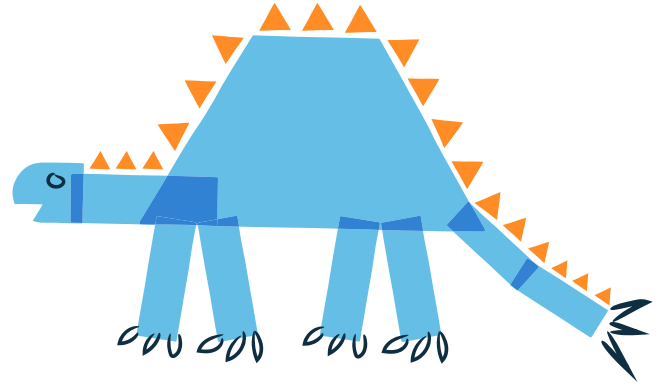


At-Home Summer Guide for Discovery Preschoolers (2 years old)

Week of August 10, 2020

This week's guide continues the theme **Dinosaurs!** The activities in this guide have been adapted from activities happening in our Discovery Preschool classrooms, but with a little twist so that you can easily do them at home. Whether you've returned to your center or you're still learning from home, you and your child can use these activities to dig into dinosaurs.

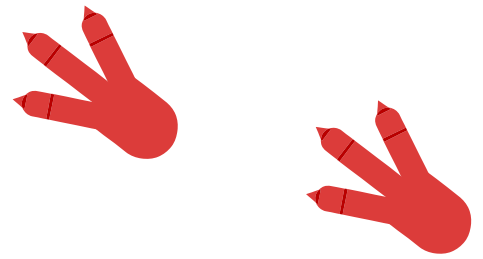


This week your child will be introduced to the **Stegosaurus!** Your child will learn what the *Stegosaurus* looked like and what it ate. Then they'll use what they've learned to create their own representations of a *Stegosaurus*. They'll also explore emotions in a *Stegosaurus* stomp, work with positional words in a dinosaur movement game, and practice counting backward in a dinosaur rhyme.

In the following weeks your child will learn about the *Triceratops*, the *Tyrannosaurus rex*, and fossils. However, if they show interest in learning more about the *Stegosaurus* or any other dinosaurs they may have discovered during last week's introductory activities, don't hesitate to **explore and learn more**. Encourage your child to ask *I wonder* questions and then look for the answers together!



This Week's Theme: Dinosaurs



What you'll find in this guide. . .

We've provided activities similar to what your child would be learning in their center. You and your child can choose your own adventures and do the activities in any order you'd like, repeating and revisiting them as often as you want! Click on the icons below to discover more...



LET'S CREATE

Triangle *Stegosaurus*

Create a *Stegosaurus* and its backplates using triangles, triangles, and more triangles!



LET'S CREATE

Stegosaurus Fruit Snack

Make a *Stegosaurus* shaped snack using herbivore-friendly fruits.



LET'S MOVE

The Mad/Happy *Stegosaurus* Stomp

Explore emotions through a *Stegosaurus* Stomp!



LET'S MOVE

Dinosaurs Here, Dinosaurs There

Your child explores positional words as they follow directions on where to move a toy dinosaur.



GAME TIME

Kick Bowling

Play this fun twist on bowling using everyday objects.



LET'S RHYME

"Five Little Dinosaurs"

Count backward from five to zero while reciting this dino-rhyme.



At-Home Summer Guide for Discovery Preschoolers

Week of August 10, 2020

Getting Ready for the Week: Materials to Gather

Triangle *Stegosaurus*:

- ❑ Construction paper, green, brown, and yellow
- ❑ Crayons, markers, or colored pencils (if you don't have construction paper)
- ❑ Paper (if you don't have construction paper)
- ❑ Scissors (for adult use only)
- ❑ [Stegosaurus picture](#)

The Mad/Happy *Stegosaurus* Stomp:

- ❑ [Stegosaurus picture](#)

Stegosaurus Fruit Snacks:

