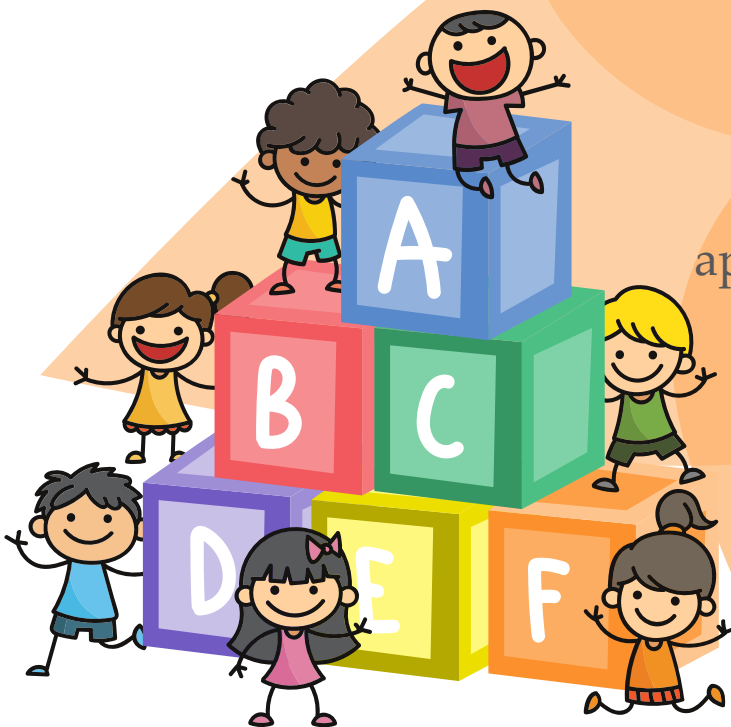




Five Senses Literature Lessons

Foundations and Fundamentals



Teacher's Guide
Level: Orange

A hands-on, easy-to-use, age-appropriate introduction to letters, numbers, shapes, and colors for children ages 4-8.

Laura Sowdon, OTR/L
Five Senses Learning, LLC

Version 2.0

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How To Use This Program

This program is for children who need to work on their foundational skills (shapes, colors, numbers, and letters) before moving on to learning more skills in reading and writing. This curriculum is an all-in-one curriculum which also includes lessons on science, social studies, art, life skills, and physical development activities.

In addition to this Teacher's Guide, you will need a copy of the appropriate **Student Workbook** for your child. There are three different versions of the Student Workbook. Each contains all the worksheets you need to practice writing the alphabet, create the phonics booklet, and do the other exercises and activities provided in the lessons.

- **Tangerine** is designed for right-handed children.
- **Apricot** is designed for left-handed children.
- **Pumpkin** is designed for children with visual processing or motor control issues. The worksheets have bolder, high-contrast fonts and lines, larger images, and give you the tools to work on writing letters at a wider variety of sizes, based on your child's needs.

No matter which of the three Student Workbooks you decide to use with your child, the basic program you'll follow is the same.

Pre-Writing

Handwriting is a complex task between the brain and the body. Not all children are ready to learn to write at the same age. This is why Five Senses curricula have a suggested age range, instead of a single grade. Before learning to write a child needs to be able to:

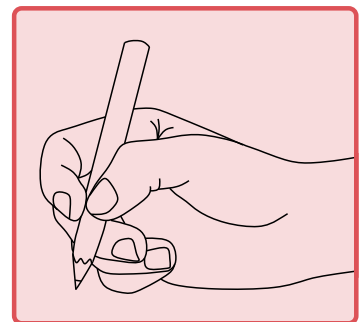
1. Sit at a desk or table and hold themselves up.
2. Hold a pencil or crayon in a tripod grasp.
3. Make controlled lines with the pencil, including drawing simple shapes.

Let's break each of these ideas down a bit.

If you ask your child to sit at a table or desk and they lay on the desk, twist their body, or can't sit still, they are letting you know that they lack the core strength they need for this task. Motor control develops from the core. So if your child's core is weak, their handwriting will be poor and their attention span will be short. Activities like yoga, swimming, playing outdoors, climbing monkey bars and trees, riding bikes, and jumping on things all strengthen the core. Make sure your child is spending at least an hour a day in active play to develop their core muscle strength.

Using a tripod grasp to hold a pencil can be tricky to learn. A tripod grasp is when the pencil is held with the side of the thumb and the first 2 fingers. The ring finger and pinkie finger should not be on the pencil.

If your child adds extra fingers, they are doing so because they lack the finger strength and coordination needed for a tripod grasp. You need to work with them on strengthening those fingers before working on writing. Do activities to strengthen the whole hand and



Resources

When you purchased this program, you received an email with links to two documents: the Teacher's Guide (this book), and the Student Workbook. In addition to these PDF documents, you have access to a set of Online Resources that you can access by logging into the Five Senses Literature Lessons website.

The following items are included:

Tutorial videos. There are videos to help you use this program successfully available on our website. There is one on how to make the letter pieces and one on how to use the letter worksheets. The information in the videos is also in this book, but sometimes it helps to actually see it all in action.

Link and video playlist. The lessons in this Teacher's Guide are full of suggestions for websites to visit and videos to watch. Taking advantage of videos and online content helps your child learn in different ways and further enriches the lesson. If you choose to print the Teacher's Guide, you can use the playlist page to help you navigate to the online portions of the program. We'll also use this page to announce any replacements or updates to the links and videos as needed. If you encounter a broken link or missing video during your use of the program, check out the Online Resources page to see if we have an updated suggestion.

Book and suggested supplies list. A core component of this program is the picture books you'll read to your child. Not all of these books are library staples so to make finding them easier, there is a detailed book list with the cover image, full title, author and illustrators, and links to purchase the books online.

Most of the lessons use simple school supplies like paper, crayons, paint, glue, and scissors. In some lessons, there is an optional activity that talks about a specific, less common supply or kit. Therefore, there is an Online Resource page with links to the supplies I recommend and why.



You can view the Online Resources page at <https://5sensesll.page.link/foundations-resources>

Please note, the videos and other teacher support resources are only available if you are logged in and have purchased this program.

Planning Your Week

The beauty of homeschooling is that you can alter your schedule and this program to suit your needs. Some families find it works best to take a day off in the middle of the week or to do school on the weekend. All of that is up to you. Learning the basics of reading and writing requires repetition. For that reason, the recommendations below are for a five-day school week.

Each week, before you start, you will want to review the lesson plan and supply list for the week. Make your plan for which things you will do each day. Remember to coordinate the book you read to your child with the activities they will do and have your supplies ready.

As written, this program will not take the same length of time each day, and you can plan to have time off for other activities or to just let your child play. Play is an essential part of child development.

Every Day

While using this program, you should plan to do some activities every day.



Reading

Every day, you and your child should read one of the recommended books for the lesson. Reading to your child is an essential part of their education. Coordinate your reading with the activities you will be doing that day. Each lesson has guidance on which activities go with which book. Some books are listed to use to reinforce the sounds or concepts in the lesson but do not tie directly to the activities. You may choose to reread the book that is the primary book several times this week instead of reading the additional reading books if that works best for your child.



Phonics

Each day your child should be either creating a new page for their phonics book or reading the book to you as described in the lesson. Repetition is the key to learning this skill.



Pre-Writing and Handwriting

Pre-writing activities should be repeated as many times as makes sense to your child and the lesson. Be sure to do any recommended pre-writing activities before starting the handwriting pages, as they are designed to prepare your child to write the letters. Study the pre-writing and handwriting assignments and be sure to do one of those each day. Do not attempt to do them all on a single day. Repeat some of the same activities, such as making the letters from the pieces you create, for just a few minutes before pulling out the handwriting sheets a few times. This will help your child remember how to create it before writing.

Lesson 2

T, F, 2, Orange, and Triangle



Reading For The Week

Grandfather Tang's Story

by Ann Tompert



Additional Reading

Fox in Socks*

by Dr. Seuss

Triangle

by Mac Barnett

**Fox in Socks* is optional here but is another fun book about foxes for this lesson. We will read *Fox in Socks* again in Lesson 9 for the letter X.

** See the *Student Workbook* for a template to make your own.



Supply List

- Red and yellow paint, art paper
- Globe or world map
- Tangrams**
- Blocks or Lego bricks



Nursery Rhyme: Diddle Diddle Dumpling My Son John

Diddle, diddle, dumpling, my son John,
Went to bed with his stockings on;
One shoe off and one shoe on,
Diddle, diddle, dumpling, my son John.



Phonics

Practice the sounds of F and T this week. If your child struggles with T, show them how their tongue taps the top of the mouth to make that sound. Make the T sound over and over for fun.

When you practice the sound for F with your child, notice how it can be elongated, unlike T. To make the sound for F, the top teeth touch the back of the lower lip. This sound can be hard for some children and may be easier when looking in the mirror to see the shape of their mouth after you demonstrate.

Make pages for your phonics book for T and F. T can be pictures of a tiger toy, tater tots or table. F starts the words fork, fan, and flower.



Pre-Writing

This week, use the pre-writing workbook page with the cross or plus sign, with your child to work on drawing that simple shape with lines that go from top to bottom, and across the page, cutting through the other line.



Children who are less mature, from a developmental standpoint, will want to make this shape with 3 strokes and not bisect the line. But bisecting lines is an essential part of learning to write. When you later introduce writing lower case f and t, your child will need to be able to do this skill.



Handwriting

In addition to making these letters from the letter pieces, build them from blocks, Lego bricks, sticks and other straight items around your house. Have your child use their entire body to make a T and an F when you work on each of those. T is easily made by holding both arms straight out from the body to either side. F requires that the child hold one arm straight out in front of them and the other below it, bent at the elbow so that it fits under. Take a picture of your child making the letter and show it to them.

Once your child has a good grasp of how to make the letter in many different ways, you can make the letters from the letter pieces and then complete the handwriting worksheets. Choosing separate days to do the worksheets is more manageable for most kids.



This Week's Shape

This week's shape is the triangle. Read *Triangle* by Mac Barnett to your child.

There are two pages in the *Student Workbook* to work on triangles.

The first page is the pre-writing page for triangles. This page is designed to not only teach your child to draw a triangle but to prepare them for writing A in a future lesson. Have your child follow the **Circle-Arrow-Square Notation** while using these pages, and be sure to point out the "bounce" of the open circle at the top of the triangle. The child should stop and turn their pencil's direction like a bouncing ball, instead of lifting the pencil to start a new line.

There is also a page with a large triangle for you to have your child cut out. Before cutting, have your child color, trace or decorate the triangle. Hang it up to look at this week as you look for triangles in everyday objects.



This Week's Number

This nursery rhyme emphasizes having 2 shoes but those 2 shoes are in different places. This week, focus on the number 2. Look for things you have 2 of. Have your child look in the mirror and notice they have 2 hands, 2 feet, 2 eyes, and 2 ears. Then look around your home for things that come in sets of 2—socks, shoes, and mittens. Do you also have 2 doors? Or 2 bathrooms? Notice that there are 2 faucets in the bathroom, one for hot and one for cold water.

Gross Motor Development

Act out the story, and have your child pretend to be one fox fairy while you pretend to be the other. Encourage them to crawl, scamper, flap their arms to fly and hop like the bunny. Before starting this game, set limits on where you will play, staying in the room or in the yard, so that this game does not get out of control. If you have multiple children that can play together, remind them to not get carried away the way the foxes in the book do.

