



At-Home Guided Learning Plan *featuring the Exercise Study*

Exercise Study—Investigation 3: What types of equipment do people use to exercise?

Moving makes children feel capable and confident, releases tension, and builds strong bodies and minds. Children’s love of movement makes the study of exercise very exciting. This investigation provides your child with the opportunity to learn about the special equipment that people use to exercise.

This plan includes hands-on activities where your child will move, explore, and discover

- exercise equipment,
- hand weights and a balance beam,
- who practices yoga, and
- safety equipment.

Each day of the *Guided Learning Plan* includes the following:

Study Concepts

This study-related activity offers guidance for helping your family explore the topic, investigate questions about it, or celebrate your learning together through hands-on discovery. You’ll also find a question here to help you effectively share your child’s learning and discoveries with your teacher.

Guided Learning Experience

Here you’ll find a suggested 10 to 15-minute activity that’s a bit more focused on supporting a specific skill—which is listed next to the title of the activity—in your child’s development. You’ll also find a question here to help you effectively share your child’s learning and discoveries with your teacher.

Mighty Minutes®

Use these short chants, games, and rhymes to playfully engage with your child at any time of day!

“Something to Consider” Tips

Reflect on positive guidance and developmental tips and strategies from experts in the field of early childhood.

At-Home Guided Learning Plan *featuring the Exercise Study*

Investigation 3: Day 1

What types of equipment do people use to exercise?

Exercise Equipment

- Show your child a jump rope and ask, *Do you know what this is? Have you used it before?*
- Demonstrate for your child how to jump using the jump rope and ask, *Do you think jumping with a jump rope is as easy as jumping without a jump rope?*
- Invite your child to show you how many times she can jump. Then, invite her to try the jump rope and share if she thinks it is easier or harder.
- Explain to your child that jump ropes are equipment that people use to make some exercises *challenging*, or harder.

✦ Share a video of your child trying the jump rope with her teacher.

Guided Learning Experience

Dinnertime—*Understands quantities*

- Offer your child dishes, utensils, napkins, and cups. Explain that he is going to pretend to have friends over for dinner.
- Encourage your child to share who he will invite to dinner and what food he will serve.
- Share different story problems that encourage your child to count, add, and subtract objects. You might say: *We have five friends coming for dinner. Let's count five plates to put on the table, or There are six plates on the table, and I take away one. How many plates are left?*

✦ How did your child solve the story problems? How much assistance did he need?

Mighty Minutes[®]

Five Big Leaves—*Counts*

1. Hold up five fingers and recite the following poem. Put a finger down each time a leaf falls.

Five big leaves, blowing in the breeze.
One blew away when I had a big sneeze! [pretend to sneeze]
Four big leaves, blowing to and fro.
One flew away. Where did it go?
[shrug shoulders]
Three big leaves, blowing all around.
One flutters softly down to the ground. [flutter hand to ground]
Two big leaves, blowing as I play.
A gust of wind blows one of them away! [blow]
One big leaf, blowing all alone.
I'll pick it up and take it home. [wave]

2. Consider collecting leaves from outdoors to use while reciting the poem.



Something to consider

It is important to remind your child that, even when things seem challenging at first, they will get better with practice. Use these activities as teachable moments to support your child as she learns how to attend to and engage in activities even when they seem difficult.

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Investigation 3: Day 2

What types of equipment do people use to exercise?

Hand Weights

- If you have them available, show your child a set of 2 lb. hand weights and invite him to lift them. Offer support as needed and invite him to notice how his arm muscles look and feel before, during, and after he lifts the hand weights.
- If you do not have hand weights, show your child pictures of people lifting free weights and discuss how they are using the weights.
- Ask, *I wonder if we can make our own hand weights using empty water bottles?*
- Gather plastic water bottles with lids, funnels, and fill materials, such as sand, marbles, or rocks.
- Invite your child to use the funnels to fill the plastic bottles to create his own hand weights.

✦ How did your child use the materials to create hand weights?

Guided Learning Experience

The "Me" Book—Writes to convey meaning

- Show your child pictures that depict her engaged in different activities or with important people in her life.
- Ask your child to choose one picture to write about. Print out the picture and glue it to a sheet of construction paper. Encourage your child to add labels or description of the picture to the paper.
- Repeat with additional pictures. Collect the sheets of paper and store them in a binder or folder to create a book.

✦ What ideas or messages did your child convey in her writing?

Mighty Minutes®

Silly Syllables—Shows awareness of smaller sounds in

1. Say, *Let's name silly food combinations. What two foods would be funny together?*
2. Give your child an example of a funny food combination, e.g., broccoli ice cream, cucumber cake, gummy worm pizza.
3. Invite your child to share food combinations and clap the syllables in the words: *You said gummy worm pizza. How many syllables are in the word gummy? Gum-my (clap-clap). There are two! What about worm?*



Something to consider

Use a hot glue gun to seal closed the lids of the water bottles to ensure the bottles do not open as your child uses the hand weights.

At-Home Guided Learning Plan *featuring the Exercise Study*

Investigation 3: Day 3

What types of equipment do people use to exercise?

