



Adult Enrichment Center
1813 E Dyer Rd. Unit 411
Santa Ana, Ca. 92705

AEC Remote Services | Life Development Vocational Skills

Thank you for participating in AEC remote services.

Goals and Growth Matter

Life Development Vocational Skills



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Goals Educational Video

Share Screen via Zoom and click on link below to learn more about goals.


- CashVille Kidz Goal & Goal Setting (7 min 8 sec) <https://youtu.be/5eI5JvTGzAI>


Option 1b: My Goal Worksheet


Share Screen via Zoom to show participant the My Goal worksheet.

Have your Participant write 4 goals and circle "I did it!" or "Working on it!"


My Goal!





 I did it!

 Working on it!


My Goal!





 I did it!

 Working on it!


My Goal!





 I did it!

 Working on it!

My Goal!



 I did it!

 Working on it!

Option 2a: Goals Educational Video

Share Screen via Zoom and click on link below to learn more about goals.

- Innoventure Jr: Goal Setting (1 min 21 sec) <https://youtu.be/XrsERz952qM>

Option 2b: My SMART Goal Worksheet

Share Screen via Zoom to show participant the My SMART Goal worksheet.

Have your Participant write 4 SMART goals! (Specific, Measurable, Attainable, Realistic, Timely)

My SMART GOAL

I want to _____

by _____

so I will _____

_____ to meet my goal.

My SMART GOAL

I want to _____

by _____

so I will _____

_____ to meet my goal.

My SMART GOAL

I want to _____

by _____

so I will _____

_____ to meet my goal.

My SMART GOAL

I want to _____

by _____

so I will _____

_____ to meet my goal.

Option 3a: Goals Educational Video

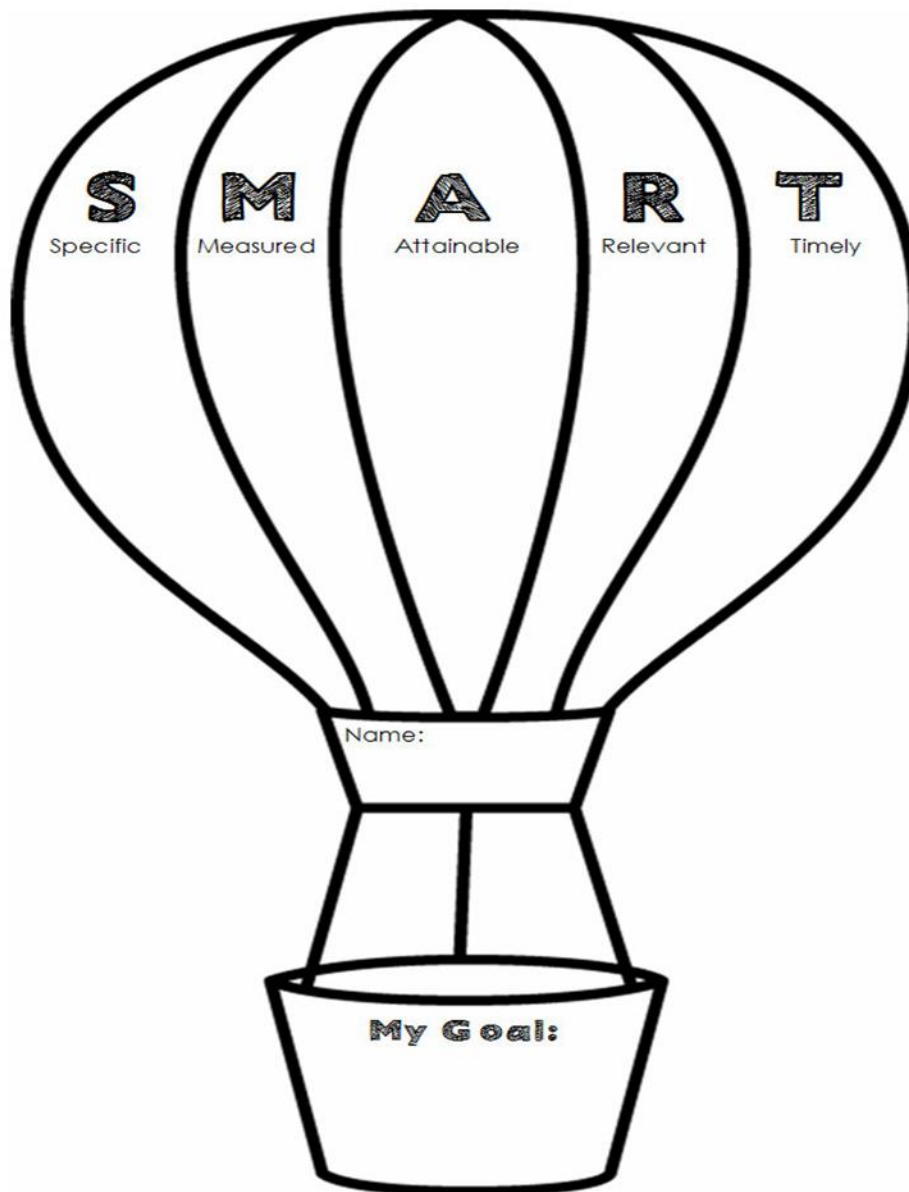
Share Screen via Zoom and click on link below to learn more about goals.

- LearnStorm Growth Mindset: How to write a SMART goal (2 min 52 sec)
<https://youtu.be/U4IU-y9-J8Q>

Option 3b: SMART Goals Hot Air Balloon Worksheet

Share Screen via Zoom to show participant the SMART Goals Hot Air Balloon worksheet.

Write a goal and color the worksheet!



Option 4a: Growth Mindset Educational Videos

Share Screen via Zoom and click on links below to learn more about growth mindset.

- Growth Mindset for students - Episode 1 (2 min 35 sec) <https://youtu.be/2zrtHt3bBmQ>
- Class Dojo's Growth Mindset Series - Episode 2 (2 min 57 sec) <https://youtu.be/EoWLgWCcpWo>

Option 4b: Growth Mindset Writing Worksheet

Share Screen via Zoom to show participant the Growth Mindset writing worksheet.

Test out your writing skills below!

Name _____ Date: _____



This year I want to learn _____

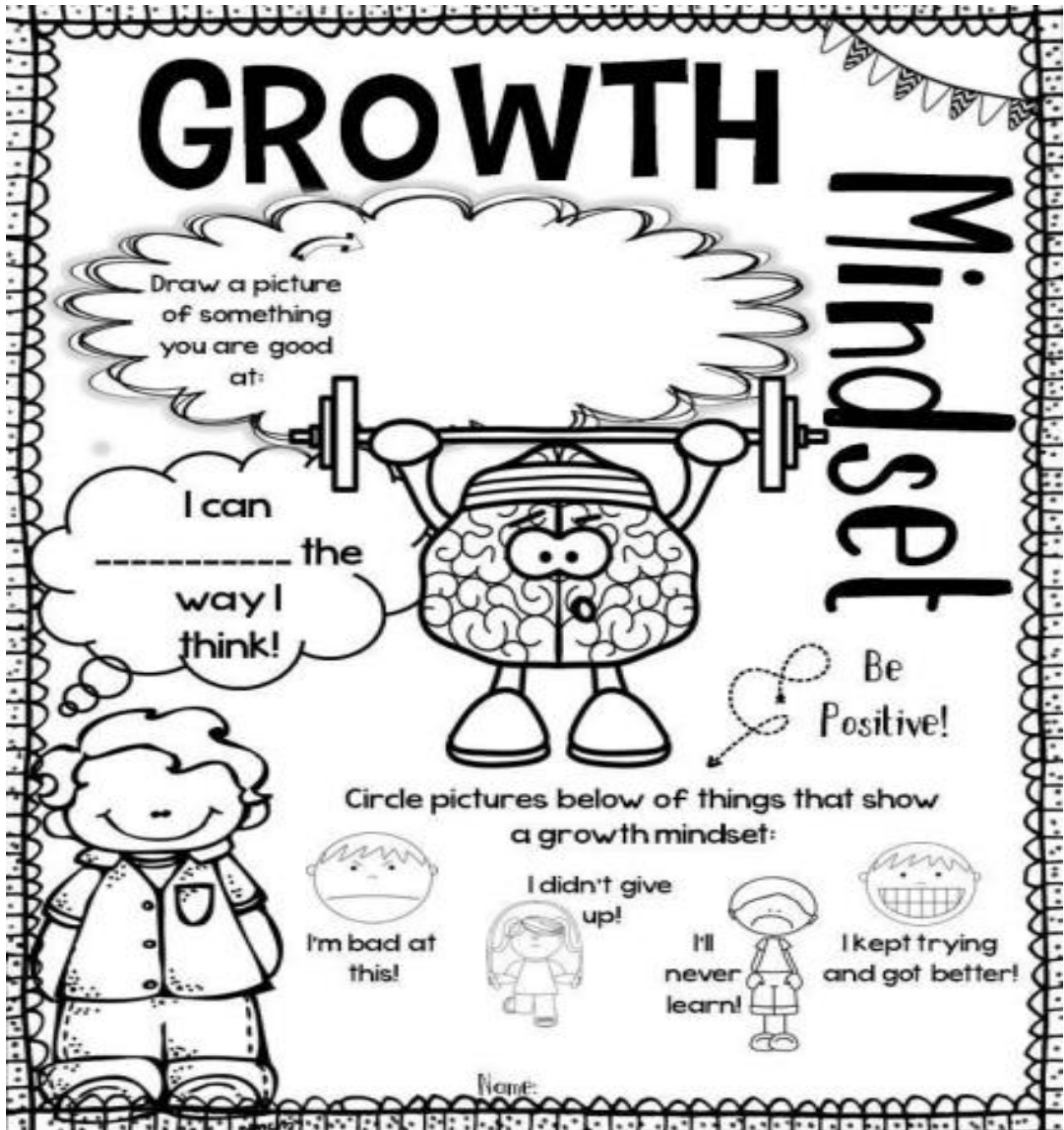
Option 5a: Growth Mindset Educational Videos

Share Screen via Zoom and click on links below to learn more about growth mindset.

- Sesame Street do Growth Mindset (4 min 24 sec) https://youtu.be/SnrHZ_uvtxk
- The power of 'yet' with Zoe and Elmo (3 min 31 sec) <https://youtu.be/46UhAtPyXw4>
- Growth Mindset: The Truth About Your Brain (3 min 12 sec) <https://youtu.be/rf8FX2sl3gU>

Option 5b: Growth Mindset Worksheet

Share Screen via Zoom to show participant the Growth Mindset worksheet.



Option 6: Phone Call/Face Time Curriculum

Growth mindset “Do-Now” Reflections

Challenges

1. What is the biggest challenge you are facing today? Explain why and how this is challenging you. What do you intend to do about it?
2. What is a problem you are dealing with right now? If someone were giving you advice about how to solve your problem, what do you think they would say?
3. What is a problem or issue you are dealing with right now? If a friend had the same problem, what would you advise THEM to do? Why?
4. What advice would you give to a student who was struggling with this class? Explain using language from the growth mindset graphic or effective effort rubric.
5. How could you challenge yourself more in this class? Write about a way that you could stretch to improve your performance or get better results.
6. In life, do you want things to be easy or challenging? Explain.
7. What do you dread learning about? How could you take actions that would make it better, easier, or more enjoyable for you?

Failure

8. What makes you feel like a failure? Why?
9. What advice would you give to a student who tried out for a school sports team and was not accepted?
10. What would you say to a friend who had just failed at something they really wanted to do well at?
11. What is the best mistake you have ever made? Why?
12. Why do you think that people lie about their failures? How do you recommend people handle failure?
13. Sabotage is something that people do to destroy or ruin a plan. Have you ever done things to sabotage yourself? Explain.

Growth and Fixed Mindsets

14. Write about something you did this week that is a good example of the growth mindset. What did you do/say/think? Explain how the example is growth minded.
15. Write about something you did this week that was fixed minded. What did you do/say/think? Explain how you could have been more growth minded.
16. We have learned about the Growth Mindset. What is a movie or TV character who is a great example of a growth mindset? Explain why.
17. What is a song that has lyrics that are growth minded? Explain.
18. Do you notice anyone in your life who is behaving in a fixed minded way? Describe what they are doing that is holding them back.
19. What have you done today that is an example of the growth mindset? Explain.
20. If you were to explain the growth mindset to someone who had never heard of it, what would you say?

Inspiration

21. Who inspires you? Explain why and how.
22. Is there something that you decided as a child that is not within your reach (you think you could never do it)? What is that thing? Thinking about what you know now about the brain and learning; do you think you could change your expectation of yourself? Why/why not?
23. What makes you feel like a success? Why?
24. Have your goals changed this year? Why or why not?
25. What are you passionate about learning? What do you get excited about learning? Why?
26. If someone were about to give up on a dream, what would you tell him or her?

Practice

27. If someone could help you to get better at something, what would you want to get better at? Explain why you want to be good at this.
28. Has there ever been something that you were not good at in the beginning, but then through practice you became good at it? Explain.
29. Describe what it feels like to work hard for something.
30. What advice would you give to someone who was terribly nervous about an upcoming event or performance?
31. If you love a topic, subject, or idea, what should you do to make sure that you learn it well?
32. If you need it, do you ask for help? Who from? Why or why not?

All About Me

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Sesame Street: Will.i.am Sings "What I am" Video | LF




Share Screen via Zoom and click on link below show participant the video.

- Sesame Street: Will.i.am Sings "What I Am" (1 min 51 sec) <https://youtu.be/cyVzjoj96vs>

Option 1b: Math About Me Worksheet | LF

Share Screen via Zoom to show participant the Math About Me worksheet.

Practice your math skills below!

<h1>MATH ABOUT ME</h1>	
<p>I am _____ years old</p> <p>____ + ____ = ____</p> <p>____ + ____ = ____</p> <p>____ + ____ = ____</p> <p>____ + ____ = ____</p>	<p>I was born on</p> <p>____ - ____ - ____</p> 
<p>I have _____ pets.</p> 	<p>There are _____ people in my family.</p> <p>_____ boys</p> <p>_____ girls</p> <p>____ + ____ = ____</p>
<p>My favorite number is</p> <p>_____</p> <p>____ + ____ = ____</p> <p>____ + ____ = ____</p>	<p>I have lost _____ teeth so far.</p> 

Option 2a: Learn All About Me, Milo the Monster Video | LF

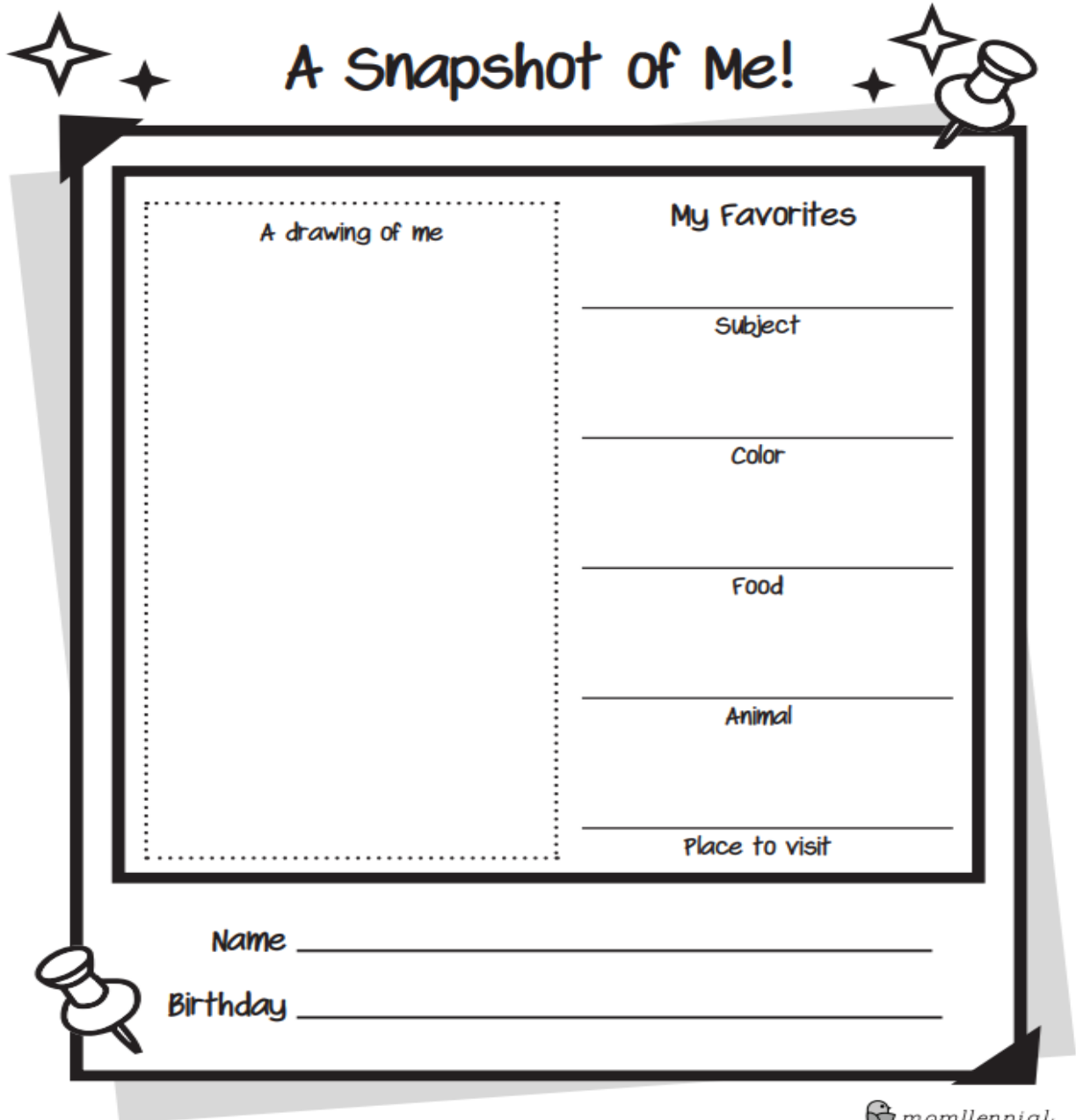
Share Screen via Zoom and click on link below to show participant the video.

- Learn All About Me, Milo the Monster (6 min 19 sec) <https://youtu.be/U31V63eFliI>

Option 2b: A Snapshot of Me Worksheet | LF

Share Screen via Zoom to show participant A Snapshot of Me worksheet.

Draw a picture of yourself & write down some of your favorite things!



A Snapshot of Me!

A drawing of me	My Favorites
	Subject
	Color
	Food
	Animal
	Place to visit

Name _____

Birth day _____

momllennial DESIGNS

Option 3a: I Like Myself Children's Read Aloud | LF













Share Screen via Zoom and click on link below to show participant the read aloud.

- I Like Myself | Children's Books Read Aloud (3 min 55 sec) <https://youtu.be/wTlyUKznXzk>

Option 3b: All About Me Worksheet | LF

Share Screen via Zoom to show participant the All About Me worksheet.

Tell a little bit about yourself below!

<p>All about ME</p>	NAME	
<p>favorite CANDY</p> 	PETS	HOBBIES 
<p>favorite PLACE</p> 	<p>favorite MOVIE/T.V. Show</p> 	<p>about my FAMILY</p>   
<p>favorite MUSIC</p> 	<p>my BIRTHDAY</p> 	
<p>favorite VACATION</p> 	<p>favorite SUBJECT in school</p> 	<p>favorite FOOD</p> 

Option 4a: This is Me Read Aloud | LF

Share Screen via Zoom and click on link below to show participant the read aloud.

- This is Me By Jamie Lee Curtis & Laura Cornell | Children's Book Read Aloud (4 min 49 sec)
https://youtu.be/vCS1_q0W3NQ










Option 4b: Autobiography Poem Ideas Worksheet | LF

Share Screen via Zoom to show participant the Autobiography Poem Ideas worksheet.

Create your autobiography poem below!

Name: _____ Date: _____

Autobiography Poem Ideas

adjectives... 	family members... 	I love... 
I feel... 	I need... 	I give... 
my fears... 	my wishes... 	I would like to... 

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Option 5a: All About Me Nursery Rhyme | LF

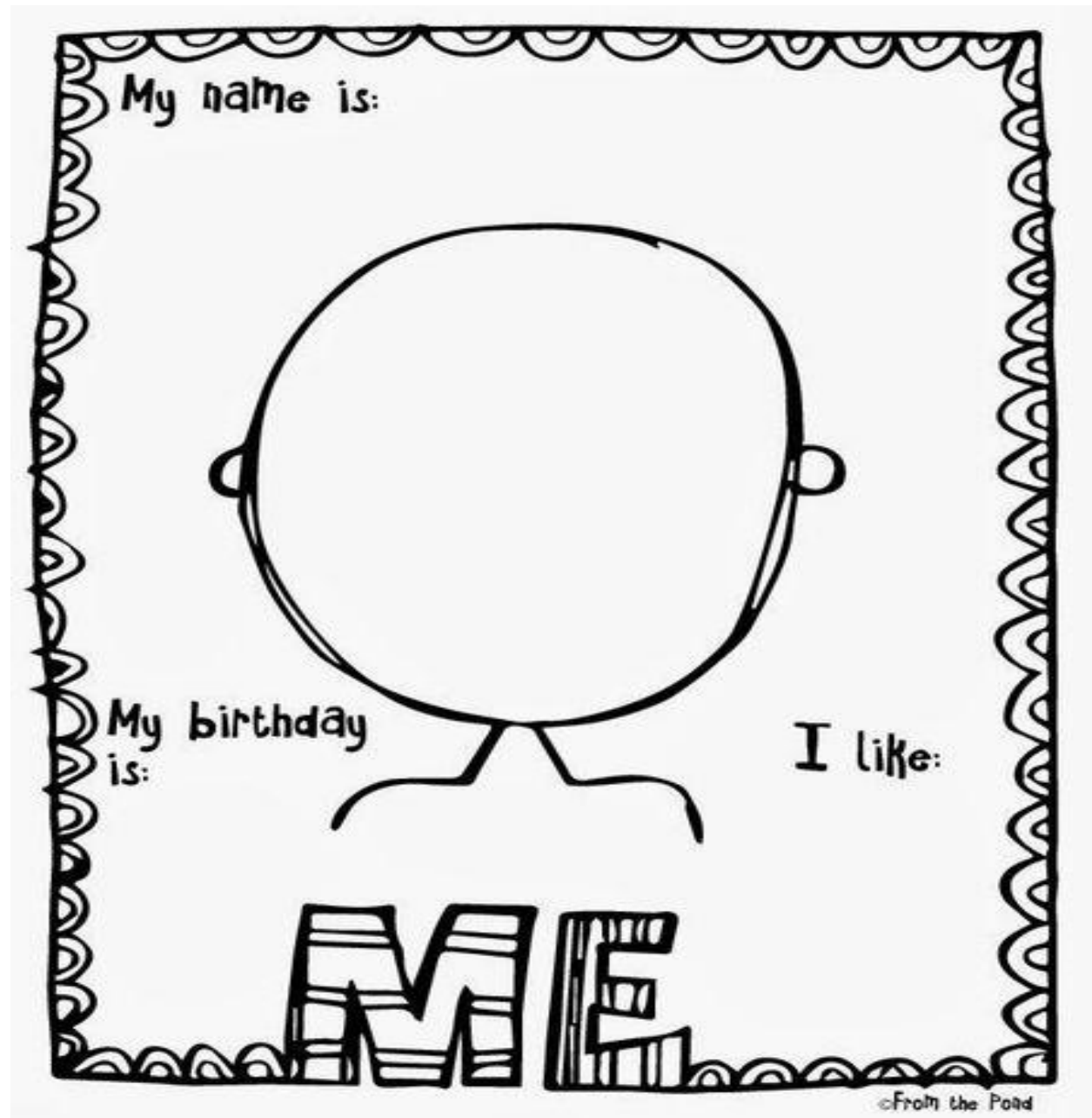
Share Screen via Zoom and click on link below to show participant the nursery rhyme.

- All About Me - Nursery Rhymes For Kids And Children (1 min 20 sec)
https://youtu.be/G_cPGILZDnU

Option 5b: Me Self-Portrait Worksheet | LF

Share Screen via Zoom to show participant the Me self-portrait worksheet.

Draw a portrait of yourself below!



Option 6a: I Like Me Read Aloud | LF

Share Screen via Zoom and click on link below to see.

- I Like Me | Read Aloud | Story Time | Children's Books! (1 min 32 sec)
<https://youtu.be/s-bPxL5awnl>

Option 6b: All About Me Word Search | LF

Share Screen via Zoom to show participant the All About Me word search.

Name: _____

All About Me Word Search

m	a	t	h	u	h	o	r	s	e	m	u	s	i	c	e
b	l	u	e	a	c	b	e	e	t	l	e	e	f	l	y
a	h	n	v	c	a	n	d	y	b	t	a	c	o	s	s
s	p	i	z	z	a	q	e	a	x	w	z	z	o	x	p
k	i	n	w	r	i	t	i	n	g	o	n	e	t	r	a
e	e	e	a	l	l	e	g	t	m	a	n	y	b	e	g
t	i	g	e	r	g	n	h	t	i	g	e	e	a	a	h
b	l	u	o	s	r	a	t	n	p	m	c	l	l	d	e
a	r	t	p	o	e	b	a	s	e	b	a	l	l	i	t
l	i	l	o	z	e	r	o	b	u	e	k	o	g	n	t
l	o	l	m	o	n	k	e	y	y	i	e	w	n	g	i

Directions: Circle your favorite answer and then find it in the word search!

1. My favorite sport is _____ (baseball, basketball, football).
2. My favorite food is _____ (spaghetti, tacos, pizza).
3. My favorite color is _____ (red, blue, green, yellow).
4. My favorite animal is _____ (horse, tiger, monkey).
5. I have _____ (zero, one, two, many) pets.
6. My favorite insect is _____ (fly, ant, beetle).
7. My favorite dessert is _____ (cake, candy, pie).
8. My favorite subject in school is _____ (reading, math, writing).
9. My favorite pullout class is _____ (music, art, pe).
10. I am _____ (eight, nine, ten) years old.

Option 7: Phone Call/Face Time Curriculum | HF and LF

Conversation starters/Would you Rather?

1. *Take a one-week trip to the foreign country of your choice or take a four-week trip around your own country?*
2. *Play on a baseball team that always wins but always has to play in the rain or play on a baseball team that always plays in sunny weather, but also always loses?*
3. *Be the best player on a team that always loses or be the worst player on a team that always wins?*
4. *Be banned from all computer use for a year or not be allowed to eat any desserts or sweets for a year?*
5. *Be able to control the weather or be able to talk to animals?*
6. *Live in Narnia or attend school at Hogwarts?*
7. *Be given \$1,000 right now or be given \$50 a month for the rest of your life?*
8. *Be a famous actor or discover the cure for cancer?*
9. *Be incredibly wealthy or live normally?*
10. *Have many friends, but no close friends or have just one or two close friends?*
11. *Have bright blue teeth or have bright blue hair?*
12. *Be really tall or really short?*
13. *Be able to fly or be able to turn invisible?*
14. *Get to take a shower every day, but you have to take a cold shower or only get to shower once a week, but you get to take a hot shower?*
15. *Not be allowed to eat your five favorite foods for an entire year or be allowed to eat only your five favorite foods for an entire year?*
16. *Have a very strict teacher, but learn a lot or have a really nice teacher but not learn much?*
17. *Have a friend that was really fun to be with but not very nice or have a friend who is kind of boring but also very kind?*
18. *Have a job that you hate, but that pays you millions of dollars a year or have a job that you love that pays you just enough to get by?*
19. *Have one eye in the middle of your head like a Cyclops or have two noses?*
20. *Be given \$1,000 dollars or have the charity of your choice be given \$10,000 dollars?*

Daily Routines and Time

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Sesame Street Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about routines.

- Sesame Street: R is for Routine (2 min 14 sec) <https://youtu.be/CkDwF8RQ2Ow>
- Sesame Street: Elmo's Bedtime Routine (1 min 47 sec) <https://youtu.be/N7d-ebQk7IU>

Option 1b: Daily and Weekly Routine Worksheet | LF

Share Screen via Zoom to show participant the Daily and Weekly Routines worksheet.

What's your daily routine?

Daily and Weekly Routines

What are your daily and weekly routines?
Are the activities below part of your routine?

DAILY (EVERY DAY)



wash my hands



sleep



brush my teeth



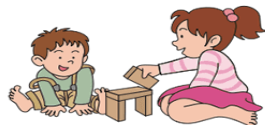
study



eat



walk



play



play music

Option 2a: Sesame Street Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about routines.

- Sesame Street: Elmo's Morning Routine (1 min 31 sec) <https://youtu.be/Udd1AINB3Zc>
- Sesame Street: The Breakfast Song | Daily Routines (3 min 25 sec) <https://youtu.be/YCAseZeORPI>

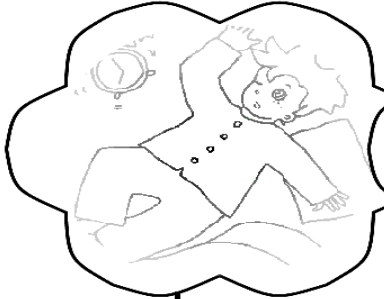
Option 2b: My Morning Routine Worksheet | LF

Share Screen via Zoom to show participant the My Morning Routine worksheet.

