

Remote Lesson #20

Theme: Rain Forest  
Storytime: Zaccheus by Mrs. Steele  
Letter of the Week: Zz  
Parent Corner: Children and Sleep

## Rain Forest

The Greedy Python by Eric Carle  
[https://youtu.be/nmAj\\_HG1zo4](https://youtu.be/nmAj_HG1zo4) read by Alpha Sauer

The Greedy Python set to Music  
[https://youtu.be/nmAj\\_HG1zo4](https://youtu.be/nmAj_HG1zo4) from Mary Altom/Music Therapy Kids

Craft: Paper Plate Snake



This is a classic cutting craft with a new twist! I have never tried this with bubble wrap painting but the effect is great! If you don't have bubble wrap or want to try another method, I would recommend dipping a pencil eraser into a bit of paint and "dot" the plate for the desired effect of snake skin. Paint first and then draw a black spiral line on the plate for your child to cut along. Younger children will need hand over hand assistance for curved cutting. (Keep elbow tucked at side) Punch a hole in the tail, thread with string and hang from the ceiling. Make several and create a rain forest jungle in your house!

### Paper Plate Snake Craft Using Bubble Wrap

from  
Crafty Morning.com

"Make your own paper plate snake with your kids using the most fun tool of all- BUBBLE WRAP!  
It's easy and turns out very cute.

You will need a rolling pin, **paper plate**, green paint, **bubble wrap**, scissors, 2 **googly eyes**, ribbon, and glue.



First off, go into your kitchen and grab your wonderful rolling pin. This is going to make the coolest painting tool ever! Wrap a piece of bubble wrap around the pin and tape it. Squirt two shades of green on a flat surface and have your kids dip the whole thing into it.



Then have your kids roll it all over the paper plate almost covering the whole thing.



Let it dry for about 20 minutes and start cutting a spiral shape into the plate. Leave a rounded "head" at the end of the spiral.



Glue on two googly eyes, any size you want and cut a ribbon about 1-2 inches long. You then going to cut a piece off the end to make it look like a snake's tongue.



Pick up the snake's head and dangle it around (ohh you know it's fun to do!)"