- ❑ Bowls
- ❑ Cutting board
- ❑ Knife (for adult use only)
- ❑ Plate
- ❑ [Stegosaurus picture](#)
- ❑ Various fruits, such as oranges, strawberries, watermelon slices, apple slices, and bananas

Dinosaur Here, Dinosaur There:

- ❑ Toy dinosaur
- ❑ Crayons, markers, or colored pencils (if you don't have a toy dinosaur)
- ❑ Paper (if you don't have a toy dinosaur)
- ❑ Scissors (for adult use only, if you don't have a toy dinosaur)
- ❑ [Stegosaurus picture](#) (if you don't have a toy dinosaur)

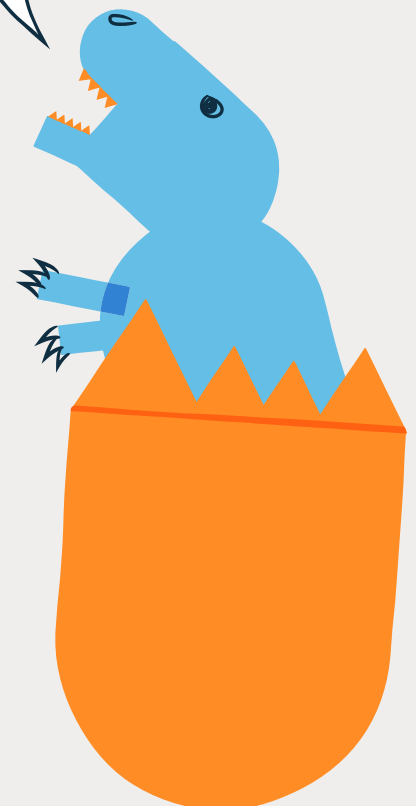
"Five Little Dinosaurs":

- ❑ "Five Little Dinosaurs" rhyme

Kick Bowling:

- ❑ Six "pins" (you can use paper towel rolls, large cardboard tubes, empty plastic bottles, or paper rolled into tubes and secured with tape)
- ❑ Soft ball that your child can kick

Tip: At the beginning of your week, gather materials and place them in a container so you're ready to go!



At-Home Summer Guide for Discovery Preschoolers

Week of August 10, 2020



Let's Create: Triangle *Stegosaurus*

Create a *Stegosaurus* and its backplates using triangles, triangles, and more triangles.



Length of activity:
15 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** High



Level of Prep Required: Medium



What you need:

- Construction paper, green, brown, and yellow
- Crayons, markers, or colored pencils (if you don't have construction paper)
- Paper (if you don't have construction paper)
- Scissors (for adult use only)
- [Stegosaurus picture](#)

What your child is learning:

- Beginning counting skills
- To name simple shapes, objects, and colors
- Fine motor skills and hand-eye coordination as they place the triangles