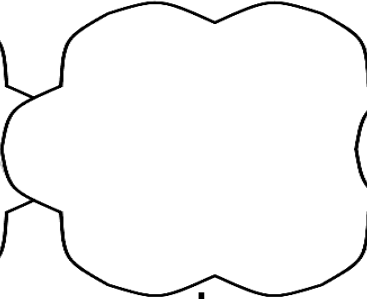
Draw a picture of your morning routines!

My morning My name is _____

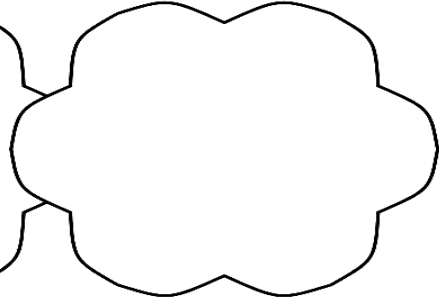
In the morning I...



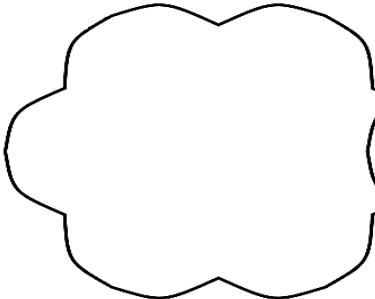
wake up



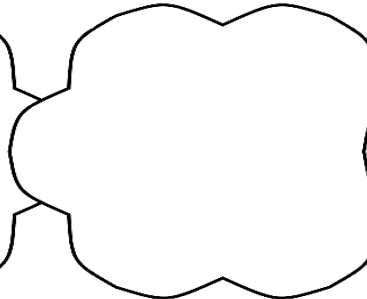
get up



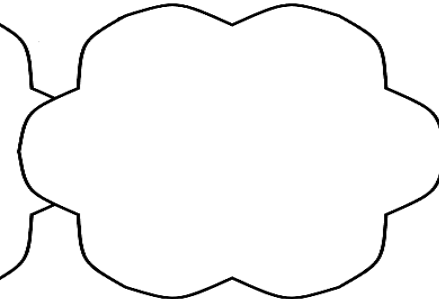
take a shower



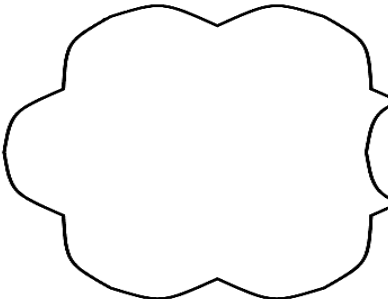
wash my face



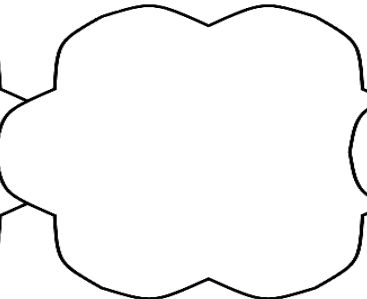
brush my teeth



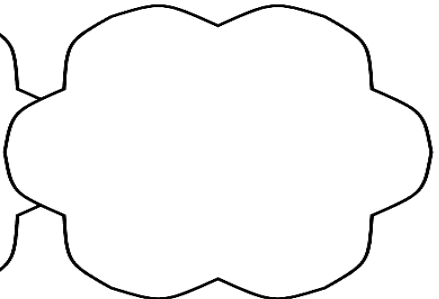
get dressed



brush my hair



eat breakfast



go to school

Option 3a: Telling Time Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about telling time.

- Telling Time - How to Read Clock a to the Hour (5 min 8 sec) <https://youtu.be/TaFQslk37xg>
- Let's Learn About the Clock | Fun Clock Song for Kids | Jack Hartmann (2 min 16 sec) <https://youtu.be/tEmg914-9xY>

Option 3b: Daily Routines: Time to the Hour Worksheet | LF


















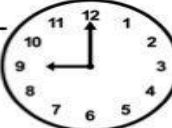

Share Screen via Zoom to show participant the Daily Routines: Time to Hour worksheet.

Test your time telling skills!

Name _____

Daily Routines: Time to the Hour

Directions: Read the sentences and look at the clock.
Write the time for each daily routine.

<p>I make my bed at</p>  <p>_____ : _____</p> 	<p>I eat breakfast at</p>  <p>_____ : _____</p> 
<p>I go to school at</p>  <p>_____ : _____</p> 	<p>I eat a snack at</p>  <p>_____ : _____</p> 
<p>I eat lunch at</p>  <p>_____ : _____</p> 	<p>I eat dinner at</p>  <p>_____ : _____</p> 
<p>I take a bath at</p>  <p>_____ : _____</p> 	<p>I read a book at</p>  <p>_____ : _____</p> 
<p>I go to sleep at</p>  <p>_____ : _____</p> 	<p>What time do you wake up?</p> <p>_____ : _____</p> <p>What time do you go</p> <p>_____ : _____</p> 

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Option 4a: Telling Time Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about telling time.

- Telling Time for Children - Learning the Clock (5 min 32 sec)
<https://youtu.be/HrxZWNu72WU>
- "What Time Is It?" - Telling the Time Song for Children (2 min 28 sec)
<https://youtu.be/1eGkW3JnthI>

Option 4b: Telling Time Worksheet | LF

Share Screen via Zoom to show participant the Telling Time worksheet.

Help Melissa Mouse learn how to read a clock!



Telling Time 1

Melissa Mouse is learning how to read a clock. Help her match the times to the clocks by circling the clock that shows the time written on the left.

12:00

8:00

3:00

Melissa needs to be home for her supper by **5:00**. Underline the clock that shows **5:00**.

Created by:  education.com

Option 5 Daily Routines Vocabulary Video | LF

Share Screen via Zoom and click on links below to learn more about daily routines vocabulary.

- Daily Routines vocabulary (6 min 23 sec) <https://youtu.be/M4FMEmIQTM>

Option 5b: Daily routines Wordsearch | LF

Share Screen via Zoom to show participant the Summer Counting worksheet.

Daily Routines Wordsearch

Find 9 routines from the list below



Get up



Have breakfast



Brush my teeth



Wash my face



Get dressed



Go to school



Take classes



Have lunch



Go to bed



Play with friends



Do my homework



Have dinner



Take a shower



Option 6a: A Day with Caillou Video | LF

Share Screen via Zoom and click on link below to learn with Caillou.

- A Day with Caillou (1 min 21 sec) https://youtu.be/4s_Mkarlt-g

Option 6b: Caillou Daily Routine Coloring Page | LF

Share Screen via Zoom to show participant the Caillou Daily Routine coloring page.

Color the page below!



Option 7: Phone Call/Face Time Curriculum | HF and LF

Conversation starters

- 1** What time do you get up?
- 2** Do you usually have a shower in the morning?
- 3** How do you go to work or college?
- 4** What time do you start work or school?
- 5** Where do you usually have lunch?
- 6** What do you like to have for lunch?
- 7** What time do you have dinner?
- 8** Who do you like to have dinner with?
- 9** What do you do in the evening?
- 10** What time do you go to bed?
- 11** Do you have too much free time, or not enough free time?
- 12** About how many hours of TV do you watch every day?
- 13** How many hours are you online every day?
- 14** What kind of exercises do you like to do?
- 15** What do you like to do on the weekends?
- 16** What kind of books or magazines do you like to read?
- 17** What's your favorite thing to do with your friends?
- 18** What is your biggest day to day challenge?
- 19** How do you set goals for yourself?
- 20** Do you find it beneficial to plan your days ahead?

Welcome to My Kitchen

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Kitchen Safety Educational Videos | LF

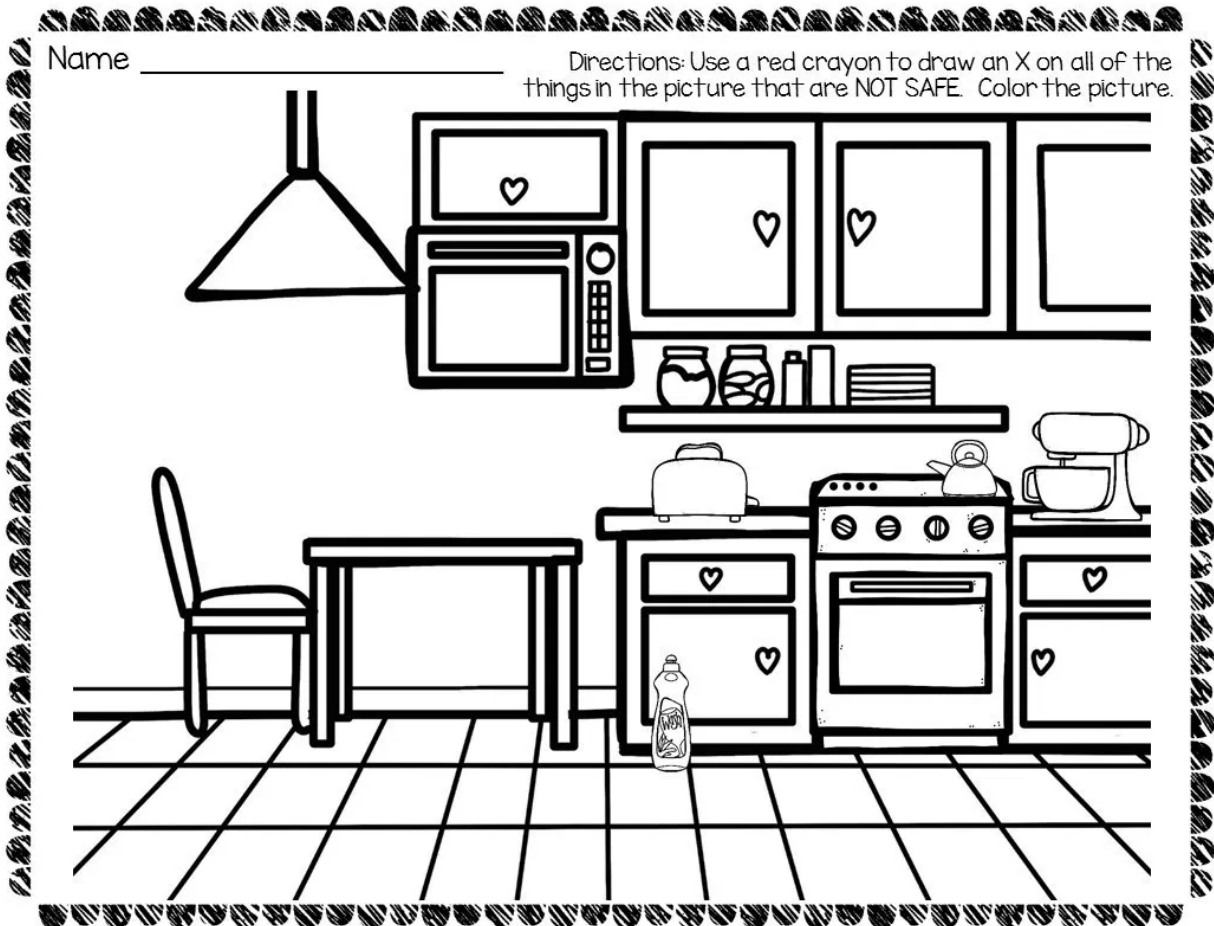
Share Screen via Zoom and click on links below to learn about kitchen safety.

- Be Careful in the Kitchen | Kids Safety Tips | Nursery Rhymes (2 min 43 sec) <https://youtu.be/Mnj2k8wVdbU>
- Kitchen Safety Rules for Kids (1 min 43 sec) <https://youtu.be/e6lQ0xFLmRc>

Option 1b: Kitchen Safety Worksheet | LF

Share Screen via Zoom to show participant the Kitchen Safety Worksheet.

Draw an X on all of the things in the picture that are NOT SAFE/color the picture!



Option 2a: Kitchen/Food Safety Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about kitchen/food safety.

- What Not to Heat: Keeping Kids Safe in the Kitchen (4 min 50 sec) <https://youtu.be/bf1dhG6vr4o>
- Cross Contamination - Food Safety (1 min 50 sec) <https://youtu.be/gzsV-neH3SI>

Option 2b: Is it Safe? Worksheet | LF


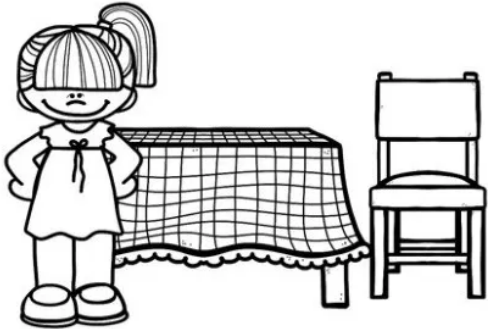


Share Screen via Zoom to show participant the Is it Safe worksheet.

Draw a circle around the picture of the child being safe. If the child is not being safe, cross out the picture.

Name _____

Look at each picture. Decide if the object the child is using is safe. IF the child is being safe, draw a circle around the picture. IF the child is not being safe, cross out the picture.

Is it safe?

Option 3a: How to Measure Ingredients Educational Videos | LF


Share Screen via Zoom and click on links below to learn how to measure ingredients.

- How to Measure Ingredients (1 min 45 sec) <https://youtu.be/97Yqz5UzpPI>
- How to Measure - for Kids! (2 min 32 sec) <https://youtu.be/D5YsCyWHufE>









Option 3b: Kitchen Addition Worksheet | LF

Share Screen via Zoom to show participant the Kitchen Addition worksheet.

Add the kitchen items in each box & write your answers in the box on the right!

Kitchen
Addition 

Add together the kitchen items that are in each box and write your answer in the box on the right.

		$\begin{array}{r} 1 \\ +1 \\ \hline \end{array}$
		$\begin{array}{r} 5 \\ +5 \\ \hline \end{array}$
		$\begin{array}{r} 2 \\ +1 \\ \hline \end{array}$
		$\begin{array}{r} 4 \\ +4 \\ \hline \end{array}$

Option 4a: Food Safety Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about food safety.

- Food Safety in Seconds (1 min 16 sec) https://youtu.be/iguM_pqetzo
- Storing Food Safely (1 min 29 sec) <https://youtu.be/Net6HIJKgig>

Option 4b: Chef Solus Food Safety Word Search | LF

Share Screen via Zoom to show participant the Chef Solus Food Safety word search.

Chef Solus Food Safety Word Search Puzzle!



Y	R	H	G	I	B	S	O	L
Y	Y	U	G	P	T	D	N	L
A	I	R	E	T	C	A	B	I
P	A	O	S	W	E	N	K	H
G	U	C	Y	L	U	B	B	C
T	R	O	C	K	E	Y	H	D
F	R	O	Z	E	N	N	G	V
E	D	K	F	N	H	E	A	P
B	S	E	P	A	R	A	T	E

COOK
SOAP
FROZEN
CLEAN
SEPARATE
CHILL
BACTERIA

More Nutrition Fun www.ChefSolus.com
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Option 5: Food Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about food.

- Learning about Food - Educational Videos | Little Smart Planet (4 min 38 sec)
<https://youtu.be/FZGoB4OwmU4>
- Food Vocabulary - Educational Videos | Little Smart Planet (2 min 37 sec)
<https://youtu.be/FQohuLH0e1U>

Option 5b: Food Groups Worksheet | LF

Share Screen via Zoom to show participant the Food Groups worksheet.

Name: _____ Date: _____

Food Groups

Directions: Cut out the food below and sort them by food group.

Grains	
Vegetables	
Fruits	
Dairy	
Proteins	



Option 6a: Healthy VS Unhealthy Food Quiz | LF

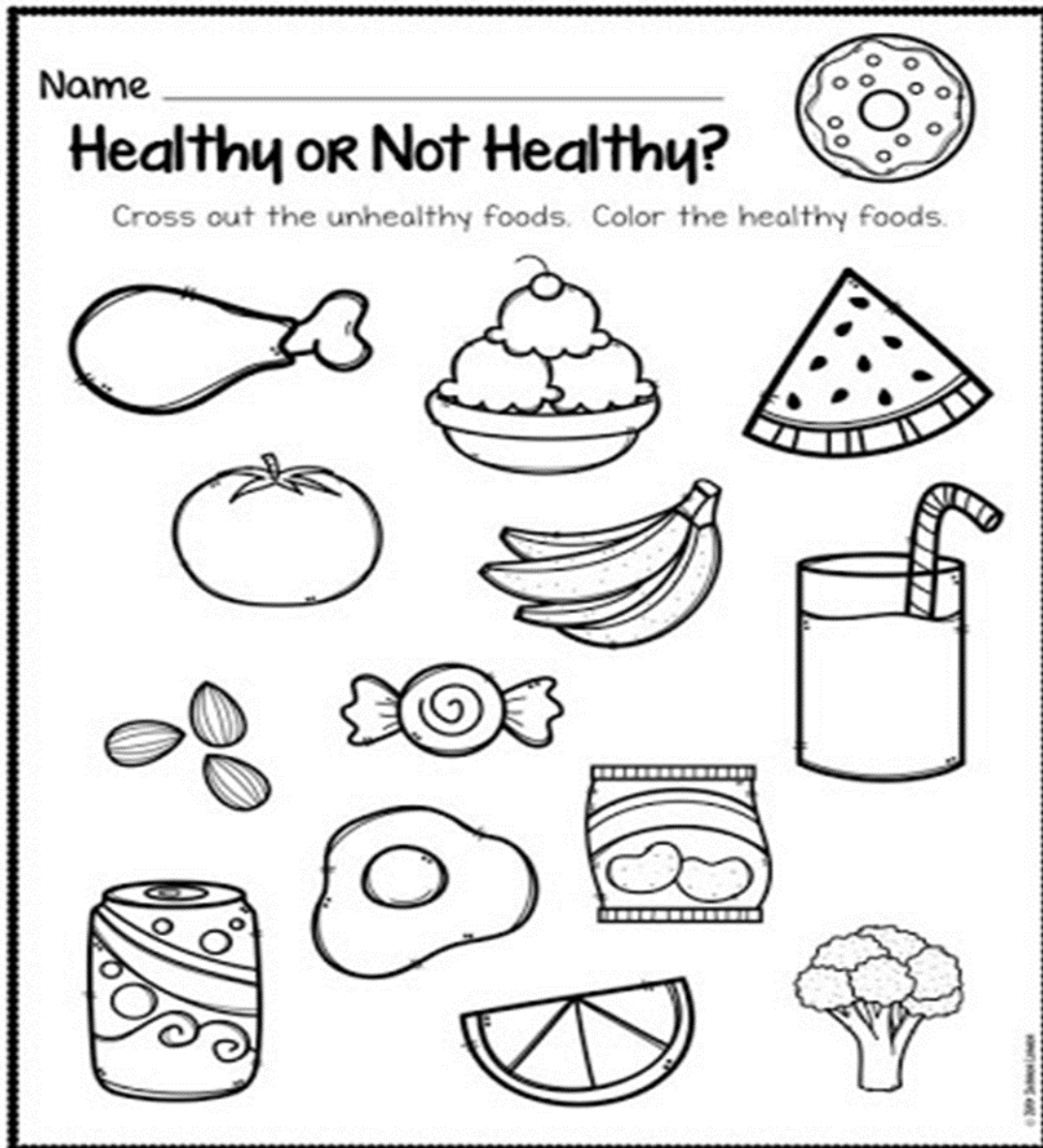
Share Screen via Zoom and click on link below to play the Healthy VS Unhealthy food quiz.

- Healthy VS Unhealthy Food Quiz (3 min 38 sec) <https://youtu.be/GnfTHsdTodA>

Option 6b: Healthy or Not Healthy? Worksheet | LF

Share Screen via Zoom to show participant the Healthy Vs Unhealthy worksheet.

Cross out the unhealthy foods & color the healthy foods!



Option 7: Summer Fruit Salad with Peach Dressing | LF/HF



With the permission and assistance from a caregiver or parent follow the steps below

Wash Hands



This summer fruit salad with peach poppy seed dressing recipe is light and healthy. The dressing is made with ripe peaches and ready five minutes or less!

- Prep Time 15 mins
- Cook Time 0 mins
- Total Time 15 mins

Special Equipment: Countertop Blender

Ingredients:

Peach Salad Dressing

- 1 cup yellow peach, ripe, sliced
- 2 teaspoons lemon juice, plus zest of 1 lemon
- 2 tablespoons water
- 2 tablespoons olive oil
- 1 tablespoon honey, agave nectar or maple syrup (optional)
- 1 ½ teaspoons poppy seeds

Fruit Salad

5 ounces spring mix salad, or your choice of greens, (about 10 lightly packed cups)
1 peach, sliced into wedges
1 cup strawberries, sliced
½ cup blueberries
½ cup pecans
2 tablespoons goat cheese

Instructions:

Peach Salad Dressing

Add 1 cup sliced peaches, lemon juice, zest and water to your blender. Blend until smooth puree forms, about 30 seconds.

Slowly drizzle in the olive oil while the blender is running, mix for 30 seconds.

Taste the dressing and add sweetener if desired, mix 15 seconds. Add poppy seeds and blend for 10 seconds just to mix in the seeds. Set aside.

Fruit Salad

In a large bowl add salad greens.

Top with peaches, strawberries, blueberries, pecans, and goat cheese. Serve with peach salad dressing on the side. If you're mixing the salad before serving, you may not need all of the dressing. Add the desired amount to coat the greens.

Serve and enjoy!



Option 7: Phone Call/Face Time Curriculum | HF and LF

Conversation starters

Food Safety Workplace Quiz Answers (Answers will be bolded in red)

1. Who is responsible for safe food handling in the food premises?

- (a) Head Chef
- (b) Owner
- (c) Anyone handling food
- (d) All of the above**

2. Food in the Refrigerator must be kept at:

- (a) 0°C-5°C**
- (b) 0°C-8°C
- (c) 0°C-10°C
- (d) 0°C-12°C

3. The food temperature 'danger zone' is between what temperature range?

- (a) 15°C-75°C
- (b) 5°C-80°C
- (c) 5°C-60°C**
- (d) 0°C-15°C

4. How can you tell if food has enough bacteria to cause food poisoning?

- (a) It smells bad
- (b) It tastes bad
- (c) It smells, tastes, and looks bad
- (d) You can't tell. It smells, tastes, and looks normal**

5. The correct way to thaw food is:

(a) Leave on the bench over night

(b) In the refrigerator on the bottom shelf

(c) In the sink

(d) Cook it still frozen

6. When reheating cooked foods or cooking stuffed meat or poultry, the internal temperature should be at least:

(a) 100°C

(b) 37°C

(c) 75°C

(d) 50°C

7. Foods not likely to support bacterial growth are:

(a) Fresh meat and poultry

(b) Fish and seafood

(c) Dried pasta, noodles, or bread

(d) Milk and cream

8. The maximum length of time that prepared foods may be held in the temperature danger zone is:

(a) Overnight

(b) 4 hours

(c) 30 minutes

(d) 1 day

9. Hot food required for service the next day should:

(a) Be placed in the refrigerator immediately after cooking

(b) Be left in the kitchen to cool for 6 hours

(c) Be cooled rapidly then refrigerate and reheated to above 60°C

(d) Should be left in a cold oven overnight

10. What are the basic steps of washing hands?

(a) Wash thoroughly and dry well

(b) Apply soap, wash well, rinse and dry with disposable paper towel

(c) Apply soap, wash well, rinse and dry with tea towel

(d) Rinse and dry with tea towel

11. When storing food in the fridge or freezer, you should

(a) Cover, label & date foods

(b) Rotate stock – first in, first out rule

(c) Record the temperature of the fridge and/or freezer daily

(d) All of the above

12. If you are a food handler and you have been vomiting and/or had diarrhea when should you return to work?

(a) When you feel better

(b) After 1 week

(c) When your doctor advises you can

(d) The next day

13. When preparing food, any cuts and wounds should be:

- (a) Covered with a band aid
- (b) Left uncovered
- (c) Covered with a blue band aid & disposable glove**
- (d) Covered with a disposable glove

14. A detergent:

- (a) Helps remove visible soil**
- (b) Helps reduce microbial load
- (c) Makes cleaning easier
- (d) Leaves a pleasant after-smell

15. A sanitizer:

- (a) Helps remove visible soil
- (b) Helps reduce microbial load**
- (c) Makes cleaning easier
- (d) Leaves a pleasant after-smell

16. What are the basic steps for cleaning effectively?

- (a) Main cleaning and rinsing
- (b) Scraping, main cleaning, sanitizing, and wiping
- (c) Scraping, main cleaning, sanitizing, and air drying**
- (d) Rinsing, sanitizing, and wiping

All About Farming

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Old McDonald Had a Farm Videos | LF

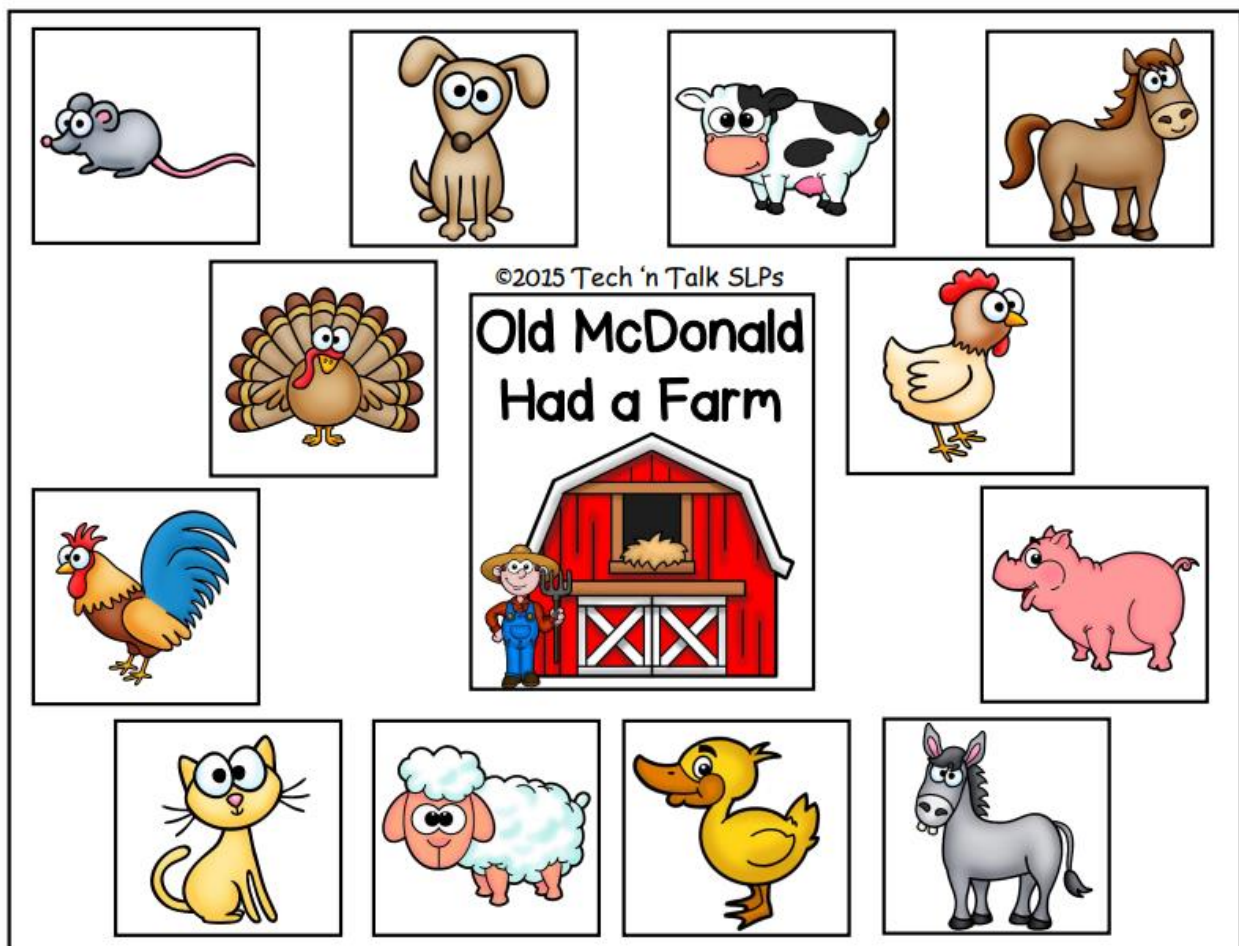
Share Screen via Zoom and click on links below to watch the Old MacDonald Had A Farm Videos.

- Old MacDonald Had a Farm | Mother Goose Club Playhouse Kids Song (3 min 16 sec) <https://youtu.be/X7UPMcaRrRg>
- Old McDonald Had a Farm - Song - Nursery Rhymes Preschool Learning Educational Classic (1 min 34 sec) <https://youtu.be/LMfFuxWg56E>

Option 1b: Old McDonald Had a Farm Worksheet | LF

Share Screen via Zoom to show participant the Old McDonald Had a Farm worksheet.

Can you name all the animals below?



Option 2a: Farm Animals Educational Quiz/Game | LF

Share Screen via Zoom and click on links below to learn more about farm animals.

- Animals Quiz / Farm Animals (2 min 48 sec) <https://youtu.be/hecl5K-Mgjk>
- Farm Animals Game | Farmyard Animals Vocabulary (3 min 37 sec) <https://youtu.be/HODVnV5tldw>































Option 2b: Farm Patterns Worksheet | LF

Share Screen via Zoom to show participant the Farm Patterns worksheet.

Can you complete each pattern using the animals at the bottom of the page below!

Farm Patterns

Can you complete each pattern using the animals at the bottom of the page?

