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| **Standard** | **Activity** | **Home Extension** |
| **I Physical Development**  **B. Motor Development**  a. Gross Motor  1. Demonstrates use of large muscles for movement, position, strength and coordination.  Benchmark a. Gains control of a variety of postures and movements, including stooping, going from sitting to standing, running and jumping | Tai Chi movements and Yoga Poses to enhance children coordination and muscle control | Start each day with some simple exercises.  Play games like limbo and obstacle course. |
| **VI Scientific Inquiry**  **D. Earth and Space Science**  1, Demonstrates knowledge related to the dynamic properties of earth and sky  Benchmark a. Begins to explore and investigate the properties of water. | Paint with water on outside surfaces.  Explore water at the water table using an assortment of containers of various shapes and sizes.  Experiment with water and observe the effects on sand hills and rocks | Provide opportunities for children to go outside and play with water, soil, sand and mud at home by having simple tools and measuring devices for children to play with (e.g., toy ducks, boats, plastic shovels, measuring cups, plastic hand rakes, plastic sifters, magnifying glasses, binoculars). |
| **III Social and Emotional Development**  **A Emotional Functioning**  1 Expresses, identifies and responds to a range of emotions.  Benchmark a. Labels simple emotions in self and others (e.g., happy, sad,) | Use puppets to act out two children fighting over a toy and ask the children how each of them is feeling.  Fruit of the Spirit - Patience | Talk about feelings with children.  Ask children how they feel when they accomplish something for the first time. |

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