Animals in the story:

- Foxes
- Rabbit
- Dog
- Squirrel
- Hawk
- Turtle
- Alligator
- Goose
- Foxes

Art

Have your child make orange from red and yellow finger paint by mixing them together. Foxes are often a shade of orange. Is your orange that color? Is it the color of the fruit orange? Encourage your child to paint things that are orange with their paint. Pumpkins, fall leaves, oranges, and foxes are all fun choices.



If your child is sensory defensive and won't touch paint, you can put the red and yellow paint inside a Zip Lock bag, or two for an extra layer of protection from spills, and squish them together without touching them.

Social Studies and Body Awareness

We sometimes talk about when a road has a T, and give directions by telling someone to turn left or right “at the T”. Explain this idea to your child, then point out a T with toy car or train tracks, and while driving on real roads.

Go a step further, and make roads with chalk on a driveway or floor, have the road have a place where it comes to a T and work with your child on pretending to be a car that follows directions. Tell them to turn left, then circle around and turn right.



If your child has not learned their left from right, use a washable marker to put an L on their left hand to help them learn.

Geography and Social Studies

This story is set in China, and that is where tangrams were invented. Find China on a map or globe with your child. Review where you live on the globe, and point out how far away China is.



For a fun way to tie the lesson together, you may go out for Chinese food this week. Encourage your child to try using chopsticks, the fine motor control of using them is wonderful for developing hand-eye coordination needed for other tasks.



Math



Tangrams are sets that have several different triangles and a few other shapes that can be used to make pictures. It is like a puzzle, but with endless possibilities.

In the *Student Workbook* is a template of tangrams. Glue that on a piece of thin cardboard or foam and make a set or two to use with your child. You can use this set with your child to make the shapes in the story, either as you read it again, or you can just look through the pictures in the book.

Look at the triangles with your child and compare their sizes, large and small. Point out how some of them have sides that are equal, and some do not. The important part of making a triangle is that it has 3 sides and those sides can be many different lengths.



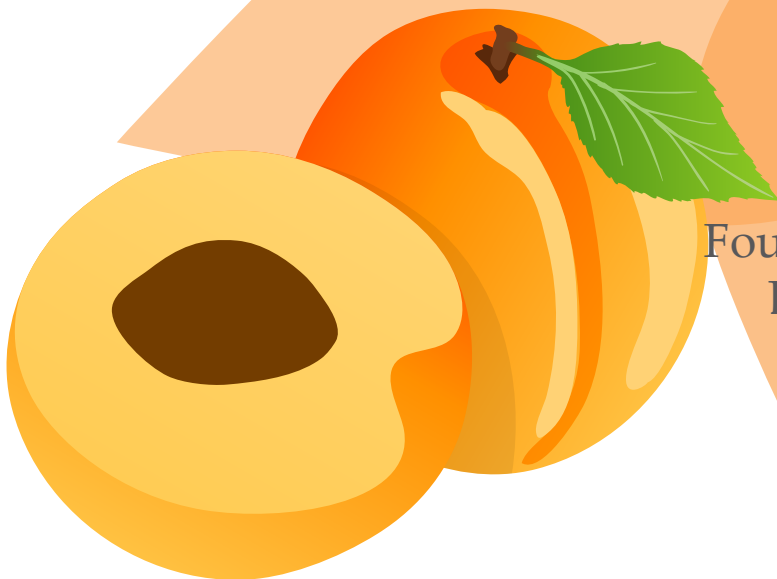
If your child is interested, you can explain how the angles in the triangles can be equal or not, creating different kinds of triangles, like equilateral and right triangles.



Life Skills – Social Skills

The two fox fairies in the story are friends, but they play a game that turns dangerous. Ask your child if they have ever played a game that went wrong. What did they do? Discuss options for what they can do if playing with a friend ever becomes dangerous or upsetting. Talk about what your child could say to make the friend stop, such as saying, “I don’t like this game now. Can we play something else?” Or if the friend can’t stop, discuss how to get an adult or older child to help.

Student Workbook – Apricot Level: Orange



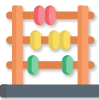
Companion workbook for
Foundations and Fundamentals.
Left-handed learners version.

Lesson 2

T, F, 2, Orange, and Triangle



Letters of the week: T and F



Number of the week: 2



Shape of the week: Triangle

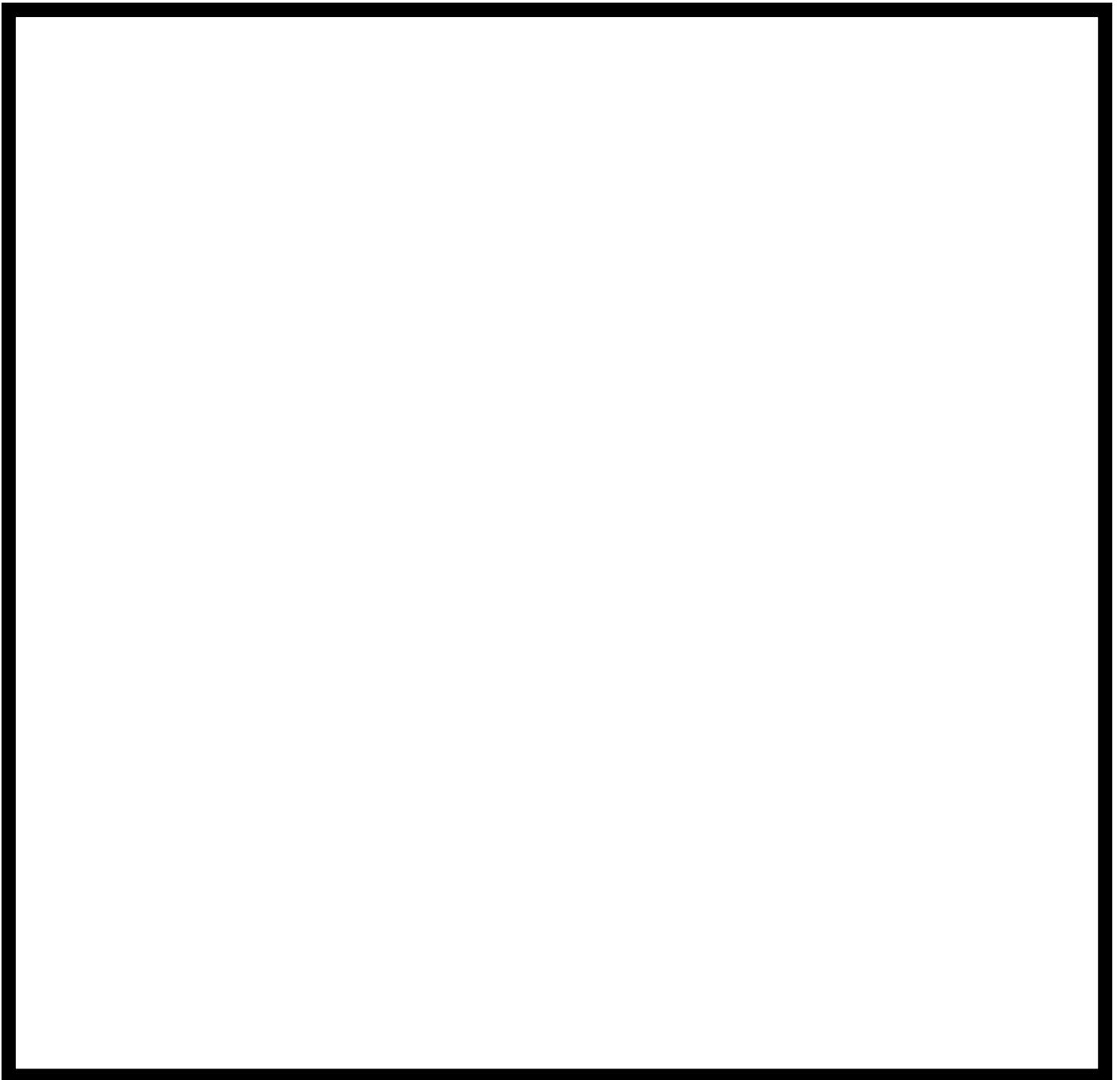
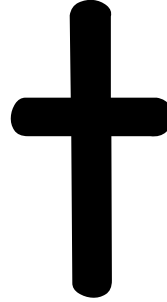
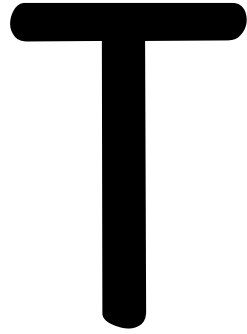