Option 3a: Farm Animal Counting Videos | LF

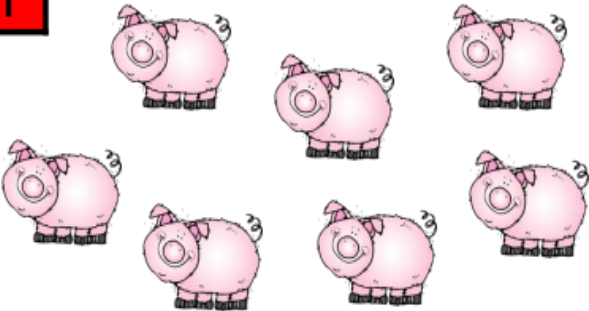
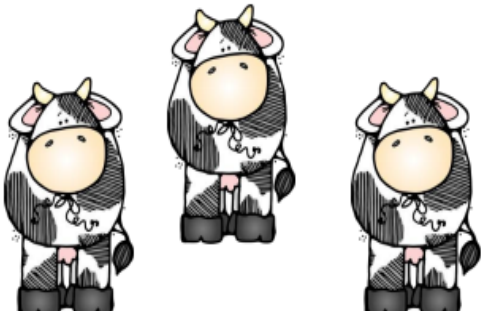
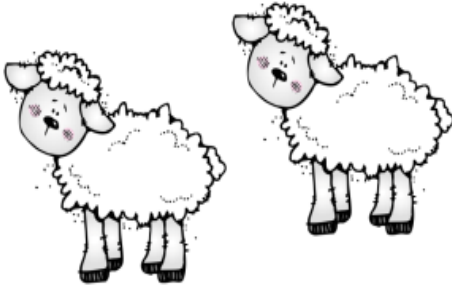
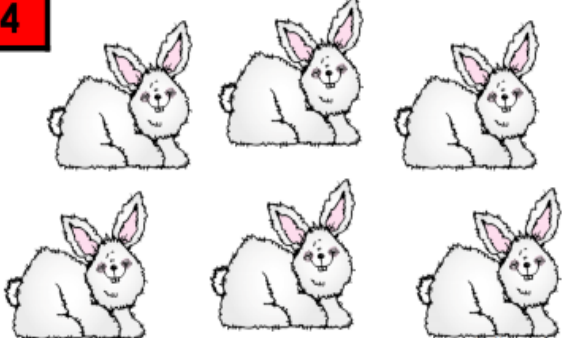
Share Screen via Zoom and click on links below to learn how to count with farm animals.

- Counting on the Farm - Counting Farm Animals - Nursery Rhymes Preschool Songs (6 min 22 sec) <https://youtu.be/UsbZ-1VmNvw>
- Count to Ten with Farm Animals (3 min 10 sec) <https://youtu.be/IZmhZwzVMeY>

Option 3b: Farm Animals: How many in all? Worksheet | LF

Share Screen via Zoom to show participant the Farm Animals: How many in all worksheet.

Count how many farm animals there are!

<p>1</p>  <p>© Nancy Alvarez 2013</p>	<p>2</p>  <p>© Nancy Alvarez 2013</p>				
<p>7</p>	<p>9</p>	<p>6</p>	<p>5</p>	<p>4</p>	<p>3</p>
<p>3</p>  <p>© Nancy Alvarez 2013</p>	<p>4</p>  <p>© Nancy Alvarez 2013</p>				
<p>3</p>	<p>2</p>	<p>4</p>	<p>5</p>	<p>8</p>	<p>6</p>

Option 4a: Farm Animal ABC Educational Videos | LF

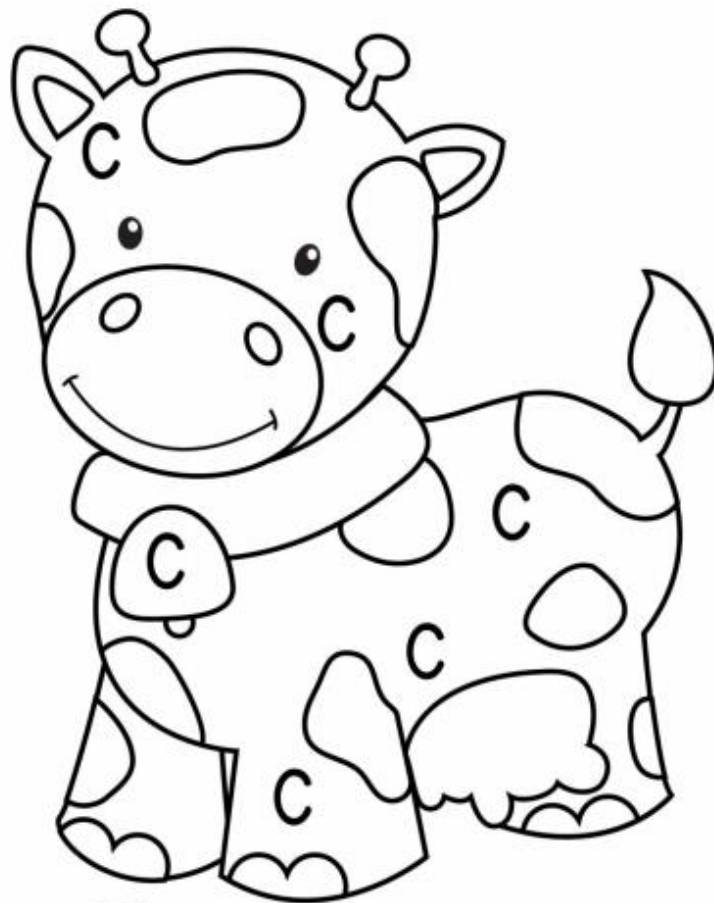
Share Screen via Zoom and click on links below to learn your ABC's with farm animals.

- "Alphabet Farm" - ABC Alphabet Song for Preschool (3 min 53 sec)
<https://youtu.be/tUohq8UdWhY>
- Animal ABC | Learn the alphabet with Farm Animals for children (2 min 37 sec)
https://youtu.be/EY_6bawAllQ

Option 4b: C is for Cow Worksheet | LF

Share Screen via Zoom to show participant the C is for Cow worksheet.

Can you find all the C's on the Cow?



C is for Cow

Can you find all the C's on the cow?

Option 5a: Farm Animals Songs | LF

Share Screen via Zoom and click on links below to learn more about farm animals.

- The Animals On The Farm | Super Simple Songs (3 min 23 sec) <https://youtu.be/zxEq-QO3xTg>
- Animals on the Farm/Animal Sounds Song/Farm Song for Children (2 min 44 sec) <https://youtu.be/IJVMwuv2XYU>

Option 5b: Farm Animal Wordsearch | LF

Share Screen via Zoom to show participant the Farm Animal Word Search.

Name: _____



Farm Animal Word Search



W	I	S	H	E	E	P	Z
A	D	H	S	V	Z	C	O
L	B	O	A	T	S	H	N
O	S	R	G	E	P	I	K
D	B	S	C	A	T	C	E
U	D	E	G	O	M	K	Y
C	H	I	J	F	H	E	N
K	P	C	O	W	L	N	U



CAT



DUCK



CHICKEN



HORSE



COW



PIG



DOG



SHEEP

Option 6a: I Want to be a Farmer Video | LF

Share Screen via Zoom and click on link below to learn about being a farmer.

- I Want to Be A Farmer - Kids Dream Job - Can You Imagine That? (5 min)
<https://youtu.be/WtH7hNKyOD8>

Option 6b: At the Farm Coloring Page | LF

Share Screen via Zoom to show participant the At the Farm coloring page.

Use the color code to color the picture below!

Name _____

Use the color code to color the picture.



Color Code

1- red

2- green

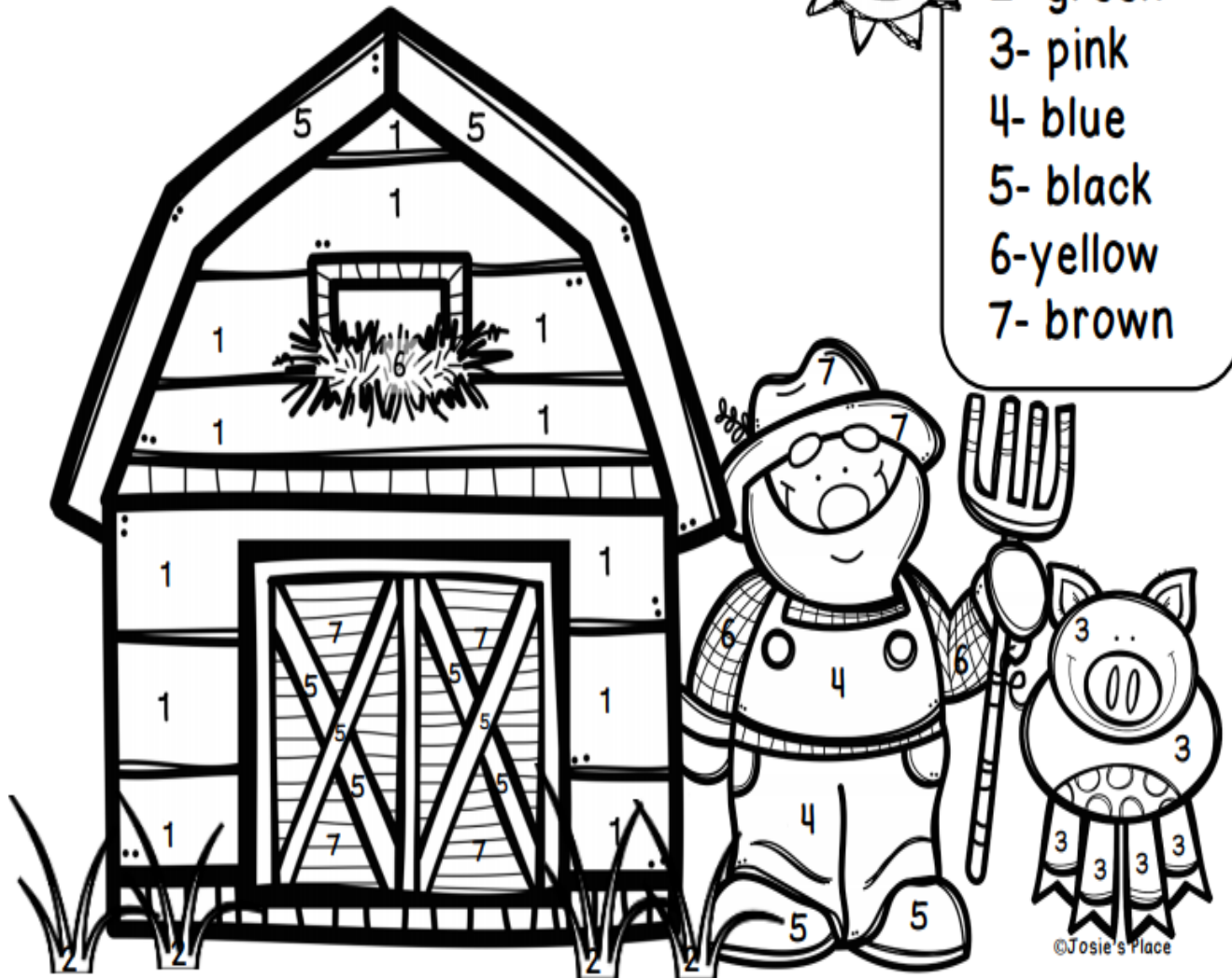
3- pink

4- blue

5- black

6- yellow

7- brown



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Option 7: Phone Call/Face Time Curriculum | HF and LF

Conversation starters

1. How important is farming in your country?
2. Is farming in your country in a healthy condition?
3. What crops are farmed in your country?
4. What livestock is raised in your country?
5. Do you think farming offers a good quality of life?
6. How different is farming across the world?
7. What do you think of farming GM crops?
8. How can subsistence farming become more profitable?
9. What do you think of the intensive farming methods used in rich countries?
10. Do you think the farming of crops for biofuels is a good idea?
11. What are the challenges the farming industry faces today?
12. Does farming help or add to global warming?
13. Would you like to be a farmer?
14. Do you think we could save the world if we all went back to farming?
15. Are you interested in farming news?
16. Would you prefer to work in dairy farming or arable farming?
17. What do you know about factory farming?
18. Does farming help preserve the countryside?
19. Do you think governments should encourage more organic farming?
20. What do you understand by the term 'urban farming'?

Hilarious Farmer Jokes

- As a farmer, I hear lots of jokes about sheep. - I'd tell them to my dog but he'd herd them all.
- What did the farmer call his cow? - Pat.
- What did the neurotic pig say to the farmer? - You take me for grunted.
- Why did the cow jump over the moon? - The farmer had cold hands.
- Why can't the bankrupt farmer complain? - Because he's got no beef.
- What happened when the farmer crossed a chili pepper, a shovel and a terrier? - He got a hot-diggity-dog.
- What new crop did the farmer plant? - Beets me.
- Why did the pig take a bath? - Because the farmer said, "Hogwash".
- Why do cows like being told farmer jokes? - Because they like being amused.
- What did the farmer say when he lost one of his cows? - What a miss-steak.

All About Respect

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Sesame Street Educational Videos

Share Screen via Zoom and click on link below to learn more about respect.

- Sesame Street: Respect | Word on the Street (5 mins 45 sec) <https://youtu.be/GOzrAK4gOSo>
- Sesame Street: Respect World (3 min 10 sec) <https://youtu.be/M1Efoe-Wx7>

Option 1b: This is me showing Respect Worksheet

Share Screen via Zoom to show participant the This is me showing Respect worksheet.

Draw 4 different pictures of you showing respect!

The worksheet features a decorative border with a repeating pattern of stylized figures. At the top, the text reads "This is ME showing RESPECT!!!". The word "ME" is in a blue, blocky font, while "RESPECT!!!" is in a large, bold, black font with a hatched texture. Below the text is a large rectangular area divided into four equal quadrants by a horizontal and a vertical line, intended for drawing.

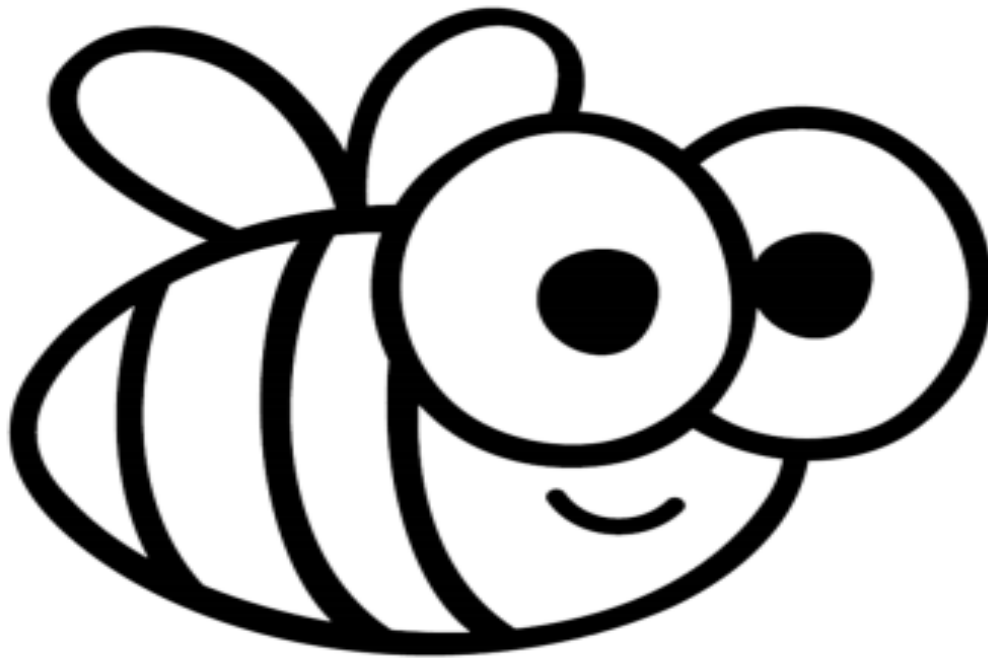
Option 2a: Care Bears Being Respectful to Others Educational video

Share Screen via Zoom and click on link below to learn more about respect.

- Care Bears | Being Respectful of Others (11 min 24 sec) <https://youtu.be/gp4OgOX6RNo>

Option 2b: Bee Respectful Worksheet

Share Screen via Zoom to show participant the Bee Respectful worksheet.



Can Be Respectful By

©Over The MoonBow

Option 3a: Respecting Others Educational Videos

















Share Screen via Zoom and click on links below to learn more about respect.

- Respecting others (4 min 15 sec) <https://youtu.be/tblo9qztEn0>
- Children's Advocacy Center | Respect others (2 min 26 sec) <https://youtu.be/O40DNH9G9cA>

Option 3b: Respect Clip Art Worksheet

Share Screen via Zoom to show participant the Respect Clip Art worksheet.

Have your participant identify what is respect & disrespect below!

 <p>HAVING A SAFE BODY</p>	 <p>BEING INTERESTED IN OTHERS</p>	 <p>PUSHING OTHERS</p>	 <p>INVADING PERSONAL SPACE</p>
 <p>LISTENING</p>	 <p>LOOKING AT WHO'S TALKING TO YOU</p>	 <p>KICKING OTHERS</p>	 <p>NOT LISTENING</p>
 <p>HELPING OTHERS</p>	 <p>GIVING A HIGH 5</p>	 <p>MAKING FUN OF OTHERS</p>	 <p>PINCHING OTHERS</p>
 <p>SAYING NICE WORDS TO FRIENDS</p>	 <p>SHARING</p>	 <p>THROWING OBJECTS</p>	 <p>STEALING</p>

Option 4a: Respect Educational Videos from the Mojo Show

Share Screen via Zoom and click on links below to learn more about respect.


- Respect (Part 1/3) | "The Very Important Monster" | Mojo Show (3 min 21 sec)
https://youtu.be/E_IcinAftuk
- Respect (Part 2/3) | "Respect Takes Time" | Mojo Show (3 min 20 sec)
<https://youtu.be/nABxCW3ARFQ>
- Respect (Part 3/3) | "The Golden Rule" | Mojo Show (3 min 22 sec)
https://youtu.be/PL5_BUQ2uQQ

Option 4b: Help John Maze Worksheet

Share Screen via Zoom to show participant the Help John worksheet.

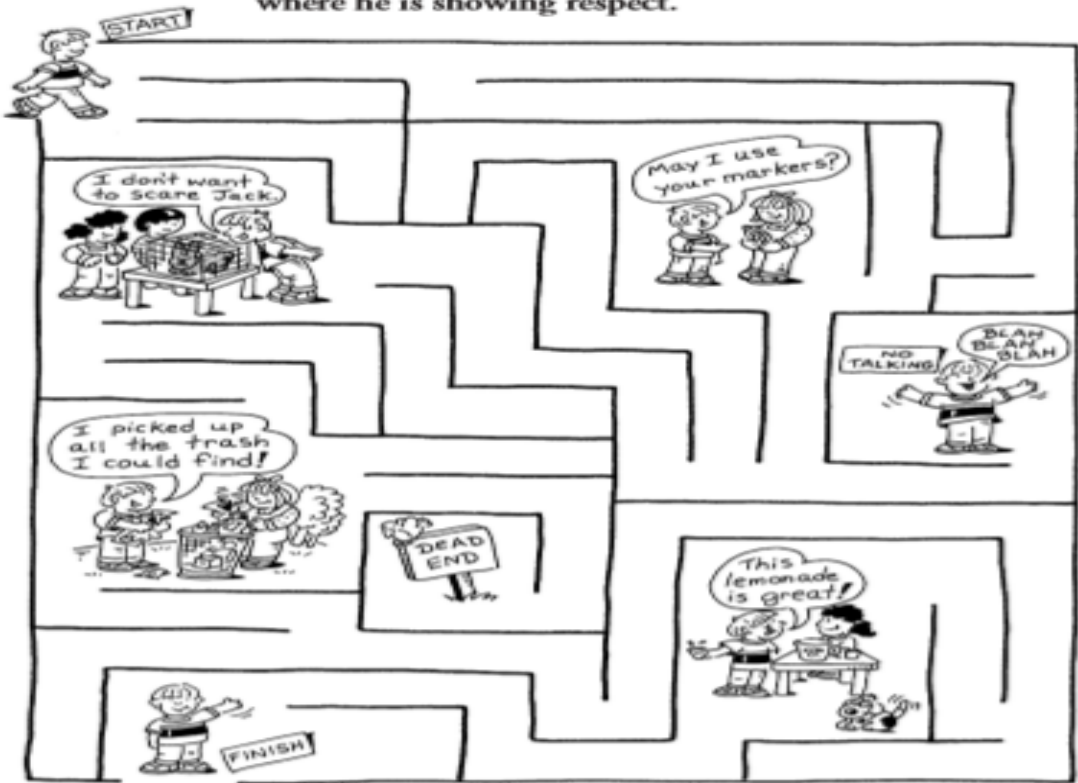
Help John get through the maze by showing respect!

Name _____ Activity Sheet 9



Help John

John is learning about what respect means.
Help him get through the maze.
He can only get to the end by passing the places where he is showing respect.



WHAT'S RESPECT? 24

Option 5a: Show Some Respect Educational Video

Share Screen via Zoom and click on link below to learn more about respect.

- Show Some Respect (4 min 9 sec) <https://youtu.be/t40SZtaJo84>

Option 5b: Respect Color by Numbers Worksheet

Share Screen via Zoom to show participant the Respect Color by Numbers worksheet.

Name _____

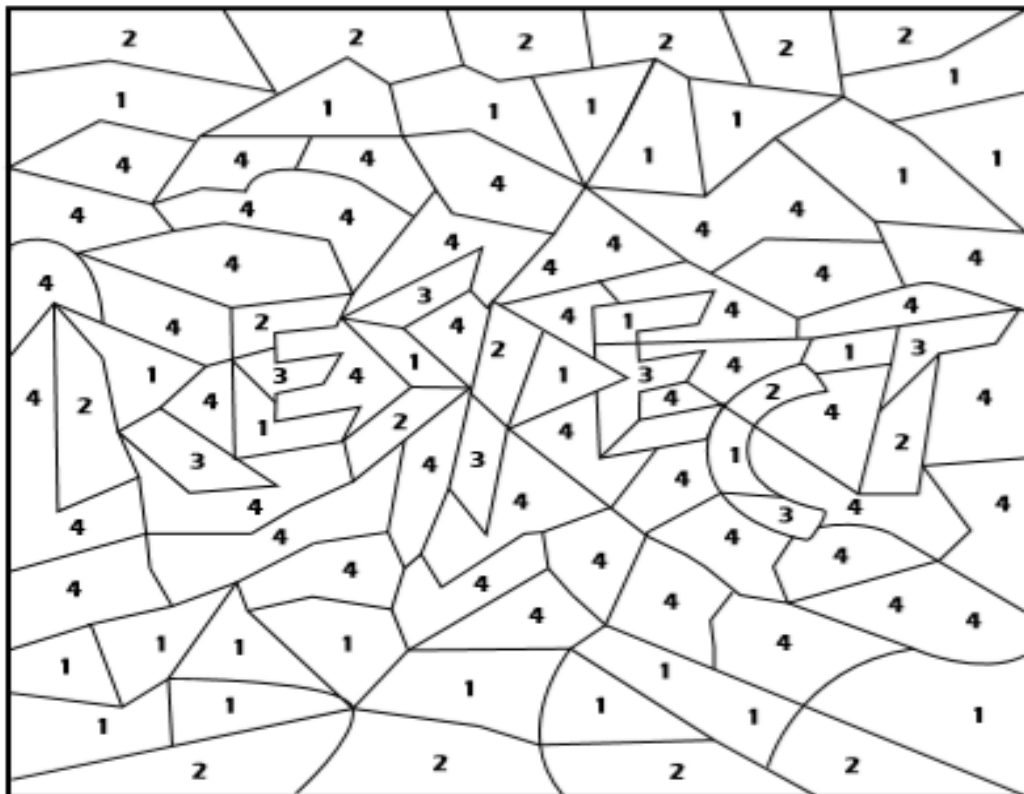
Activity Sheet 1



What Is It?

Use the chart to color the shapes.

1 = blue
2 = red
3 = green
4 = yellow



Option 6: Phone Call/Face Time Curriculum | HF and LF

1. What does it feel like to be respected?
2. What does it feel like to be disrespected?
3. What role does respect play in your relationships with friends and family?
4. What are some respectful behaviors?
5. How important is respect in our lives? Why?
6. Do you consider yourself to be a respectful person? Why or why not? In what ways do you show respect to others?
7. Do you have to like someone to respect him or her. Do you agree? Why or why not?
8. Describe one person you respect in your life. What does this person do to earn your respect?
9. Does a person have to earn respect, or do all people deserve it?
10. How do you show respect to others? Do you show respect to strangers differently than you do to friends?
11. Does it feel different to be disrespected by a stranger than to be disrespected by a friend? How?
12. What are the benefits of people treating each other with respect?
13. When was the last time you disrespected someone? What was the reason? How did you express this disrespect? What effect did your behavior have?
14. When was the last time someone disrespected you? What do you think was their reason for treating you in that way?
15. What are some reasons people show disrespect for others?
16. How do you feel when someone judges you without knowing you or giving you a chance?
17. How do you feel when someone you disagree with calls you a name?
18. How do you feel when someone bumps into you in the hall and doesn't apologize? What does saying "I'm sorry" have to do with respect?
19. Agree or disagree: Courtesy and politeness are only for adults. Explain your answer.
20. If someone treats you with disrespect, you don't have to treat that person with respect. Do you agree? How should you respond to someone who is disrespectful of you?
21. How do you think respect affects your community, the world?
22. Does everyone deserve respect? Why or why not?
23. What is the difference between respecting a person and respecting others' property, school property, etc.?

Moving Through Changes & How to Cope

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: What is Change? Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about what is change.

- A Social Story for Kids About Change (2 min 10 sec) https://youtu.be/Xsg_N9pqplk
- Changes (2 min 37 sec) <https://youtu.be/dc-5o0-wqec>

Option 1b: What is Change? Worksheet | LF

Share Screen via Zoom to show participant the What is Change worksheet.

Have your Participant draw a recent change in their life and how the change has made them feel!

What is Change?

A change is when something different happens in your life. Many times, the change is something you didn't expect. Everyone experiences changes everyday. Change can happen at school, in your home, with your friends or in your family. Change can be easy or difficult to handle.

Read (or have someone read to you) what is written in the boxes below.
Then draw a picture in each box.

What has changed in your life recently?
Draw a picture of one of the changes below.

How has this change made you feel?
Draw a picture of how you are feeling below.

This change has made me feel:



Option 2a: Big Changes Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about big changes.

- Sesame Street: Changes Song (2 min 19 sec) <https://youtu.be/yILapstvgzg>
- Boy With Autism Gets Dog Who Changes His Life | The Dodo (1 min 59 sec) <https://youtu.be/5YssM3BYlu4>

Option 2b: Big Changes Worksheet | LF

Share Screen via Zoom to show participant the Big Changes worksheet.

Have your Participant draw a big change they experienced when they were younger and a current big change!

Big Changes

Big changes can be scary, exciting or upsetting. Examples of big changes are: moving to a new city, when a baby brother or sister is born, or when a pet or grandparent passes away. Read (or have someone read to you) what is written in the boxes below. Then draw a picture in each box.

What is a big change that you experienced when you were younger? Draw a picture of that change below.

What is a big change that you are experiencing right now? Draw a picture of that change below.

This change made me feel: _____

This change is making me feel: _____

Option 3a: Small Changes Educational Video | LF

Share Screen via Zoom and click on link below to learn more about small changes.

- "No Small Change" - Children's Story (7 min 24 sec) <https://youtu.be/HPYdnoI5Nkg>

Option 3b: Small Changes Worksheet | LF

Share Screen via Zoom to show participant the Small Changes worksheet.

Have your Participant draw a small change they experienced when they were younger and a current small change!

Small Changes

Small changes can be annoying, confusing or interesting. Some examples of small changes are: cancelling a party or appointment, changing the foods you eat or going to bed at a different time. Read (or have someone read to you) what is written in the boxes below. Then draw a picture in each box.

What is a small change that you experienced when you were younger? Draw a picture of that change below.

This change made me feel: _____

What is a small change that you are experiencing right now? Draw a picture of that change below.

This change is making me feel: _____

Success in Special Ed © 2020

Option 4a: Dealing with Change Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about dealing with change.


- Coping with Change (3 min 22 sec) <https://youtu.be/o4yE6BidJCM>
- Coping With Change Steps (4 min 9 sec) https://youtu.be/hyx_QYkCjZs


Option 4b: Dealing with Change Short Story | LF


Share Screen via Zoom to show participant the Dealing with Change short story.


Read this short story aloud to your participant!


Dealing with Change
(School to home school edition)


 What is change?


 Change is when something is different.


 Change makes me feel nervous.


 Feeling nervous is okay. I will take 5 deep breaths.


 What is going to change?


 I will do school work at home instead of in my classroom.


 Who will be my teacher?

 My teacher will help my family teach me at home.

 Where will my friends and teachers be?

 My teacher and my friends will be at their homes, just like me.

 Why do we have to have school at home?

 We will have school at home to keep us from spreading germs.

Option 5a: Picking Good Coping Skills Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about picking good coping skills.

