



### Staying Connected...

#### Schechter Early Childhood Home Based Learning Plan

##### Home Based Learning Weekly Schedule

Each day your child may work on a Connecticut Early Learning and Development Standard. <https://www.ct.gov/oec/lib/oec/earlycare/elds/ctelds.pdf>

Please choose any activity from one of the resource links that correspond with the area of learning and skill development listed for each day of the week.

Optional Zoom Storytime, Music and Kabbalat Shabbat opportunities **beginning September 8, 2020. Please let your child's teaching team know if you would like to participate.**

We encourage you to share any photos or videos of your child engaging in activities with the teaching team!

See the weekly schedule below.

**Monday- Literacy Day!** Pick a literacy activity from the resource link list.

**Zoom Storytime with Sh'kedim** (A Zoom Link will be provided)

**Tuesday- Science and Math Day!** Pick a science or math activity from the resource link list.

**Wednesday- Creative Arts Day!** Pick a creative arts/Reggio activity from the resource link list.

**Zoom Music with Miss Chrissy** (A Zoom Link will be provided)

**Thursday- Yoga and Mindfulness/Movement Day!** Pick a yoga/mindfulness activity from the resource link list.

**Friday- Shabbat Shalom! Judaic Content Day!** Pick an activity from the resource link list.

**Zoom Kabbalat Shabbat with Morah Bonnie** (A Zoom Link will be provided)

*The above schedule is a guide ...Embrace your child's interests, creativity and passions and follow their lead on any activity on the resource list and beyond!*

## **Home Based Learning Projects**

### **How to Create a Self Portrait**

*A child's self-portrait can reveal many things. As with any drawing, it shows the development of a child's fine motor, observation and focusing skills. It also provides insight into a child's self-concept. In other words, it is the best way for a grown-up to see a child through that child's own eyes. This activity can be done once a month or as often as your child wishes.*

#### **Materials Needed:**

- Writing Tools (crayons, markers, colored pencils)
- Hand Mirror or full length mirror
- Paper to draw on

#### **Getting Started:**

Have your child take some time to look into a mirror and observe the details of his/her features.

Use this opportunity to talk about other parts of the face that may not be mentioned as often—chin, cheek, forehead, eyebrow, jaw, etc. Help your child build his/her vocabularies. Use books about faces or the human body to supplement your conversations about these body parts.

Allow your child time to create independently. Ask your child to comment on the details of his/her self portrait. Be sure to date this masterpiece to document progression and growth. As you collect these monthly self portraits you will be amazed at how they develop! A forever keepsake!!

### **Observing the Seasonal Changes of A Tree and Creating A Still Life Drawing**

*Still life drawings are how the children use something that is meaningful and real as a guide to their creative expression. This activity can be done once a month or as often as your child wishes.*

#### **Materials Needed:**

- Writing Tools (crayons, markers, colored pencil pencils)
- Paper or a notebook to draw

#### **Getting Started:**

Explore the outdoors around your home with your child. Notice all the different trees... notice the details of the trees: the sizes, colors, leaves etc. Let your child select a tree to observe and document the seasonal changes over time. Save the drawings and be sure to compare and discuss the season changes.

### **Journaling**

*Preschoolers love to tell stories. Journaling with preschoolers is always a fun way to hear those stories. Not only does it invite children to be creative and use their own experiences to share ideas, journaling with preschoolers is a step toward further developing emergent writing skills in addition to making text to speech connections. This activity can be done once a week or as often as your child wishes.*

#### **Materials Needed:**

- Writing Tools (crayons, markers, colored pencils)
- Paper or a notebook to write/draw in

#### **Getting Started:**

A great way to explore journaling for your child is through journal **writing prompts**. These are questions or pictures that will 'prompt' them into writing or talking about something new and different. Pictures, in particular, can evoke quite strong emotions, and this is a great place to start in exploring. Validate your child's stories, and be sure to record them exactly as they are told. This activity will warm your heart listening to stories whether they are fantasy or recalling events from their perspective.

