

## Personal Care and Well Being I Spy... Animals

Taking regular walks is good for the body and mind! While taking a walk in the neighborhood, take some time to observe the nature around you. You can record the animals you see using this [Animal Tally Chart](#). This is a great combination of math and physical activity!



## Recipe of the Week!!

Enjoy these simple tasty frozen treats to remind us that warmer weather will be here at last! Both recipes encourage following directions & measurement.

**Option A:** [Frozen Yogurt Pops Recipe](#) with how-to video.

**Option B:** [Pineapple soft serve](#) Additional support will be required to carry out multiple steps and for operating blender safely.



## Opposites

Help your child read [Tarheel Book: Big or Small](#)

**Option A:** Watch the video [Big and Small](#). Talk about things that are **big or small** using [this activity sheet](#).



## Communication

**Option B:** Watch the following videos to learn more about **Opposite Words**.

[Video 1](#)

[Video 2](#)

[Video 3](#)

How many opposite word pairs can you come up with? Please use the [Opposites activity sheet](#) to get it started.

## Science Experiment Home & Community Life



Learning the science of density by experimenting with everyday household objects to see which will sink and which will float!

**Option A:**  
[Sink or Float Experiment](#)



**Option B:**  
[Sink or Float Experiment](#)

## Inside Out

We could all use a little downtime in front of the TV during this quarantine... but we can make it educational! **Inside Out** is a great movie to watch as a family (on Netflix and Disney+). If you do not have Netflix/Disney+, you can listen to an [interactive reading of the storybook!](#)

## Leisure

After the movie/book, engage in conversation with your child about emotions, talk about a time when they might have felt those emotions. As you play the games below, you can talk about feelings with your child.

[Draw a picture](#) for each emotion.

You can also download the [Inside Out Memory Game](#) to play.

**Please note:** There are two choices of the activities being offered. Please look over both and choose the level that is most appropriate for your child. Multiple competencies/life areas may be covered in each activity.