

## V. Resource List

Below are several resources for parents and others who care for young children to facilitate ongoing learning during the closure period.

### COVID-19 Resources for Children and Families

- National Child Traumatic Stress Network:  
[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
- NPR—Just for kids: A comic exploring the new coronavirus:  
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- National Association of School Psychologists: Talking to children about COVID-19 (available in multiple languages): [https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource)

### Standards and Development

- National Association for the Education of Young Children: <https://www.naeyc.org/>
- Birth to 48 months: [https://www.tn.gov/content/dam/tn/education/standards/tnelds/std\\_tnelds\\_birth-4yo.pdf](https://www.tn.gov/content/dam/tn/education/standards/tnelds/std_tnelds_birth-4yo.pdf)
- 4 year olds: [https://www.tn.gov/content/dam/tn/education/standards/tnelds/std\\_tnelds\\_4yo\\_2018.pdf](https://www.tn.gov/content/dam/tn/education/standards/tnelds/std_tnelds_4yo_2018.pdf)

### School-administered Child Care Rules

<https://publications.tnsosfiles.com/rules/0520/0520-12/0520-12-01.20180801.pdf>

### More Learning Resources

- Ducksters (social studies): <https://www.ducksters.com/>
- Science Buddies: <https://www.sciencebuddies.org/stem-activities>
- Scholastic: <https://www.scholastic.com/teachers/articles/teaching-content/25-ways-get-kids-writing/>
- Readworks (Note: requires signing up for an account): <https://www.readworks.org/>
- GoNoodle (physical, academic, and social-emotional health) - <https://www.gonoodle.com/>
- ABCmouse (reading, math, science, art; free 30-day trial): [https://www.abcmouse.com/abt/homepage?8a08850bc2=S2861478214.1584482199.0861&gclid=EA1aIQobChMIw4-ilMCi6AIVC3iGCh21CQ9DEAAYASAAEgltovD\\_BwE](https://www.abcmouse.com/abt/homepage?8a08850bc2=S2861478214.1584482199.0861&gclid=EA1aIQobChMIw4-ilMCi6AIVC3iGCh21CQ9DEAAYASAAEgltovD_BwE)
- Starfall (Note: requires signing up for an account): <https://www.starfall.com/h/>
- ABCya.com (math, reading, science, and more): <https://www.abcya.com/>
- Growing Book by Book: <https://growingbookbybook.com/>
- Kids Activities: [www.kidsactivities.com](http://www.kidsactivities.com)
- We are Teachers—Free online learning resources for teaching your students virtually: <https://www.weareteachers.com/free-online-learning-resources/>
- Kid Central TN (resources for parents and caregivers): <https://www.kidcentraltn.com/content/kidcentral.html>

## Sample Learning Activities

Children learn best through guided instruction and open-ended opportunities to investigate, play, and discover. Concrete, hands-on experiences provide deeper learning. The following chart provides an overview of instructional opportunities for supporting the continued learning and growth of pre-K children.

Foundational Oral Language and Literacy Skills	Description	Resources for Additional Ideas
Read books to and with children: 15 minutes twice a day	<p>Read aloud printed and/or digital books.</p> <ul style="list-style-type: none"> <li>• Use different voices for characters and add sound effects to bring the story to life.</li> <li>• Read the book the first time through for enjoyment</li> <li>• During the second reading of the book, pause and ask your child questions about the story. Consider “what if” questions that allow them to think how characters might react differently if something changed in the storyline. Also ask them about how characters might feel. Sequencing events (what happened first, second, third) and predicting what happens next is also a favorite way to interact with a book.</li> </ul>	<p>Online story resources:</p> <p><a href="https://www.123homeschool4me.com/stories-for-kids/">https://www.123homeschool4me.com/stories-for-kids/</a></p> <p><a href="https://justbooksreadaloud.com/">https://justbooksreadaloud.com/</a></p> <p><a href="https://www.storylineonline.net/">https://www.storylineonline.net/</a></p> <p><i>Parts of a Story</i>, by Jack Hartmann  <a href="https://www.youtube.com/watch?v=-nePjWXecQ">https://www.youtube.com/watch?v=-nePjWXecQ</a></p>
Rhyming activities: 10 minutes twice a day	<p>Choose a nursery rhyme or other poem from the resource links to read to and with your child. Call attention to words that rhyme, those that have the same ending sounds. Give your child a “shopping bag” to shop the room(s) for two items that rhyme. When child returns with items, say the names of the objects and decide together if they are rhyming words. Repeat for as long as child remains interested.</p>	<p>Additional resources:</p> <p><a href="https://www.education.com/game/match-rhyming-words/">https://www.education.com/game/match-rhyming-words/</a></p> <p><a href="https://www.education.com/game/match-rhyming-words/">https://www.education.com/game/match-rhyming-words/</a></p> <p><a href="https://earlylearningideas.com/rhyming-picture-cards/">https://earlylearningideas.com/rhyming-picture-cards/</a></p>
Sound-only exploration game: 15 minutes a day	<p>Choose 5–6 toys or household objects with names that begin with different initial or beginning sounds (cup, ball,</p>	<p>Additional resources:</p> <p>Foundation Letter Cards ABC:  <a href="https://youtu.be/2MMiie4vNwk">https://youtu.be/2MMiie4vNwk</a></p>