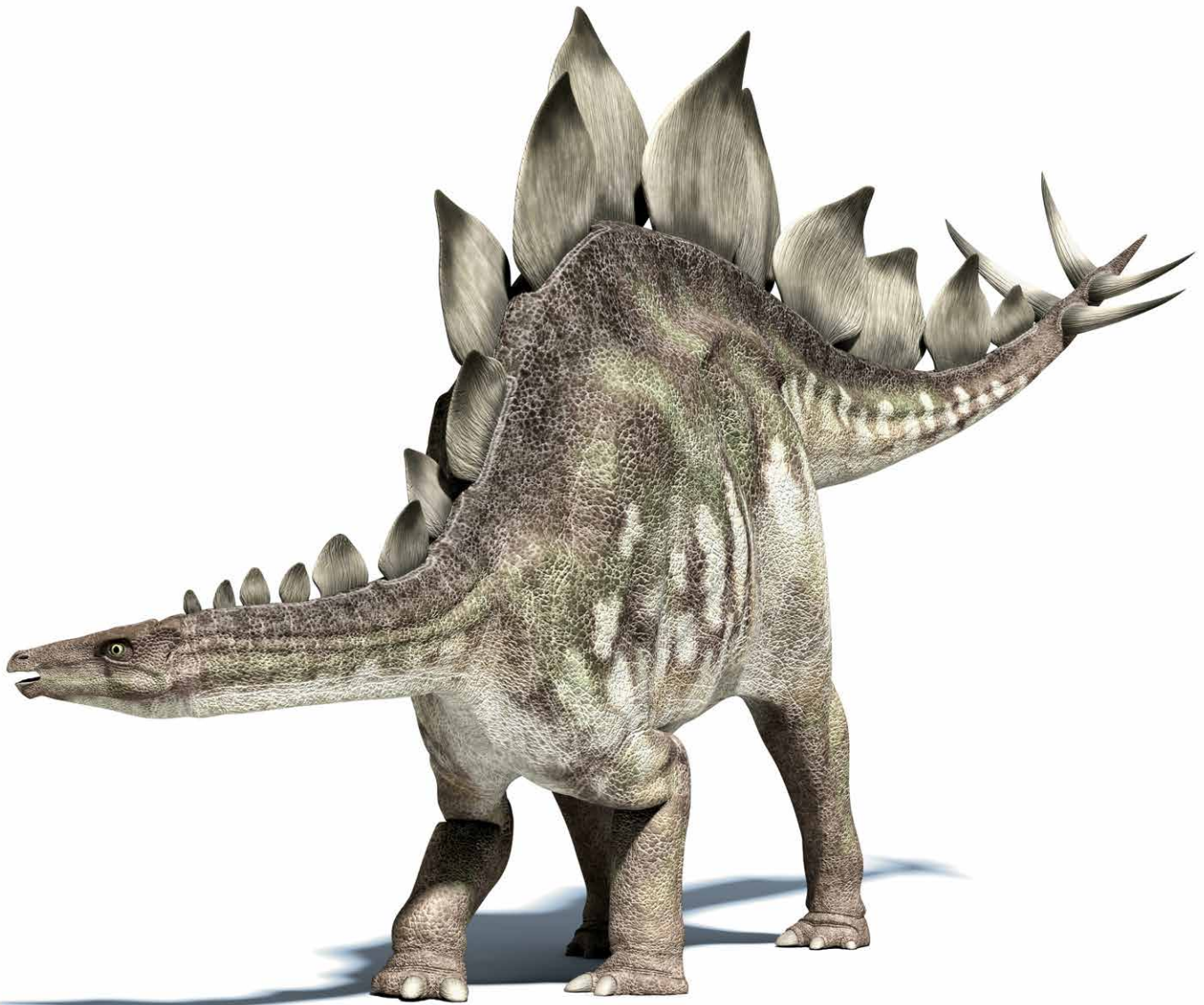
What you do: Cut one large triangle from the green paper; this will be the *Stegosaurus* body. Cut smaller triangles from the brown and yellow paper, at least 10 of each color. If you do not have construction paper, you can draw and color triangles on white paper and then cut them out.

Begin by showing your child the picture of the *Stegosaurus* and share the name of the dinosaur with them. Tell them that the *Stegosaurus* was a big dinosaur that had plates on its back. Then show them the large triangle and the smaller triangles and ask them to name the colors. Explain that they'll make a *Stegosaurus* using the triangles, with the large green triangle as the body and the smaller brown and yellow triangles as the plates. Invite your child to place the smaller triangles along two sides of the larger triangle in whatever order they would like. After they've covered two sides, ask them to help you count how many triangles they used, and then count how many triangles they used of each color. After counting, have them remove the triangles and place them around the larger triangle in a different order.

At-Home Summer Guide for Discovery Preschoolers

Week of August 10, 2020

Stegosaurus



At-Home Summer Guide for Discovery Preschoolers

Week of August 10, 2020



Let's Move: The Mad/Happy *Stegosaurus* Stomp

Explore emotions through a *Stegosaurus* Stomp!