Balance Beam

- Use masking tape to create a line on the floor and demonstrate for your child how to walk and balance on the tape by placing one foot in front of the other until you reach the end. Invite your child to walk along the piece of tape to practice his balance.
- Show your child a photo or video of someone using a balance beam. Explain to her that a *balance beam* is a type of exercise equipment that people balance on.
- Say, *I wonder if we can find a balance beam to practice our balancing outdoors.* Find an object outdoors that your child can safely balance on, e.g., playground edging or cement curb (in a safe location), or draw lines on the sidewalk with chalk.
- Invite your child to travel along the balance beam in different ways, e.g., placing one foot in front of the other, taking wide steps, or going forward and then backward.

- ✦ Share a photo of your child using an outdoor balance beam with her teacher.

Guided Learning Experience

Shape Bingo—*Understands shapes*

- Make bingo cards by drawing charts with five columns and five rows on sheets of construction paper. Fill each square on the chart with a shape, leaving the middle spot as a free space. Cut the corresponding shapes out of construction paper.
- Show your child one bingo card and shape cards and explain how to play the game. *We are going to play “shape bingo.” We will take turns choosing a shape. Then we will look at our bingo cards, find the matching shape, and mark it off by placing the shape card there. Once we make a line, we will all say Bingo!*
- As you play the game, describe the characteristics of each shape you choose. *You chose a shape with three sides. What shape is that? Do you see that shape on the bingo card?*

- ✦ What shapes was your child able to identify and name?

Mighty Minutes®

Shape Match—*Understands shapes*

1. Create pairs of shape cards by drawing shapes, e.g., circles, squares, rectangles, and triangles, on pieces of paper. Ensure each shape card has a match.
2. Place the cards face down in rows and columns on the floor.
3. Take turns with your child flipping over two cards to look for pairs of shapes.
4. Continue the game until all the cards have been matched.



Something to consider

Reading counting books with young children helps them learn how to connect quantities with their written number symbols or numerals. As you share counting books with your child, invite her to identify the numerals and count the number of objects she sees on the page.

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Investigation 3: Day 4

What types of equipment do people use to exercise?

Visitor Who Practices Yoga

- Invite a family member or friend who practices yoga over for a visit.
- Invite her to share why she enjoys yoga, where she does yoga, how it keeps her body strong and healthy, and what equipment she uses, e.g., mat, yoga block.
- Ask the visitor to demonstrate a few yoga poses for your child to see how she moves her body. Point out the visitor's balance and flexibility as she moves.
- Invite your child to practice a few yoga poses with the visitor.

✦ Share a photo of your child trying yoga poses with her teacher.

Guided Learning Experience

Observing Insect Life—Engages in conversations

- Tell your child that you will be going outdoors to look for insects. If you have magnifying glasses or bug-catching toys, show your child how to use them.
- You might ask, *What kinds of insects do you think we can find? Maybe we will see some ants and some beetles.*
- As you explore outdoors, encourage your child to use the magnifying glasses or toys to look at insects more closely.
- Model appropriate ways to interact with insects and to treat them gently. Write down your child's observations. You might say, *How did it feel when the cricket was in your hand? Could you feel the ladybug on your wrist?*

✦ How did your child observe bugs? What did he notice?

Mighty Minutes®

Find It, Stick It—Writes name

1. Give your child a sticky note, marker, crayon, or pencil. Ask him to write his name on a few notes.
2. Prompt your child to place his sticky notes on various items around your home using the following as examples:

Stick your name on something that begins with the /b/ sound.

Stick your name on something green and round.

Stick your name on something tall.

3. Continue the activity using your own ideas. When finished, ask your child to help you collect the sticky notes. Save them to repeat the activity at another time.



Something to consider

In the event that your guest cannot visit your home, have a backup activity planned. You can show videos of yoga exercises or schedule a video chat.

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Investigation 3: Day 5

What types of equipment do people use to exercise?

Safety Equipment

- Show your child a helmet. Explain that a *helmet* is a piece of equipment that protects people's heads and invite him to share his experiences with wearing one.
- Ask, *What do you think would happen if you did not wear a helmet and you fell off your bike or scooter?*
- Gather additional safety equipment (or photos of safety equipment), such as elbow and knee pads, mouth guards, and gloves.
- Invite your child to examine the different types of equipment and share why he thinks people wear them and what parts of the body they protect.

✦ How did your child communicate his experiences wearing a helmet?

Guided Learning Experience

Rhyming Tubs—*Rhymes*

- Gather a collection of household items that are easy to rhyme with, e.g., pan, book, box, ball. Place the items in a container.
- Invite your child to choose an item from the container and think of a word that rhymes with it, such as *pan/man*, *book/cook*, or *box/fox*.
- Continue with the remaining items in the container.

✦ Was your child able to recognize and name the appropriate rhyming object?

Mighty Minutes®

Move Across the Room—*Travels*

1. Write the words *Yes*, *No*, and *Maybe* on separate sheets of paper and tape each one to a different corner of the room.
2. Ask your child a question, e.g., *Do you like ice cream?* or *Can you ride a bike?* Explain that he will perform an action, e.g., stomp, skip, tiptoe, as he moves to the corner that matches his answer.
3. Ask new questions and encourage your child to move to a corner using different movements.



Something to consider

Many children will have prior experiences wearing safety equipment as they ride tricycles or play sports. This activity offers an opportunity for your child to share those experiences and to offer an explanation for why wearing safety equipment is important.