	<p>pen, sock, and fork). Name each object emphasizing the beginning sound:</p> <ul style="list-style-type: none"> <li>• Cup (cup, ccuupp, the first sound in cup is /c/</li> <li>• Ball (ball, bbaallll, the first sound in ball is /b/</li> <li>• Pen (pen, ppeenn, the first sound in pen is /p/</li> <li>• Sock (sock, ssoocckk, the first sound in sock is /s/</li> <li>• Fork (fork, ffororkk, the first sound in fork is /f/</li> </ul> <p>Then say, "I spy an object that begins with the /s/ sound". Child picks up sock, and repeats, "/s/ sock." Continue playing the sound game with remaining objects. If child wishes to continue to play, start with new toys or objects.</p>	
Sound/letter recognition: 15 minutes a day	In a sealed, plastic sandwich or storage bag, place a non-toxic gooey substance (school glue, pudding, icing, etc.). Allow children to write the letters of their name, initial sounds of objects, etc. on the surface of the bag. Children also enjoy matching pictures of objects to initial letter sounds.	
Dramatic and pretend play: 60 minutes a day	Choose toys or other items around the house to represent ideas, characters, and objects to tell an original story or reenact a familiar story. Allow children to dress up as characters. Old cereal boxes, socks, and paper plates can be transformed into puppet faces.	Example of dramatic play: <i>The Bakery</i> <a href="https://www.youtube.com/watch?v=xXqyum4YeEc">https://www.youtube.com/watch?v=xXqyum4YeEc</a>
Writing: 15 minutes a day	Set up a space with crayons, markers, and/or pencils with scrap paper for children to draw/illustrate favorite events from a story read to them. Ask children to describe the message or story they wrote.	Additional writing resources: <a href="https://www.123homeschool4me.com/alphabet-printables">https://www.123homeschool4me.com/alphabet-printables</a>
<b>Math Concept Exploration</b>	<b>Description</b>	<b>Resources for Additional Ideas</b>
Oral counting to 30	Practice counting throughout the day during wait times, transitions between activities, or washing hands	<a href="https://www.education.com/game/counting-pizza-party/">https://www.education.com/game/counting-pizza-party/</a>  All I Want to do is Count (Pre-K Counting Numbers):

		<a href="https://www.youtube.com/watch?v=k7ZkiSHbbzA">https://www.youtube.com/watch?v=k7ZkiSHbbzA</a>  The Number Rock: <a href="https://www.youtube.com/watch?v=9PA3RsVVdh8">https://www.youtube.com/watch?v=9PA3RsVVdh8</a>
Counting and cardinality memory game: 15 minutes a day	On folded pieces of scrap paper, write numerals 0–12. Place folded numerals inside a sock, basket, hat, bag, box, or other container. Ask child to take a folded paper out and look at the numeral without telling what numeral he/she has. Then, the child goes and brings that “many” toys or other objects for you to see. Child counts the toys/objects and shows you the numeral. Verify the quantity and numeral match-up. Repeat as long as child remains interested.	How to Represent Numbers - Jack Hartmann: <a href="https://www.youtube.com/watch?v=IAQ2HTqTI2w">https://www.youtube.com/watch?v=IAQ2HTqTI2w</a>
Exploring, recognizing, describing shapes: 10 minutes a day	Shape hunt: Walk your child around the house and see how many circles, squares, rectangles, and triangles he/she can find. Example: the door is a rectangle.	Additional Resources: Sesame Street - Elmo Sings about Circles: <a href="https://www.youtube.com/watch?v=tPROADxPfiU">https://www.youtube.com/watch?v=tPROADxPfiU</a>  Sesame Street - Grover & Rosita Triangles: <a href="https://www.youtube.com/watch?v=ZDqChRDPnZc">https://www.youtube.com/watch?v=ZDqChRDPnZc</a>  Sesame Street – It’s Hip to be Square: <a href="https://www.youtube.com/watch?v=TdcHzquaMh8">https://www.youtube.com/watch?v=TdcHzquaMh8</a>
Addition and subtraction to 10: 15 minutes a day	Create addition and subtraction story problems using buttons, toys, coins, socks, etc. For example, “4 socks are dirty and need to be washed and are in the basket. 2 more socks were added to the basket. How many socks need to be washed now?” Repeat as long as children are interested.	Additional Resources: Ten Frame Song: <a href="https://www.youtube.com/watch?v=RLiWP_hxdQc">https://www.youtube.com/watch?v=RLiWP_hxdQc</a>  I Can Say My Number Pairs 10 - Math Song for Kids - Number Bonds - Jack Hartmann: <a href="https://www.youtube.com/watch?v=ch7Kzl3n2Zk">https://www.youtube.com/watch?v=ch7Kzl3n2Zk</a>  What Numbers Make 10 - Learn to Add - Kindergarten Addition Song - Math for Kid -Jack Hartmann: <a href="https://www.youtube.com/watch?v=YBkpC29_Gal">https://www.youtube.com/watch?v=YBkpC29_Gal</a>
<b>Music/Art/Movement</b>	<b>Description</b>	<b>Resources for Additional ideas</b>
Sing/dance/move	Between activities or during TV commercials, get up and sing and dance.	Movement Video: Go Noodle: I’m Still Standing <a href="https://family.gonoodle.com/activities/im-still-standing">https://family.gonoodle.com/activities/im-still-standing</a>

		Freeze Dance Video: <a href="https://www.youtube.com/watch?v=2UcZWXvgMZE">https://www.youtube.com/watch?v=2UcZWXvgMZE</a>
Work-outs	10 jumping jacks • 5 push ups • 5 squats • 5 sit ups • 5 jumps Repeat 2-3 times	
Yoga poses and stretches	Show picture of a yoga pose and see if child can create and hold the pose	<a href="https://zensationalkids.com/resources/free-tools-for-students/">https://zensationalkids.com/resources/free-tools-for-students/</a>