Color of the week: Orange

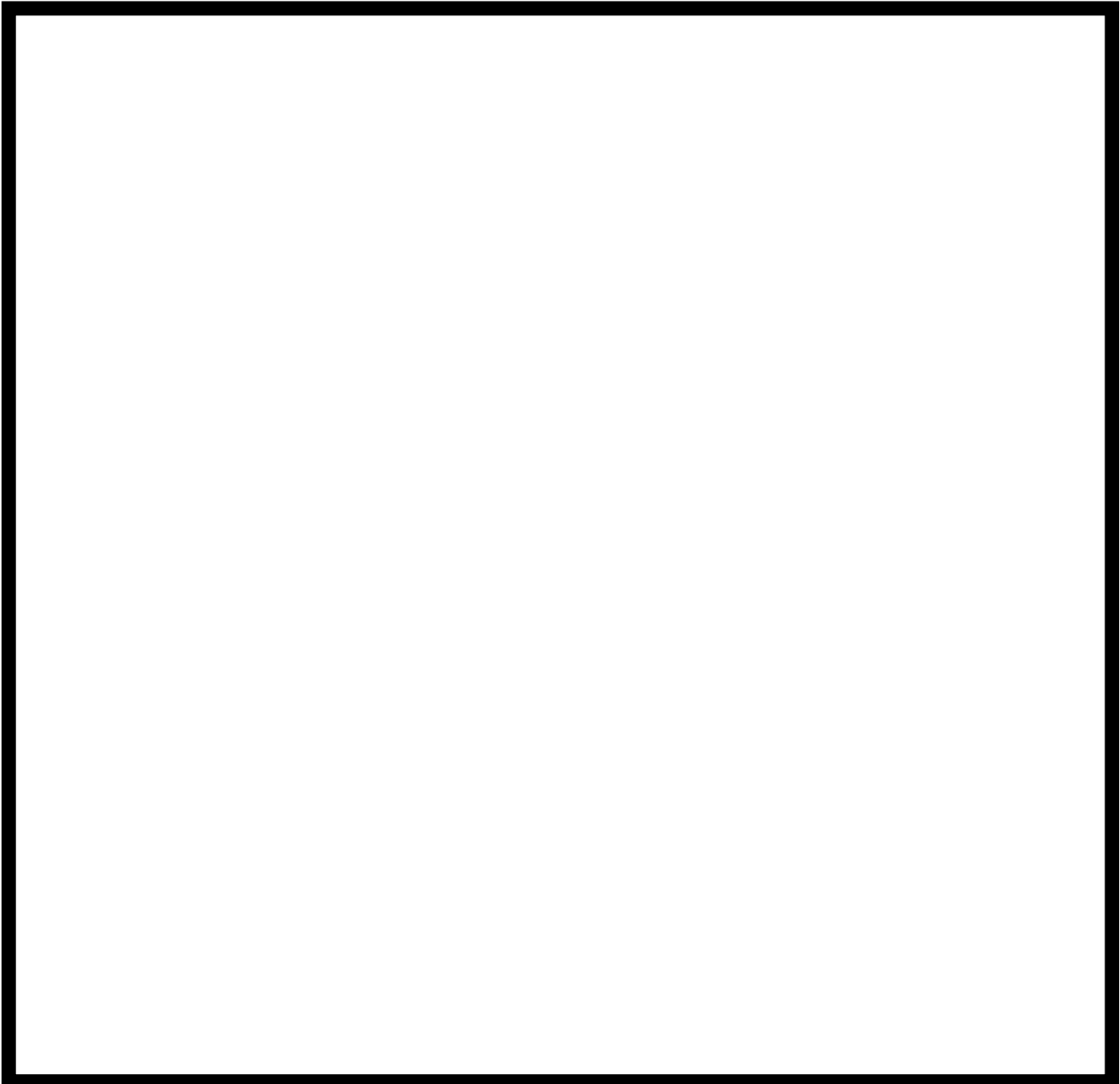


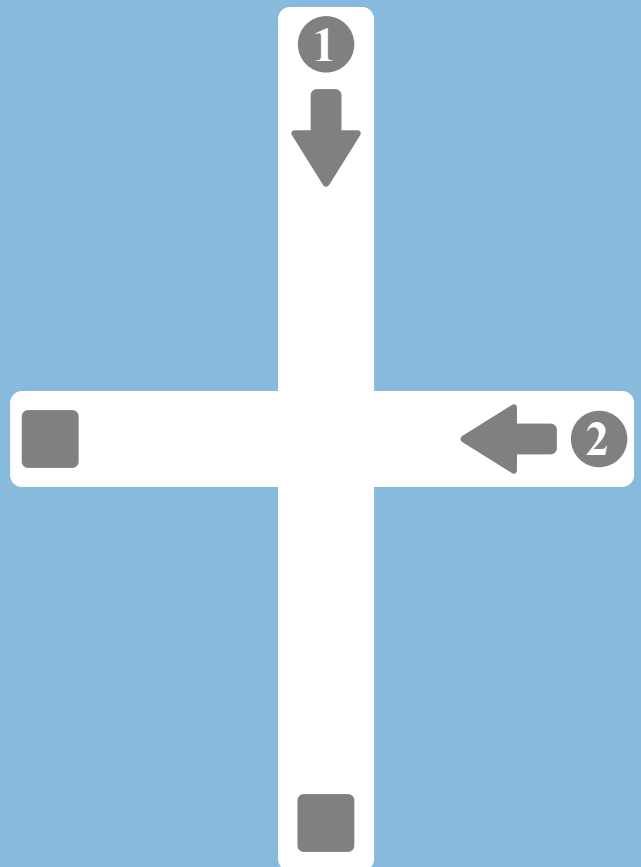
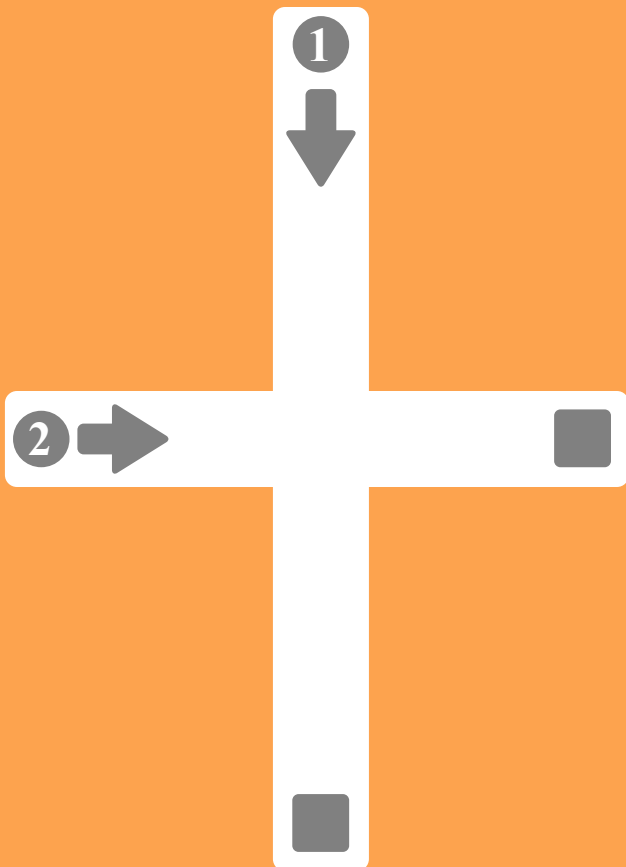
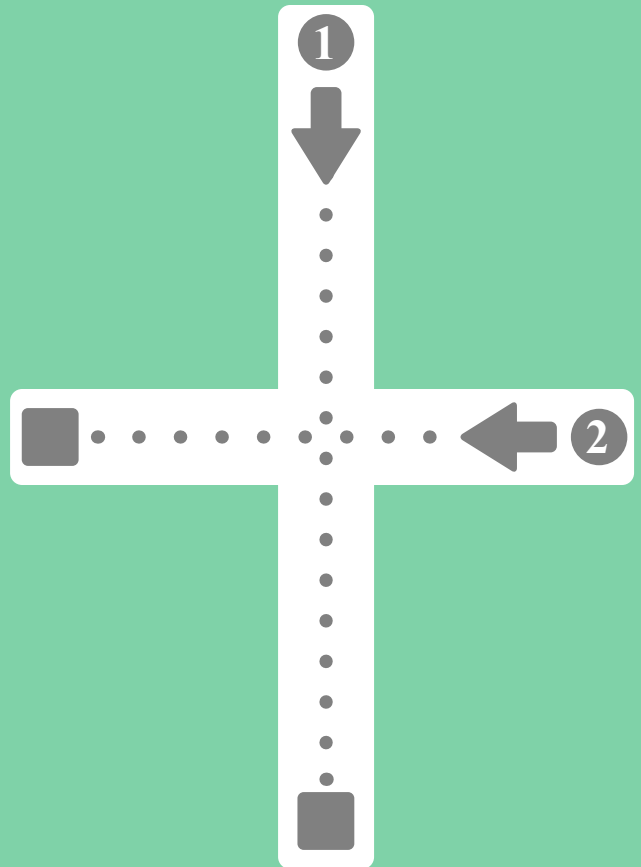
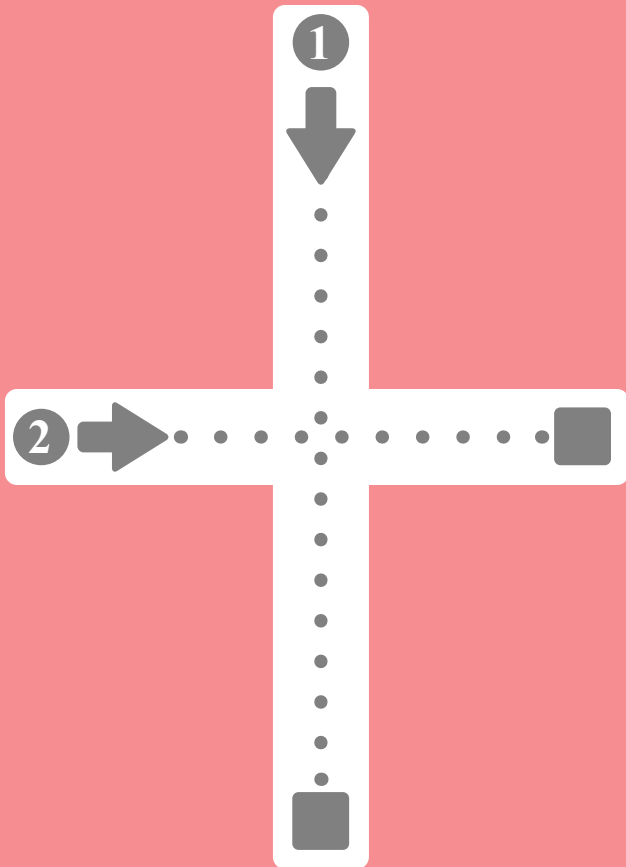
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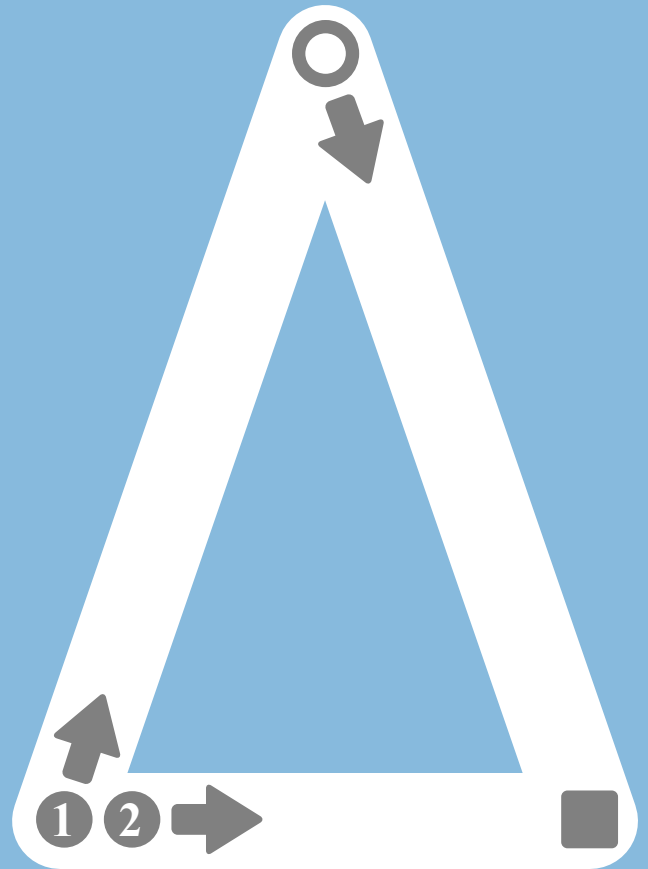
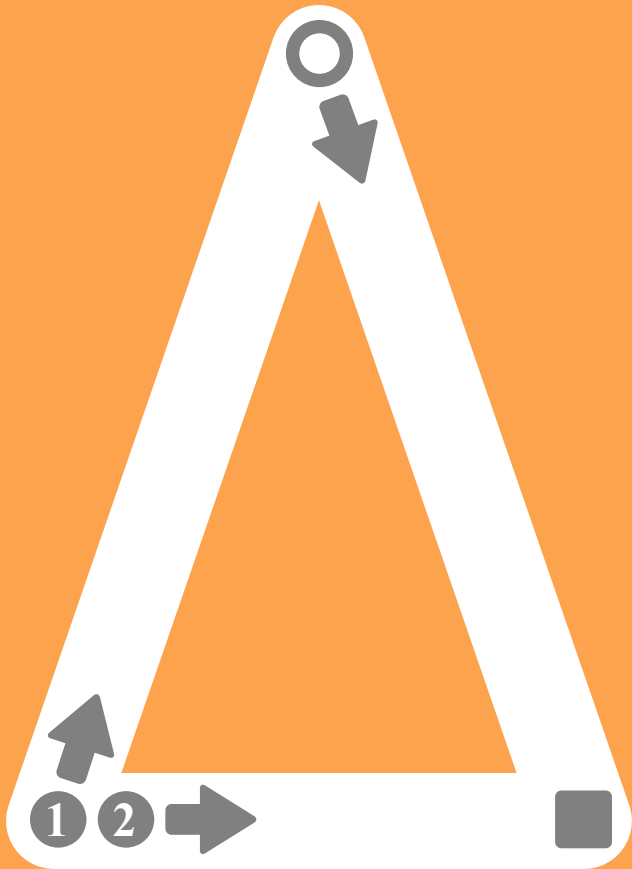
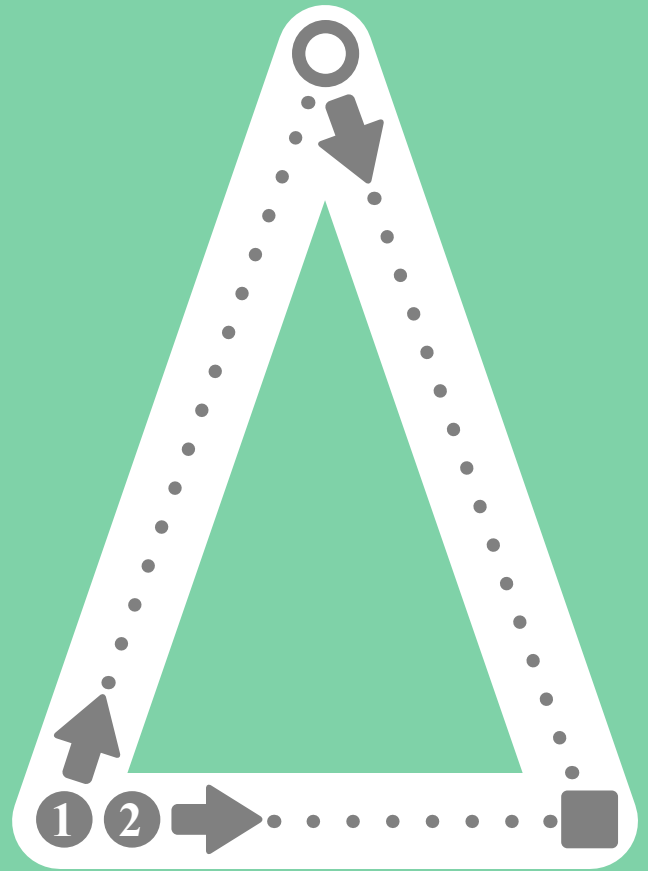
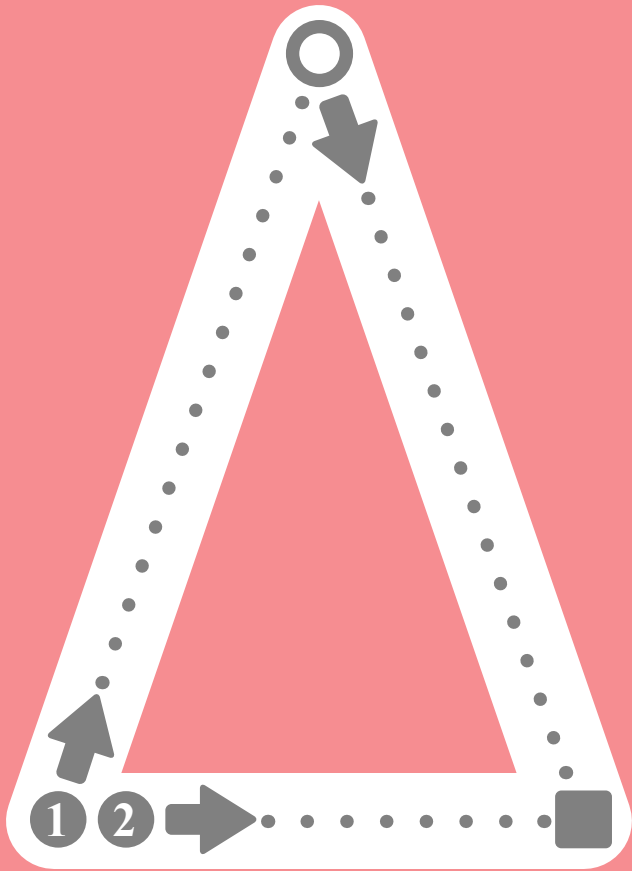
- Phonics: T and F
- Pre-Writing: Cross and Triangle
- Handwriting: T and F
- Shape: Triangle
- Number: 2
- Tangrams Template