- Coping Skill: 5, 4, 3, 2, 1 Grounding Technique (1 min 51 sec) <https://youtu.be/8IM8pgMgjEs>
- Sesame Street: Relax (Word on the Street Podcast) (5 min 41 sec) https://youtu.be/Cq_eDGKs5MU

Option 5b: Picking Good Coping Skills Worksheet | LF

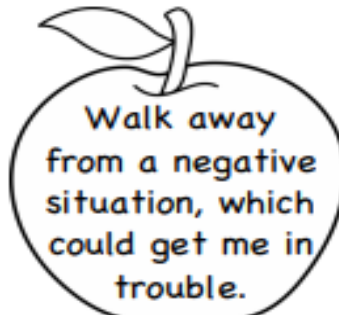
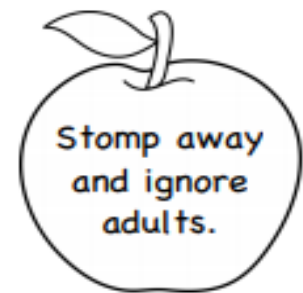
Share Screen via Zoom to show participant the Picking Good Coping Skills worksheet.

Name: _____ Date: _____

Picking Good Coping Skills

Color the helpful ways
to cope with feelings
yellow.

Color the hurtful ways
to cope with feelings
red.



Option 6a: Catching Good Coping Skills Educational Videos | LF

Share Screen via Zoom and click on links below to learn more about catching good coping skills.

- Keeping Calm - Building Resilience with Hunter and Eve (2 min 32 sec)
<https://youtu.be/losfxbMKwPo>
- Bring It Down - Flow | GoNoodle (3 min 2 sec) https://youtu.be/bRkLIoT_NA

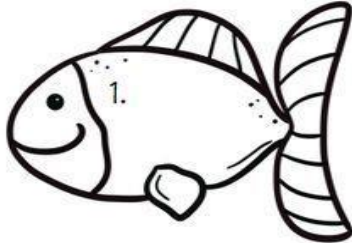
Option 6b: Catching Good Coping Skills Worksheet | LF

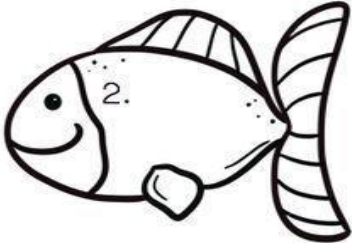
Share Screen via Zoom to show participant the Catching Good Coping Skills worksheet.

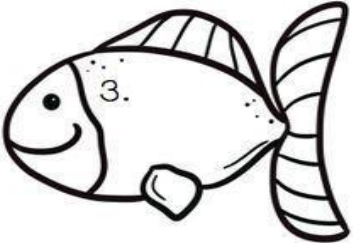
Name: _____

Catching Good Coping Skills

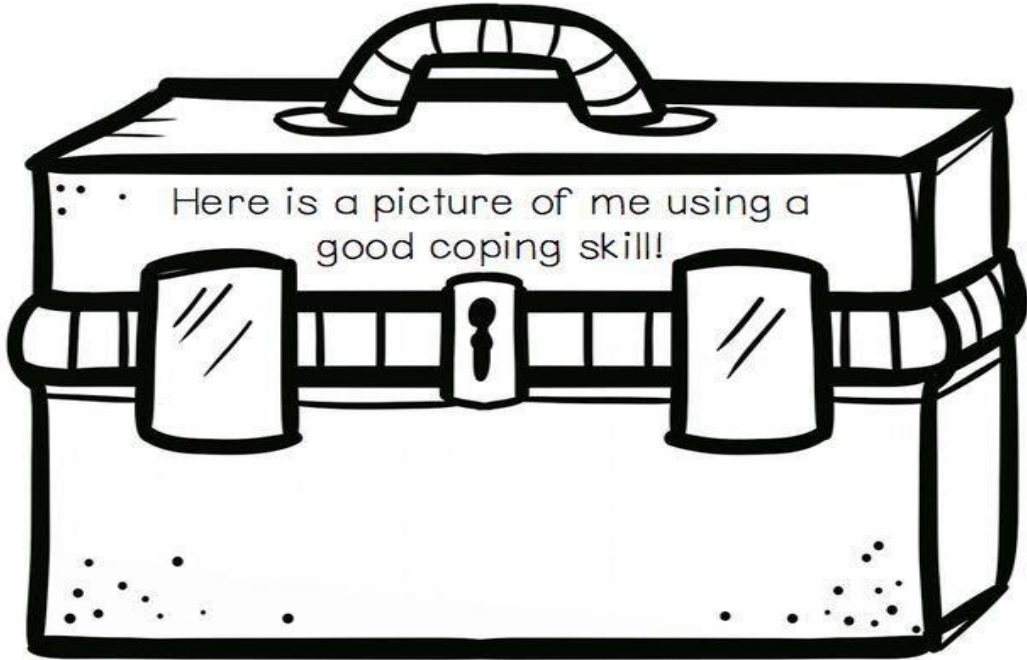
Getting angry or upset is normal and okay! When I feel this way, there are many ways that I can handle my feelings appropriately! Here are three great ways I can calm down:

1. 

2. 

3. 

Here is a picture of me using a good coping skill!



Option 7: Phone Call/Face Time Curriculum | HF and LF

Conversation starters

1. What is one thing you enjoyed about today?
2. What is one thing you would change about today?
3. What is something fun you did today?
4. What is something you did not like about today?
5. What is something that made you think really hard today?
6. What was a mistake you made today?
7. Name one thing you want to accomplish by the end of the day/week/month/year.
8. If you could be any cartoon character, who would you be?
9. What is your favorite song?
10. If you could eat lunch with any famous person, who would you eat lunch with?
11. What is something you learned today?
12. What is something about today that you found interesting?
13. Name something you are proud of yourself for.
14. If you could be any age at all, which age would you be?
15. If you could have any job, what would it be?
16. If you could travel anywhere, where would you go?
17. If you could change one thing about our world, what would it be?
18. If you could change the ending to any story/book, what would it be?
19. If someone gave you \$100, what would you spend it on?
20. If you could have any pet, what would it be?
21. What is your favorite fruit?
22. What is your favorite vegetable?
23. What is your least favorite fruit?
24. What is your least favorite vegetable?
25. What is your very most favorite food?
26. What is your favorite drink?
27. If you could ask God a question, what would it be?
28. How much TV/screen time do you think kids should have each day?

29. What is something that scares you?
30. If you could change one thing about your room, what would it be?
31. If you could change one law, which one would you change?
32. If you had paint and a blank canvas, what would you paint?
33. Would you rather eat your least favorite vegetable or give someone all of your money from your piggy bank?
34. What is something you consider yourself really good at?
35. Describe yourself in one word.
36. What is your most favorite thing to do outside?
37. What is your favorite TV show and why?
38. What is your favorite season and why?
39. What is your favorite holiday?
40. What is something that embarrasses you a lot?
41. Describe your ideal/perfect day.
42. If you could have one superpower, what would you want it to be?
43. If you could only shop in one store for the rest of your life, which store would it be?
44. Would you rather travel by boat, plane, or car?
45. If you could only keep 3 books, which ones would you keep?
46. What is one way that you can tell someone loves you?
47. What is one way that you can show someone you love them?
48. What is something that you look for in a friend?
49. What is your favorite animal?
50. What is the funniest joke you know?
51. What is something that really confuses you?
52. If you had to give yourself a new name, what would you name yourself?
53. Who is the kindest person you know?
54. If you could be any animal, what would you be and why?
55. What do you think your best quality is?
56. Describe a time when someone helped you.
57. What is your favorite sandwich?
58. What are you most grateful for today?

59. If you could drive any car in the world, what would it be?
60. If you had a million dollars to spend on anything, what you spend it on?
61. What is the silliest thing you have ever done?
62. If you could make your own movie, what would it be called?
63. Name 5 things you would take to a deserted island.
64. What do you remember most about the past year?
65. If you could add one thing to your backyard, what would it be?
66. If your friends/family could only use one word to describe you, what do you think that word be?
67. What is your favorite kind of candy?
68. What is your favorite thing to wear?
69. What is your favorite smell?
70. If you could eat one type of food for the rest of your life, what would it be?
71. If you could volunteer anywhere, where would it be?
72. If you had to choose another country to live in, where would you live?
73. If you could buy a ticket to travel to the moon, would you go? Why or why not?
74. Would you rather go to a snowy mountain town or a tropical beach?
75. Would you rather skip, march, or hop everywhere you went?
76. What topic interests you the most?
77. What do you think you will be doing 10 years from now?
78. Name one thing that makes you feel sad.
79. If you could have only one of your senses, which one would you choose?
80. What is your favorite gift you have ever received?
81. What is your favorite way to help others?
82. What is a random act of kindness you would like to do?
83. If you could go into any TV show, which one would it be?
84. If you could train any zoo animal, which one would you choose?
85. Would you rather go to the doctor or the dentist?
86. If you could... would you rather travel to the very bottom of the ocean, or to the sun?
87. Would you rather camp in a tent, or in a cabin... why?
88. What is something that makes you feel anxious?
89. What is your favorite day of the week?

90. What is your favorite part of your day?
91. Imagine if dinosaurs came back to life. What would you do?
92. If you could travel into the future, what would you want to see?
93. What is your favorite color and why?
94. What is a fear you have gotten over? How did you get over it?
95. If you could make a rule for the day and everyone had to follow it, what would it be?
96. If you were the President of the country for a day, what is the first thing you would do?
97. Would you rather have the power to shrink something, or make it bigger?
98. If you could learn any language, what one would it be?
99. If you could swim in a pool of any food, what food would it be?
100. What is your favorite month?

Dig Into Reading

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: The Very Hungry Caterpillar Animated Film | LF

Share Screen via Zoom and click on link below to watch the animated short film.

- The Very Hungry Caterpillar - Animated Film (6 min 47 sec) <https://youtu.be/75NQK-Sm1YY>

Option 1b: Happy Very Hungry Caterpillar Day! Worksheet | LF

Share Screen via Zoom to show participant the Happy Very Hungry Caterpillar worksheet.

Guess the letter to complete each words & practice your addition skills below!

Name _____

Happy Very Hungry Caterpillar Day!

The very hungry caterpillar ate through...



___pple



___atermelon



___ear



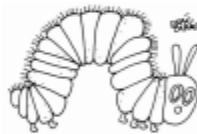
___eaf



___trawberry

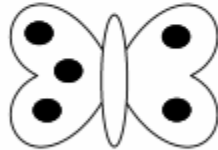


___ake

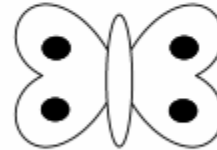


Butterfly Addition

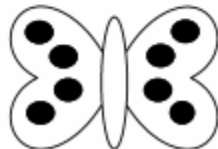
Find the sum of the dots on both of the wings, then write the addition sentence.



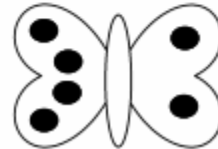
$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$



$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$



$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$



$$\underline{\quad} + \underline{\quad} = \underline{\quad}$$

Option 2a: The Very Hungry Caterpillar Read Aloud | LF

Share Screen via Zoom and click on link below to show participant The Very Hungry Caterpillar read aloud.

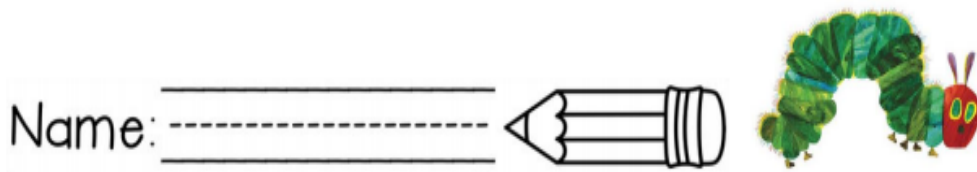
- The Very Hungry Caterpillar - Read Aloud Picture Book (4 min 2 sec)

<https://youtu.be/btFctMhF3iI>

Option 2b: If I were the Very Hungry Caterpillar Worksheet | LF

Share Screen via Zoom to show participant the Very Hungry Caterpillar worksheet.

Draw a picture of what you would eat if you were the very hungry caterpillar & practice your tracing skills below!



If I were the very hungry
caterpillar, I would eat

Option 3a: The Very Hungry Caterpillar Song | LF

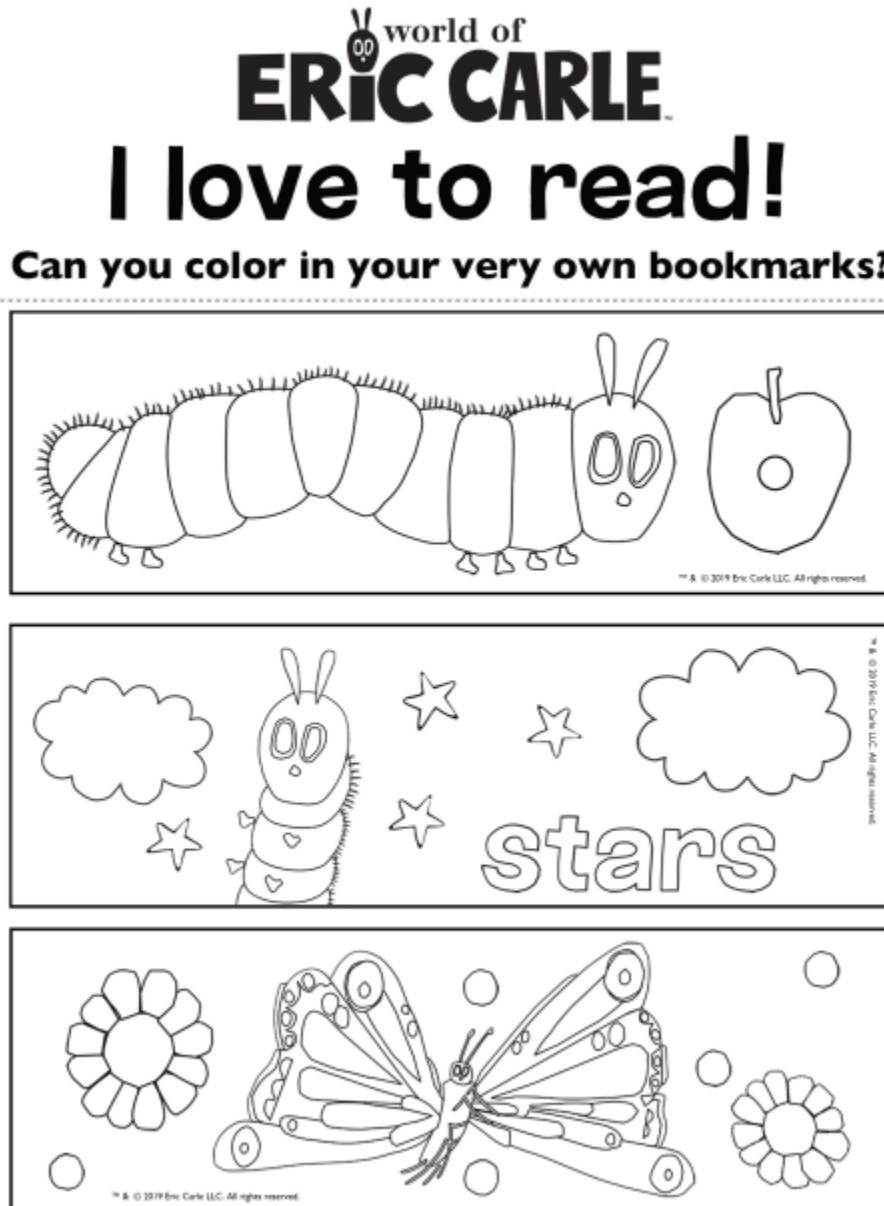
Share Screen via Zoom and click on link below to show participant The Very Hungry Caterpillar song.

- The Very Hungry Caterpillar Song (3 min 56 sec) <https://youtu.be/tUBBh4QzTU>

Option 3b: World of Eric Carl I Love to Read Bookmarks | LF

Share Screen via Zoom to show participant the World of Eric Carl I Love to Read bookmarks.

Color the bookmarks below!



Option 4a: The Very Hungry Caterpillar -stop motion Video | LF

Share Screen via Zoom and click on link below to learn more about The Very Hungry Caterpillar.

- The very hungry caterpillar -stop motion (6 min 11 sec) <https://youtu.be/bp1JuDFPpOY>

Option 4b: The Very Hungry Caterpillar Worksheet | LF

Share Screen via Zoom to show participant The Very Hungry Caterpillar worksheet.

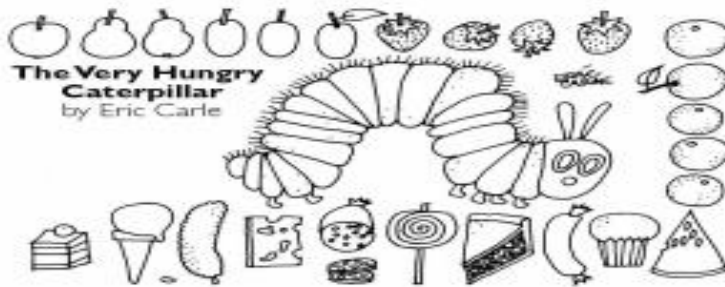
Read and color the items below & number pictures in the correct order for the life cycle of a butterfly!



The Very Hungry Caterpillar




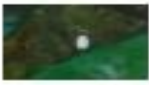




Read and color



The Very Hungry Caterpillar
by Eric Carle

- The apple is red.
- The pears are green.
- The plums are purple.
- The strawberries are green and red.
- The oranges are orange.
- The water melon is green and red.
- The cupcake is yellow and blue.
- The sausage is red.
- The cherry pie is brown and red.
- The lollipop is blue and yellow.
- The salami is pink and white.
- The cheese is yellow.
- The pickle is green.
- The ice-cream is red and white.
- The chocolate cake is brown.

The life cycle of a butterfly. Put the pictures in the right order

		Two weeks later the cocoon changes into a beautiful butterfly.
		There is an egg on a leaf.
		It grows fat.
		The egg hatches into a tiny and very hungry caterpillar.
		The caterpillar eats a lot.
		It changes into a cocoon.

Option 5: Caterpillar Grapes | LF/HF



With the permission and assistance from a caregiver or parent follow the steps below

Wash Hands



Pop these too-cute-not-to-try caterpillar grapes into lunchboxes for a healthy snack everyone will love!

- Prep Time 10 mins
- Cook Time 0 mins
- Total Time 10 mins
- Makes 6

INGREDIENTS:

- 3 celery sticks, trimmed
- 2 tbs smooth peanut butter or nut-free spread
- 30 green or red grapes
- 20g pkt Coles Funny Face Icing Figurines (optional)
- Extra celery, to decorate (optional)

DIRECTIONS:

- **Step 1**
Cut celery sticks into six 13cm-long pieces. Spoon 1½ tsp peanut butter or nut-free spread along the center of each long piece of celery.
- **Step 2**
Top each long piece of celery with 5 grapes. Use remaining peanut butter or nut-free spread to attach eyes from the Funny Face Icing Figurines, if desired.
- **Step 3**
Cut the extra celery, if using, into thin strips. Insert into the grapes to make antennae.
- **Step 4**
Serve and enjoy!

Option 6: "The Very Hungry Caterpillar" Inspired Finger Paint Art | LF/HF



Craft Materials:

Before starting this project, you'll need the following materials:

Egg Cartons, Cardstock, Paint, Paint Brushes

Getting Started:

I decided to add a little extra to my caterpillar craft. I made it look a little more like the book. Not just a single caterpillar floating on a piece of paper.

I used cardstock and grabbed all my paint colors for this one. I didn't want them to start mixing together so I put them in an egg carton. It worked out great. None of the colors mixed at all!!



Step 1 – Create Your Dots

Create all the dots at the bottom of the page first with your fingers. We let it dry for about 10 minutes before we created the caterpillar so he wouldn't rub the wet paint with his hands.



Quick Tip: Have wet washcloth next to you so that you could wipe the paint off your finger after each color.

Step 2 – Create Your Caterpillar

Next, dip your pointer finger in green paint to create the body (gently pressing his finger on the page). The head was next. We dipped his fingertip in the red paint and gently pressed down on the paper. Voila, a caterpillar body!

Step 3 – Create Your Sun

Then we made that colorful sun next! I just had my son paint a yellow sun with his fingers and added a little bit of orange for the rays.

Step 4 – Finishing Touches

Once all the paint was dry, we added the legs, eyes, and nose with a thin paint brush. Ta'da! All done!



Option 7: Phone Call/Face Time Curriculum | HF and LF

Conversation starters

1. Where do you think butterflies come from?
2. Have you ever saw a caterpillar or touched a caterpillar?
3. If you have touched one, how did it feel?
4. What color butterflies have you seen?

Please read *The Very Hungry Caterpillar* to your participant before asking the next questions

The Very Hungry Caterpillar by Eric Carle

In the light of the moon, a little egg lay on a leaf.

One Sunday morning, the warm sun came up and pop! – out of the egg came a tiny and very hungry caterpillar.

He started to look for some food.

On Monday he ate through one apple. But he was still hungry.

On Tuesday, he ate through two pears, but he was still hungry.

On Wednesday, he ate through three plums, but he was still hungry.

On Thursday, he ate through four strawberries, but he was still hungry.

On Friday, he ate through five oranges, but he was still hungry.

On Saturday he ate through one piece of chocolate cake, one ice-cream cone, one pickle, one slice of swiss cheese, one slice of salami, one lollipop, one piece of cherry pie, one sausage, one cupcake, and one slice of watermelon. That night he had a stomachache!

The next day was Sunday again. The caterpillar ate through one nice green leaf, and after that he felt much better.

Now he wasn't hungry anymore, and he wasn't a little caterpillar anymore. He was a big, fat caterpillar.

He built a small house around himself, called a Cocoon, and he stayed inside for more than two weeks.

Then he nibbled a hole in the cocoon, pushed his way out, and...

he was a beautiful butterfly.

1. What did the very hungry caterpillar eat on Monday? **Apples**
2. How many apples did he eat? **One**
3. What did the very hungry caterpillar eat on Tuesday? **Pears**
4. How many pears did he eat? **Two**
5. What did the caterpillar eat on Wednesday? **Plums**
6. How many plums did he eat? **Three**
7. What did that caterpillar eat on Thursday? **Strawberries**
8. How many strawberries did he eat? **Four**
9. What did that caterpillar eat on Friday? **Oranges**
10. How many oranges did he eat? **Five**
11. How many different foods did the caterpillar eat on Saturday? **Chocolate Cake, Ice Cream Cone, Pickle, Swiss Cheese, Salami, Lollipop, Cherry Pie, Sausage, Cupcake, and Watermelon. Ten.**
12. Why do you think he had a stomachache? **He ate too much food.**
13. Do you think you would have a stomachache if you ate that much food?
14. What do you do when you have a stomachache?
15. What made the caterpillar feel all better? **He ate what caterpillars are supposed to eat, a leaf.**
16. What foods would you eat if you were a caterpillar?
17. Where would you fly if you were a butterfly?

Hats off to Dr. Seuss

Daily Living Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Dr. Seuss Experience Video | LF

Share Screen via Zoom and click on link below to learn more about the Dr. Seuss experience.

- Dr. Seuss Experience: Go Inside The Immersive Exhibition | TODAY (2 min 40 sec)
<https://youtu.be/o7l6wRGm5bY>

Option 1b: Dr. Seuss Write the Room Worksheet | LF

Share Screen via Zoom to show participant the Dr. Seuss Write the Room worksheet.

Practice your tracing skills below!

Name: _____

Dr. Seuss Write the Room



Cat in the Hat



Horton



Grinch



Thing 1



Lorax



Dr. Seuss

Option 3a: The Cat in the Hat Movie Clip | LF

Share Screen via Zoom and click on link below to show participant The Cat in the Hat movie clip.

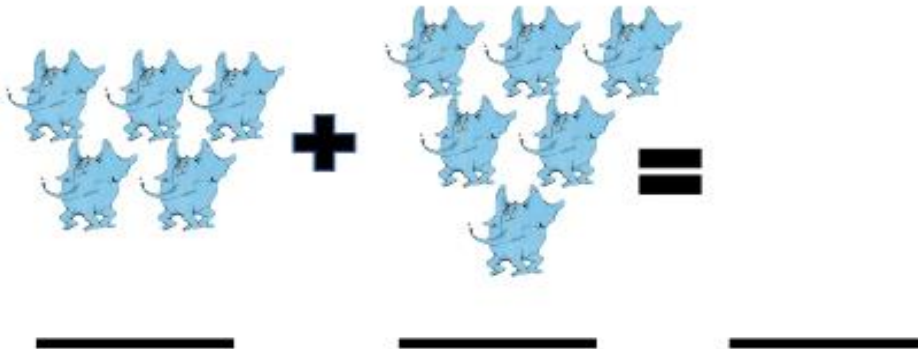
- The Cat in the Hat (2003) - The Cat Arrives Scene (3 min 26 sec) https://youtu.be/yld_D0rOn8Y

Option 3b: Count the Dr. Seuss Objects Worksheet | LF

Share Screen via Zoom to show participant the Count the Dr. Seuss Objects worksheet.

Write the numbers on the lines and add them together below!

Count the Dr. Seuss objects. Write the numbers on the lines, and add them together.



Option 4a: Dr. Seuss The Lorax Movie Clip | LF

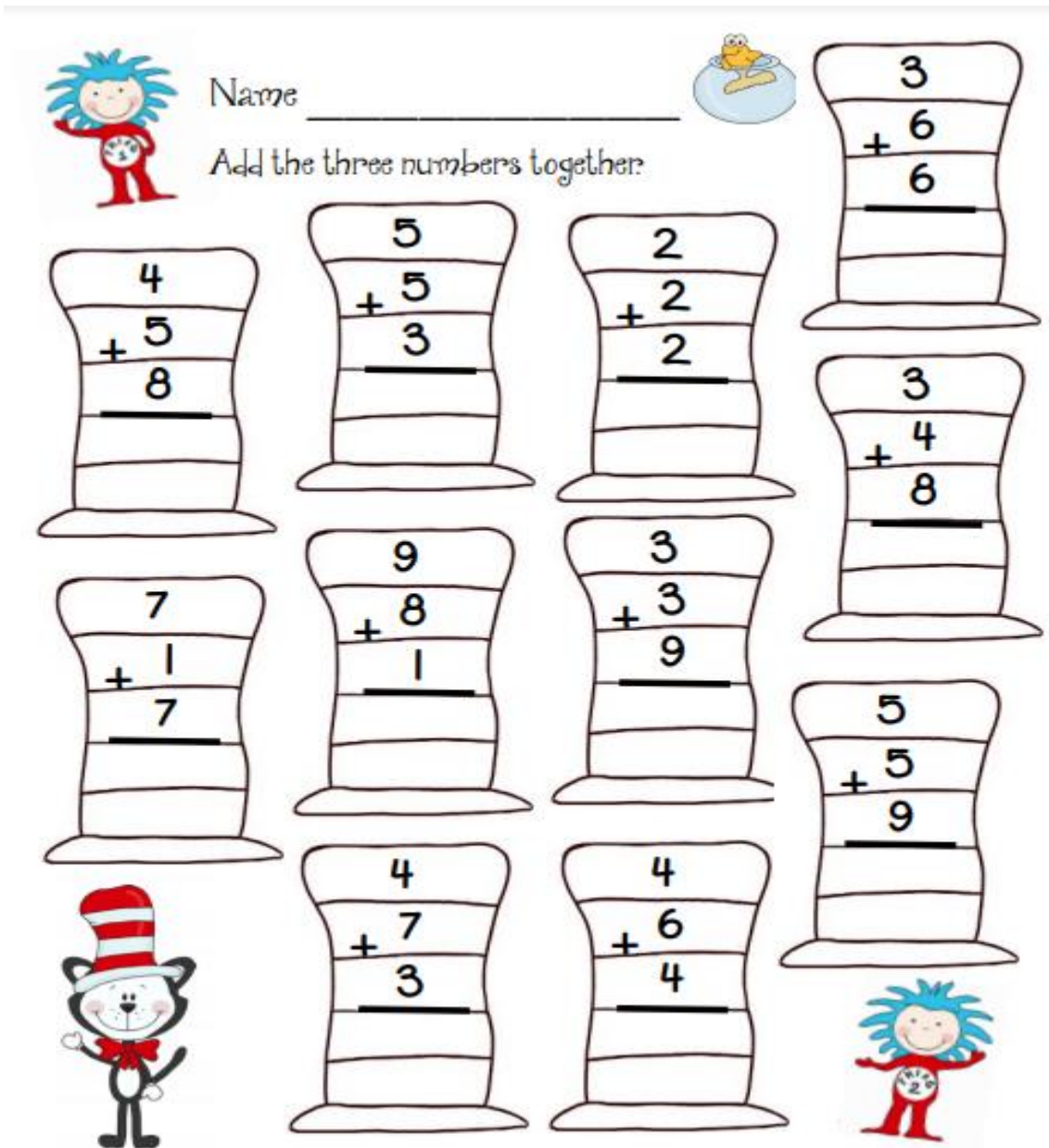
Share Screen via Zoom and click on link below to see The Lorax movie clip.

- Dr. Seuss' the Lorax (2012) - This Is the Place Scene (3 min 6 sec)
<https://youtu.be/tp1eVLXEXm8>

Option 4b: Add the Three Numbers Together Worksheet | LF

Share Screen via Zoom to show participant the Add the Three Numbers Together worksheet.

Add the three numbers together below!



