youtube.com/watch?v=0kaX2l413p8> our music class song  <https://www.pinterest.com/pin/232990980705283567/> make a rain maker and use it to make music  Additional Ideas: Make your own drums, make your own maracas with some rice and some paper plates. Play music and dance around. Our kids love music! | Physical Activity:  On P.E. Days play this song:  <https://www.youtube.com/watch?v=hdcTmpvDO0I> our gym class song  Get the students out of their chair and try working on rolling a ball back and forth. Rolling a ball at some things to knock them down like bowling. Work on stretching arms & legs and try different positions. | Art Class activity:  On Art Days play this song:  <https://www.youtube.com/watch?v=1UPxCSQt_kc> Art class song  <https://www.pinterest.com/pin/Ad4LR_wLGdGV5IsEWhbfxwfzzNyDxilhXlB00PexMDGFrZpLLjWkX6c/> bubble wrap and rolling pin painting  Additional ideas:  Playing with play doh, or any other ideas with crafts are a great idea. |
| Thursday (Music):  On music days play this song: <https://www.youtube.com/watch?v=0kaX2l413p8> our music class song  <https://www.pinterest.com/pin/538813542918078393/> use ideas like this one to hang instruments in front of the kids to hit.  Additional Ideas: Make your own drums, make your own maracas with some rice and some paper plates. Play music and dance around. Our kids love music! | Friday (Physical Education):  On P.E. Days play this song:  <https://www.youtube.com/watch?v=hdcTmpvDO0I> our gym class song  Get the students out of their chair and try working on rolling a ball back and forth. Rolling a ball at some things to knock them down like bowling. Work on stretching arms & legs and try different positions. |  |

**ELA/Story Time**: It is great to get the students engaged with stories. Just exposing them to content is important. You can read them stories or search some stories online and they will read to them.

Normally we do shared writing along with this as well. You could draw a smiley face, a frowny face, a scared face, and an excited face and have the student choose which way the story made them feel. We would then write (Title of story) made (Child’s Name) Feel (Insert emotion).  Here is an emotion song to work on understanding their emotions video:

<https://www.youtube.com/watch?v=utZr0dPu5sk>

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| <https://www.youtube.com/watch?v=dkQ4d_fff3E> Pete the Cat and His Four Groovy Buttons  Optional activity:  Have students count out four objects and take away one every time Pete loses a button. | <https://www.youtube.com/watch?v=hCkdSB1TptU> Pete the Cat Rocking In My School Shoes  Optional activity:  Present the student with different shoes and have them try to match them. You can show them one shoe and then show them two other shoes and ask which one is the “match”. | <https://www.youtube.com/watch?v=BPWk3SjKRAs> Chicka Chicka Boom Boom  Optional activity: Each time a letter is on the tree move letter magnets or blocks in the order the story does to give students a physical demonstration of the alphabet. | <https://www.youtube.com/watch?v=75NQK-Sm1YY> The Very Hungry Caterpillar  Optional activity:  Have a cut out of the caterpillar and the different foods that he eats. You can draw this yourself and have the students feed the caterpillar! | <https://www.youtube.com/watch?v=XFQZfeHq9wo> The Giving Tree  Optional activity: Have the students make trees with their hand prints and finger painting! |

**Math time**: Reading a math story is a great idea to get the students engaged. <https://www.youtube.com/watch?v=uPJEqUB2CxA> is a book that we normally read and then we count ten objects.

<https://www.youtube.com/watch?v=WTeqUejf3D0> is the shape song we listen too. After the video you can focus on one shape and try to point out things that are that shape around the house.

You could also have students pick the color of the day. You could even go crazy and dress them in the color they pick. You can show them two different items that are different colors and have them choose one. They can then wear that color for the day and here is the videos we normally watch once someone has picked the color of the day. You will have to choose a specific color.