# Letter Zz

Bible Storytime: Zaccheus - A Small Man from Luke 19 from The Beginner's Bible

Read by Mrs. Steele

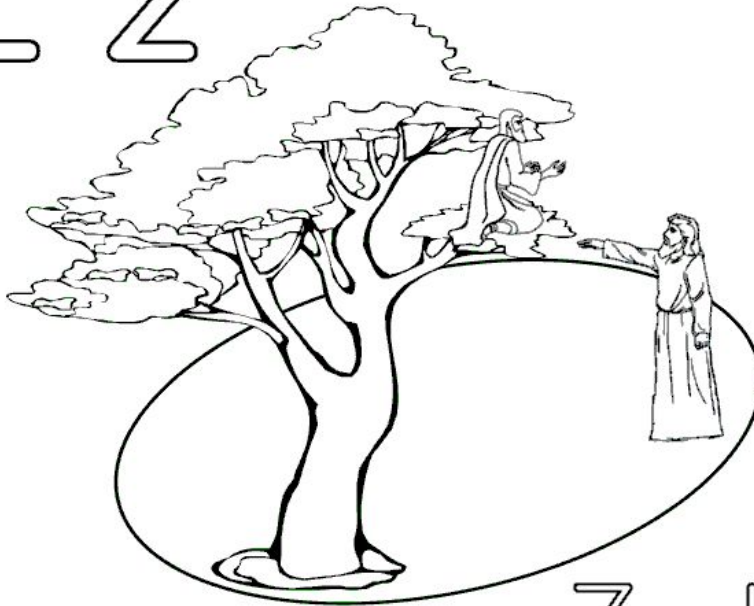
<https://youtu.be/lkoUn5OyxwQ>

Song: CedarMont Kids

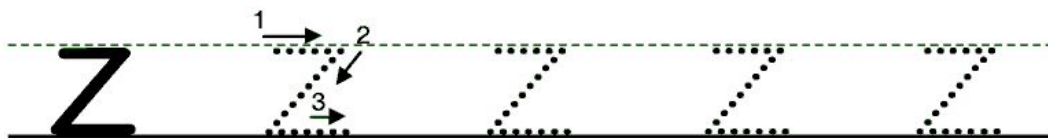
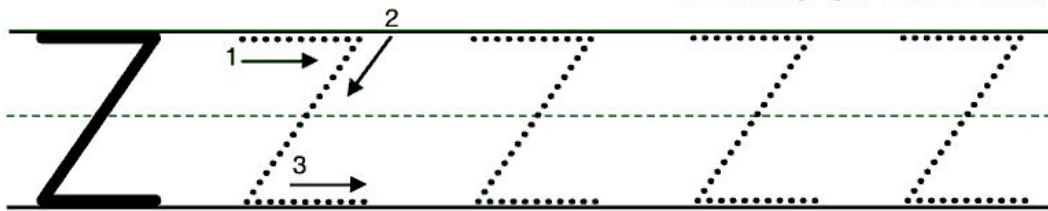
[CedarMont Kids - Zacchaeus](#)

Name \_\_\_\_\_ Date \_\_\_\_\_

Z z



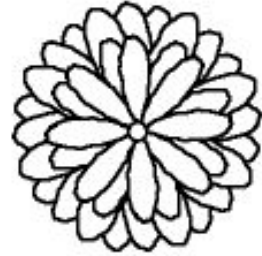
Zacchaeus



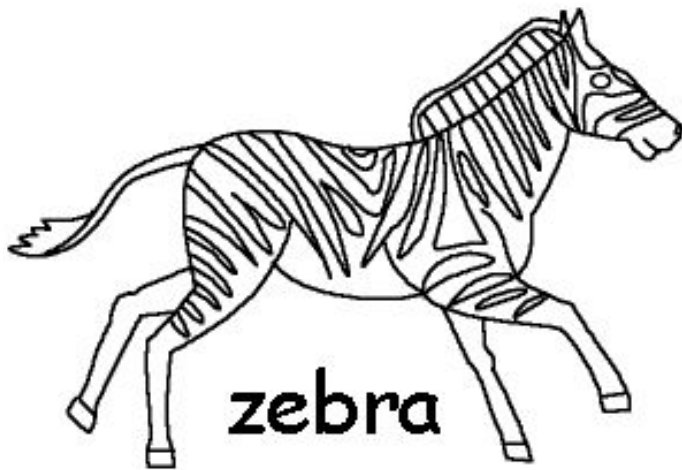
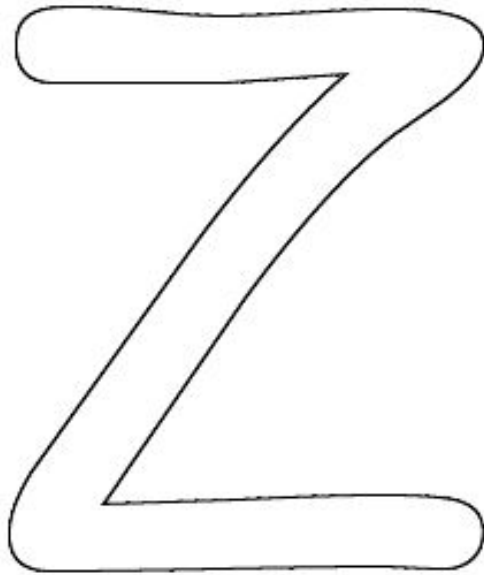




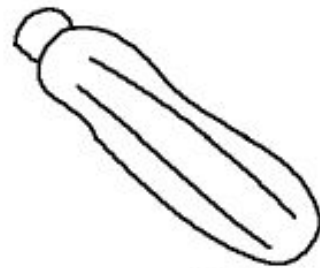
**zigzag**



**zinnia**



**zebra**



**zucchini**

Letter Zz Worksheets:

<https://easypeasylearners.com/wp-content/uploads/2017/02/Letter-Z-Worksheet-Set.pdf>

Songs: Jack Hartmann

<https://youtu.be/pfgUEgGo0k4>

[https://www.youtube.com/watch?v=IDeUZy\\_iNT4](https://www.youtube.com/watch?v=IDeUZy_iNT4)

