

Prep Academy EHS NTI Menu- 24 months and above

Student Name: _____

Day 3: Choose an activity from each subject area below and initial when completed. Menu should be sent back when the students return to school.

Literacy *CHOOSE ONE!	Math *CHOOSE ONE!	Fine Motor *CHOOSE ONE!	Gross Motor *CHOOSE ONE!	Social/Emotional *CHOOSE ONE!
Family Fun Use family photos from home, from magazines, or create drawings. When the drawings have been completed, write the names of the people the drawings represent. 	"Five Little Ducks" Please follow the link to sing counting songs and use hand motions or toys to act them out. https://music.youtube.com/watch?v=pZw9veQ76fo	Stringing Beads Take a shoelace or string and have your child string beads onto the "string." 	Have fun with balloons. Kick a balloon from one side of the room to another. Put a laundry basket on its side and your child can kick it into the basket.	Practice Self-Control by Playing Freeze Dance 
Letter Recognition Identify the first letter of your child's name and locate other items or objects that begin with the same letter.	How Tall Are You? Use a measuring tape or yarn to measure your child and their toys. 	Animal Tape Rescue  https://www.howweplayandlearn.com/post/animal-tape-rescue	Act like animals. Can your child stand like a flamingo, squat like a duck, run on all fours like a lion? It's fun to try. Don't forget to make the appropriate animal sounds!	Feelings Charades Take turns acting out emotions while the other person guesses what it is. For example, acting out being happy, sad, or excited.

READ A BOOK TOGETHER: Title _____
 In addition to the above activities, please read each NTI day together.

If you have any questions regarding NTI work, please feel free to contact your student's teacher! 😊



DANIEL TIGER'S NEIGHBORHOOD

Practice Self-Control by Playing Freeze Dance

Aug 27, 2018

Self-control is an important skill for children to develop so they can do things like not hit when they feel angry or learn to stop playing when they have to go to the bathroom. Here's a jazzy way to help your child practice self-control by combining music with this "freeze" game.

Materials

☐ Music from any source

Directions

- 1 Find some music that's good for marching or dancing.

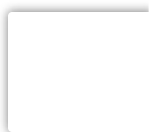
2 Tell your child to listen for the music — to march or dance when it's on and to stop moving when the music stops. This works best if you can turn your back so your child can't see when you stop the music. If your child needs an example of how the game works, check out Daniel Tiger and his friends playing freeze dance!

3 When your child manages to stop, you have a wonderful opportunity to say something like, "See! You can control yourself and what you do."

4 It can be hard to calm down after doing a lively activity, so it's a good idea to play softer, slower music at the end to help your child wind down gradually.

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<https://www.pbs.org/parents/crafts-and-experiments/practice-self-control-by-playing-freeze-dance>



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Literatura * ELIGE UNO!	Matematicas * ELIGE UNO!	Motricidad Fina * ELIGE UNO!	Motricidad Gruesa * ELIGE UNO!	Social/Emocional * ELIGE UNO!
Familia Divertida Usa fotos familiares de casa, de revistas o crea dibujos. Cuando se hayan completado los dibujos, escriba los nombres de las personas que representan los dibujos. 	"Cinco Patitos" Siga el enlace para cantar canciones de conteo y use movimientos de manos o juguetes para representarlas. https://music.youtube.com/watch?v=pZw9veQ76fo	Ensartar cuentas Tome un cordón o una cuerda y pídale a su hijo que ensarta cuentas en la "cuerda". 	Diviértete con globos. Patea un globo de un lado a otro de la habitación. Coloque una canasta de ropa sucia de lado y su hijo podrá patearla en la canasta.	Practica el autocontrol jugando a la danza congelada 
Reconocimiento de Letras Identifique la primera letra del nombre de su hijo y localice otros elementos u objetos que comiencen con la misma letra.	Que tan alto eres? Use una cinta métrica o hilo para medir a su hijo y sus juguetes. 	Rescate de cintas para animales https://www.howweplayandlearn.com/post/animal-tape-rescue 	Actúan como animales. ¿Puede su hijo pararse como un flamenco, ponerse en cuclillas como un pato, correr a cuatro patas como un león? Es divertido intentarlo. ¡No te olvides de hacer los sonidos de animales adecuados!	Charadas de sentimientos Tomen turnos para representar sus emociones mientras la otra persona adivina cuáles son. Por ejemplo, actuar como si estuviera feliz, triste o emocionado.

LEER UN LIBRO JUNTOS: Titulo _____

Además de las actividades anteriores, lean juntos cada día de NTI..

If you have any questions regarding NTI work, please feel free to contact your student's teacher! 😊



DANIEL TIGER'S NEIGHBORHOOD

Practique el autocontrol con este juego de "congelación"

Aug 27, 2018

Materiales



Cualquier tipo de música

Instrucciones

1

Encuentre música que sea buena para marchar o bailar.

2

Dígale a su niño(a) que escuche la música. Pídales que marchen o bailen cuando esté encendida la música y que dejen de moverse cuando la música se detenga. Esto funciona mejor si usted le da la espalda para que no puedan ver cuando usted detiene la música.

3 Cuando su niño(a) logre detenerse, usted tendrá una maravillosa oportunidad de decir algo como: "¡Mira! Puedes controlarte a ti y controlar lo que haces".

4 Puede ser difícil calmarse después de realizar una actividad animada, por lo que es una buena idea poner música más suave y lenta al final para ayudar a que su niño(a) se relaje de a poco.

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<https://www.pbs.org/es/parents/manualidades-y-experimentos/practique-el-aut-control-con-este-juego-de-congelacion>