Name _____

Add the three numbers together:

$\begin{array}{r} 4 \\ + 5 \\ \hline 8 \end{array}$	$\begin{array}{r} 5 \\ + 5 \\ \hline 3 \end{array}$	$\begin{array}{r} 2 \\ + 2 \\ \hline 2 \end{array}$	$\begin{array}{r} 3 \\ + 6 \\ \hline 6 \end{array}$
$\begin{array}{r} 7 \\ + 1 \\ \hline 7 \end{array}$	$\begin{array}{r} 9 \\ + 8 \\ \hline 1 \end{array}$	$\begin{array}{r} 3 \\ + 3 \\ \hline 9 \end{array}$	$\begin{array}{r} 3 \\ + 4 \\ \hline 8 \end{array}$
$\begin{array}{r} 4 \\ + 7 \\ \hline 3 \end{array}$	$\begin{array}{r} 4 \\ + 6 \\ \hline 4 \end{array}$	$\begin{array}{r} 5 \\ + 5 \\ \hline 9 \end{array}$	

Option 5a: Horton Hears a Who Movie Clip | LF

Share Screen via Zoom and click on link below to see the Horton Hears a Who movie clip.

- Horton Hears a Who! (1/5) Movie CLIP (2 min 34 sec) <https://youtu.be/7FkWC2S0MfY>

Option 5b: Dr. Seuss ABC Word Find Worksheet | LF

Share Screen via Zoom to show participant the Dr. Seuss ABC word find worksheet.

Find the words, alphabetize the words & write the words below!

Dr. Seuss ABC Word Find



Find the words!



p m u l b e r r y r
g m t n p a d s f o
r y h b e w m v c k
e n e w s p a p e r
a l o r a x g a l h
d s d a p n a m k y
g h o f r e z b p m
m a r c h a i p a e
t r v b h r n d p s
c h i l d r e n e o

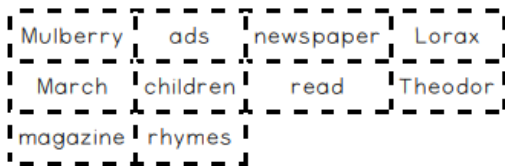
Alphabetize the words!

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Write the words!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Cut the words!



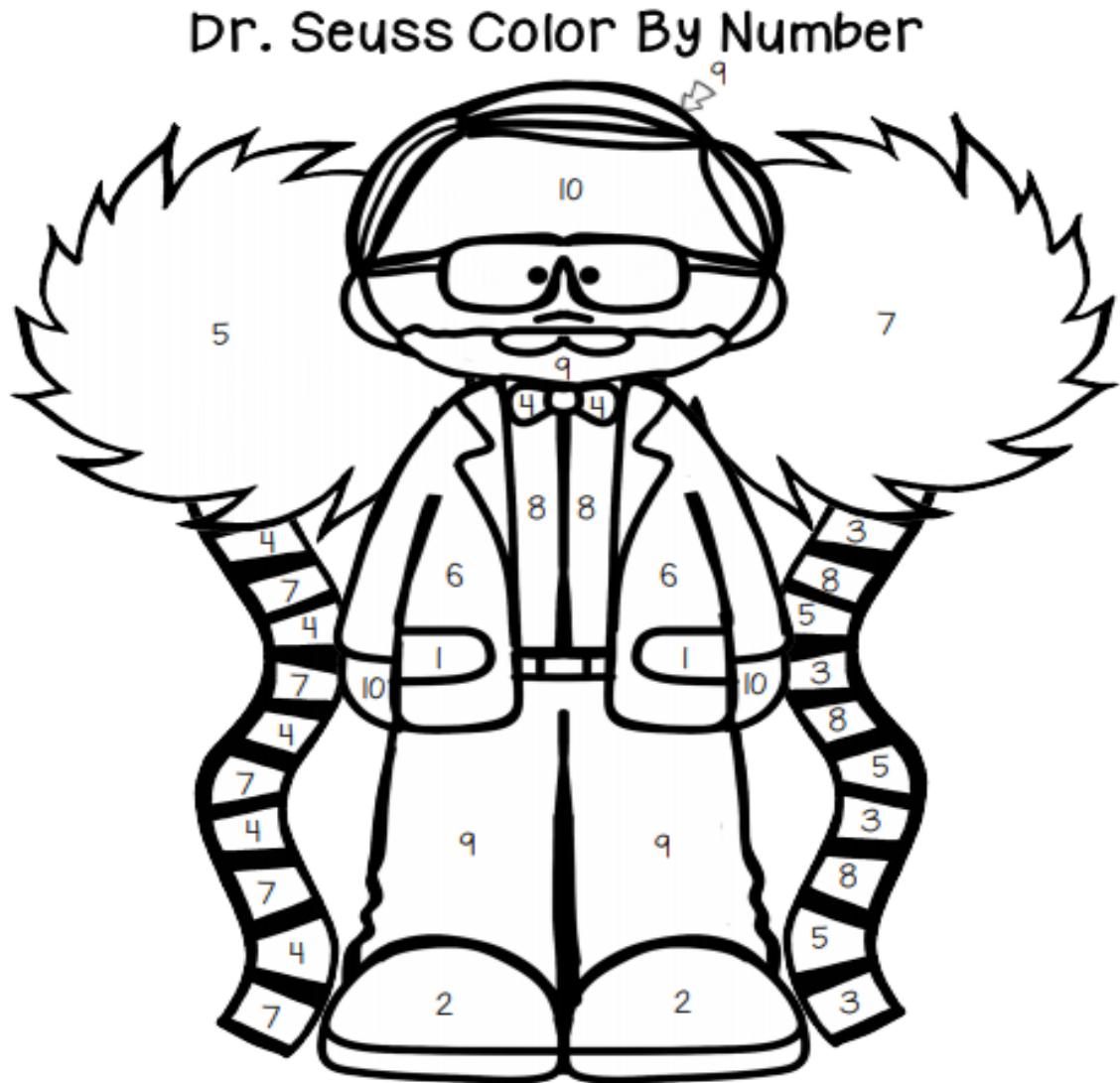
Option 6a: The Grinch Movie Clip | LF

Share Screen via Zoom and click on link below to see The Grinch movie clip.

- The Grinch (2018) - A Change of Heart Scene (3 min 7 sec) <https://youtu.be/DmXp6Pm-uLl>

Option 6b: Dr. Seuss Color by Number Coloring page | LF

Share Screen via Zoom to show participant the Dr. Seuss Color By Number coloring page.



1 = purple

2 = brown

3 = green

4 = yellow

5 = orange

6 = red

7 = pink

8 = blue

9 = gray

10 = tan

Option 7: Phone Call/Face Time Curriculum | HF and LF

Conversation starters/Would you Rather?

1. *Would you rather be a character in the movie *Gone with the Wind* or *The Wizard of Oz*?*
2. *Would you rather make a movie of your life before you were twenty-one or a movie of your life after the age of twenty-one?*
3. *Would you rather be an actor/actress in a movie or in a television show?*
4. *Would you rather be an actor/actress in a comedy or in a drama?*
5. *Would you rather do your own stunts in an action movie, or have a stunt person do them?*
6. *Would you rather play a villain or a hero in a movie?*
7. *Would you rather be on a game show or star in a soap opera?*
8. *Would you rather be a stand-up comedian or a concert pianist?*
9. *Would you rather be a famous movie star or a member of your favorite popular music group?*
10. *Would you rather win an Olympic Gold Medal or an Academy Award?*
11. *Would you rather be famous for your dancing or famous for your singing?*
12. *Would you rather not use your computer for a month or not eat junk food for a month?*
13. *Would you rather live in Narnia or go to school at Hogwarts?*
14. *Would you rather have only two close friends or many acquaintances?*
15. *Would you rather always have to sing instead of speaking or dance everywhere you went?*
16. *Would you rather save your country from an invasion or from a terrible disease?*
17. *Would you rather be very short or extremely tall?*
18. *Would you rather have overly large hands or very small feet?*
19. *Would you rather live without your phone for two weeks or your computer for a month?*
20. *Would you rather be invisible or be able to fly?*
21. *Would you rather live on a plant or beneath the sea?*
22. *Would you rather have to listen to music all of the time or not be able to listen to music at all?*
23. *Would you rather live one hundred years in the future or one hundred years in the past?*

Community Workers

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1: Community Types/Community Helpers Educational Videos, Read Alouds & Nursery Rhymes

Share Screen via Zoom and click on links below to learn more about communities and community helpers.

- Communities Types for Kids | Social Studies for Kids | Kids Academy (3 min 40 sec) <https://youtu.be/IGC0zgxRNJQ>
- Cartoon for Kids!! What is a Community? Social studies for Children (2 min 39 sec) <https://youtu.be/EYf4IFaW3ms>
- City Vocabulary Video - Public Places For Kids | Let's learn public places in the city (4 min 27 sec) <https://youtu.be/N45MNWHIRQ>
- Places in the City - Town Vocabulary in English | Lingokids - School Readiness (2 mins) <https://youtu.be/ANvk3lbe-fk>
- Community Helpers Play & Learn | Top Best Educational Apps for Kids (8 min 45 sec) <https://youtu.be/5dCe6kWYFvk>
- All Kinds of Helpers read aloud (2 min 42 sec) <https://youtu.be/wqWUQHtdsis>
- Interactive Read Aloud: Whose Hands Are These? (Community Helpers) (9 min 25 sec) <https://youtu.be/fZimXR8aW8U>
- Community Helpers | Nursery Rhymes & Kids Songs (2 min 12 sec) https://youtu.be/qjaw_a17zmE
- Jobs Song for Kids | What Do You Do? | Occupations | Fun Kids English (2 min 51 sec) <https://youtu.be/ckKQclquAXU>






Once the videos have been viewed complete the following worksheets:






Option 2: Which One is Different? Worksheet






Share Screen via Zoom to show participant the Which One is Different worksheet.






For this activity you will ask your participant to identify which one is different from each row of photos below. Make sure to give prompts as you go to ensure engagement throughout the activity.






Which One is Different?



































Created by Cassie @ 3Dinosaurs.com

Option 3: What Comes Next Worksheet

Share Screen via Zoom to show participant **What Comes Next** worksheet.

For this activity you will go over what comes next in the sequence with your participant. If a participant has a hard time on their own, give prompts to ensure engagement throughout the activity.

What comes Next?









Option 4: Community Helper Count and Graph Worksheet

Share Screen via Zoom to show participant the Community Helper Count and Graph worksheet.

For this activity you will go over the community helper and count graph with your participant. Ask your participant to identify each community helper and have them count/graph onto the worksheet below. If a participant has a hard time on their own, give prompts to ensure engagement throughout the activity.

Community Helper Count and Graph








5	5	5	5	5
4	4	4	4	4
3	3	3	3	3
2	2	2	2	2
1	1	1	1	1
				

Created by Cassie @ 3Dinosaurs.com

Option 5: Community Helpers Letter Tracing Worksheet

Share Screen via Zoom to show participant the Community Helpers Letter Tracing worksheet.

	Bb Bb Bb Bb
	Cc Cc Cc Cc
	Cc Cc Cc Cc
	Dd Dd Dd Dd
	Dd Dd Dd Dd

Created by Cassie @ 3Dinosaurs.com

Option 6a: Phone Call/Face Time Curriculum | Community Conversations

1. Should there be any changes made to your community? Why or why not?
2. Which aspect of your community do you see as the most and least beneficial why?
3. How should a community be set up so that it has the most success?
4. Why do we have communities?
5. Do communities shape individuals, or do individuals shape communities?
6. How do you build community?
7. What if there were no community helpers? What would happen in our communities?
8. Who is important to a community?
9. Should the roles and responsibilities of a citizen change based on the community they live in? Why or why not?
10. What if there were no laws or governments? Should there be laws and government?
11. Why do we study about communities?
12. How do communities differ and why are these differences important?
13. How can we benefit our community/be a community helper in our own community? Should we try and help in our community when we can? Why or why not?
14. What if the United States Postal System was never developed?
15. Which past advancement in the United States Postal System was the most beneficial to us today?
16. How does an individual make a difference in a community? How can groups of people come together to make a difference in their communities?
17. Why do we study differences in community? Should we? Why or why not?
18. Can we consider the whole world to be a community? Why or why not?

Option 6b: Phone Call/Face Time Curriculum | Community Helpers Who Am I?

1. I pick up trash and take it away, who am I?
Answer: **Trash collector**

2. I take care of people who are sick, who am I?
Answer: **Doctor**

3. I protect people and property, who am I?
Answer: **Police Officer**

4. I fix pipes and keep the water running, who am I?
Answer: **Plumber**

5. I fix machinery, tools, and motors, who am I?
Answer: **Mechanic**

6. I cook in a restaurant, who am I?
Answer: **Chef**

7. I watch and protect people as they swim, who am I?
Answer: **Lifeguard**

8. I help children cross streets near schools, who am I?
Answer: **Crossing Guard**

9. I deliver mail and packages, who am I?
Answer: **Mail Carrier**

10. I put on a yellow suit and drive a red truck, who am I?
Answer: **Fire Fighter**

Manners Matter

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1: Good Manners Educational Videos, Stories, Read Aloud & Nursery Rhymes

Share Screen via Zoom and click on links below to learn more about good manners.

- Good Manners For Kids (4 min 35 sec) <https://youtu.be/UiRj29ItUrU>
- Sesame Street | Monster Manners (2 min 52 sec) <https://youtu.be/gtJJo9ljZnQ>
- Good Manners for Kids | With an Etiquette Coach! (11 min 3 sec) <https://youtu.be/j71mzwpzqTY>
- Learn About Good Manners with Milo the Monster (8 min 5 sec) <https://youtu.be/P9XoZgiDutI>
- Good manners with KidloLand | Stories for kids (8 min 30 sec) <https://youtu.be/eeJEVtlvSwo>
- Mind Your Manners in School READ ALOUD! (11 min 25 sec) <https://youtu.be/IMyET57vmZ>
- Good Manners | Songs for kids | Kidloom (2 min 22 sec) https://youtu.be/_pa0cot_2NQ
- Teach Good Manners | Nursery Rhymes & Kids Songs (3 min 30 sec) <https://youtu.be/CKtUeKoyVfI>

Once the videos have been viewed complete the following worksheets:

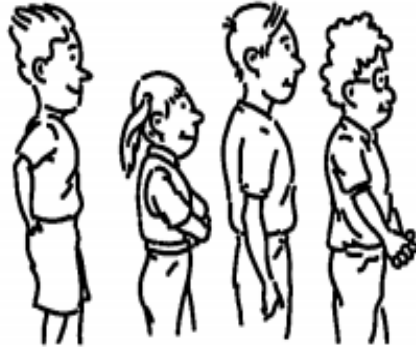
Option 2: School Manners Worksheet

Share Screen via Zoom to show participant the School Manners worksheet.

Color or circle the examples of good manners!

SCHOOL MANNERS

Color or circle the examples of good manners.



Option 3: Check for Comprehension Worksheet

Share Screen via Zoom to show participant the Check for Comprehension worksheet.

Circle the correct answer!

Check for Comprehension

1. Who is saying thank you?



2. Who is covering their mouth?



3. Who is greeting someone?



4. Who is sharing crayons?



5. Who is raising their hand?



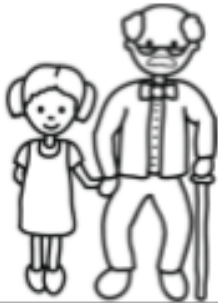


Option 4: Fill in the Order from the Story Worksheet

Share Screen via Zoom to show participant the Fill in the Order worksheet.

Fill in the order of photos from the story below!

Fill in the order from the story

1	2 	3 
4	5	6 



		
---	---	---

Option 5: Match the Items Worksheet

Share Screen via Zoom to show participant the Match the Items worksheet.

Match the pictures!

Match the Items



Option 6: Phone Call/Face Time Curriculum | HF and LF

- What do you think are some good manners?
- What do you think are some bad manners?
- Can you think of some good manners that are bad manners in another country?
- What are the titles of some books on manners? Have you ever read them?
- What are some good manners for using a cell phone?
- What are some good table manners?
- What are some good party manners?
- Is kissing in public good manners?
- Do you say "hi" to people even if they are strangers? Why? Why not?
- Do you listen to other's people conversations on the street?
- Do you think it is good manners to hug or kiss another person in greeting?
- Do you let people pass you when you are driving in your car? Is it considered a good manner?
- Do you honk your horn to people when you drive?
- Why are manners important?
- Do people have more manners now or in earlier times?
- Can manners affect your success in life? How?
- What's the best way to teach manners to children?
- What culture do you think is the politest? Explain.
- What advice would you give a foreigner visiting your country who would like to show good manners?
- What things about manners in the USA do you find difficult to adjust to?
- Is there anything about manners in the USA that you prefer to manners in your country?
- When you walk, what side should you be on?
- When you are entering an elevator, what should you, do if there are people getting out?
- How closely do you think good manners are related to income and social status?
- Can the idea of good manners inhibit people's natural sense of fun and inhibition?
- To what extent is the idea of good manners used to control women's behavior in society?
- What manners have you found acceptable in here that would be
- bad manners in another country?
- Do you let people pass you when you are driving? Is it considered a good manner?
- What manners are found only in your country?
- Why do we have manners?
- What are some manners in your country that no longer exist?
- Do you think staring at somebody that looks totally different from you is good manners? Why do you think people stare?
- Can manners effect your success in life? How?

Kindness Counts

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Kindness Educational Videos, Short Stories, Read A Longs and Sing A Longs

Share Screen via Zoom and click on links below to learn more about spreading kindness.

- Sesame Street: Kindness | Elmo's World (5 min 20 sec) <https://youtu.be/BNNcpAcFOGM>
- Sesame Street: The Kindness Kid Street Story (10 min 1 sec) <https://youtu.be/brOKBsOs4Ik>
- Color Your World with Kindness (2 min 13 sec) <https://youtu.be/rweIE8yyY0U>
- A short story on - kindness must see (3 min 5 sec) <https://youtu.be/8Wi0UWLeT9I>
- Be Kind | A Children's Story about things that matter (7 min 7 sec) <https://youtu.be/kAo4-2UzgPo>
- Kindness by The Juicebox Jukebox - Be Kind Kids Song (3 min 18 sec) <https://youtu.be/H98Rfljxmsc>
- "Kindness is a Muscle" Sing-A-Long Lyric Video (2 min 54 sec) https://youtu.be/BXAo_5voOP0

Once the videos have been viewed complete the following worksheets:

Option 2: My Kindness Resolution Worksheet

Share Screen via Zoom to show participant the My Kindness Resolution worksheet.

Circle the ways you will be kind to your family today!

Name: _____

My Kindness Resolution

I want to be kind to my family, so I will try to

 <p>Help vacuum</p>	 <p>Pick up my things without being told</p>
 <p>Play with my brother or sister</p>	 <p>Take care of my pet</p>
 <p>Set the table without being asked</p>	 <p>Help dust</p>

©C. Moore

Option 3: Kindness Short Story

Share Screen via Zoom to read participant this short story on kindness.

Everyone is different. We are all learning different things.



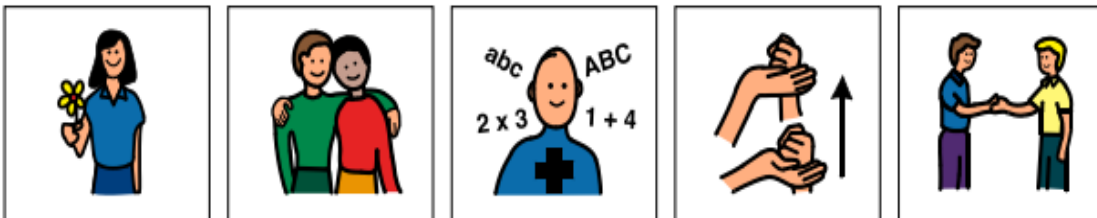
Some friends are learning things that I have already learned.



I can let teachers help friends who need extra help.



I can be nice to friends who are learning different things. Friends are nice to me!




Option 4: Acts of Kindness Drawing Worksheet

Share Screen via Zoom to show participant the Acts of Kindness worksheet.

Draw a picture of you doing an act of kindness!

Name:



Acts of Kindness

Draw a Picture of You Doing An Act of Kindness

© <http://worksheetsplace.com>

Option 5: Kind VS Unkind Words Worksheets


Share Screen via Zoom to show participant the Kind VS Unkind worksheets.

Can you identify what is kind and unkind from the phrases below? Circle your answers!

Give me your pencil right now.

Can I please have your pencil?


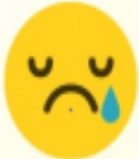
I do not like you.

You are my best friend.


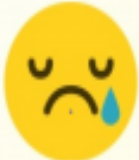
I am not doing this worksheet.

	
---	---

Can I have a break, please?

	
--	---

You are not smart.

	
---	---

Great job on your worksheet.

	
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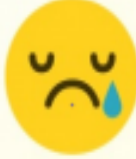

This is my toy. You can't have it.



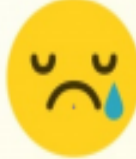

Would you like to play with my toy?



I am going to take your book.



Can I have your book, please?



Option 6: Phone Call/Face Time Curriculum | Conversation Questions: Kindness

- Are you a happy person?
- What is happiness for you?
- What do you think is the color for happiness?
- Do you think that happiness lies within you? Or does it depend upon other people and external things?
- Can money buy happiness?
- Is happiness a state of mind?
- What makes you feel happy?
- What are the three most important things for you to be happy?
- Is happiness relative, that is, does it have a different meaning for each person?
- Are single people happy?
- Would you be happier with a soul mate or single?
- Does having an animal/pet make you happy?
- What is the effect that animals/pets have on people to make them feel happy?
- What makes you happy?
- When was the happiest time of your childhood?
- Can you be happy if you are rich?
- Can you be happy if you are poor?
- How can you become happy again when you are sad?
- Is happiness a goal?
- How often do you feel really happy?
- Are the people in your country generally very happy?
- Are you very happy most of the time?
- What makes you unhappy?
- What's the most miserable you've been?
- How happy are you compared with your friends?
- Do you wake up happy every morning?
- Do you agree that older people are less happy?
- What is there to be happy about in the world today?
- What affects your levels of happiness?
- Does your happiness change during different times of the day, week, month, or year?
- What is or was the happiest time of your life?
- Do you need money to be happy?
- What do you think of the idea of a government Happiness Minister who is responsible for the happiness of the population?
- Do you think some nations are happier than others?
- What is missing in your life that would make you very happy?
- Why are teenagers some of the happiest people in the world?
- What was the happiest time in your entire life?
- Do you feel that you have to work hard and be miserable now in order to be happy later?



“Below are some activities to explore all centered around Social Skills.”

Instructional Guidance:

1. Before starting lesson, make sure the participant is engaged and listening/watching each step.
2. Make sure each participant has all items needed to complete the lesson.

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Educational Videos, Game & Read Aloud | LF



- |11 min 14 sec| What If Everybody Did That? | Social Skills for Kids | Read Aloud
 - https://youtu.be/811dQ_OisK0
- |5 min 11 sec| Eating at the Table Social Story Video
 - <https://youtu.be/dBc-83D5cNc>
- |13 min 41 sec| R.E.S.P.E.C.T. S8 E4
 - <https://youtu.be/k-6ws8LZECU>
- |2 min 26 sec| Keep Your Hands to Yourself S3 E20
 - <https://youtu.be/8iTPPh1d2j8>
- |1 min 58 sec| Work Together as a Team S4 E5
 - <https://youtu.be/TZqFYtWCWXg>
- |2 min 50 sec| Use Polite Words (Signing Savvy) S3 E23
 - <https://youtu.be/efkCkHENtkw>
- |4 min 17 sec| Learning Friends: Fox and Penguin Take Turns
 - <https://youtu.be/AKNdRxoDLKw>
- |2 min 54 sec | My Wallaby Won't Use His Words! Social Skills songs for kids
 - <https://youtu.be/CDUcyLtkC3M>
- |3 min 01 sec | The Social & Emotional Learning Song | Scratch Garden
 - <https://youtu.be/4yaGLes18Ls>
- |3 min 22 sec| Barney | Games with A Friend | Social Skills
 - <https://youtu.be/2d66kNxboKs>

Option 1b: Problem Solving and Perspective Talking Social Skills Worksheets | LF

Share Screen via Zoom to show participant the 4 worksheets.

Please read and problem solve the worksheets below!

Problem Solving and Perspective Taking

She knew she had finished her homework! But if she didn't turn it in today, her teacher was going to call her mom. Then she wouldn't be able to go to her best friend's party.



Name: _____	Name: _____	Name: <u>Teacher</u>
		
I think she feels _____	I think she feels _____	I think she feels _____
_____	_____	_____
because _____	because _____	because _____
_____	_____	_____

© Linda Ward Beech, Scholastic Teaching Resources

Problem Solving and Perspective Taking

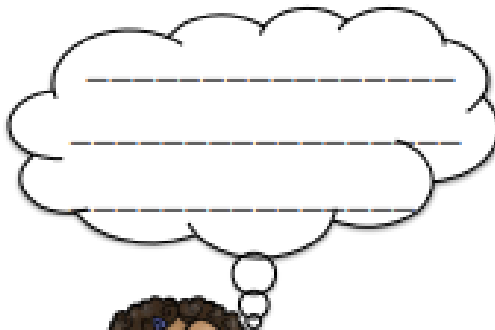
If she doesn't get her homework turned in today, her teacher will call her mom and then the party of her best friend is off. Why do you think this is happening?



I think that _____

©Looks-Like-Language

What could they be thinking?



©Looks-Like-Language

Problem Solving and Perspective Taking



What could she do to fix the problem?

She needed to get her homework handed in, but

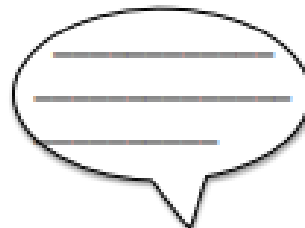
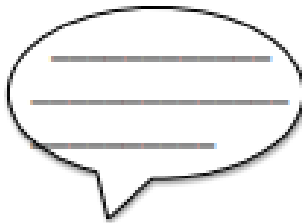
She could _____

Then _____

This is a good solution because _____

©Looks-Like-Language

What could they say to each other to fix the problem?



©Looks-Like-Language

©Looks-Like-Language

Problem Solving and Perspective Taking

What could they be thinking now that they have worked it out?



How could they be feeling now?

Draw a picture to show how they feel now that the problem is resolved.
Then write a word for each feeling on the lines below.

©Looks-Like-Language

©Looks-Like-Language

Option 2: Interrupting Worksheets | LF

Share Screen via Zoom to show participant 2 the worksheets.

Circle the correct response & trace the words below!

Name: _____

INTERRUPTING

Circle the correct response.
Interrupting can make people feel...

Instead of interrupting I can...

wait 

A time it is okay to interrupt is in an...

emergency 

© Teaching with a Mountain of Books 2020

Name: _____

INTERRUPTING



Interrupting can make people feel...

Instead of interrupting I can...

A time it is okay to interrupt is...

Option 3: Tame the Monster Social Skills Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Read the question below and write your answer on the lines below!

Name _____

Directions: Read the question below.
Write your answer on the lines.

Why is it important to think before
you speak?



Option 4: Kindness Connection Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Connect the love bug to a kind act below!

Kindness Connection

People like other people who are kind.
Look at the pictures on the right. What is happening? Is it kind or unkind?
Connect a lovebug to a kindness by drawing a line, or connect them with a waxy wick.

The worksheet features five lovebugs on the left side, each with a unique expression and accessory: the top one has a neutral face and a red and white striped body; the second has a sad face and a purple body; the third has a happy face and a red body; the fourth has a happy face and a purple body; the bottom one has a happy face and a red body with a large red heart on its chest.

On the right side, there are ten illustrations of various acts: a girl cleaning a trash can, a boy playing a trumpet, a girl helping an elderly woman with a suitcase, a boy and girl playing together, a boy and girl talking, a boy walking a dog, a girl watering a plant, a boy and girl playing together, a boy and girl playing together, and a boy and girl playing together.

Kindness Connection ©2017 Speech Sprouts™

Option 5: Social Skills Tic Tac Toe Worksheet | LF





Share Screen via Zoom to show participant the worksheet.

Complete the game below!

Social Skills Tic Tac Toe

Directions

- 1) Pair the students into groups of two.
- 2) Begin to play tic-tac-toe.
- 3) Pick a square and complete the task such as giving the emotion, talking about each behavior, etc.
- 4) Once the task has been completed, place an 'X' or 'O' on the square.
- 5) Whichever student marks three squares in a row, column or diagonally, first, wins!

			<h1>Friends Tic Tac Toe</h1>		
					
					
					
					
					
					
					

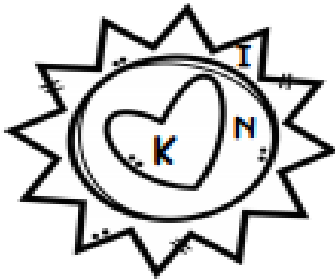
©Speech Therapy Plans

Option 6: Color with Kindness Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Name _____ Class _____

Coloring with Kindness!