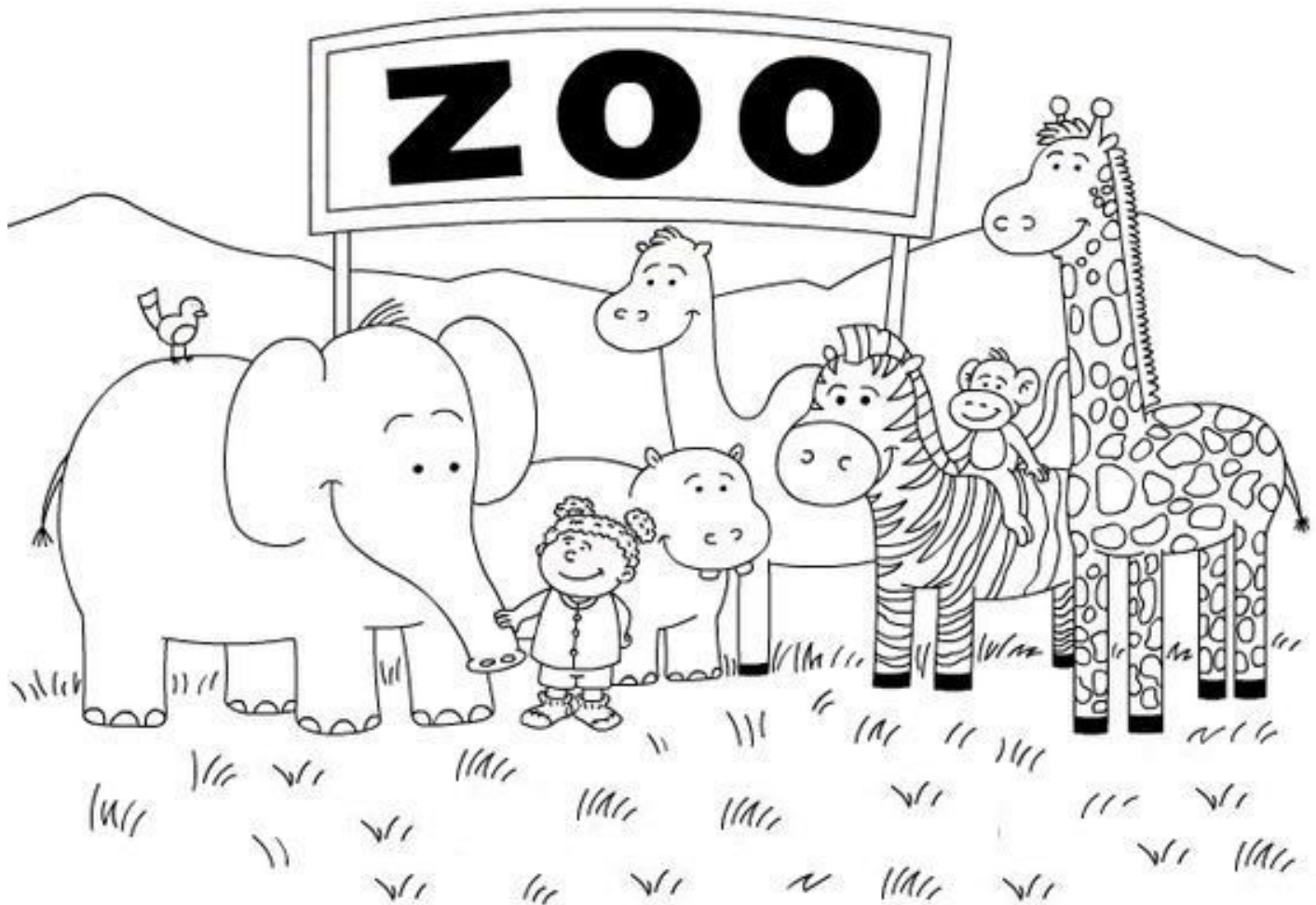
Game:

<https://www.starfall.com/h/abcs/letter-z/>

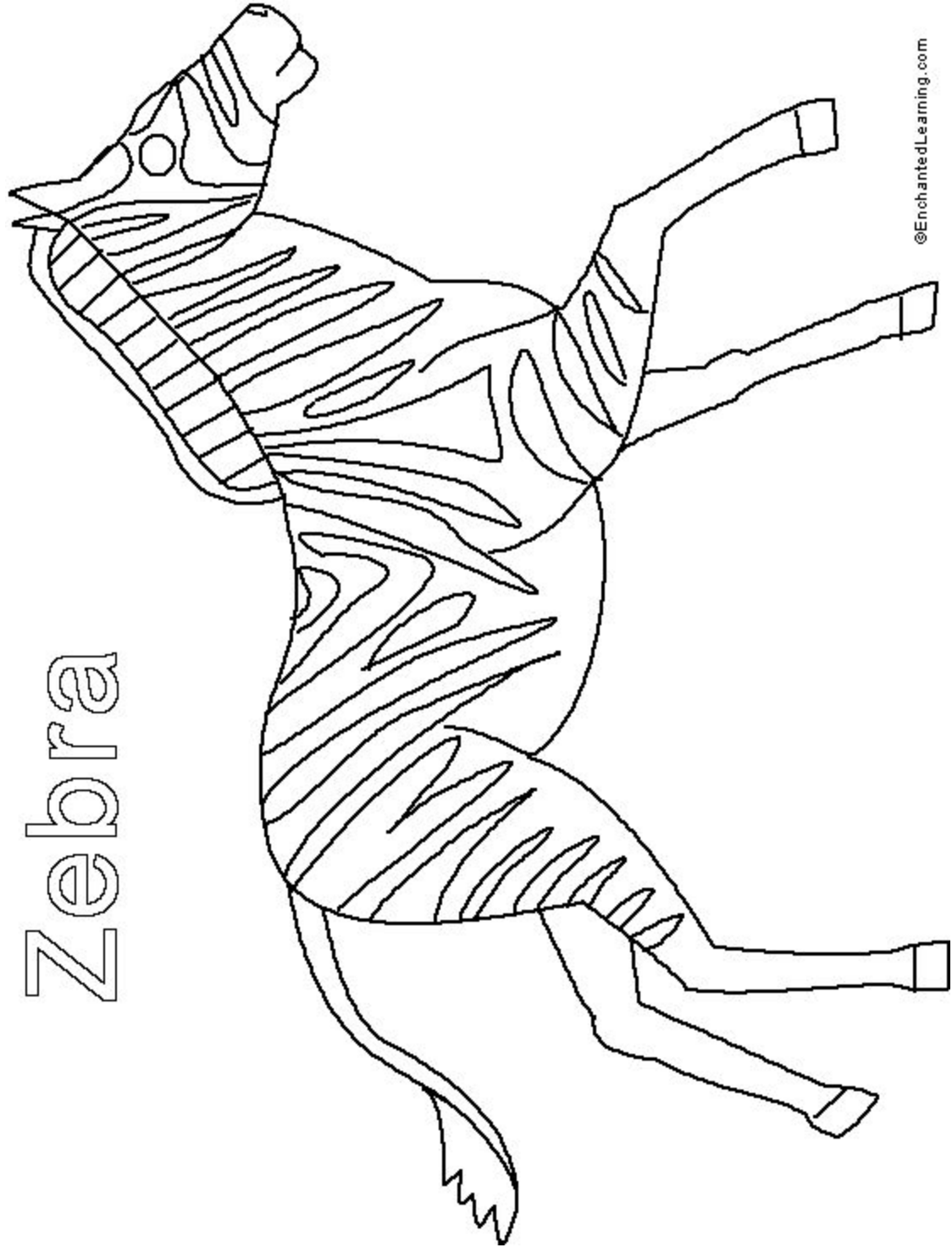
Puzzles:

<https://www.starfall.com/h/geometry/puzzles-easy/?mg=k>

Coloring:



# Zebra





# Parent Corner

Why Do We Need Sleep? By SciShow Kids

Video for children and adults

[https://youtu.be/\\_aAmaCeq9v4](https://youtu.be/_aAmaCeq9v4)

Article for Parents

[Healthy Sleep Habits: How Many Hours Does Your Child Need?](#)

## Recommended Amount of Sleep for Pediatric Populations\*

Age	Recommended Sleep Hours per 24 Hour Period
<b>Infants:</b> 4 to 12 months	12 to 16 hours (including naps)
<b>Toddlers:</b> 1 to 2 years	11 to 14 hours (including naps)
<b>Preschoolers:</b> 3 to 5 years	10 to 13 hours (including naps)
<b>Gradeschoolers:</b> 6 to 12 years	9 to 12 hours
<b>Teens:</b> 13 to 18 years	8 to 10 hours

\*The American Academy of Pediatrics (AAP) has issued a Statement of Endorsement supporting these guidelines from the American Academy of Sleep Medicine (AASM).

Source: Paruthi S, Brooks LJ, D'Ambrosio C, Hall W, Kotagal S, Lloyd RM, Malow B, Maski K, Nichols C, Quan SF, Rosen CL, Troester MM, Wise MS. Recommended Amount of Sleep for Pediatric Populations: A Statement of the American Academy of Sleep Medicine. J Clin Sleep Med. 2016 May 25. pii: jc-00158-16. PubMed PMID: 27250809.

Additional Information for Parents:

[Children & Sleep](#)