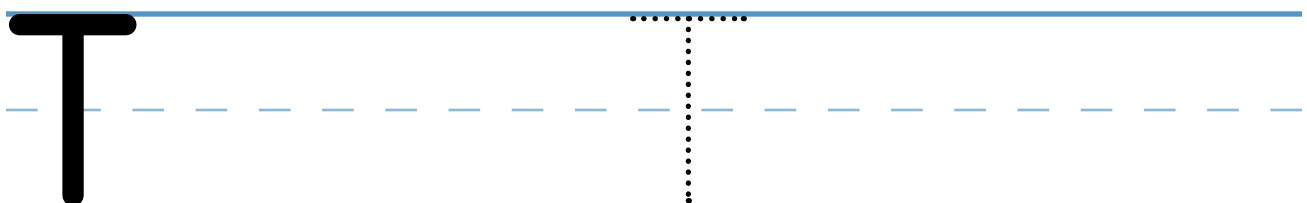
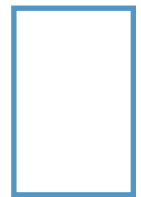
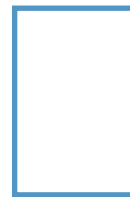
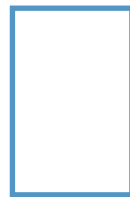
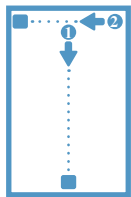
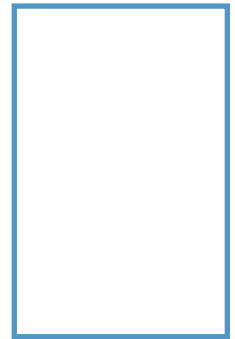
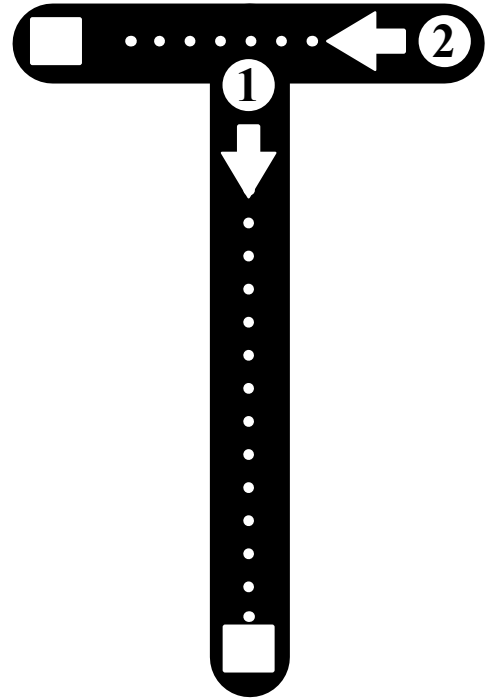
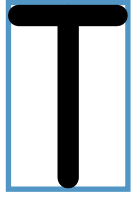


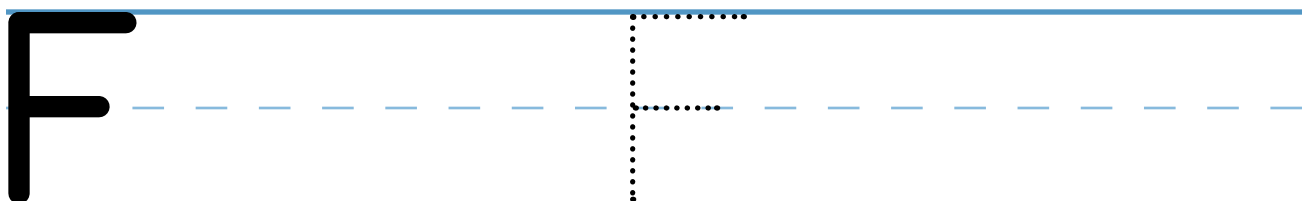
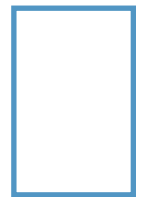
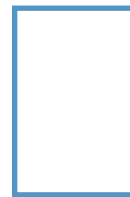
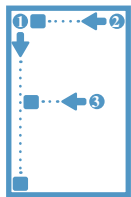
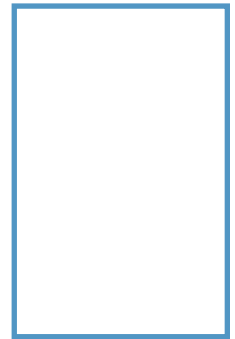
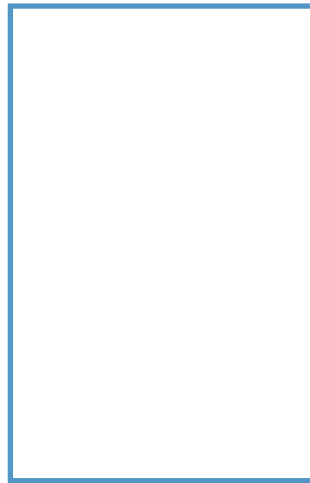
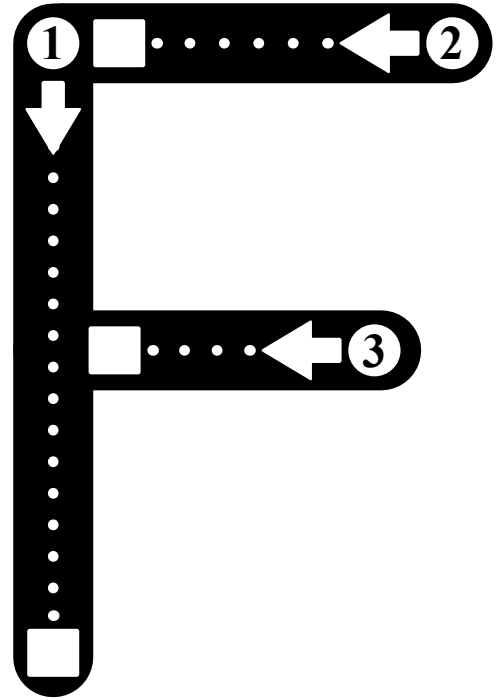
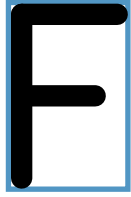
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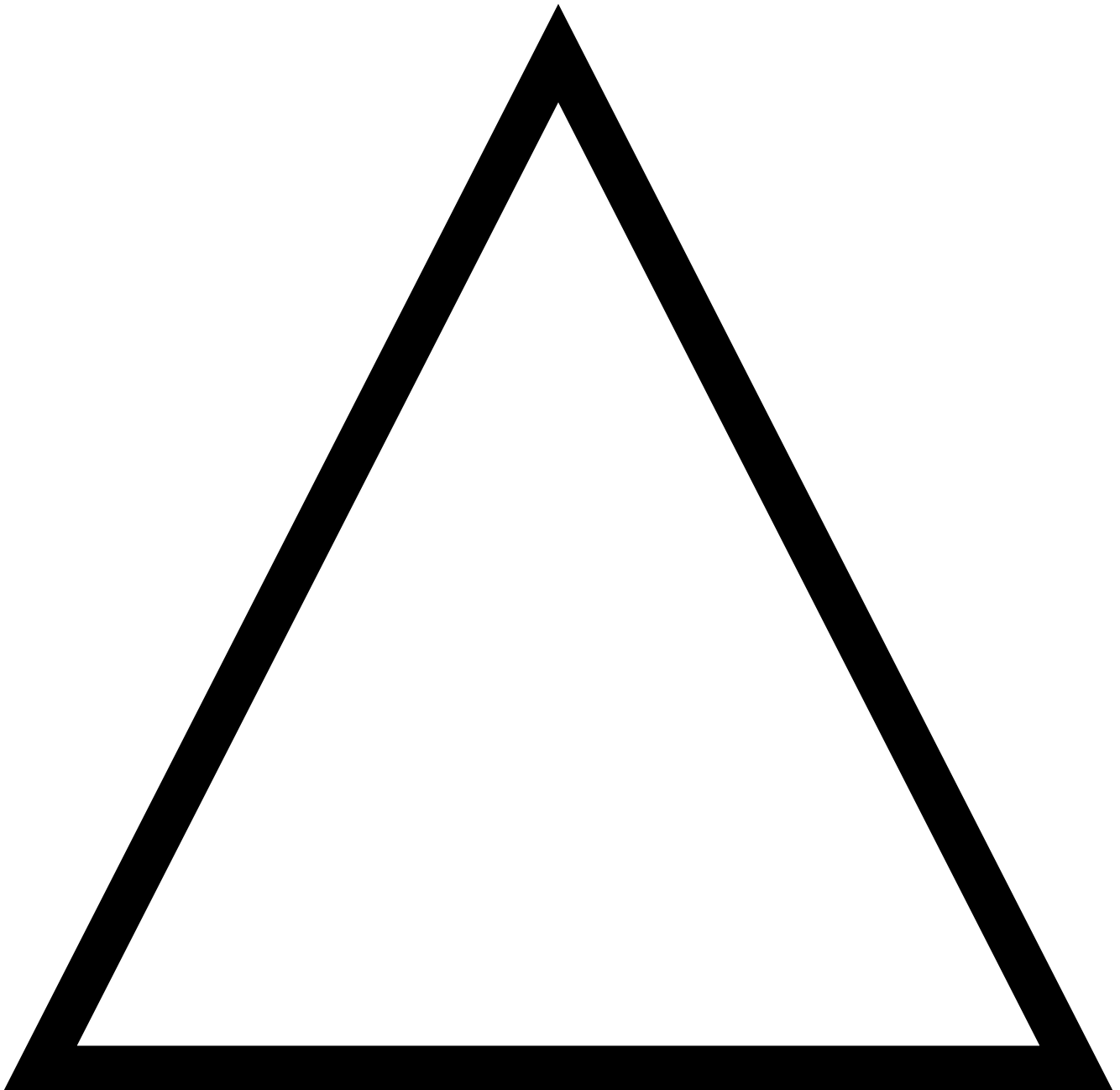