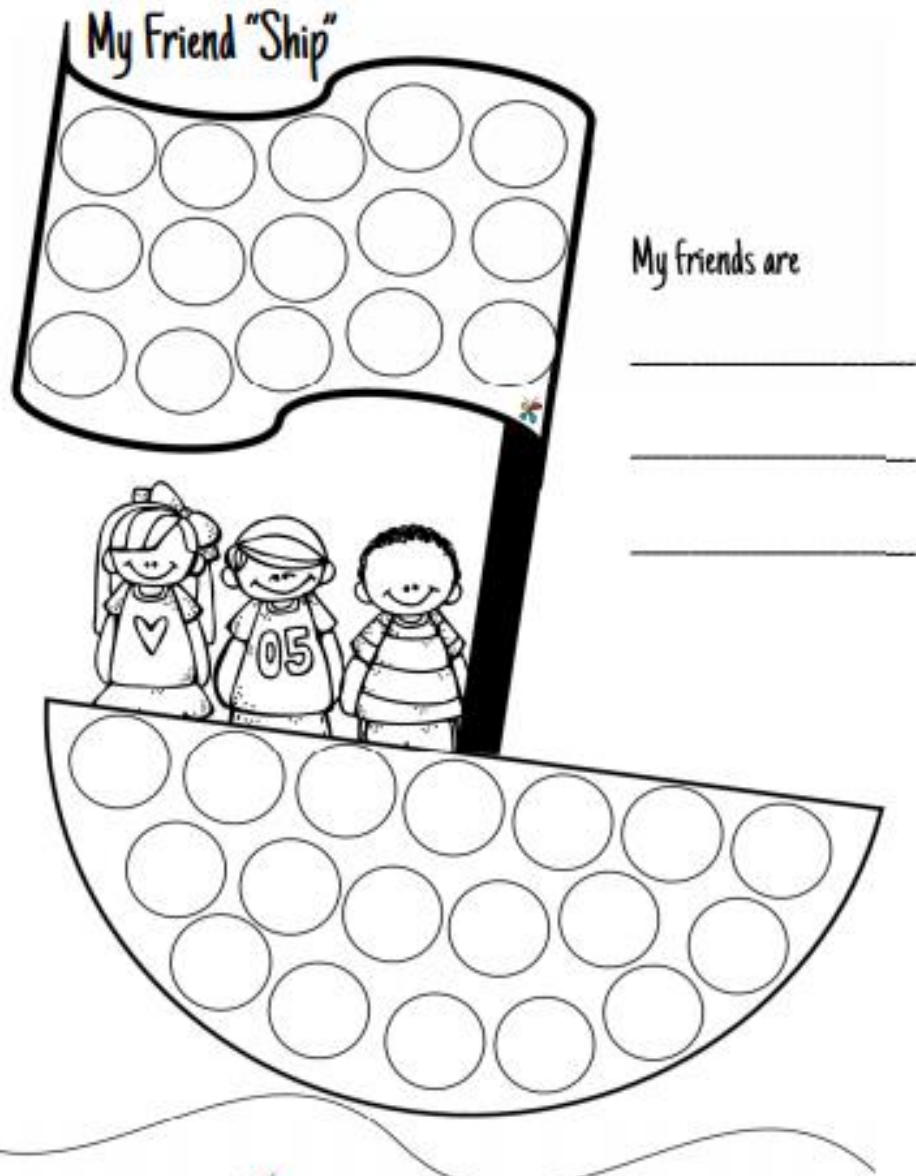
- K** = Red
- I** = Orange
- N** = Yellow
- D** = Green
- N*** = Blue
- E** = Purple
- S** = Brown
- S*** = Skin Tone



Option 7: My Friend "Ship" Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Name: _____



Option 8: Sequence Social Skills Writing | LF

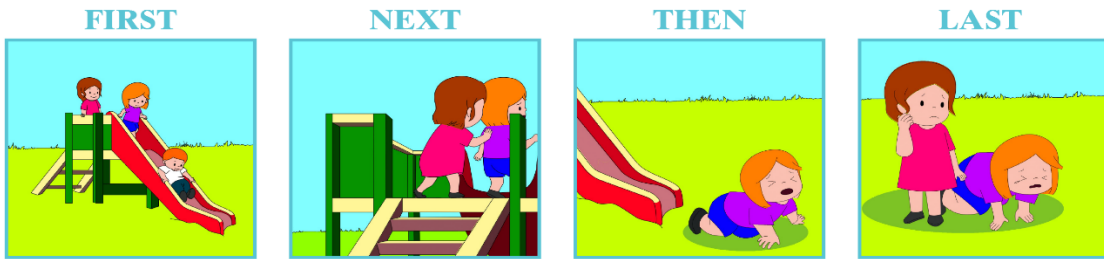
Share Screen via Zoom to show participant the worksheet.

Observe the order of the pictures and finish the sentences below!

Name :
Class :
Date :

SEQUENCE WRITING
Observe the order of the pictures and finish the sentences

Don't Push Your Friend On The Slide



First,

.....
.....

Next,

.....
.....

Then,

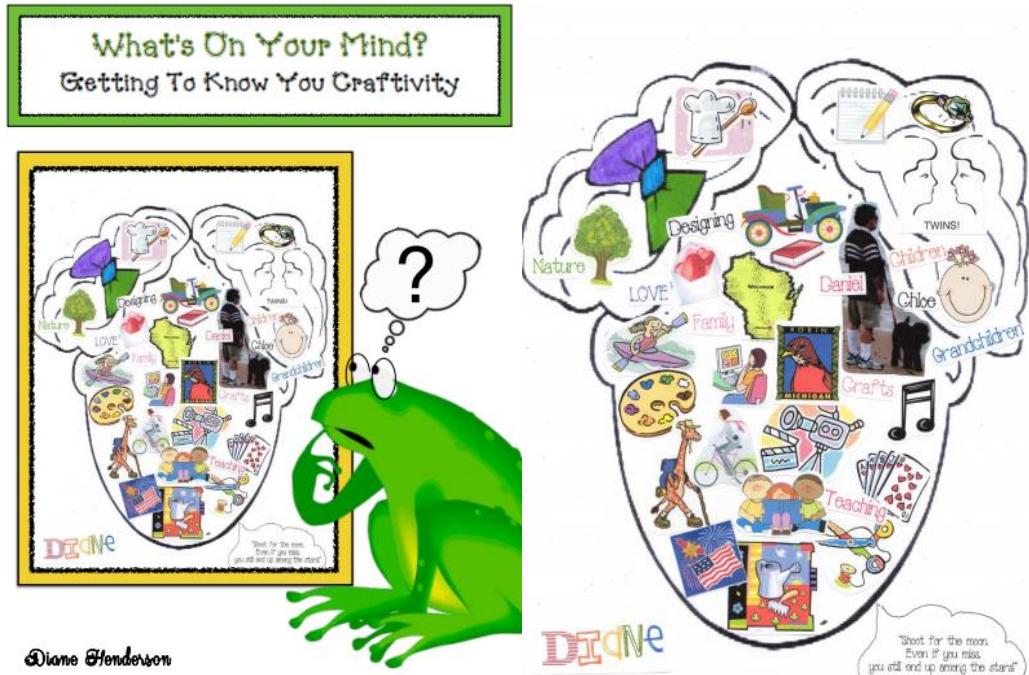
.....
.....

Last,

.....
.....



Option 9: What's on your Mind? Getting to know you Craftivity | LF/HF



What's On Your Mind?

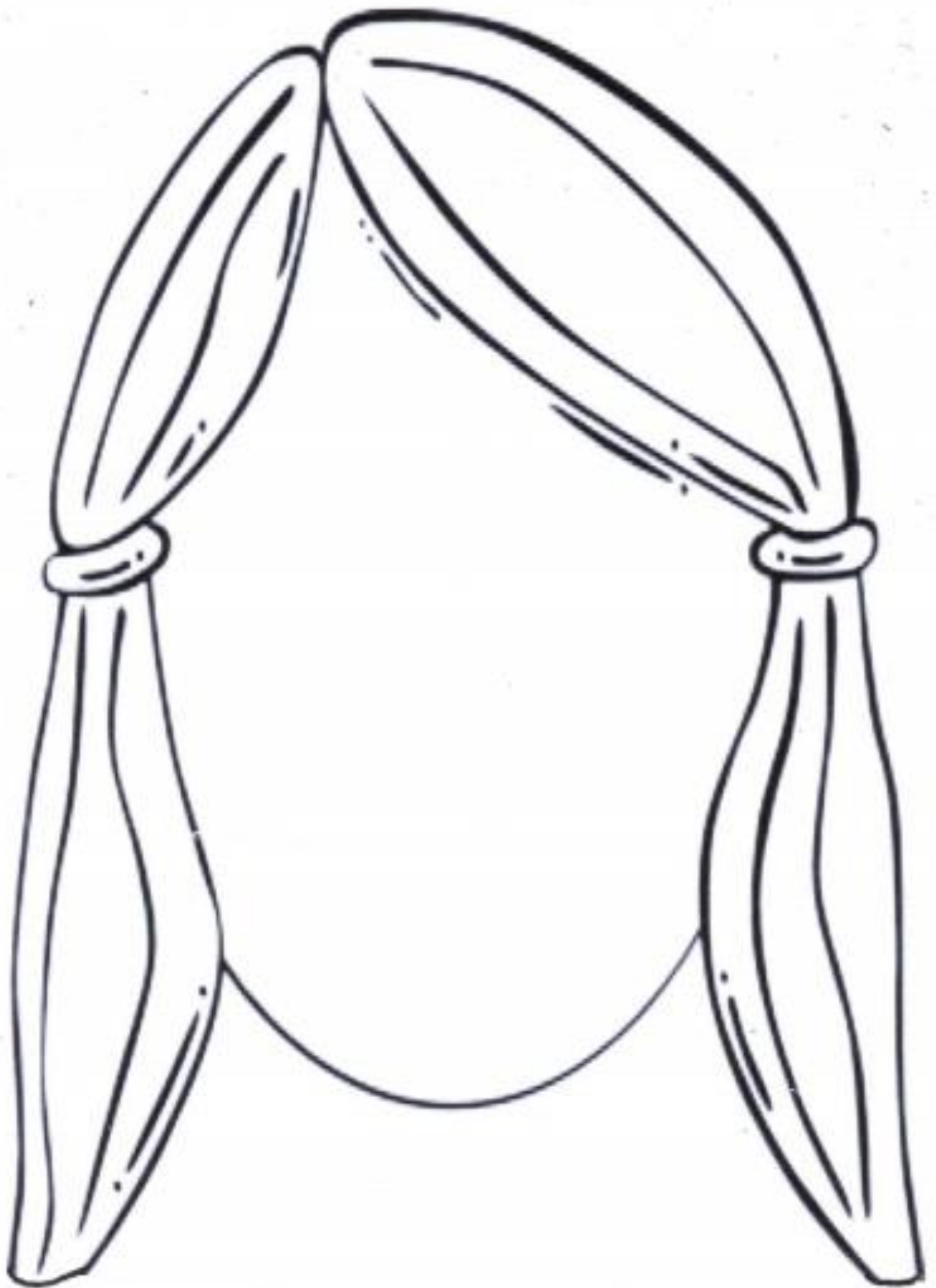
This is your mind!

- Choose a sample, or draw one of your own.
- Fill it with "stuff" that's on your mind.
- It can be filled with favorite things, hobbies, interests, people.
- Fill it with stuff that's "always on your mind", things that you're always thinking about.
- You can fill it with dreams and hopes for the future too.
- These will mostly be positive things, but if something is always on your mind that's bugging you or that you're worried about, feel free to include those too.
- You can show these things by drawing them, clipping out & gluing symbols/logos or pictures from magazines, using stickers, clip art, and photographs.
- Writing down thoughts, words, a quote or an idea is also OK.



This is your mind; please share it with us, so that we can get to know you!

This graphic representation of your mind is due:





Option 10: Chocolate Chip, PB & Banana Sandwiches Recipe | **LF/HF**



Ingredients

1/4 cup creamy peanut butter

2 tablespoons honey

1/4 teaspoon ground cinnamon

2 tablespoons miniature semisweet chocolate chips

4 slices whole wheat bread

1 medium banana, thinly sliced

Directions

Mix peanut butter, honey, and cinnamon; stir in chocolate chips. Spread over bread. Layer 2 bread slices with banana slices; top with remaining bread. If desired, cut into shapes using cookie cutters. All done!

Nutrition Facts

1 sandwich: 502 calories, 22g fat (6g saturated fat), 0 cholesterol, 394mg sodium, 69g carbohydrate (36g sugars, 7g fiber), 15g protein

Option 11: How to draw Videos | LF/HF

Share Screen via Zoom and click on links below to choose a video of your liking.

- | 17 min 23 sec | How to Draw Disgust from Inside Out
 - <https://youtu.be/NI3fkfa8LQ>



- | 14 min 44 sec | How to Draw Sadness from Inside Out
 - <https://youtu.be/JdvFkDma2DE>



- | 24 min 28 sec | How to Draw Anger from Inside Out
 - <https://youtu.be/SD6GJkgbp1k>



- | 15 min 04 sec | How to Draw Fear from Inside Out
 - <https://youtu.be/F8OqdLJFGnc>



Option 12: Phone Call/Face Time Curriculum | HF and LF

Conversation Starters

What is your favorite thing to do?	Tell me about your family	What did you do last weekend?
Where have you gone on vacation?	What are you doing this weekend?	What TV shows do you watch?
Do you have any pets?	What's your favorite movie?	What do your parents do for a living?
Tell me a cool story	What does your house look like?	What is your favorite holiday?
Pick your own topic	Share something that you are really good at.	Tell about something you wish to be better at.
Would you ever fly to the moon?	Would you ever ride an amusement park ride?	Would you ever try alligator, squirrel, rabbit, or any other interesting food?
Pick your own topic	Tell about something scary that has happened to you.	Tell about one of your dreams.
Give a compliment to someone in the group.	Tell about something cool that has happened to you.	Tell about something no one in the group knows about.

What is the most adventurous thing that you hope to do?

What is one thing that you wish you had more time for?

Do you have any nervous habits that you do?

What do you think your life will be like 10 or 15 years from now?

If you won the lottery, what would you do with the money?

If you could change something about yourself, what would it be and why?

What is your favorite thing about the weekends?

If you could invent one thing, what would it be?

If you could know one thing about the future, what would it be?

If your life was made into a movie, what actor/actress would play you and why?

What do you like to do when you have free time?

What career do you wish to pursue?

When you are having a bad day, what do you want people to say or do?

What is your favorite pastime?

Tell about something you really care about.

Are you a morning or night person?

Pick your own topic.

What annoys you most about people?

What annoys you most about school?

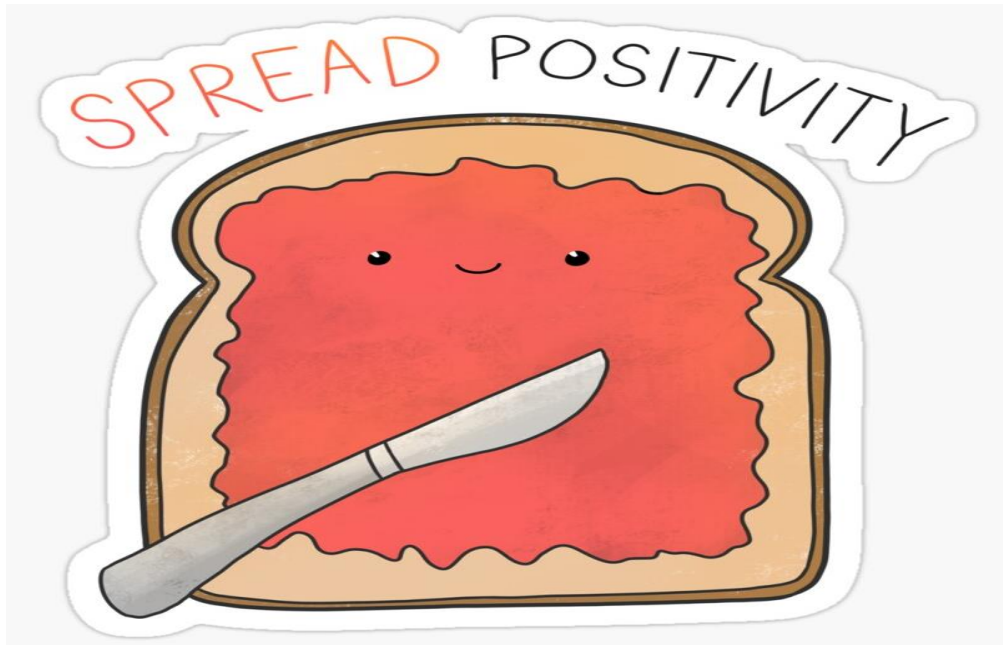
In what state or country do you wish to be living in?

If you could have a party and invite anyone (dead or alive), which people would you invite?

What makes you happy?

What makes you sad?

What makes you angry?



“Below are some activities to explore all centered around Positivity.”

Instructional Guidance:

1. Before starting lesson, make sure the participant is engaged and listening/watching each step.
2. Make sure each participant has all items needed to complete the lesson.

Daily Living Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Positivity Videos/Songs | LF



- | 3 min 34 sec | Kids Get You FIRED UP to Start Your Day | 3 Minute Motivation
 - <https://youtu.be/mtaPRX4Q7Tw>
- | 3 min 13 sec | Count on Me by Bruno Mars
 - <https://www.youtube.com/watch?v=4JNtAtGGNRU>
- | 5 min 33 sec | Man in the Mirror by Michael Jackson
 - <https://youtu.be/Zqe5NP86OCc>
- | 3 min 45 sec | Where is the Love by Black Eyed Peas
 - <https://youtu.be/dB2w-s424eo>

Option 2: This is Me Worksheets | LF

Share Screen via Zoom to show participant the 3 worksheets.

Complete the worksheets Below!

This is Me!


Here's what I look like:

My friends for the last couple of years are:

Things I am Good at:

1. _____
2. _____
3. _____
4. _____
5. _____

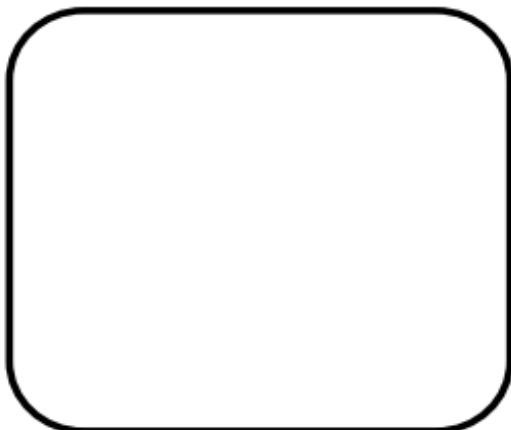
Things I Like to Do (my hobbies):



©2015 The Write Stuff

This is Me!

Here's what I look like:



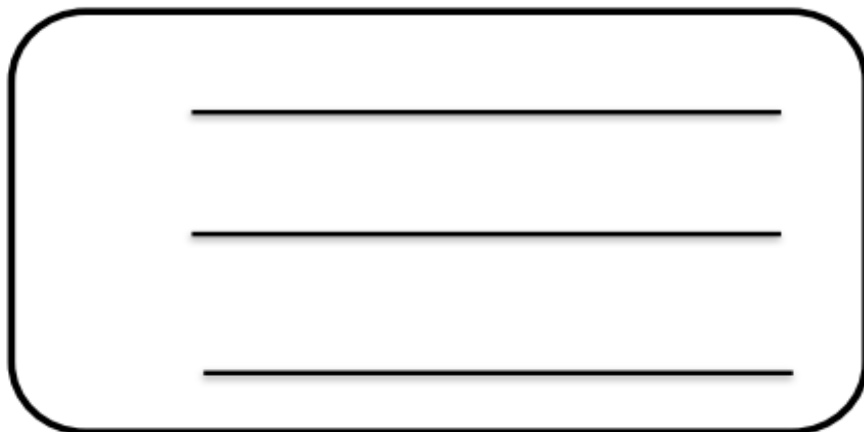
My friends for the last couple of years are:



My Strengths:

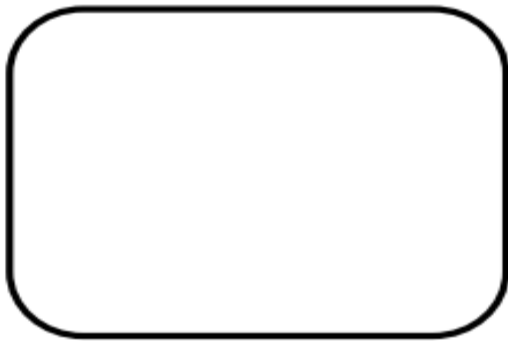
1. _____
2. _____
3. _____
4. _____
5. _____

Character traits I value in a friend:

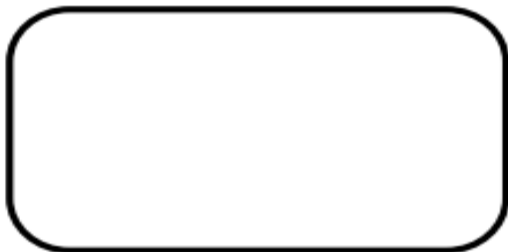


This is Me!

Here's what I look like:



My friends for the last couple of years are:

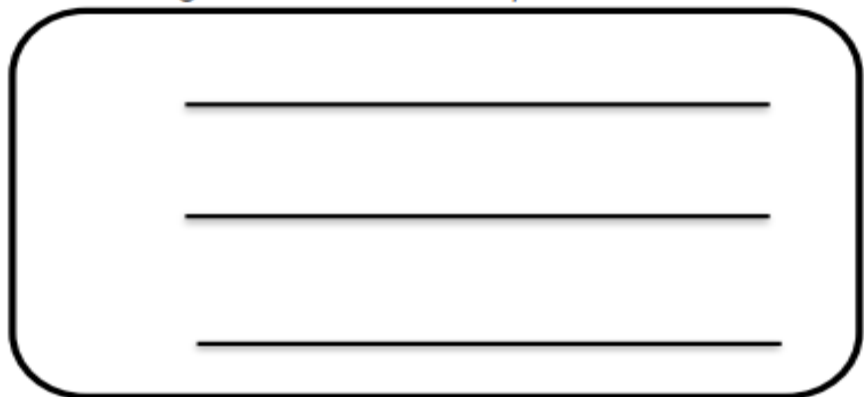


Things I am Good at:

1. _____
2. _____
3. _____
4. _____
5. _____



Things I Like to Do (my hobbies):



Option 3: Positive Self Talk Journal Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Participants will read and fill out the positive self- talk journal below!

POSITIVE SELF-TALK JOURNAL



I felt good when...	I am proud of myself because...	Something that went well today was...
I had fun when...	This makes me unique...	I learned from this mistake...
I feel strong when...	The best part of today was...	A good quality I am learning is...
This was interesting today...	Something I am grateful for is...	A way I was kind today was...
An accomplishment I made this week was...	I like this about myself...	Something I love about my life is...

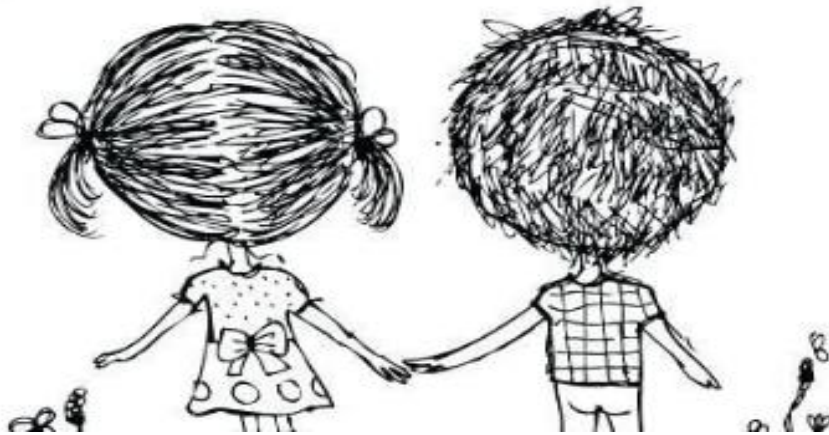
Option 4: 5 Things That I Like About Myself Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Write down 5 things you like about yourself below!

5 THINGS THAT I LIKE ABOUT MYSELF...

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____



Option 5: Think About It Turn Mistakes into Lessons Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Think about a recent mistake you made & write what you will do next time below!

A large, empty, rounded rectangular box with a black border, intended for writing an answer.A large, empty, rounded rectangular box with a black border, intended for writing an answer.A large, empty, rounded rectangular box with a black border, intended for writing an answer.

Why did I
do that ?

What behavior
did I do?

What can I
do next time?

Option 6: I Am Kind, I Am Smart, I Am Important Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Fill out the worksheet about yourself below!

I am Kind, I am Smart, I am Important!

My name is _____ I am kind, I am smart, and I am important.

I am kind. _____

I am smart. _____

I am Important. _____

Option 7: What is Your Happy Place Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Write about your happy place below!

Name: _____ Date: _____

What is your happy place?

Directions: Write or draw a picture of what your happy place looks like. Share what you wrote or drew with someone else.



©Amanda V. Gonzalez 2020

Name: _____ Date: _____

What is your happy place?

Directions: Write or draw a picture of what your happy place looks like. Share what you wrote or drew with someone else.



©Amanda V. Gonzalez 2020

Option 8: Positive Wordsearch | LF

Share Screen via Zoom to show participant the worksheet.

Complete the word search below!

Name: _____

positive words

J F A N A V H A P P Y K C L V Q D
S L E R P M V J B G C B O A N S Y
F T F J M Q R X O F Y H B U K M R
P K R R Q E E D L T U U F W Z N C
L A U O V B P Q D L L M W R Y R F
O I P E N U O U N X C B F I H T X
Y R L F F G S I E U E L E D X G B
A C G S U L I C K Y Q E B V N R K
L W J C A P T K E M M N B I A V M
I L U D W H I W P R E L V V H U A
L W N A Y N V I Q J A I E R F H G
L Y I R O B E T T J G W W Z T M I
G B Q I W P A T Q S L I A B W X C
W P U N O Q P E O I S L U T F C A
A I E G T S W D Z E S M A R T O L
J C R E A T I V E B I D G F T J Q
C D F U X R V X P W Q R U K I N D

aware	bold	brave	clever
creative	daring	fun	giving
happy	humble	kind	loyal
magical	positive	quick-witted	smart
strong	unique	wise	

Option 9: I Am Jar | LF/HF



MATERIALS

- ♥ Canning jar (like a Mason jar)
- ♥ Label sticker
- ♥ Felt
- ♥ Craft glue
- ♥ Patterned scrapbooking paper

DIRECTIONS

1. Remove the inner part of the lid and cut a circle piece of felt that same size.
2. Cut a slit in the center of the felt circle big enough to pass little notes through.
3. Glue the circular felt piece into the jar lid and let dry.
4. Write "I AM" on the label and stick on your jar.
5. Cut little strips of paper from the patterned paper.
6. On each strip, write something on the plain side that makes you amazing! (see sidebar for ideas)
7. Whenever you need a little reminder why you are amazing just being you, open the jar and read a note—in fact, make it a habit to start your day by reading one of your positive "I AM" notes!



GIFT IDEA: Turn this idea into a gift by making a "I Love You Because" jar. Fill the jar with reasons why you love that person. Great for best friends, siblings, moms, dads, and grandparents!

Examples of "I AM" Statements:

- I am awesome ♥ I am nice to others ♥ I am strong
- I am good at math ♥ I am unique ♥ I am a great friend
- I am a loving person ♥ I am loved ♥ I am confident
- I am helpful to others ♥ I am liked by others
- I am beautiful inside and out ♥ I am special

Option 10: Tropical Chia Seed Pudding Parfait | LF/HF



Ingredients:

- *Chia Seeds*
- *Coconut milk*
- *Agave or maple syrup*
- *Pineapple Chunks*
- *Walnuts or nut of choice (optional)*

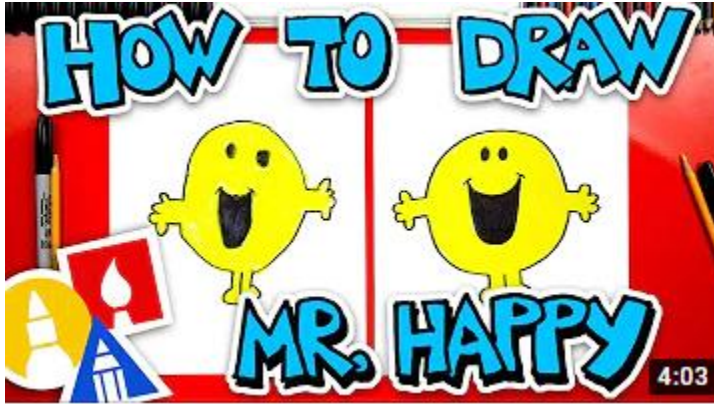
Directions:

Combine 1/4 cup chia seeds, 1 cup coconut milk and 2 tablespoons agave (or maple) syrup and refrigerate overnight. Serve with fresh pineapple chunks.

Option 11: How to draw Videos | LF/HF

Share Screen via Zoom and click on links below to choose a video of your liking.

- |4 min 3 sec| How To Draw Mr. Happy From Mr. Men Books
 - <https://youtu.be/9nhcijkn9tw>



- |9 min 51 sec| How to Draw Happy | Fairy Tail
 - https://youtu.be/dvpmQe0pK_Q



- |12 min 25 sec| HOW TO DRAW A CUTE DONUT EASILY - HAPPY DRAWINGS
 - https://youtu.be/i_f3lUWih9o



Option 11: Phone Call/Face Time Curriculum | HF and LF

Conversation Starters

- *What time period would you travel to?*
- *What is one thing you can't live without?*
- *What is your least favorite chore?*
- *What is your earliest memory?*
- *Who are you most thankful for and why?*
- *Where do you want to go on the next family vacation?*
- *What's the nicest thing a family member has ever done for you?*
- *What was the biggest punishment you've ever received?*
- *If you could describe yourself in three words, what would they be?*
- *What would be the first thing you would do if you traded places with your family member?*
- *What instrument would you like to play?*
- *If you could get all your family members to donate to a charity, what would it be and why?*
- *Would you want to live on a boat, a mountain or an island?*
- *What makes you most proud?*
- *What three things are you most grateful for?*
- *Who do you count on the most for help?*
- *What would make you (if parent) most upset? A tattoo, a nose ring or a bad boyfriend/girlfriend?*
- *What would be your ideal day?*
- *What makes you the happiest?*
- *If you could spend an entire day with a family member, who would it be and why?*
- *If you could be an animal, what would it be and why?*
- *If you could be any age, what age would you choose?*
- *What's one thing you've won and how did you win it?*
- *What did you think was the most challenging part of being a kid?*
- *When is the last time you laughed so hard that you cried?*



“Below are some activities to explore all centered around Mental Health Awareness.”