### **Welcoming Shabbat**

*Shabbat gives us a chance to mark time differently. Whether that is having a traditional meal around a table, pizza family night, game night or any other way imaginable. For young children it is a tangible way to connect to their Jewish identities and becoming a link in the chain that connects them mi'dor l'dor from generation to generation.*

*Inspired by the story The Shabbat box by Lesley Simpson, your family will create their very own Shabbat box to add to your celebration.*

#### **Materials Needed:**

- A box (shoe box, small crate, small amazon box)
- Candle holders (two of anything that you can add a candle too, two toys, a salt and pepper shaker, playdough)
- A drinking glass (can be a plastic cup, a disposable wine glass, a real wine glass, a coffee mug)
- A piece of fabric about 12 inches square (a handkerchief, a piece of an old t-shirt, an old receiving blanket)
- Decorating material like glue, glitter, paint, tissue paper (whatever you have)

## **Getting Started:**

A great way to start could be reading the story here is a YouTube link of a read out loud

<https://youtu.be/vr-cSW5x1tw>. This is a great conversation starter about what you do as family to make Shabbat feel different from the rest of the week. You can also talk about the different ritual objects that are used. If you have any special ones in your house this is good time to bring them out and share their stories. Did you get them from someone special? Were they for a special occasion like a bar/bat mitzvah or wedding? Did you get them somewhere special (like on a trip to Israel)?

Now its time to make your own shabbat box, with your child look around the house for items that can become the box, candle holders, kiddush cup and challah cover. What do you have to make these items beautiful? Talk with your child about how they would like to create each item. After everything is dry your box is ready for your next Shabbat. If you feel like adding a fresh challah like in the story the recipe is attached below.

Shabbat Shalom!

## **Shabbat Challah**

### **Ingredients:**

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water (100 degrees F/40 degrees C)
- 2 tablespoons honey
- 1 teaspoon salt
- 3 large eggs beaten eggs
- 3 ½ cups all-purpose flour, plus more for kneading
- 1 beaten egg yolk, or more if needed
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### **Instructions:**

1.) In a large bowl, stir the yeast into the water, and let the mixture stand until a creamy layer forms on top, about 10 minutes. Stir in honey and salt until dissolved and add the beaten eggs. Mix in the flour, a cupful at a time, until the dough is sticky. Sprinkle the dough with flour, and knead until smooth and elastic, about 5 minutes.

- 2.) Form the dough into a compact round shape, and place in an oiled bowl. Turn the dough over several times in the bowl to oil the surface of the dough, cover the bowl with a damp cloth, and let rise in a warm area until doubled in size, 45 minutes to 1 hour.
- 3.) Punch down the dough and cut it into 3 equal-sized pieces. Working on a floured surface, roll the small dough pieces into ropes about the thickness of your thumb and about 12 inches long. Pinch 3 ropes together at the top and braid them, pinch the ends together and fold them underneath for a neat look.
- 4.) Place the braided loaf on a baking sheet lined with parchment paper and brush the top with beaten egg yolk.
- 5.) Preheat the oven to 350 degrees F (175 degrees C). Bake the challah in the preheated oven until the top browns to a rich golden color and the loaf sounds hollow when you tap it with a spoon, 30 to 35 minutes. Cool on a wire rack before slicing.

### **Marking the Fall Chagim (Holidays)**

*Celebrating the Fall holidays of Rosh Hashanah, Yom Kippur, Sukkot and Simhat Torah gives us a chance to connect to our community and connect positively with our Judaism. For young children it is a tangible way to become a link in the chain that connects them mi'dor l'dor from generation to generation as well as give them common experiences that help them connect with other Jews in their community and with Jews around the world.*

### **Rosh Hashanah- Apple Taste Test**

*Read a Rosh Hashanah story with your child. Talk about what you like about the holiday. Is it the apples and honey, is it hearing the shofar, etc.?*

#### **Materials Needed:**

- 1 red apple
- 1 green apple
- 1 yellow apple
- Plate
- Plastic knife

## **Getting Started:**

Show your child each of the apples, let them explore the way they feel, how they smell. Which is the biggest, the smallest? How do they smell? Make predictions, will one be sweet? Will one be sour? After your predictions give your child a piece of each apple to cut up and try. Were you right about any of your predictions? Which one did you like best? Now if you would like you can use the rest of the apples to make an apple cake for the holiday, a recipe is below.