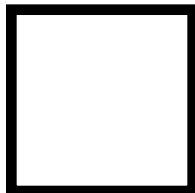
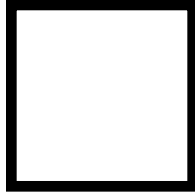




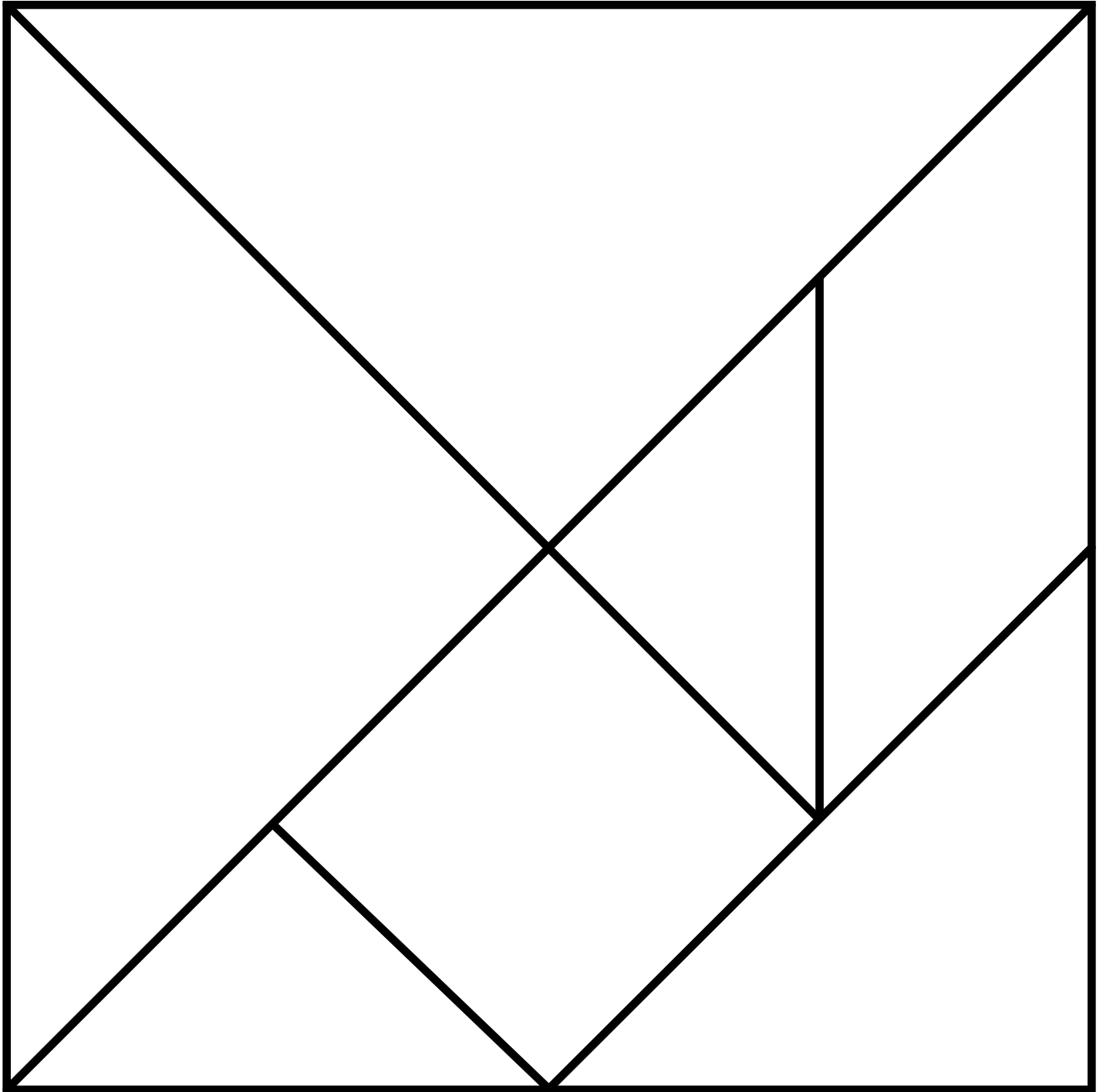
Triangle



2



Tangrams Template



Student Workbook – Tangerine

Level: Orange



Companion workbook for
Foundations and Fundamentals.
Right-handed learners version.

Lesson 2

T, F, 2, Orange, and Triangle



Letters of the week: T and F



Number of the week: 2



Shape of the week: Triangle

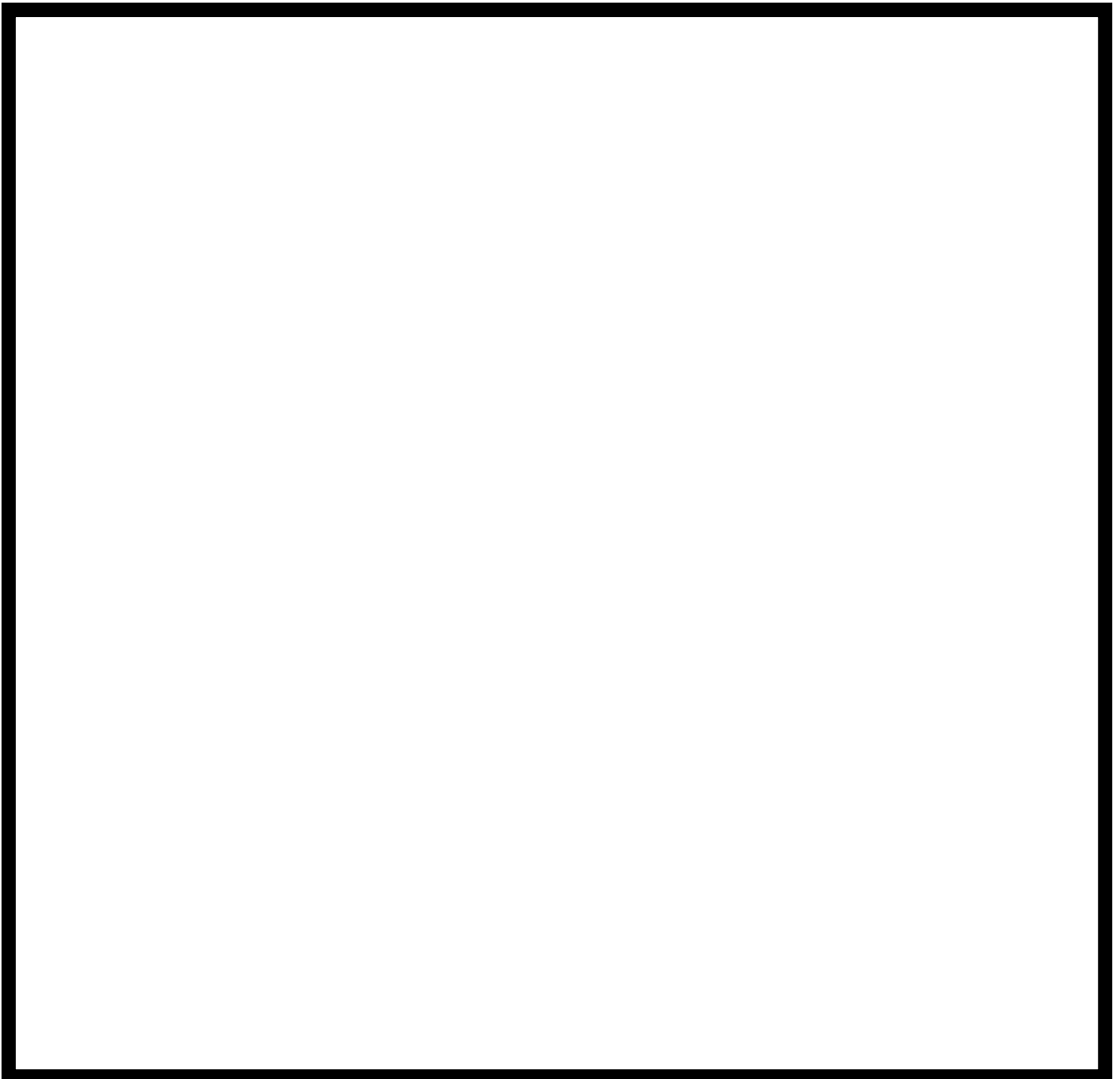
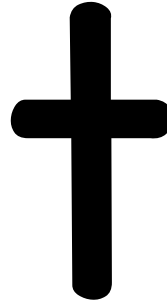
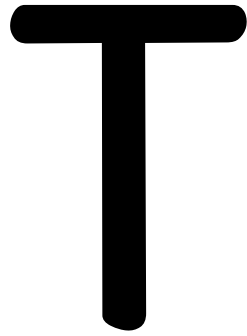