<https://www.youtube.com/watch?v=UhnWDaX3tOI>

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Focus: Green  <https://www.youtube.com/watch?v=4Dr1mvtUIwI>  Song about the color green  Point out some things that are green. Then present the student with two objects and have them tell you which one is green.  Paint or draw with the color green.  Make a green sensory board: <https://www.pinterest.com/pin/645844402801653953/> | Focus: Circle  <https://www.youtube.com/watch?v=LlXnXf6FSq8>  Song about circles  Point out some things that are circle. Then present the student with two object and have them tell you which one is a circle.  Paint with circles, trace circles or fill in a circle.  Ideas for circle activities:  <https://www.pinterest.com/pin/556194622730977549/> | Focus: “more” and “less”  <https://www.youtube.com/watch?v=bgWXRd2R7nc> Video about more and less.  Have different piles of objects or of a snack and have the student tell you which one has more.  If the student is able to have them separate the objects into groups of “more” and “Less”  Activity for using blocks to teach more and less:  <https://www.pinterest.com/pin/AYee3BfDOVtnmKD3Of8dDpcJqWI-tpQT61RWICNQTyloM31LGX4nVk0/> | Focus: “Big” and “little”  <https://www.youtube.com/watch?v=4qbRP29MXRw> Video about big and little.  Point out some different objects around the house that are big and some objects that are small. Then present the students with two objects and have the student tell you which one is big and which one is little.  Sorting activity for big and little: <https://www.pinterest.com/pin/824510644261920631/> | Focus: Counting  <https://www.youtube.com/watch?v=v4sWyckBaOM> Video about counting  Have students count different amounts of objects around the house. This can be done with you counting and the student touching the object.  Show students a number and have them make a selection of a number and then count up to that number with objects.  Cute counting activity: <https://www.pinterest.com/pin/207306389083904441/> |

Possible daily Schedule Leaving off time increments since everyone has different things going on during the day:

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast  Morning Meeting  Specials  Rest time  Story/Literacy  Math  Lunch  Play time  IEP goals  Social Skills Free time | Breakfast  Morning Meeting  Specials  Rest time  Story/Literacy  Math  Lunch  Play time  IEP goals  Social Skills Free time | Breakfast  Morning Meeting  Specials  Rest time  Story/Literacy  Math  Lunch  Play time  IEP goals  Social Skills Free time | Breakfast  Morning Meeting  Specials  Rest time  Story/Literacy  Math  Lunch  Play time  IEP goals  Social Skills Free time | Breakfast  Morning Meeting  Specials  Rest time  Story/Literacy  Math  Lunch  Play time  IEP goals  Social Skills Free time |

**Play time:** give your child a few different toys and try to get them to engage with them in a purposeful way. If they are above this, try to get them to share the item or play with you. If they are above this try to get them to work on some motor activities such as stacking blocks, crawling through an obstacle course etc.

**IEP goals**: Look at your child’s IEP goals and figure out ways to practice them at home. This would be useful to ask a teacher if you need help with these ideas but here are some examples:  
If it has anything to do with making choices, continue to practice this goal give the student choice in activities, toys or food. They can make choices with their eyes, hands or vocalizations.

If the goal has anything to do with their name, work on showing them their name, showing them their face in a mirror, saying their name and pointing at them and then trying to have them identify letters of their name.

If the goal tries to get the student to touch things give them a variety of sensory materials and try to engage them in holding everything. It will take a lot of attempts sometimes but it worth the exposure.

**Social Skills:** Turn snack time into a tea party where everyone tries to work on manners, being polite and socializing with others.

There is also a social skills playlist that is a great way to interact with the students and teach them social skills:

<https://www.youtube.com/playlist?list=PLIOzQ1HZUaeq3B_rYa7dgXmSKBmwDyOl2&feature=em-share_playlist_user>

**Free time ideas:**

Cartoons: <http://www.nickjr.com/>

Yoga Sitting positons: <https://www.youtube.com/watch?v=dnUAOKZxsbI>

If you are happy and You know it: <https://www.youtube.com/watch?v=l4WNrvVjiTw>

Shake it Like a Duck: <https://www.youtube.com/watch?v=tkmUgR6Geyg>

***Tool kit of things to remember***:

If your child cannot communicate verbally, it is still great to have them make choices with their eyes, vocalizing and by touching things.

Not all of these activities may get done every day and that is okay. You know your child better than anyone and know when they need a break.

You are doing a great job and we understand this is a lot to take on. If you have any questions feel free to reach out and email us: [Elizabeth.spogen@rcsdk12.org](mailto:Elizabeth.spogen@rcsdk12.org) or [Lauren.Cerio@rcsdk12.org](mailto:Lauren.Cerio@rcsdk12.org)

Patience is huge and some of these activities will take a very long time and will require you to ask the question several times. Usually, given time, the students will answer.

Getting excited every time they do something right really encourages them so be sure to always get excited!

Remember to take a break yourself. We would take a lunch break so you should to!

We hope this helps!

Sincerely,

Mrs. Spogen and Mrs. Cerio