## **Rosh Hashanah Apple cake**

### **Ingredients:**

- 1 1/2 cups brown sugar
- 1/3 cup oil
- 1 egg
- 1 cup buttermilk (or 1 cup milk + 1 tablespoon white vinegar)
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 2 1/2 cups flour
- 2 1/2 cups chopped apples (see notes)
- Cinnamon Sugar Topping:
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 tablespoon butter, melted

### **Instructions:**

- 1.) Preheat the oven to 325 degrees. Mix ingredients in order given, stirring until just combined.
- 2.) Pour batter into a buttered 9×13 pan.
- 3.) Combine the last 3 ingredients to make a topping and sprinkle / spread it evenly over the batter.
- 4.) Bake for 45 minutes. Serve with honey butter or whipped cream if you want.

## NOTES:

Apples: two average sized apples were about the right amount to get 2-ish cups of cut apples. For cuts/textures, to use a crispy, sweet apple like Honeycrisp for this cake, but honestly, I think just about any type of apple would work.

### **Yom Kippur- Listening to the sounds around**

*Yom Kippur is about seeking and accepting forgiveness but it is also an experience for the senses (aside from taste) we see the white robes that the service leaders wear and the white torah covers, we hear silence and chanting and we end with hearing the great shofar blast. We smell the fall air, the prayer books. We touch our prayer space with our feet, we feel the prayer books.*

#### **Materials Needed:**

- Different objects that make noise

#### **Getting Started:**

With your child take a treasure hunt around the house to find items that make noise. They could be musical instruments or objects used for different things like metal spoons, pots and pans, shoes, markers with tops, things with buttons, etc., even your own body (clap hands, snap, stamp feet, whistle or other lip sounds) Take turns using what you found to make sounds. How do they sound? Is it a good sound, an annoying sound? Is it a loud sound or a quiet one? After you are done exploring your sound machines you can play a guessing game. One person closes their eyes, the other picks one of the sound makers and makes its sound. The person with their eyes closed tries to guess what item made the sound. Take turns until all the items are done or you feel done.

### **Sukkot- Go for a nature walk and build a mini Sukkah**

*Sukkot is a time to recognize the change of season from the warmth and green of summer to the cool colors of fall. It is a time where we celebrate the harvest and we remember our past travels through the desert and as planters in Israel collecting the harvest.*

**Materials Needed:**

- A bag
- Building materials

**Getting started:**

Take a walk around your neighborhood or your yard with your child. What do you notice is happening to the trees and plants? How is the weather? Using your bag collect any interesting signs of fall that you wish. You may wish to read a sukkot story with your child. Here are also links to YouTube Shalom Sesame clips that help explain Sukkot for young children.

<https://youtu.be/UsrFqX0JnCI>, <https://youtu.be/0Z5rGZc2w3Y> After talking about what a sukkah is (a small hut outside with at least three walls and a roof made from plants with spaces big enough to see the stars, where families do all types of things like eating, playing and sleeping for eight days) decide on a building material (Legos, magnatiles, blocks, etc.) and try to build a mini-sukkah together. Do you have any small people that can enjoy your sukkah? How can you decorate it?

**Simhat Torah- Make a Torah and have a dance party**

*Simhat Torah is a kid friendly holiday to the max. We celebrate finishing reading the torah and get excited about reading it again. We sing and dance with the torah. It is a tangible way that children see how excited we are as a people about the torah and how much we love the torah.*

**Materials Needed:**

- Two cylindrical objects (toilet paper tubes, paper towel tubes, sticks, dowels)
- A rectangular piece of paper or cloth
- Glue stick or glue
- Markers or crayons
- A piece of ribbon or string

**Getting Started:**

One way to start the conversation is to read a story like Sammy Spider's First Simchat Torah by Sylvia Rouss or by looking at pictures of Torahs on Google. After talking about the torah, help your child find two cylindrical objects that will become the torah holders and a piece of paper/cloth that will become the (parchment) of the torah. Together



glue the pieces together in a torah shape. With markers or crayon write inside. Once the torah is dry it can be rolled up and tied with a ribbon or string. Then you are ready to have a dance party with the torah. Below are links to different Jewish Music to aid you with your dance party.