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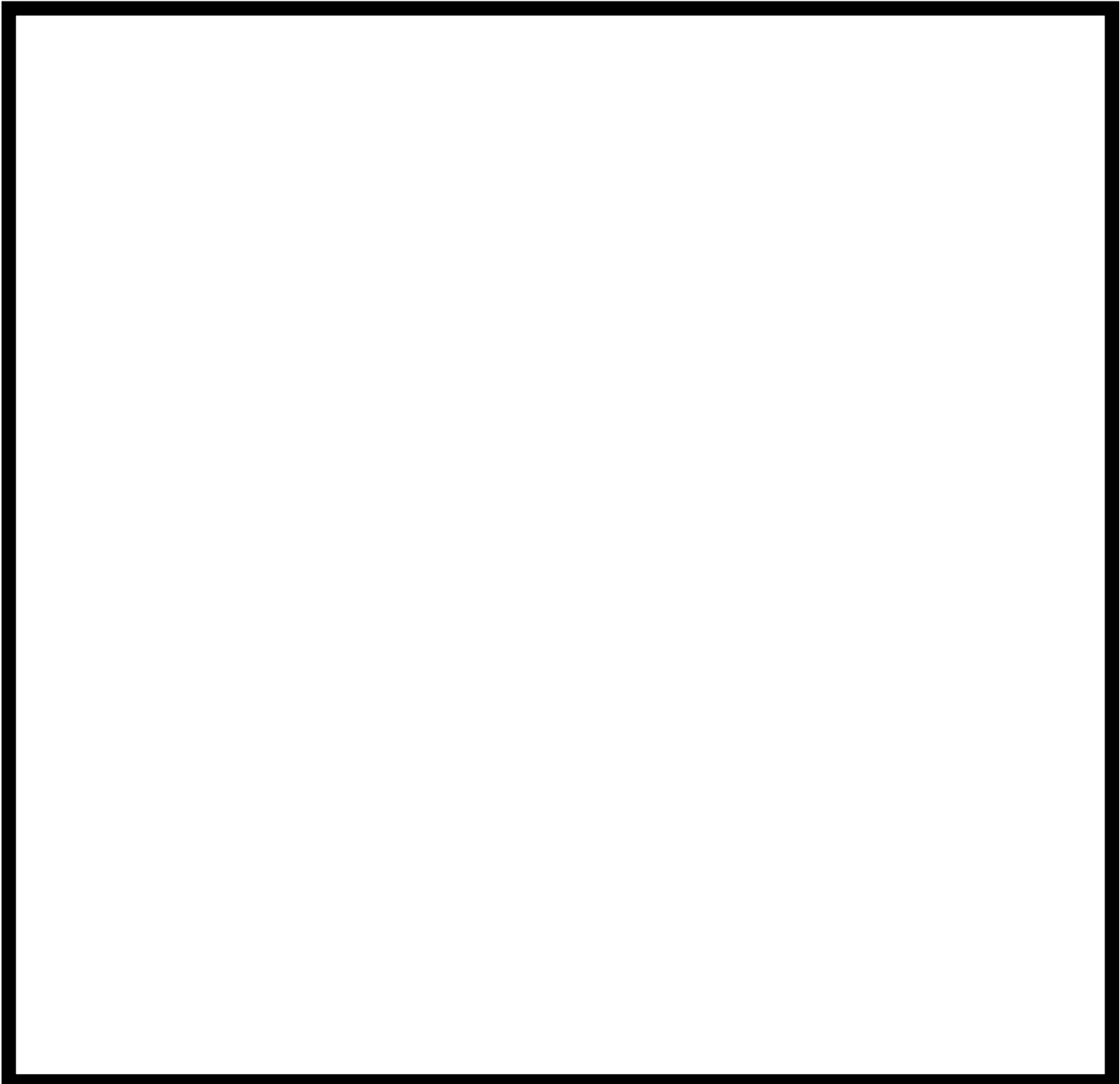


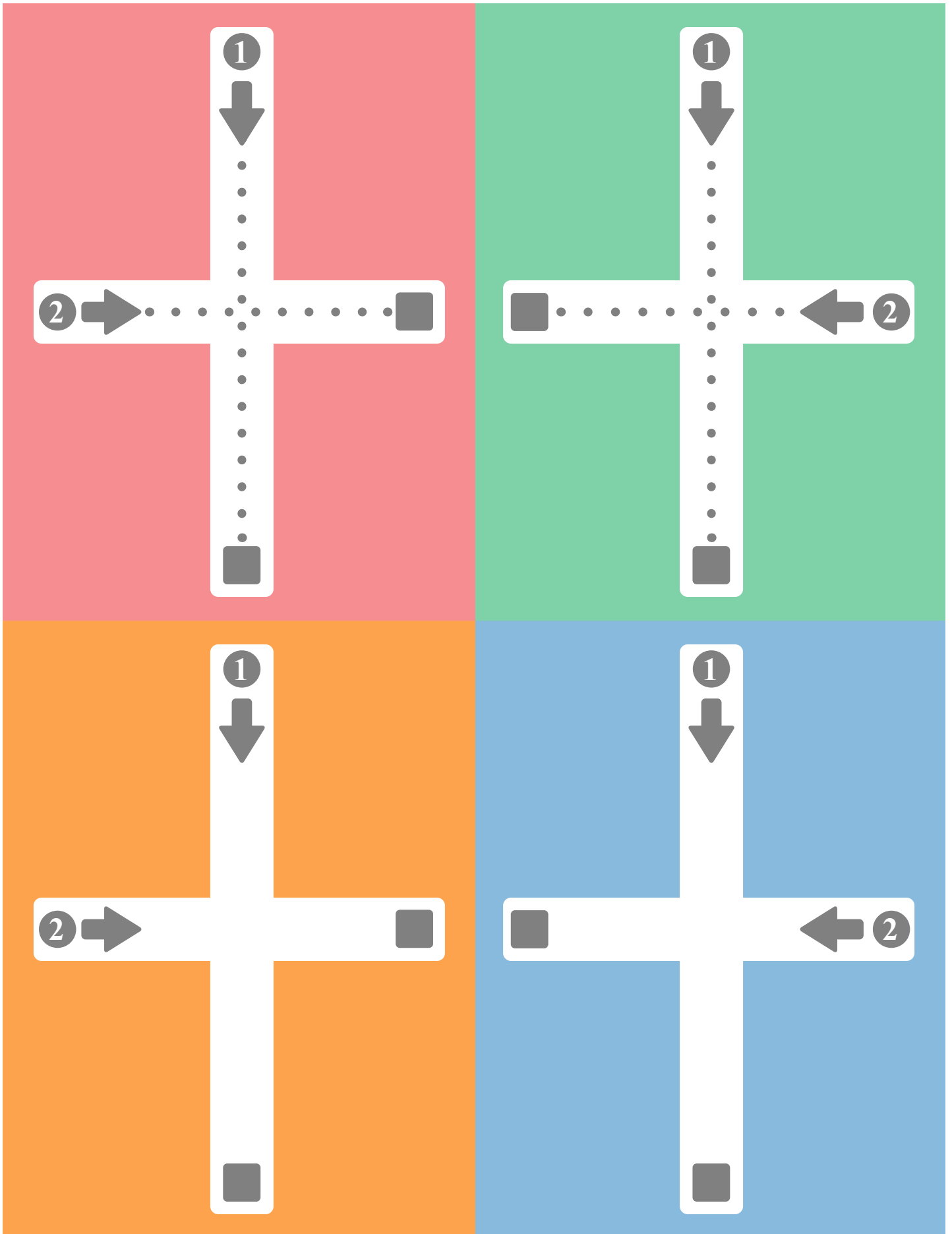
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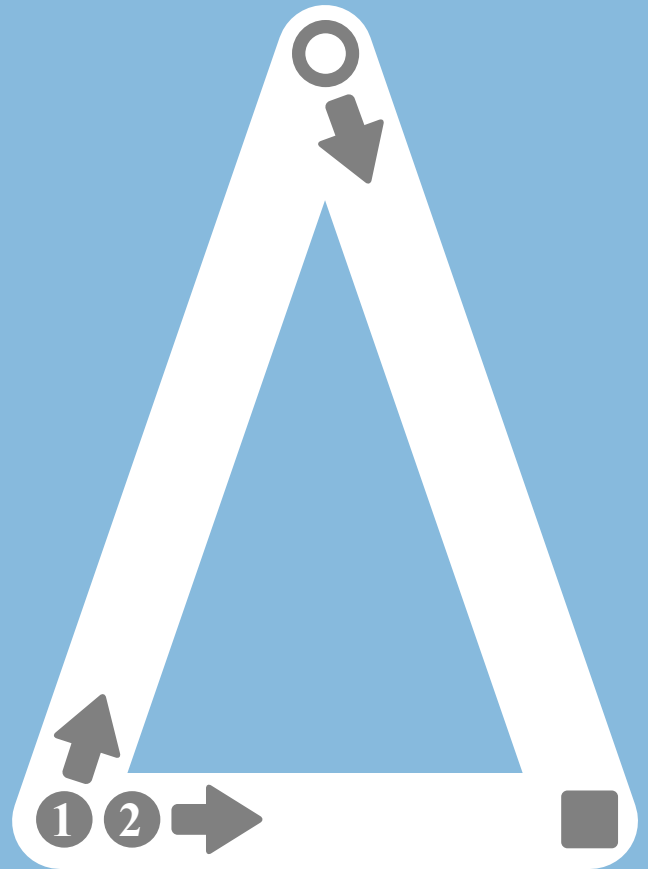
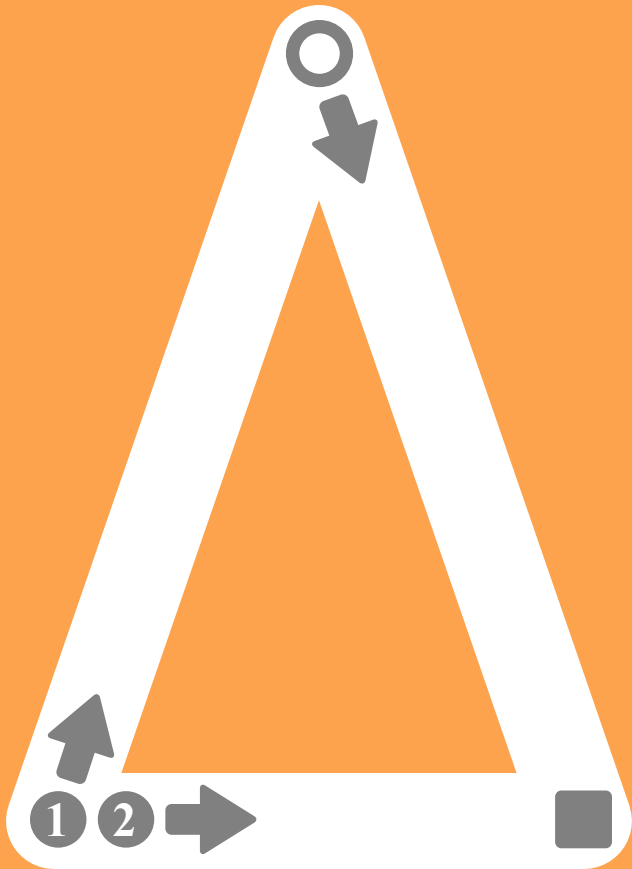
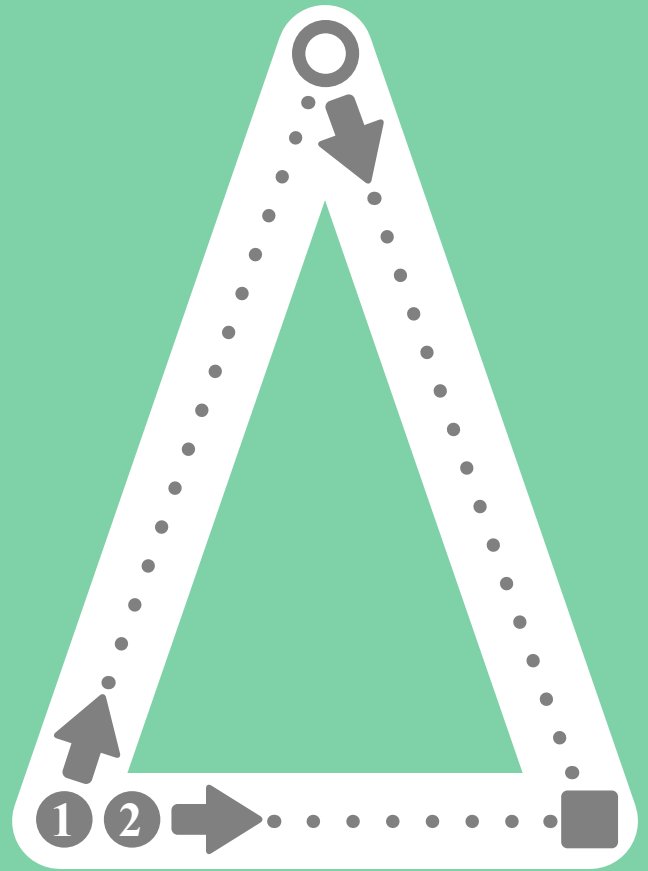
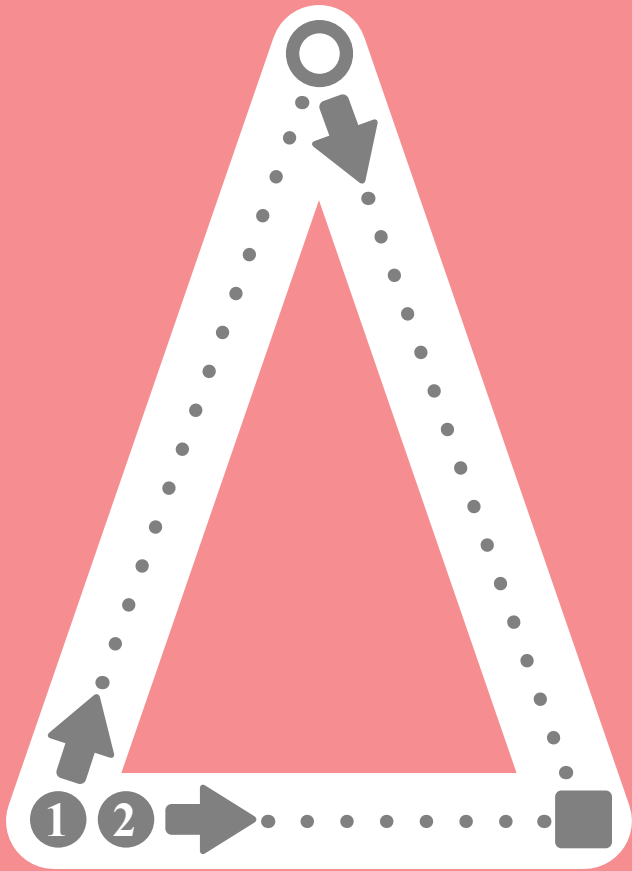
- Phonics: T and F
- Pre-Writing: Cross and Triangle
- Handwriting: T and F
- Shape: Triangle
- Number: 2
- Tangrams Template