Instructional Guidance:

1. Before starting lesson, make sure the participant is engaged and listening/watching each step.
2. Make sure each participant has all items needed to complete the lesson.

Life Development Vocational Skills | **LF**



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Educational Videos, Game & Read Aloud | LF

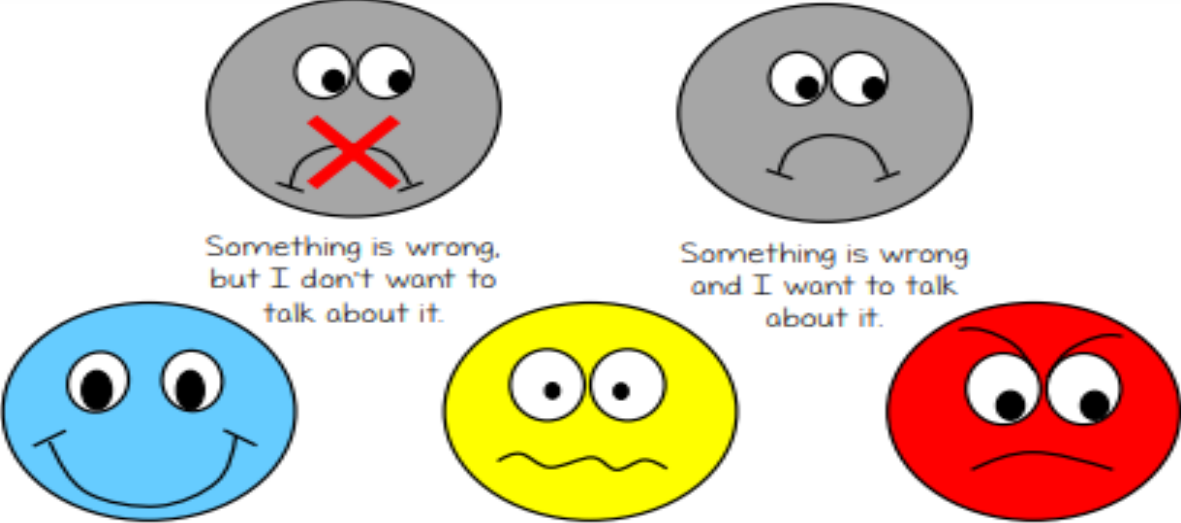


- |4 min 28 sec| A Moving Story About Gratitude
 - <https://youtu.be/tznztJVsW9E>
- |3 min 46 sec| Kid President's 25 Reasons to Be Thankful!
 - <https://youtu.be/yA5Qpt1JRE4>
- |4 min 13 sec| Mindfulness for Kids - Learning about our thoughts
 - <https://youtu.be/HHm5DzlU9as>
- |4 min 12 sec| Why do we have feelings? - Feelings and Emotions for Kids | Educational Videos
 - <https://youtu.be/3fTRWpf-eH4>
- |5 min 21 sec| Sesame Street: Name That Emotion with Murray!
 - <https://youtu.be/ZxfJicfyCdg>
- |3 min 18 sec| Sesame Street: Elmo Shows Emotions with Zoe, Bert and Big Bird
 - https://youtu.be/dO_I0harbQg
- |4 min 12 sec| The Color Monster, A Story About Emotions by Anna Llenas | Children's Books
 - <https://youtu.be/PWujGPb6mgo>
- |5 min 27 sec| Talking Mental Health
 - <https://youtu.be/nCrievx3-Js>
- |4 min 16 sec| Self-Esteem: How to Feel Awesome About Being You
 - <https://youtu.be/M6H0w03GJrQ>
- |4 min 04 sec| Know Your Emotions
 - <https://youtu.be/cKQIOVjxmfs>

Option 1b: How Are You Feeling Today Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Please circle how you are feeling today below!



Something is wrong, but I don't want to talk about it.

Something is wrong and I want to talk about it.

I feel happy and calm.

I feel worried or nervous.

I feel angry or afraid!

How are you feeling today?



I'm good.

I'm okay.

I'm not good.

I need to talk.

Option 2: Worry Box Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Draw a picture of your 2 worries in the worry box below!

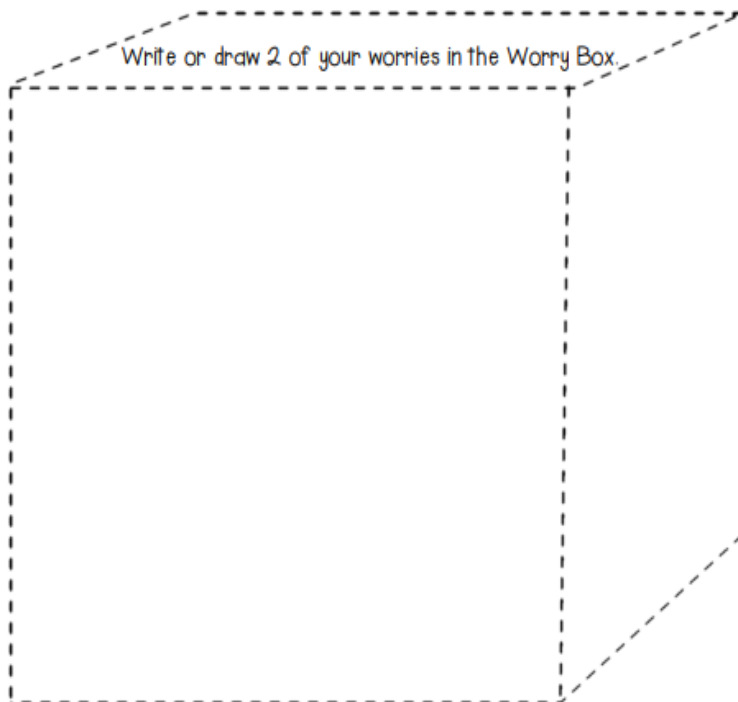
Name _____

Date _____

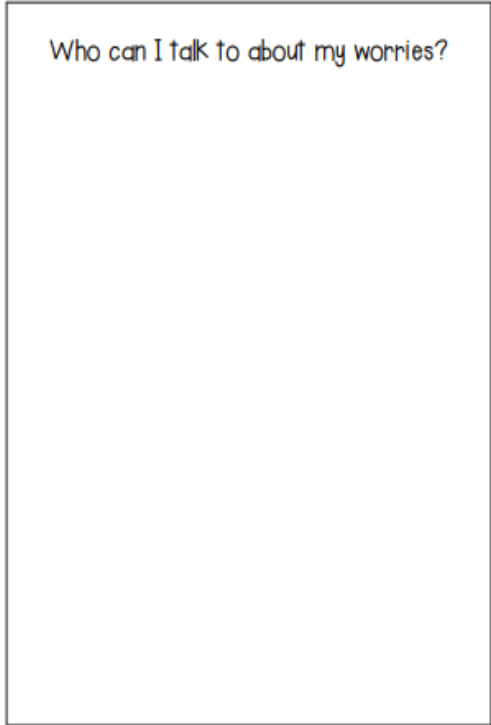
Worry Box

When we have worries in our Worry Box we can talk with someone about them,
no matter what they are..

Write or draw 2 of your worries in the Worry Box.



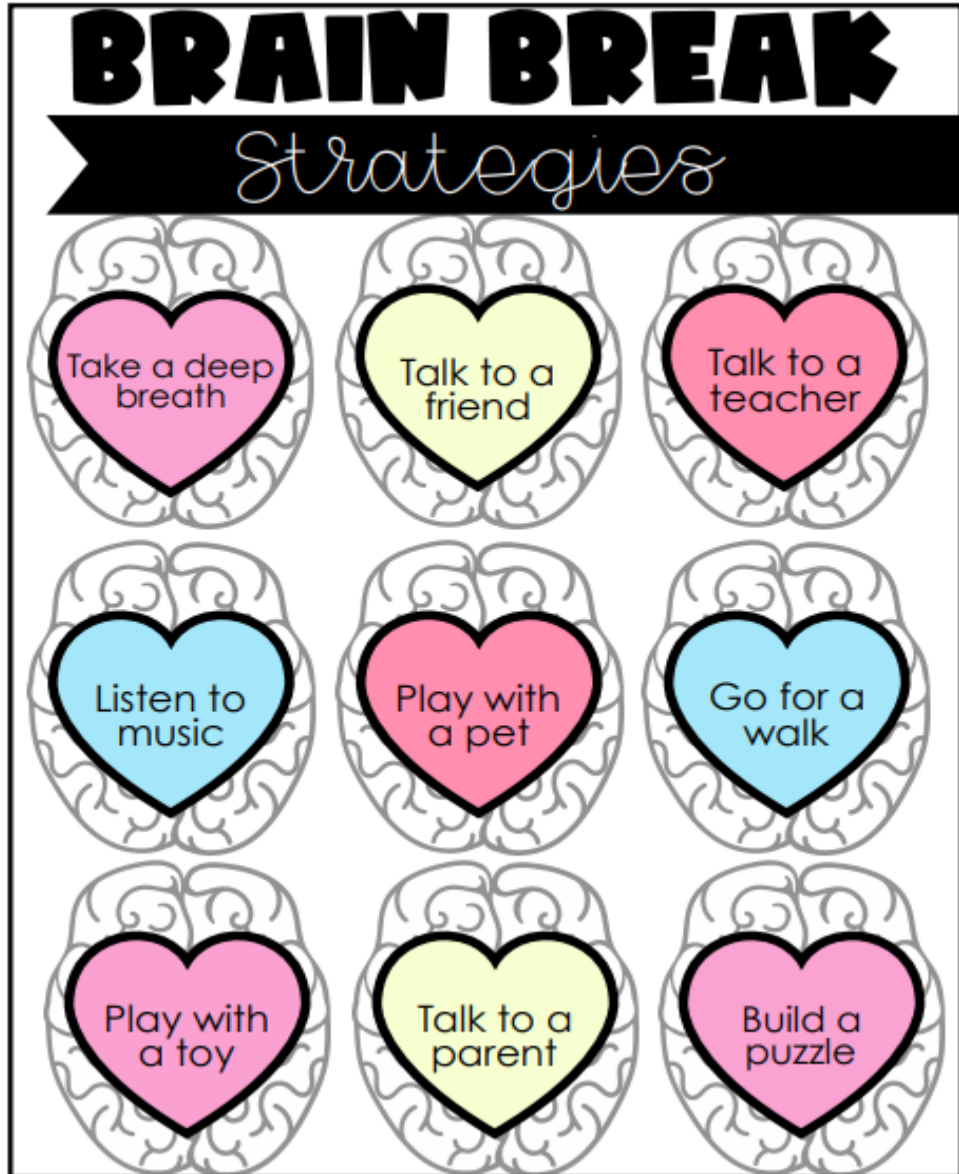
Who can I talk to about my worries?



Option 3: My Brain Break Strategies Worksheets | LF

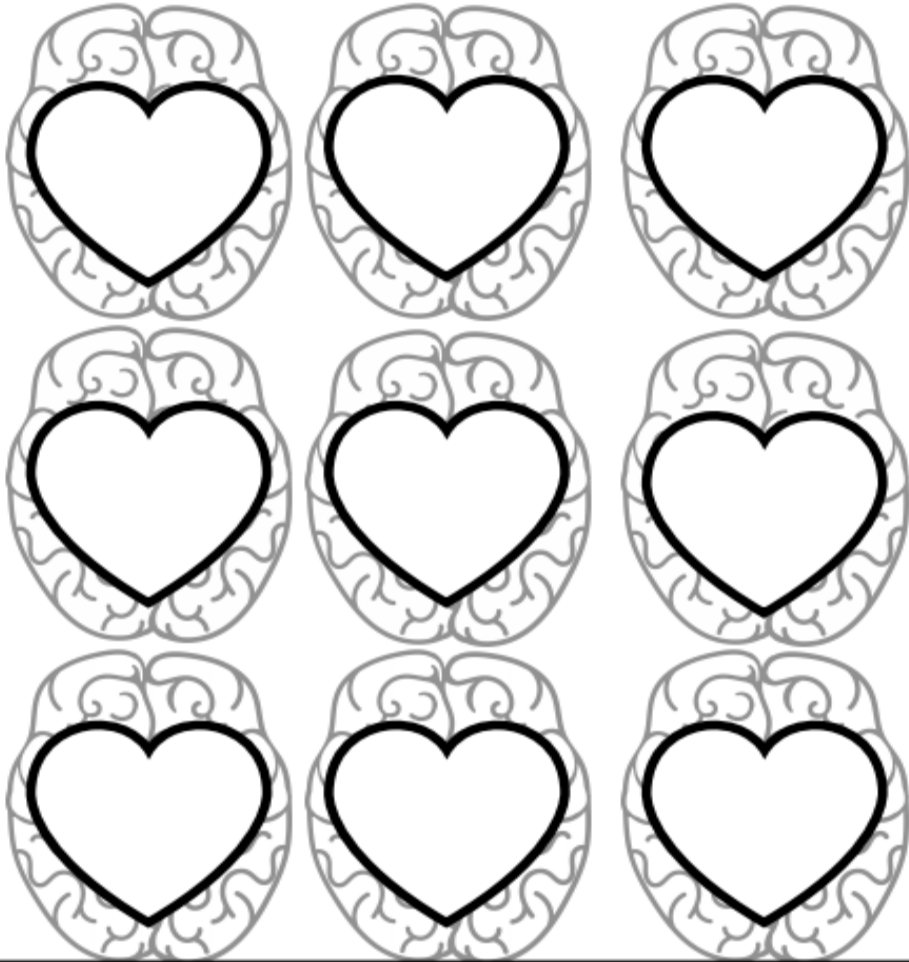
Share Screen via Zoom to show participant the 2 worksheets.

Look at the example and then fill out your own brain break strategies below!



MY BRAIN BREAK

Strategies




Option 4: Mental Health Worksheet #1 | LF

Share Screen via Zoom to show participant the worksheet.

Complete the worksheet below!

Name: _____ Date: _____


Mental Health



Red

Give a reason for this superhero to be in good mental health.

Why do you think this superhero might be struggling with his mental health?



Blue







Chuck's Cornucopia © 2019

Option 5: Mental Health Worksheet #2 | LF

Share Screen via Zoom to show participant the worksheet.

Match the feeling with the student's facial expression below!

Name: _____		Date: _____	
Mental Health			
Understanding and naming the various feelings we have will help us know when we need to get help.			
Match the feeling with the student's facial expression.			
Happy	Sad	Worried	
Surprised	Tired	Frustrated	

Name: _____		Date: _____	
Mental Health			
Cut out each student and paste them in the appropriate rectangles on the other page.			
Match the feeling with the student's facial expression.			
			
			

Chuck's Cornucopia © 2019

Option 6: The Pout Pout Fish Read Aloud & Worksheets | LF

Share Screen via Zoom to show participant the read aloud and 2 worksheets.


- *The Pout-Pout Fish | Kids Books Read Aloud*
 - <https://youtu.be/Yq2KJSxL7ec>

Emotions
Review the importance of responding appropriately to anger and frustration. Anger and frustration aren't the only emotions that can hurt others. When we are cranky, grumpy, or pouty, others can be affected by our sour moods. While it is okay to feel pouty at times, we must be careful not to ruin someone else's day.

Read the book, *The Pout-Pout Fish*, by Deborah Diesen. After reading, discuss the questions below.

- *What does the pout-pout fish spread all over the place?*
- *The pout-pout fish says he can't do anything about his pouty nature. Is this true?*
- *What happens to put a smile on the pout-pout fish's face?*
- *What can you do when you're being a pout-pout fish to put a smile back on your face?*

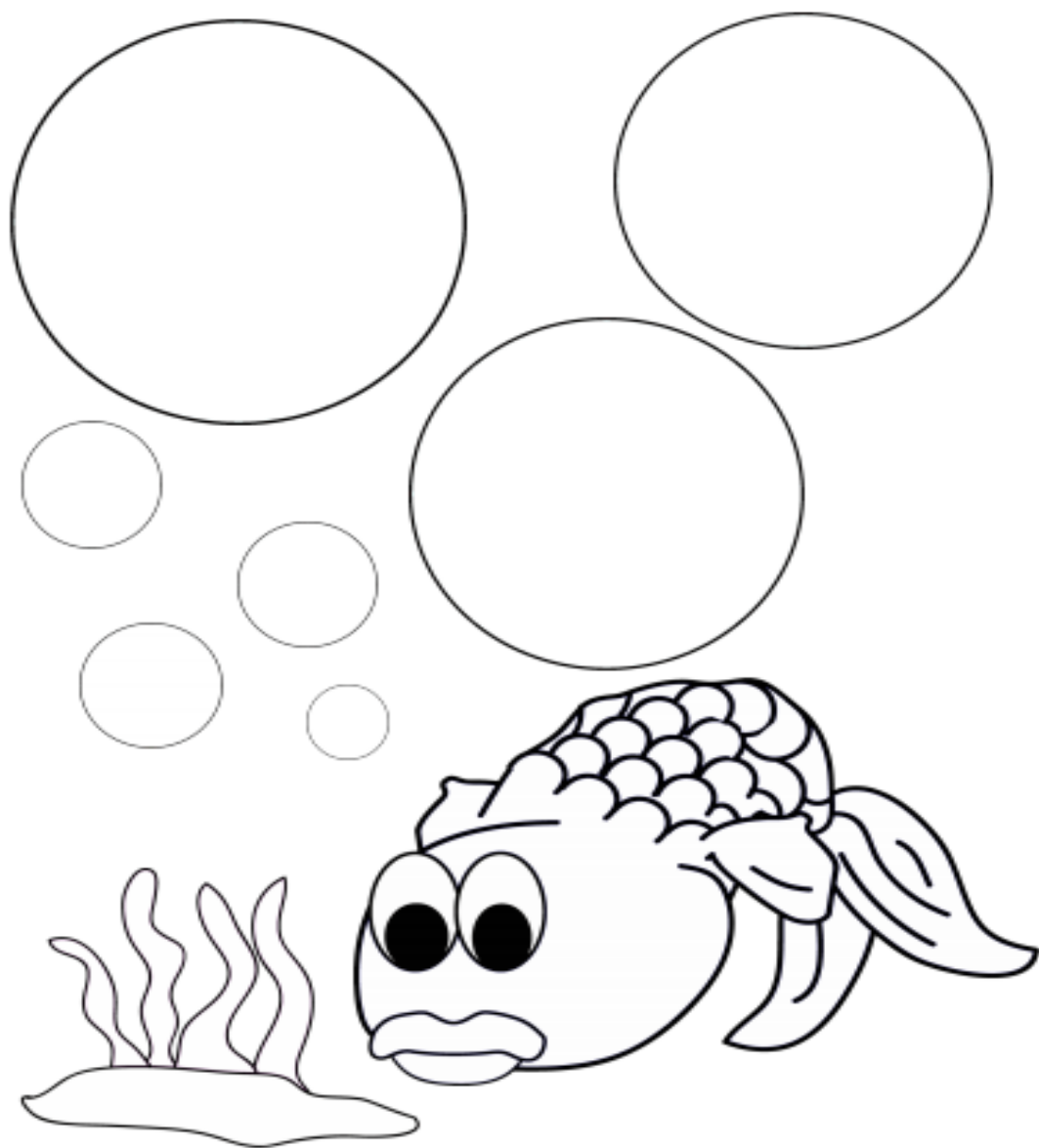
Pass out the, *Pout-Pout, Fish*, activity sheet. In the three large bubbles, students draw things they can do to get out of a pout-pout mood. Color the picture.



The logo consists of the word "Balanced" in a large, purple, sans-serif font at the top. Below it is a stick figure with a green shirt and purple pants, standing on a blue book with its arms raised in a 'V' shape. At the bottom, the word "Learning" is written in a large, light blue, sans-serif font.

Copyright©2018 Jennie Young

The Pout-Pout Fish












Option 7: My Many Emotions Worksheets | LF

Share Screen via Zoom to show participant the worksheet.

Name: _____ Date: _____

MY MANY EMOTIONS

People can feel lots of different emotions! List as many emotions as you can and draw a picture of what your face might look like when you feel that way.

		
_____	_____	_____
		
_____	_____	_____
		
_____	_____	_____

©Apple-y Ever After

Option 8: Affirmation Coloring Pages | LF

Share Screen via Zoom to show participant the 3 coloring worksheets.

Color the pages below!

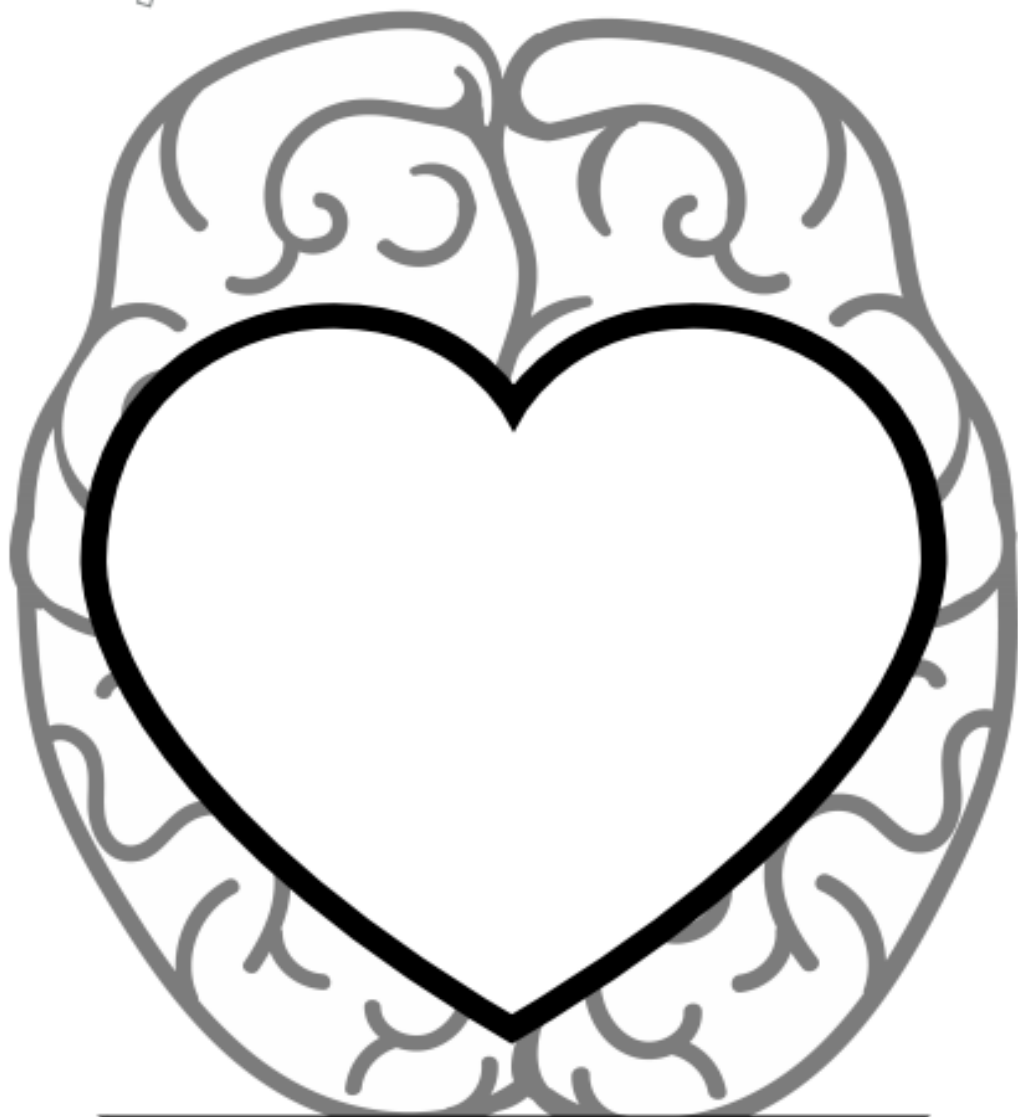
I'm a lot
STRONGER
than
I think!



I'm a lot
STRONGER
than
I think!



#MyMentalHealthMatters



Option 9: Emotions Color Wheel Craft | LF/HF



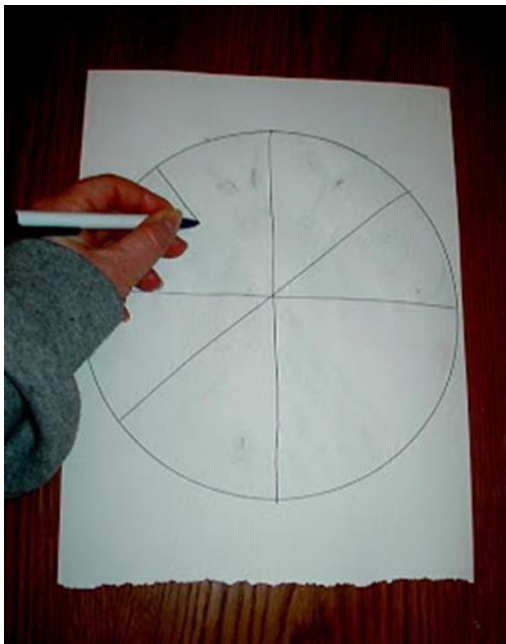
Description: This activity is good to break the ice with any participant. It is also an easy “check-in” to find out how the participant is feeling and the issues he/she is dealing with at this time in his/her life. After creating a pie chart with 8 sections, the participant gets to choose 8 emotions and then color in the pie pieces.

Materials: Colored Pencils or Markers and a White Piece of Paper.

Instructions:

First – Start with a piece of white paper and draw a circle filling the page.

Second – Draw a line straight down the center of the circle, then draw a line down the center, criss-crossing the first line. Follow this by halving the other pies and again until you have 8 pies.



Third – Ask the participant, “What are 8 emotions that you would like to put in each pie on the wheel?” Then, as the participant mentions the emotions place the word above the pie (on the outside). (The participant may need some assistance with coming up with 8 emotions. Give assistance but be careful to not choose for the participant.)

Fourth – Ask the Participant to now fill in each pie with a corresponding color or picture that matches his/her idea of what the emotion means to him/her.



Fifth – When the participant is finished coloring have him/her explain what had him/her choose the color or explain what the picture means.

Sixth – Ask the client to share where in his/her life he/she is experiencing that emotion/feeling. Dialogue about it as the client feels comfortable.



Outcome: This exercise is designed to have your participant open up and feel more comfortable expressing his/her emotions/feelings and establishing rapport/trust with you!

Questions to Ask Participant:

- 1) Could you tell me about your Emotions Color Wheel?
- 2) What had you choose that color/design for that emotion?
- 3) Where else in your life do you experience that emotion/feeling?

Note: Use affirmative statements with the client. Always acknowledge the client's positive qualities and work with the client to notice their own ability to create beauty/something of importance/value.

Option 10: Fruity Pebbles Parfait Recipe | LF/HF



INGREDIENTS

- Vanilla Yogurt
- Fruity Pebbles
- Bananas sliced



INSTRUCTIONS

1. Pour a layer of cereal into a cup.
2. Add a layer of slice bananas.
3. Add a layer of yogurt.
4. Repeat all 3 layers a second time.



1. Then add a final layer of cereal on top.
2. Keep refrigerated until ready to serve.

Option 11: How to draw Videos | LF/HF

Share Screen via Zoom and click on links below to choose a video of your liking.

- | 18 min 24 sec | How to Draw Joy from Inside Out
 - <https://youtu.be/IYHZDqvRSUk>



- | 14 min 44 sec | How to Draw Sadness from Inside Out
 - <https://youtu.be/JdvFkDma2DE>



- | 24 min 28 sec | How to Draw Anger from Inside Out
 - <https://youtu.be/SD6GJkGBP1k>



- | 15 min 04 sec | How to Draw Fear from Inside Out
 - <https://youtu.be/F8OqdLJFGnc>



Conversation Starters



- *Would you rather have the ability to see 10 minutes into the future or 150 years into the future?*
- *Would you rather have telekinesis (the ability to move things with your mind) or telepathy (the ability to read minds)?*
- *Would you rather team up with Wonder Woman or Captain Marvel?*
- *Would you rather be forced to sing along or dance to every single song you hear?*
- *Would you rather find true love today or win the lottery next year?*
- *Would you rather be chronically under-dressed or overdressed?*
- *Would you rather have everyone you know be able to read your thoughts or for everyone you know to have access to your Internet history?*
- *Would you rather lose your sight or your memories?*
- *Would you rather have universal respect or unlimited power?*
- *Would you rather give up air conditioning and heating for the rest of your life or give up the Internet for the rest of your life?*
- *Would you rather swim in a pool full of Nutella or a pool full of maple syrup?*
- *Would you rather labor under a hot sun or extreme cold?*
- *Would you rather stay in during a snow day or build a fort?*
- *Would you rather buy 10 things you don't need every time you go shopping or always forget the one thing that you need when you go to the store?*

- *Would you rather never be able to go out during the day or never be able to go out at night?*
- *Would you rather have a personal maid or a personal chef?*
- *Would you rather be 11 feet tall or nine inches tall?*
- *Would you rather be an extra in an Oscar-winning movie or the lead in a box office bomb?*
- *Would you rather communicate only in emoji or never be able to text at all ever again?*
- *Would you rather be royalty 1,000 years ago or an average person today?*
- *Would you rather lounge by the pool or on the beach?*
- *Would you rather cuddle a koala or pal around with a panda?*
- *Would you rather have a sing-off with Ariana Grande or a dance-off with Rihanna?*
- *Would you rather watch nothing but Hallmark Christmas movies or nothing but horror movies?*
- *Would you rather always be 10 minutes late or always be 20 minutes early?*
- *Would you rather spend a week in the forest or a night in a real haunted house?*



“Below are some activities to explore all centered around Life Skills.”