Traditional Simhat Torah songs: <https://youtu.be/y16lXTWkaAk>

Hebrew kids' music: <https://youtu.be/pwRq3KrHn5w>

Israeli Music: <https://youtu.be/Xwnpq6wOYbU> , <https://youtu.be/jvILgC351Ks>,  
<https://youtu.be/uf8L32SJ8dY>

### **Schechter Early Childhood Resources for Home Based Activities**

#### **Jewish Content**

<http://jewishhomeschool.blogspot.com/p/printables-and-activity-packs.html>

#### **Reggio Emilia Inspired Activities**

<https://www.raisingdragons.com/>

<https://earlyimpactlearning.com/40-fantastic-loose-parts-play-ideas/>

<https://www.howweelearn.com/loose-parts-play-ideas/>

<https://www.mothercould.com/>

#### **Literacy**

<https://www.uniteforliteracy.com/>

<https://www.funearlylearning.com/product/find-and-dot-matching-letters/>

<https://www.funearlylearning.com/product/play-dough-letter-mats>

<https://www.playdoughtoplato.com/lego-activities/>

[https://www.totschooling.net/2015/10/beginning-letter-sounds-free-matching-cards.html?utm\\_content=buffer4360c&utm\\_medium=social&utm\\_source=pinterest.com&utm\\_campaign=buffer](https://www.totschooling.net/2015/10/beginning-letter-sounds-free-matching-cards.html?utm_content=buffer4360c&utm_medium=social&utm_source=pinterest.com&utm_campaign=buffer)

## **Math**

<https://planningplaytime.com/easy-preschool-counting-activity>

[https://oneshetwoshe.com/shapes-matching-game/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=610620788\\_22932792\\_7884](https://oneshetwoshe.com/shapes-matching-game/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=610620788_22932792_7884)

## **Creative Arts**

<https://mericherry.com/2016/04/01/reggio-inspired-art-studio/>

## **Movement**

<https://elemenopkids.com/zoo-animal-movement-cards/>

<https://homeschoolgiveaways.com/2017/06/free-printable-down-on-the-farm-gross-motor-movement-game/>

<https://www.youtube.com/playlist?list=PL83783B4A7F9C9CDB>

## **Yoga/Mindfulness**

<https://www.youtube.com/channel/UCbuENEBzQ69QKmfX2iumnFA>

<https://www.youtube.com/user/CosmicKidsYoga>

## **Life skills- Fostering Independence**

[http://wildflowerramblings.com/homeschooling/40-montessori-practical-life-ideas/?utm\\_source=teaching2and3yearolds.com&utm\\_medium=referral&utm\\_campaign=pubexchange\\_facebook](http://wildflowerramblings.com/homeschooling/40-montessori-practical-life-ideas/?utm_source=teaching2and3yearolds.com&utm_medium=referral&utm_campaign=pubexchange_facebook)

## **Virtual Field Trips for Children**

<https://www.goodhousekeeping.com/life/parenting/a32403098/virtual-field-trips-for-kids/>

## **Music**

Spotify:

<https://open.spotify.com/artist/3aCSkY96xs58GtXxFeFbCe?si=yOGwyWtZQsWqFHByNlor1g>

Apple Music: <https://music.apple.com/us/artist/john-feierabend/843975051>

<https://www.youtube.com/channel/UC2o5QRUNviSzJmuYCNXScHg>

### **Suggested Supplies for Reggio Inspired Learning**

- Playdough
- Non dry clay
- Sticks
- Mirrors
- Stones
- Gems
- Magnifying Glass
- Goggles
- Watercolors
- Markers
- Construction paper
- White paper
- Child size scissors
- Gluesticks
- Crayons
- Popsicle sticks
- Building things
- Dot paints
- Tape
- Chalk
- Pipe cleaners/ Chenille Stems
- Little people and animals
- A bag for collections
- Dry erase board and markers/ eraser
- Small flashlight
- Small tray
- Alphabet Set
- Number Set
- Tempera Paint
- Paint brushes

