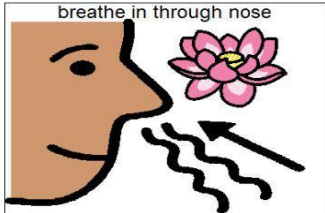
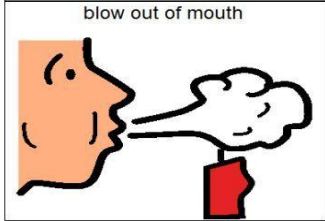


ECSE Choice Board

Instructions: Choose 3 activities from this board and place a ✓ in the box when complete. Share your completed board with your child's teacher via e-mail or backpack.

Music/Movement	Language & Literacy	Math	Fine Motor Art/Sensory	Social-Emotional Learning
☐ Dance/sing along to some songs: Wheels on the Bus Head, Shoulders, Knees & Toes Freeze Dance	☐ Look at a book from beginning to end. Point to and name pictures on the pages. Ask: Where's ____? And ask your child to point to the pictures.	☐ Collect items from around the house (cotton balls, crayons, hair ties, etc) and put them in a container. Count as you go!	☐ String Cheerios, Fruit Loops or beads on a pipe cleaner, string, piece of licorice, etc. It can be a necklace, bracelet or snake!	☐ Practice calming breaths.  
☐ Record your child walking like a bear, hopping like a frog, etc. and then watch the video with the child.	☐ Have your child help take laundry out of the washer and put it into the dryer, talk about taking "out" and putting "in".	☐ Fill a large bowl or container with dry pasta, rice, beans or cereal. Use measuring cups/spoons to pour/scoop.	☐ Color on paper together. Label colors you are using. Model lines, shapes, swirls for your child to imitate.	
☐ Play STOP and GO with music. Turn music on, say go and dance. Stop the music, say stop and stop movement. This can also work with rolling a ball back and forth (stop and go!).	☐ Take turns talking through a paper towel roll with your child. Model sounds and words and see if they will imitate you.	☐ Play hide and seek. Have a parent or sibling hide and try to find him/her. Practice counting when you're it.	☐ Play in the snow! Go outside or bring a small bowl/bin of snow inside to play with scoops, cups or food coloring.	☐ Watch/sing along to Second Step listening rules Then listen to a story: Watch The Very Hungry Caterpillar animated video Glad Monster, Sad Monster
☐ March or dance to music. Use household items such as pots, pans, spoons as instruments.	☐ Blow bubbles. Ask your child if you should blow the bubbles up or down .	☐ Have your child help with laundry by matching socks or sorting by color, size, pattern.	☐ Bubble bath fun! Use cups, spoons and plastic bowls to pour and scoop water and bubbles.	☐ Visit the calming space for more ideas to encourage calming routines and breaks.