Instructional Guidance:

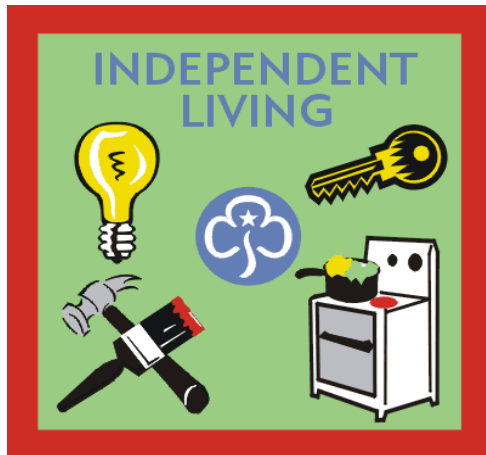
1. Before starting lesson, make sure the participant is engaged and listening/watching each step.
2. Make sure each participant has all items needed to complete the lesson.

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Educational Videos | LF



- |03 min 38 sec| Healthy Unhealthy Food Quiz| Armagan Citak
 - [Healthy Unhealthy Food Quiz - YouTube](#)
- |05 min 26 sec| Healthy Eating for Kids- Learn About Carbohydrates, Fats, Proteins, Vitamins and Mineral Salts| Smile and Learn- English
 - [Healthy Eating for Kids - Learn About Carbohydrates, Fats, Proteins, Vitamins and Mineral Salts - YouTube](#)
- |07 min 32 sec| What is a Budget? | Kids Talk Edition| You Need A Budget (YNAB)
 - [What is a Budget? | Kid Talk Edition - YouTube](#)
- | 03 min 02 sec| Schoolhouse Rock- 7.50 Once a week| Mr. RiggyRiggs
 - [Schoolhouse Rock - 7.50 Once a Week - YouTube](#)
- | 04min 45 sec| Safety Tips for Kids| What are safety rules for kids? Video for Kids| learning junction
 - [Safety Tips for Kids | What are safety rules for kids? Video for Kids - YouTube](#)
- |03 min 03 sec| Protect Yourself Rules- A Friendly Stranger| Fight Child Abuse
 - [Protect Yourself Rules - A Friendly Stranger - YouTube](#)
- |06 min 17 sec| SAFETY RULES FOR KID| | EDUCATIONAL VIDEO FOR CHILDREN| Make It Easy Education
 - [SAFETY RULES FOR KIDS | | EDUCATIONAL VIDEO FOR CHILDREN - YouTube](#)
- |03 min 33 sec| Counting Coins Song for Kids| Learning About Money Song For Kids| Math Songs by NUMBROCK
 - [Counting Coins Song for Kids | Learning About Money Song For Kids - YouTube](#)
- |03 min 20 sec| The Money Song | Penny, Nickel, Dime, Quarter| Jack Hartmann Money Song| Jack Hartman Kids Music Channel
 - [The Money Song | Penny, Nickel, Dime, Quarter | Jack Hartmann Money Song - YouTube](#)
- |05 mins 39 sec | Learn with Eddie| How to Do Laundry for Kids| Eddie the Dinosaur Does His Laundry| Learn with Eddie- The Messy Dinosaur
 - [Learn with Eddie 🎵 How to Do Laundry for Kids | Eddie the Dinosaur Does His Laundry - YouTube](#)

Option 1b: Treats – Healthy Foods Matching Worksheet | LF

Share Screen via Zoom to show participant the 2 worksheets.

Match the treats & healthy foods in the correct columns below!

Name: _____

Treats – Healthy Food

Sort the treats you eat sometimes from healthy foods.

 Treats	 Healthy Food

©CRoevs

Match the treats & healthy foods in the correct columns below!

Name: _____

Treats – Healthy Food

Sort the treats you eat sometimes from healthy foods.



Share Screen via Zoom to show participant the worksheet.

Circle which items you can buy in this budget below!

SHOPPING BUDGET

You have \$80. You need to buy a toy for your cousin, a cake for your mom, and some dishes for your sister. Circle which items you can buy in this budget.

					
Toy \$22.00	Cake \$15.00	Dishes \$15.00	Toy \$18.00	Cake \$8.00	Dishes \$10.00

Circle which items you would buy. Check to make sure they are within the budget!

_____ + _____ + _____ = _____

Option 3: Matching Everyday Objects Worksheets | LF

Share Screen via Zoom to show participant the 2 worksheets.

Trace the lines to the objects below!

Trace the lines

Name _____



Trace the lines to the objects below!

Trace the lines

Name _____



Share Screen via Zoom to show participant the 2 worksheets.

Complete the worksheet below!

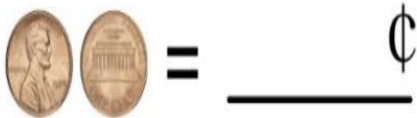
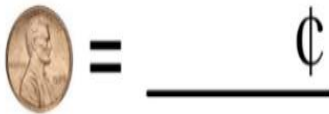
Name: _____

Penny



penny

Count the money.



Circle all of the



Complete the worksheet below!

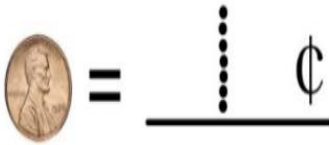
Name: _____

Penny



penny penny penny

Count the money.



Circle all of the




Option 5: Community Signs Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Match the words with the signs below!

Name:

Match the word to the sign.

		
<input type="text"/>	<input type="text"/>	<input type="text"/>
		
<input type="text"/>	<input type="text"/>	<input type="text"/>

Stop	Walk	Women's
Don't Walk	Exit	Men's

Option 6: Folding Face Cloths Worksheets | LF

Share Screen via Zoom to show participant the 3 worksheets.

Complete the task analysis below!



Task Analysis



I Can



Fold Facecloths!

I have completed my Life Skills Center! Please help me show off my skill at home!

Awarded to:

Teacher:_____

Date:_____

Option 7: Life Skills Morning Work Worksheet | LF

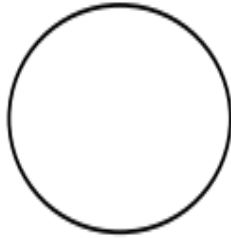
Share Screen via Zoom to show participant the worksheet.

Complete worksheet below!

First Name: _____ Last Name: _____

Date Number Form: _____ Date Word Form: _____

Daily Number:



Add 10 to the daily number: _____ Subtract 10 from the daily number: _____

$\begin{array}{r} 22 \\ +34 \\ \hline \end{array}$	$\begin{array}{r} 15 \\ +28 \\ \hline \end{array}$	$\begin{array}{r} 53 \\ +19 \\ \hline \end{array}$	$\begin{array}{r} 37 \\ +48 \\ \hline \end{array}$
--	--	--	--

What Time is it right now?

_____ : _____

How Much Money: _____

First Name: _____

Today's Weather Report:
Circle the weather and clothing choices for today.

Option 8: Using the Restroom Worksheet | LF


Share Screen via Zoom to show participant the worksheet.


Match the sequence in order below!


Lesson #1


USING THE RESTROOM


1	2	3	4
5	6	7	8



1



2



5



4


3


6


8

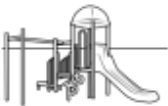

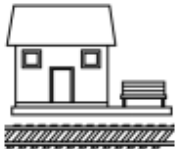



7



Option 9: Community Places Life Skills Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Write your name & label the pictures below!

L3	
<hr/> <hr/> <hr/>	
<p>1. Write your name. 2. Label the picture.</p>	
	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>
	<hr/> <hr/> <hr/>

Word Bank

farmers market	hair salon	amusement park	train station	playground
----------------	------------	----------------	---------------	------------

Option 10: Paper Plate Donut Craft | LF/HF



Supplies:

Large Paper Plate – one per donut craft

Pink Tissue Paper

Brown Craft Paint

Foam Paint Brush

School Glue

Kid Friendly Craft Scissors

Glitter or Glitter Glue

Instructions:

- Using your scissors, cut out a small circle from the center of the paper plate. This is your donut shape and from here on out we will decorate it.
- Discard the inner circle you just cut out.
- Squirt some paint on the paper plate and have your child paint it completely brown.
- Set aside to let it dry completely.
- Cut your pink tissue paper into small squares.
- Put some glue on the donut and have your child place the tissue paper on top to represent the frosting.
- To finish it off, draw some squiggles of glue and sprinkle some glitter on top. {shake off excess.
- Then let your Paper Plate Doughnut dry completely before displaying proudly.

Donut Jokes to Tell Afterwards:

1. What did the donuts do on their date? - They glazed into each other's eyes
2. Why were the golfer's donuts so bad? - Because he couldn't get a hole in one!
3. Why did the donut go to the dentist? - To get a filling!

Option 11: Smores Mug Brownie Recipe | LF/HF



Ingredients:

1/3 cup dry Betty Crocker™ fudge brownie mix (from 18.3-oz box)

1 tablespoon fat-free egg product

1 tablespoon vegetable oil

1 teaspoon water

2 tablespoons miniature marshmallows

2 teaspoons crushed graham crackers

1 teaspoon miniature semisweet chocolate chips

Instructions:

- Spray bottom of microwavable mug (about 12 oz) with cooking spray. In small bowl, mix brownie mix, egg product, vegetable oil and water.
- Spoon batter into mug. Microwave uncovered on High 40 to 50 seconds or until top is set and toothpick inserted in center comes out almost clean; immediately top with marshmallows, graham crackers and chocolate chips. Let stand about 1 minute to allow marshmallows to soften before serving. Best served warm in mug.

Expert Tips:

Don't have fat-free egg product in your refrigerator? Instead, beat 1 egg, and measure out 1 tablespoon. Either discard the remaining egg or save for another use.

Microwave ovens vary in cook times, so please start with the minimum cook time, and add time as necessary.

Spraying only the bottom of the mug with cooking spray will make sure that your brownie gets the proper height during microwaving. If you prefer more gooeyness, you can top your brownie with marshmallows and chocolate chips, and pop back in the microwave on High for an additional 5 to 10 seconds, until marshmallows start to soften. Top with graham crumbs and enjoy.

Option 12: How to draw Videos | LF/HF

Share Screen via Zoom and click on links below to choose a video of your liking.

- | 06 min 13 sec | How to Draw Sushi

- <https://youtu.be/lhBFN1add9c>



- | 07 min 38 sec | How to Draw a Funny Taco

- <https://youtu.be/OGAswGL4mWE>



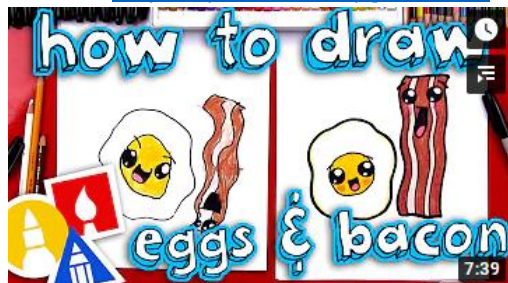
- | 09 min 18 sec | How to Draw a Pizza

- <https://youtu.be/ljJpmoVx3Mo>




- | 07 min 39 sec | How to Draw Eggs & Bacon

- <https://youtu.be/43pgLvH4OCY>



Option 13: Phone Call/Face Time Curriculum | HF and LF

Conversation Starters

Would You Rather... 			
1.	Hide Easter eggs	or	Find Easter eggs
2.	Have a fluffy, bunny tail	or	Have big, bunny ears
3.	Eat ham on Easter day	or	Eat turkey on Easter day
4.	Dye eggs	or	Buy plastic eggs from the store
5.	Wear your best spring outfit on Easter day	or	Wear a full-body bunny costume on Easter day
6.	Eat jelly beans	or	Eat chocolate
7.	Have a pet rabbit	or	Have a pet duck
8.	Have a rainy spring day	or	Have a sunny spring day
9.	Jump in puddles	or	Play in the mud
10.	Play kickball	or	Play baseball/softball
11.	Only be able to eat black jelly beans for dessert for the rest of your life	or	Only be able to speak in poem for the rest of your life
12.	Write a poem	or	Read a poem
13.	Watch a baseball game	or	Watch a track meet
14.	Go for a run	or	Go for a walk
15.	Have a track and field day at school	or	Have an Easter party at school
16.	Go fishing	or	Go turkey hunting
17.	Have a choir concert	or	Have a band concert
18.	Grill burgers outside	or	Grill hotdogs outside
19.	Go swimming	or	Go four-wheeling
20.	Have a yard full of flowers but also a lot of bees	or	Have a yard full of dandelions but no bugs at all



“Below are some activities to explore all centered around World Book Day.”

Instructional Guidance:

1. Before starting lesson, make sure the participant is engaged and listening/watching each step.
2. Make sure each participant has all items needed to complete the lesson.

Life Development Vocational Skills | LF



Please watch videos before starting worksheets to help understand the content below it.

Option 1a: Educational Videos | LF



- |9 min 59 sec| The Day the Crayons Quit (Read Aloud) | Storytime by Dewalt
 - https://youtu.be/ue-7K_K7V4A
- |04 min 01 sec| If You Give a Mouse a Cookie - Laura Numeroff - Kids Books Read Aloud
 - <https://youtu.be/mgtCiuy63rQ>
- |06 min 48 sec| Kids Book Read Aloud: THE RAINBOW FISH by Marcus Pfister
 - <https://youtu.be/Z3cmddZh6t8>
- |05 min 31 sec| Corduroy by Don Freeman - READ ALOUD Books for Kids
 - <https://youtu.be/xNmcAnlLJuY>
- |03 min 48 sec| The Very Busy Spider - Animated Children's Book
 - <https://youtu.be/TfL0g-XRxnA>
- |05 min 20 sec| The Story of Jack and The Beanstalk - Fairy Tales for Kids
 - https://youtu.be/_VCpAYajmvo
- |08 min 48 sec| Little Red Rhyming Hood | Rhyming Book | Poetry for Kids | READ ALOUD
 - <https://youtu.be/p860HFsfPoM>
- |04 min 28 sec| Kids Book Read Aloud: CHICKA CHICKA BOOM BOOM by Bill Martin Jr, John Archambault and Lois Ehlert
 - <https://youtu.be/VdrTXRD090U>
- |08 min 27 sec| Kids Book Read Aloud: CURIOUS GEORGE (Original Book) by H.A. Rey
 - https://youtu.be/EJ9Bz_8_geg
- |02 mins 12 sec | GOODNIGHT MOON BY MARGARET WISE BROWN | CHILDREN'S BOOK READ ALOUD
 - https://youtu.be/IWIH_3RRfRI

Option 1b: Easter Word Search | LF

Share Screen via Zoom to show participant the word search.

Find the hidden words in the word search below!

World Book Day

SUPERMANLXYARGWREDCSIYD
YBFGXRAWBBPMEA IQUVIHOGE
QBXWNQPOAQORDTLVMRNOJIN
VCXTHWMRWSCFRALHDKDROPN
GFEIMIORHNMOIHYLEDERPAI
RTPNRCOAEIAXDEWDEORIBPS
ULAKSKLPRPDAIHOAAREDNPT
FEDETEASEPHLNTNLAOLHAEH
FPDRIDPKSOAIGNKADTLEMPE
AMIBNWMCWPTCHIADLHANTGM
LONEKIOAAAYTEOTFDIYHRAGE
OWGLZTOJLREQOAZITIVYBMN
GYTLACAGLARRD CZNAKTCBJA
FJOEYHODYMMRTWITMUYRMKC
DPNXMISSTRUNCHBULLFMSGE
JULIETWWRETTOPYRRAHRSAZ

ALADDIN	MARY POPPINS
ALICE	MATILDA
BATMAN	MISS TRUNCHBULL
BELLE	MR FOX
BFG	MR STINK
CAT IN THE HAT	MR TWIT
CINDERELLA	OOMPA LOOMPA
DENNIS THE MENACE	PADDINGTON
DOROTHY	PEPPA PIG
GRUFFALO	RED RIDING HOOD
HARRY POTTER	SUPERMAN
HORRID HENRY	TINKERBELL
JACK SPARROW	WHERES WALLY
JULIET	WICKED WITCH
MAD HATTER	WILLY WONKA
MARY POPPINS	



Option 2: World Book Day Coloring Page | LF

Share Screen via Zoom to show participant the coloring page.

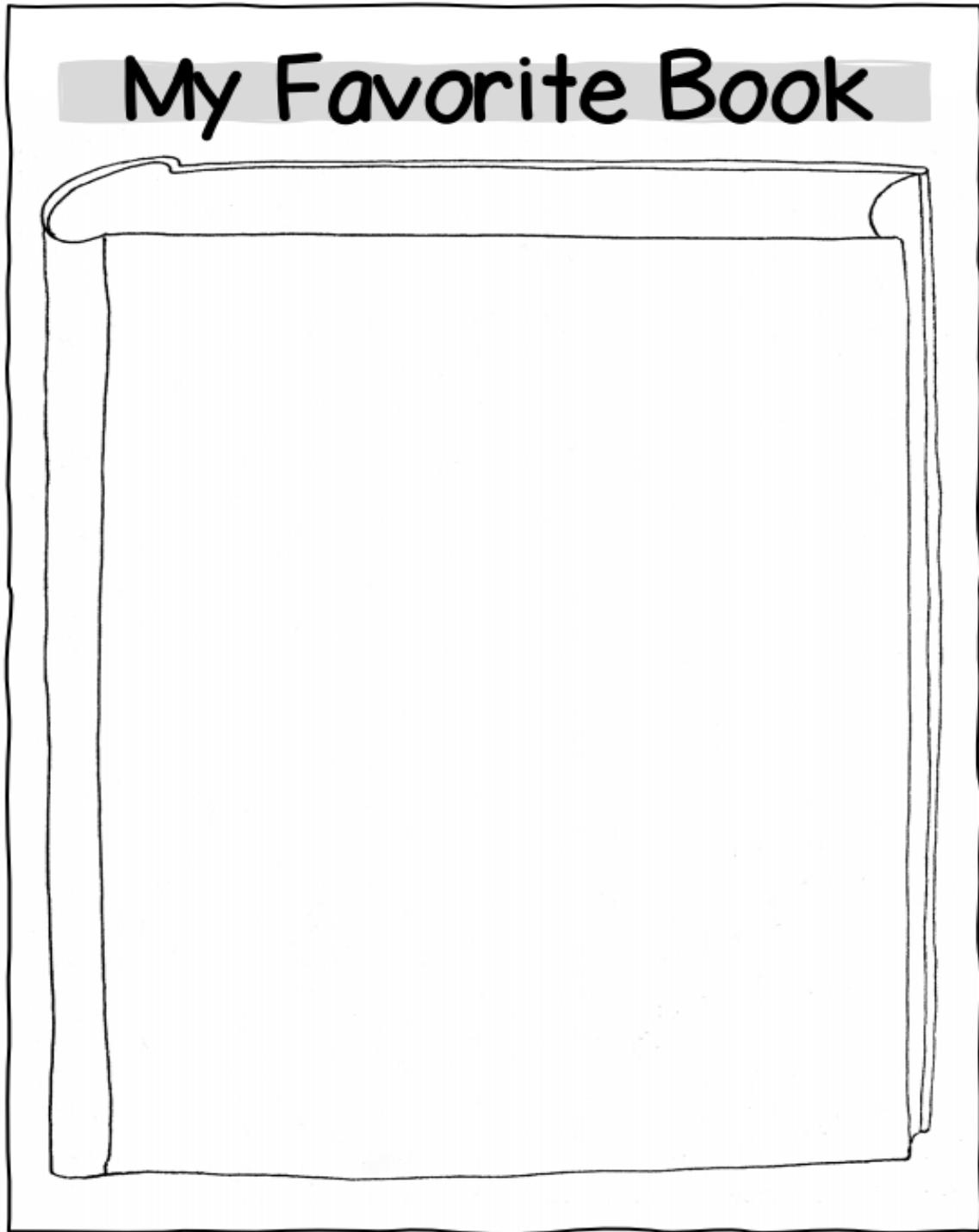
Color the picture below!



Option 3: My Favorite Book Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Draw the cover of your favorite book below!



Option 4: Book Review Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Write down your review of a book you've read below!

Book Review

by: _____

Book Title _____

Author _____

Genre _____

My Rating

★ ★ ★ ★ ★

Summary

Opinion

I think _____

Recommendation

I would recommend this book to _____

© Erin Clark 2015

Option 5: My Book Template Worksheets | LF

Share Screen via Zoom to show participant the 5 worksheets.

Create your own book with the worksheets below!

Title:

Author:

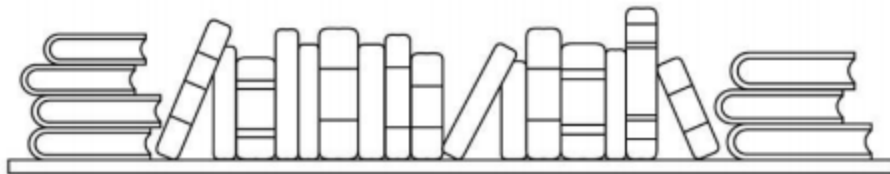
A large rectangular box with a double-line border. Inside, at the top, is a smaller empty rectangular box. Below this box are ten horizontal lines, evenly spaced, extending across the width of the inner box.

A large rectangular box with a double-line border, containing 20 horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the box.

About The Author



This book is from the library of:



Option 6: The Magic School Bus Worksheet | LF

Share Screen via Zoom to show participant the worksheet.

Look on YouTube for a Magic School Bus Episode to watch and then complete worksheet below!

Name _____



The Magic School Bus

Miss Frizzle took the class on a trip to _____.

Their trip was _____.



You won't believe what happened!

First, _____

Then, _____

Next, _____

Finally, _____

Option 7: The Very Hungry Caterpillar Worksheet | LF

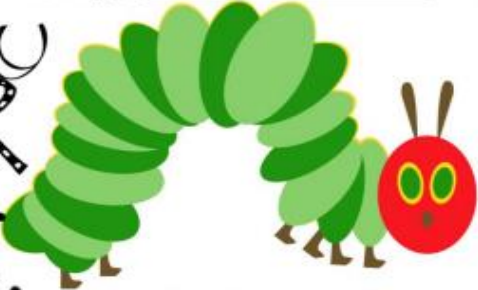
Share Screen via Zoom to show participant the worksheet.

Watch video of The Very Hungry Caterpillar and then complete worksheet below!

- The Very Hungry Caterpillar <https://youtu.be/vkYmvxPOAJI>

name: _____ date: _____

the very hungry caterpillar



what is the setting?

who is the main character?

What happens first? ||| What happens next? ||| What happens last?

www.simplysproufeducate.com

Option 8: The Gingerbread Man Read Aloud & Worksheet | LF


Share Screen via Zoom to show participant the read aloud & worksheets.

View The Gingerbread Man read aloud & then complete worksheets below!

- The Gingerbread Man - Children Story | 3 min 59 sec | <https://youtu.be/P789cpZoxIU>

STORY **m a p**

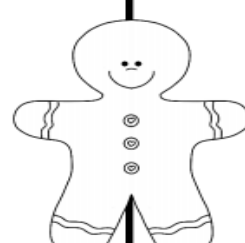
name _____

characters	setting
	
plot	conclusion

CAUSE & **e f f e c t**

name _____

Determine cause and effect! The cause is why something happens. The effect is what happens as a result.

CAUSE {Why}	EFFECT {What}
	

oven door opens
gingerbread gets eaten



















fox helps cross the river
gingerbread runs off

Option 9: Reading Log Worksheet | LF

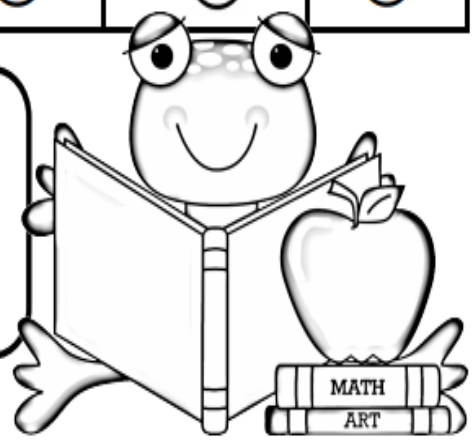
Share Screen via Zoom to show participant the worksheet.

Log the books you read on the reading log below!

My Reading Log

Date	Title	My Rating		
				
				
				
				
				
				

My favorite book was _____



Option 10: Dr Seuss Thing 1 and Thing 2 Handprint Craft | LF/HF



Supplies:

- white canvas (size will depend on the size of your children's hands and how many kids you have) or white cardstock
- red, white, and blue tempura paint
- paint brush
- sharpie marker
- baby wipes (optional, but make clean-up SO much easier!)

Instructions:

1. Paint hand and all fingers EXCEPT the middle finger red. Now, carefully spread your fingers and make a print on the canvas. Repeat this once more in a horizontal line so that fingers are at the top of the canvas. Allow paint to dry slightly to avoid mearing the paint.
2. Thoroughly clean off paint (we used baby wipes to make it quick and easy). Paint all fingers on one hand blue. Turn the canvas around so the handprints are upside down. Carefully make a print above the other handprints to make hair. Make sure to leave a 2-3" gap for the face. Clean off hand.
3. Allow the project to dry. Now use white paint and a paintbrush to paint the spot between the red handprint bodies and the blue fingerprint hair white for the face.
4. Continue using the white paint to make a circle on each of the red palms. Allow it to dry.
5. After it is dry, use a sharpie marker to CAREFULLY (remember it's permanent) to write Thing 1, Thing 2 on the white circle on their bellies. Now make two eyes, a nose, and a mouth on their white faces. TADA all done!

Option 11: Strawberry Mice Recipe | LF/HF

Strawberry Mice



Ingredients:

strawberries
strawberry laces (sweets)
chocolate chips
pine nuts
chocolate buttons
slice cheddar cheese

Instructions:

Start by hulling the strawberries by sticking a plastic drinking straw through from bottom to top (see the video below for how to do this).

Take a slice off one side the the strawberry so it can stand without rolling around.

Cut a piece off a strawberry lace for the tail, and pop it into the hole left by the straw. Pop a chocolate chip into the other end for a nose.

Push two pine nuts into the strawberry, pointy side down to form the eyes, then add two chocolate buttons for the ears. Repeat until you have as many mice as you need.

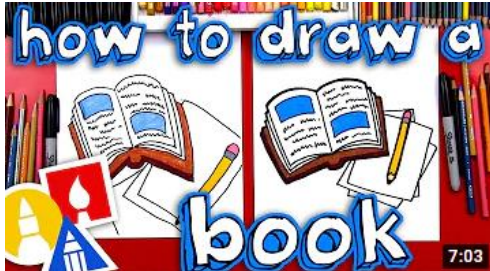
Serve up on a platter or plate along with small triangles of cheddar cheese (I cut little holes in mine with mini bento cutters)

- **How to video:** <https://youtu.be/GRSrfcQ-Bb4?list=PLVvmAKeZ9p0TPXkkteziQrXSZGdef5vx8>

Option 12: How to draw Videos | LF/HF

Share Screen via Zoom and click on links below to choose a video of your liking.

- | 07 min 02 sec | How to Draw A Book and Pencil
 - <https://youtu.be/b1Yprq6F8l8>



- | 10 min 39 sec | How to Draw Greg from diary of a Wimpy Kid
 - <https://youtu.be/dw1reZBtKMM>




- | 13 min 51 sec | How to Draw Harry Potter & Hedwig
 - <https://youtu.be/LNJqyHm95w0>



- | 06 min 44 sec | How to Draw Winnie The Pooh
 - <https://youtu.be/anO5XIMAgwQ>



Conversation Starters

Would you rather... 			
1	take a one week trip to the foreign country of your choice	or	take a four week trip around your own country
2	play on a baseball team that always wins but always has to play in the rain	or	play on a baseball team that always plays in sunny weather, but also always loses.
3	be the best player on a team that always loses	or	be the worst player on a team that always wins
4	be banned from all computer use for a year	or	not be allowed to eat any desserts or sweets for a year
5	be able to control the weather	or	be able to talk to animals
6	live in Narnia	or	attend school at Hogwarts
7	be given \$1,000 right now	or	be given \$50 a month for the rest of your life
8	be a famous actor	or	discover the cure for cancer
9	be incredibly wealthy, but never fall in love or get married.	or	have a happy marriage but be poor
10	have many friends, but no close friends	or	have just one or two close friends
11	have bright blue teeth	or	have bright blue hair
12	lose one arm	or	lose one leg
13	be able to fly	or	be able to turn invisible
14	get to take a shower every day, but you have to take a cold shower	or	only get to shower once a week, but you get to take a hot shower
15	Not be allowed to eat your five favorite foods for an entire year	or	Be allowed to eat only your five favorite foods for an entire year.
16	have a very strict teacher, but learn a lot	or	have a really nice teacher but not learn much
17	have a friend that was really fun to be with but not very nice	or	have a friend who is kind of boring but also very kind
18	have a job that you hate, but that pays you millions of dollars a year	or	have a job that you love that pays you just enough to get by
19	have one eye in the middle of your head like a Cyclops	or	have two noses
20	be given a \$1,000 dollars	or	have the charity of your choice be given \$10,000 dollars