Length of activity:
15 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult: High**



Level of Prep Required: Low



What you need:

- [Stegosaurus picture](#)

What your child is learning:

- How to identify and express different emotions
- How to maintain balance while making big movements
- How to follow directions in a movement game

What you do: Show your child the *Stegosaurus* picture and ask them if they remember the name. If not, share the name with them. Tell them that the *Stegosaurus* was a large dinosaur with big feet. Ask them how they think a *Stegosaurus* moved and invite them to demonstrate that movement. Then share that they'll pretend to be a stomping *Stegosaurus* and ask them to show you what it looks like to stomp. If needed, demonstrate how to stomp. Tell them you will name different feelings and they'll act out those feelings while stomping like a *Stegosaurus*. Begin by asking them to move like a happy *Stegosaurus*. What does it look like to be happy? How can they show that while stomping? After they've shown a happy *Stegosaurus* stomp, ask them to show you a mad *Stegosaurus* stomp. Continue with other feelings or emotions, such as tired, sad, or scared. Continue for as long as your child shows interest.



Social and Emotional Learning

We know children experience a large range of emotions each and every day and this activity gives them the opportunity to explore those emotions through movement. Talking with your child about their emotions and ways they can share or express how they are feeling helps give them the tools to manage their emotions on their own.



At-Home Summer Guide for Discovery Preschoolers

Week of August 10, 2020



Let's Create: *Stegosaurus* Fruit Snacks

Make a *Stegosaurus* shaped snack using herbivore-friendly fruits..



Length of activity:

25 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: High



What you need:

- Bowls
- Cutting board
- Knife (for adult use only)
- Plate
- [Stegosaurus picture](#)
- Various fruits, such as oranges, strawberries, watermelon slices, apple slices, and bananas

What your child is learning:

- The meaning of the word *herbivore*
- How to use different tools and materials to create two- and three-dimensional art
- How to create art that represents animals, people, or things

What you do: Wash and prepare the fruit either before the activity, or while your child is present, showing them the different steps of preparing the fruit. Suggested preparations include:

- Peel and segment fruits such as oranges or tangerines
- Core strawberries and slice them from top to bottom to create triangle-like slices
- Cut melons in wedges and remove the seeds, remove the rind if desired
- Core apples and cut into slices or wedges
- Peel bananas and slice lengthwise

Show your child the *Stegosaurus* picture and ask if they remember the name—if not, share the name with them. Ask them what they think the *Stegosaurus* ate. Tell them *Stegosaurus* was an *herbivore*, which means that it ate only foods that grow on plants. Then show your child the prepared fruits and explain that they're all fruits, they all grow on plants, and they are all foods that a *Stegosaurus* could eat.

Give your child a plate and invite them to use fruit to create a *Stegosaurus*. Keep the picture visible and encourage your child to reference it while they create their *Stegosaurus*. As needed, ask questions to help prompt their thinking, such as, "What fruit could you use to make the body?" "What will you use to make the plates on the *Stegosaurus's* back?" When they've finished creating their *Stegosaurus*, invite them to share what they've done and then eat the fruit.

At-Home Summer Guide for Discovery Preschoolers

Week of August 10, 2020



Let's Move: Dinosaurs Here, Dinosaurs There

Your child explores positional words as they follow directions on where to move a toy dinosaur.



Length of activity:
10 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult: High**



Level of Prep Required: Low



What you need:

- Crayons, markers, or colored pencils (if you don't have a toy dinosaur)
- Paper (if you don't have a toy dinosaur)
- Scissors (for adult use only, if you don't have a toy dinosaur)
- [Stegosaurus picture](#) (if you don't have a toy dinosaur)
- Toy dinosaur

What your child is learning:

- A beginning understanding of positional words
- How to follow directions in a movement game
- How they can influence the movement of objects

What you do: Select a toy dinosaur your child can easily hold and move. If you don't have a toy dinosaur, you can print the *Stegosaurus* picture and cut it out or draw a simple dinosaur outline on paper and cut it out.

Give your child the dinosaur and tell them you're going to play a game. You'll tell them where to put the dinosaur and they'll move the dinosaur to that place. Begin by asking your child to hold the dinosaur above their head. If needed, model where to hold the dinosaur. Continue naming different locations for your child to move the dinosaur to using positional words, including *below*, *above*, *behind*, *in front of*, *on top of*, and *next to*. Continue for as long as your child shows interest.

