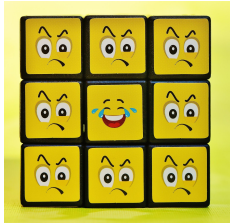


# Weekly Resources Activities

## Resources on Webpage

### May 4 - 8, 2020

**Activity:** Make an Emotion Book together.



**Materials:** paper, crayons, magazines

**Directions:** Together make a book of people's emotions. You can make a specific book just featuring one emotion like happy and label it "The Happy Book". The book can have pictures that your child drew and ones found in a magazine.

**Activity:** Music and Movement completed by Mrs. Macht  
"Tap, Tap, Tap", "Do the Monkey" and "Going on a Bear Hunt"



**Where to access:** Goodyear School webpage > Classrooms > Support Services > Rachael Macht > Music and Movement

<https://www.killinglyschools.org/goodyear-early-childhood-center/classrooms/support-services/macht-rachael/music-and-movement>

**Music and Movement** is so important to the development of your child. Here are some ways it helps:

1. Music and dance engage their brain. Songs that have specific movements where your moves at calculated times help their self-regulation!
2. It helps to cultivate their communication skills. Children are able to learn and practice new vocabulary. They practice listening and following directions of the leader. Music and movement strengthen their imitation skills while they follow the movements and words.
3. Music and Movement help your child to express themselves. They are able to be creative and have fun too!
4. It fosters gross and fine motor skills. Through movement, they learn to jump, twirl, bend and cross their midlines. They are able to wiggle their fingers and build body awareness.

**Activity: Wrap it up!**



**Materials:** Toys, items from around the house or outside, aluminum foil

**Directions:** Wrap small toys or items in foil. Ask your child to figure out what is inside without unwrapping it. Encourage them to look at the shape, touch and gently squeeze it, if they shake it does it make a noise. Talk with them about what they notice, it is a certain shape, is it soft or hard. After a few guesses or when they are sure they know what it is, let them open it to see if they were correct.