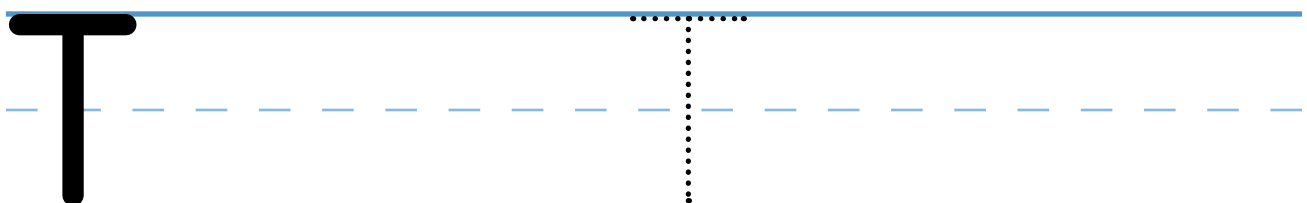
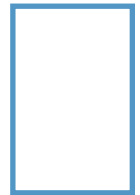
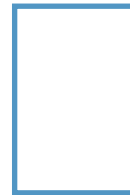
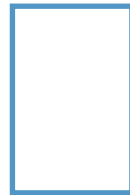
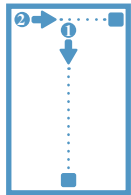
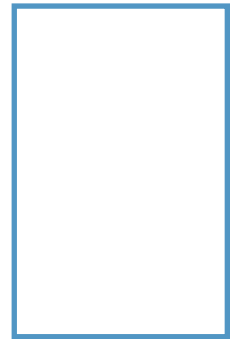
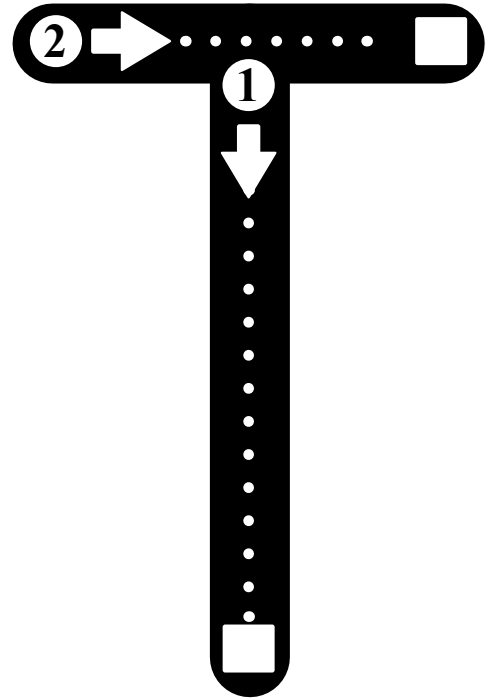
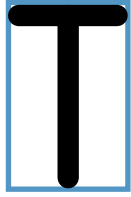


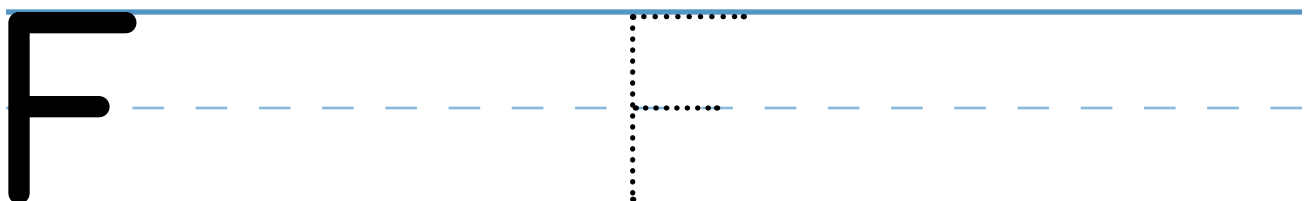
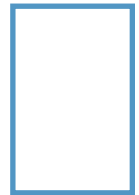
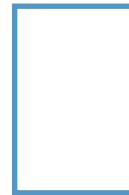
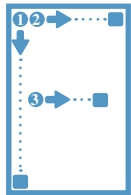
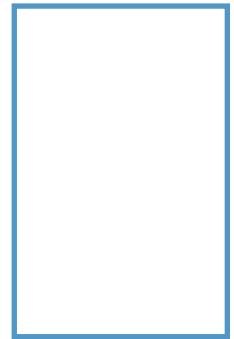
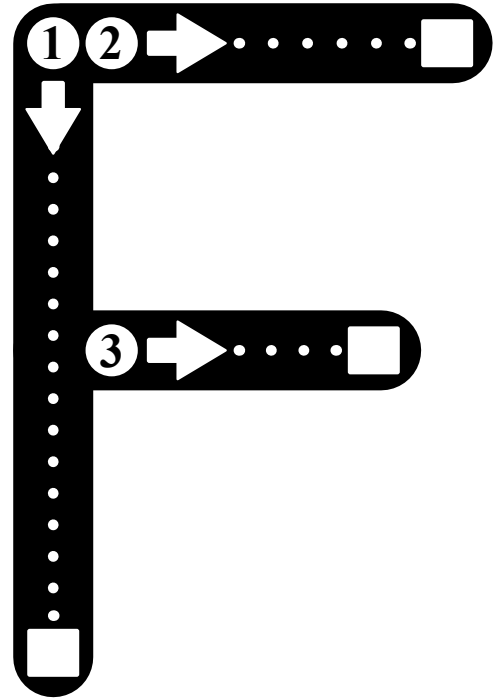
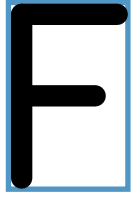
F f