At-Home Summer Guide for Discovery Preschoolers

Week of August 10, 2020



Let's Rhyme: "Five Little Dinosaurs"

Count backward from five to zero while reciting this dino-rhyme.



Length of activity:
10 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Low



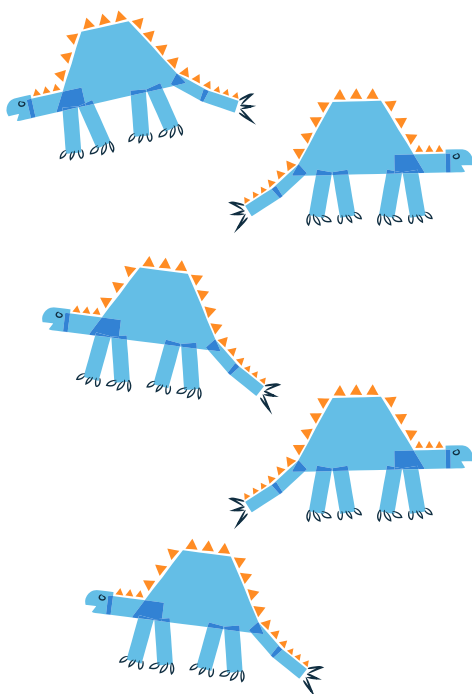
What you need:

- "Five Little Dinosaurs" rhyme (below)

What your child is learning:

- A beginning understanding of counting backward
- Fine motor skills while using their fingers to count down

What you do: Familiarize yourself with the words to "Five Little Dinosaurs." Tell your child you're going to say a rhyme about dinosaurs, starting with five dinosaurs and counting down until there are none. If you did last week's activity "Three Little Dinosaurs," share that this rhyme is similar, but is about five dinosaurs. Share that you're going to start by holding up five fingers and you'll put down one finger each time a dinosaur goes away. Say the rhyme and count down on your fingers. Then repeat the rhyme a few more times and as your child becomes familiar with the words and finger movements, invite them to recite the poem and count down with you.



"Five Little Dinosaurs"

Five little dinosaurs, listen to them roar. **(hold up five fingers)**
One ran away, and then there were four. **(hold up four fingers)**
Four little dinosaurs, happy as can be.
One ran off, and then there were three. **(hold up three fingers)**
Three little dinosaurs with nothing to do.
One ran off, and then there were two. **(hold up two fingers)**
Two little dinosaurs sitting in the sun.
One ran away, and then there was one. **(hold up one finger)**
One little dinosaur having no more fun.
Away she ran, and then there were none. **(hold up no fingers)**

At-Home Summer Guide for Discovery Preschoolers

Week of August 10, 2020



Game Time: Kick Bowling

To play the game, you'll need six "pins" and a soft ball that your child can kick. You can use paper towel rolls, large cardboard tubes, empty plastic bottles, or paper rolled into tubes and secured with tape as pins.

Set up the pins in a triangular formation with three pins in the back row, two pins in the middle row, and one pin in the front row. This game is best played outdoors, but if playing indoors you can select a ball that's safe for your child to play with indoors, such as a fabric ball filled with stuffing, or you can have them roll the ball instead of kicking it.

Select one of the variations below to play. Then set the ball about four feet in front of the pins and invite your child to kick the ball towards the pins. Count the number of pins they knock over. Return the ball to the starting point and continue play based on the selected variation. Reset the pins after each player's turn.

- **Knock Down All the Pins:** Each player gets as many kicks as needed to knock over all of the pins.
- **Two Kicks:** Each player gets two kicks to see how many pins they can knock over.
- **Your Turn, My Turn:** Players take turns kicking the ball until all the pins are knocked over.

If the game is too challenging, you can move the starting point closer to decrease the distance between the kicking point and the pins. Or to increase the challenge, you can move the starting point back to increase the distance between the kicking point and the pins.