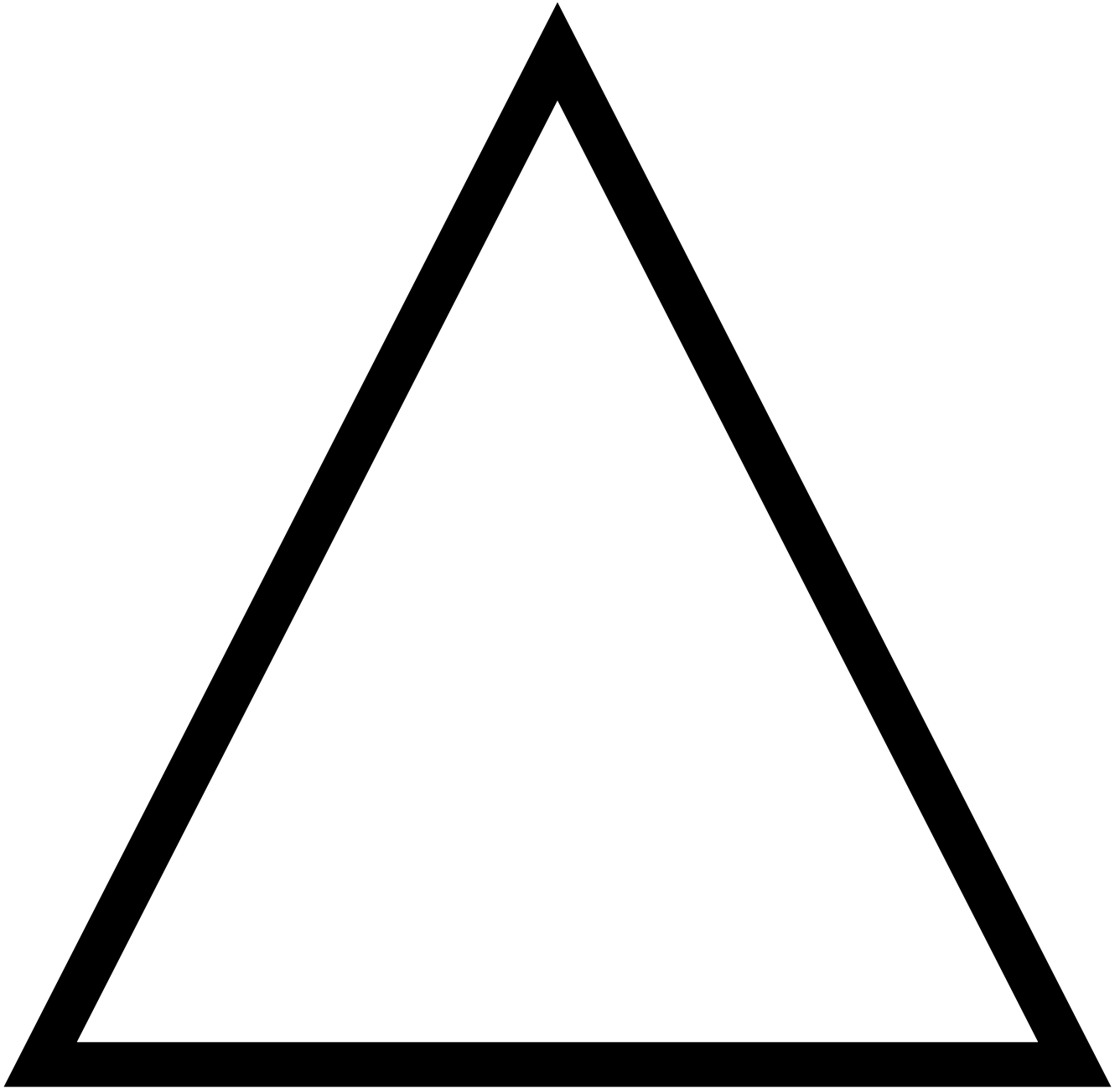




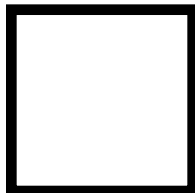
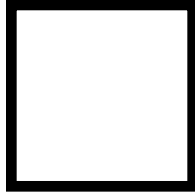




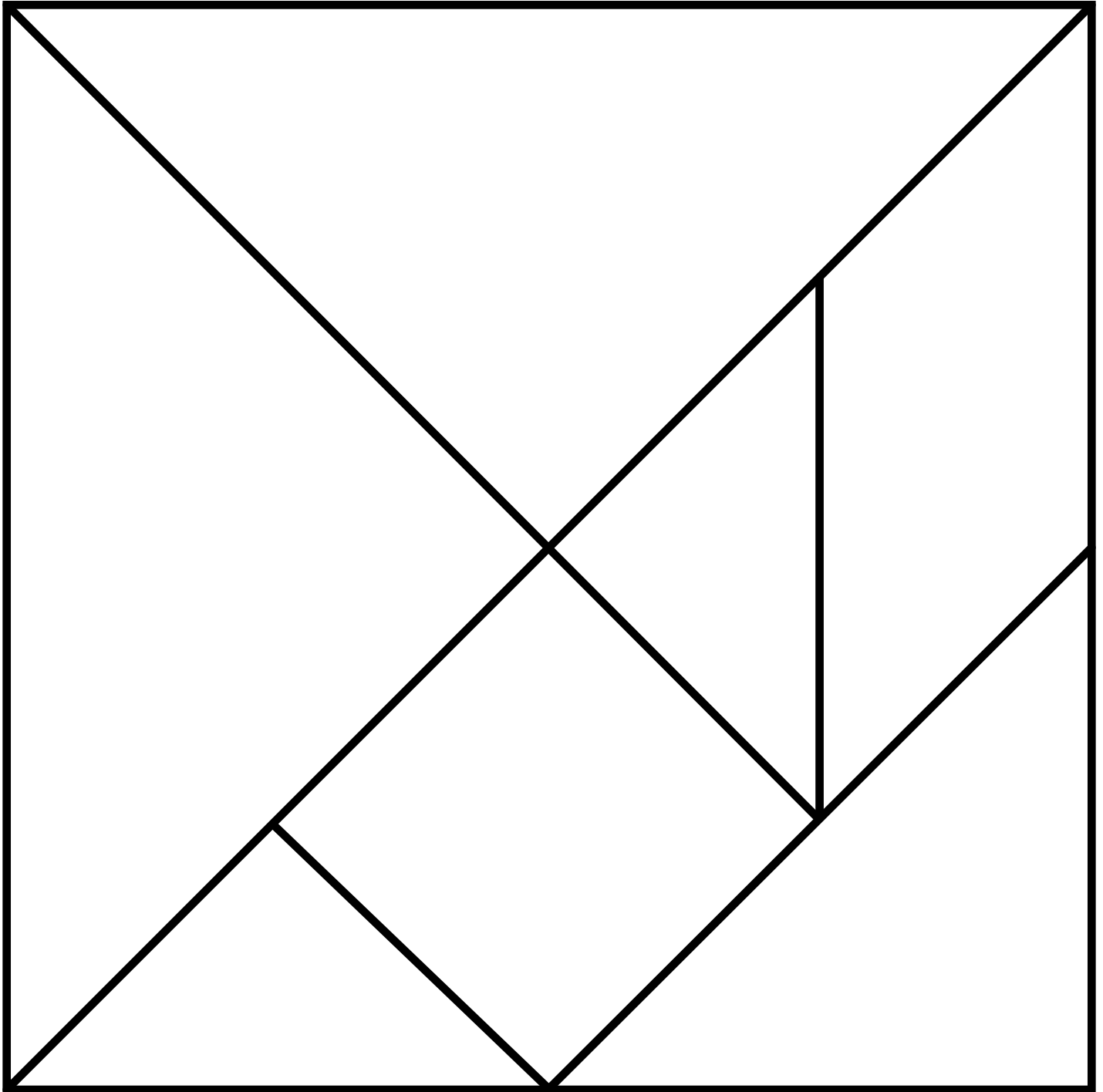
Triangle



2



Tangrams Template





Student Workbook Pumpkin

Supplementary workbook for the
Foundations & Fundamentals program.
For children with impaired fine motor or
impaired vision issues.

What is different about Pumpkin?

In this workbook, we have replaced our regular handwriting worksheets with two new worksheets. The first worksheet shows the letter at approximately 10 inches tall, using the full piece of paper, for tracing. The second shows the letter at about half that size on the page with boxes for targeted writing. These smaller versions are still over twice as big as the goal writing size in Tangerine or Apricot, and the pages are less cluttered.

We've used contrasting colors, orange and blue, for the directional arrows and boxes. Our research indicates, that for some children, these colors will help make the letters and shapes easier to see. However, if your printer only works in black and white, these pages will still print just fine in shades of black and grey.

We've added more pre-writing pages to use with your child to work on pencil or crayon control. These additional pages are designed to be used to teach your child to draw controlled lines and shapes in a larger format, again making them the size of a full sheet of paper, or the size that best fills the page. In addition to those, we've included the pre-writing pages that are in the Tangerine and Apricot packets, to give you more ways to work on pencil control and drawing with your child.

All the lines are thicker and the letters are enlarged for the phonics pages. The lines are also wider on the shapes pages, in case your child wants to try cutting them out or coloring them.

On the math counting pages, all the boxes are filled in and outlined, to make them easier to see, and the numbers are larger.

Lesson 2

T, F, 2, Orange, Triangle



Letters of the week: T and F



Number of the week: 2



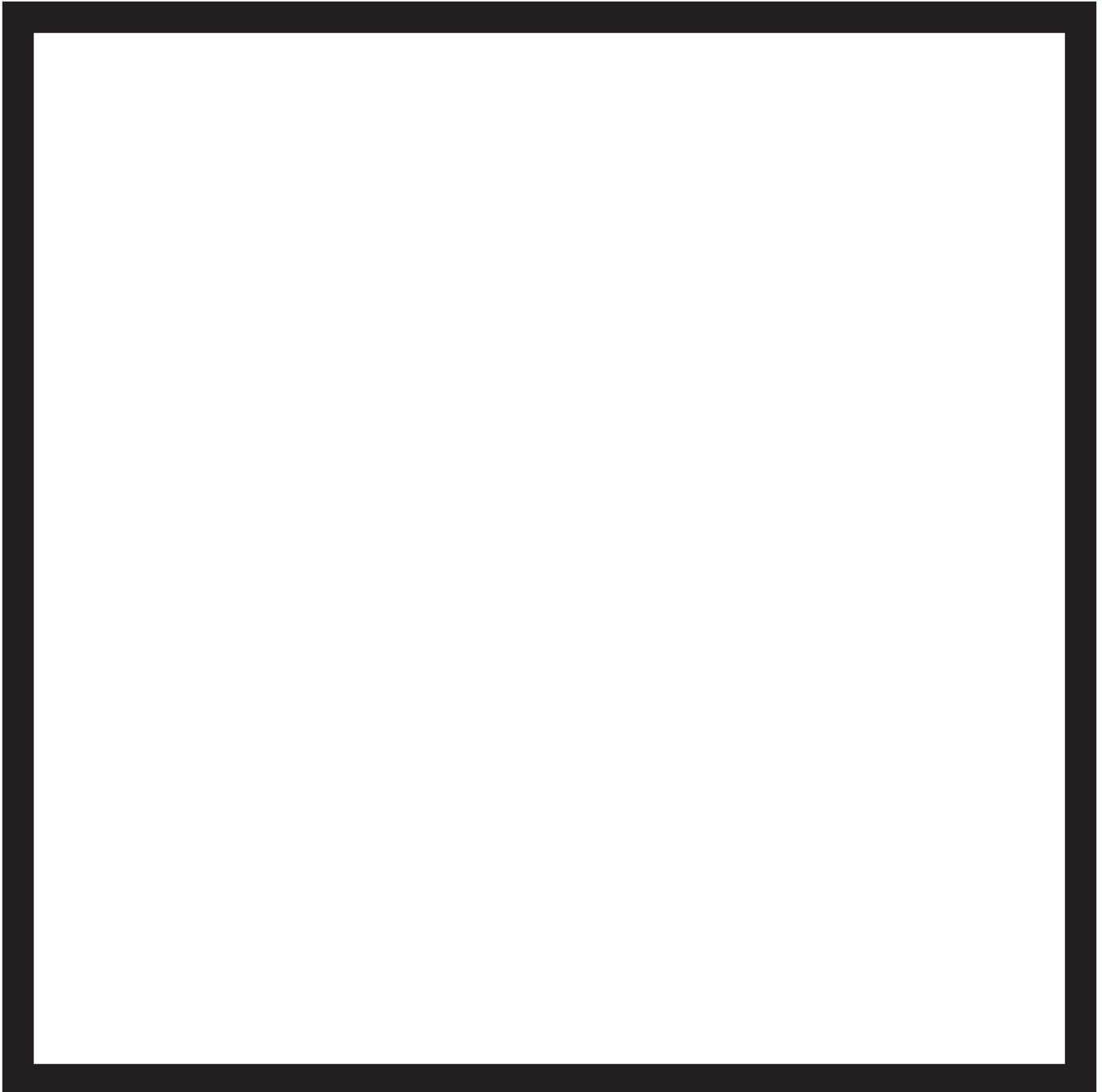
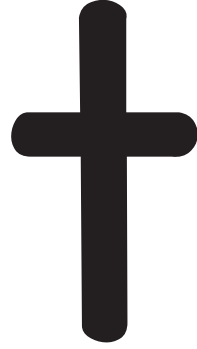
Shape of the week: Triangle



Color of the week: Orange

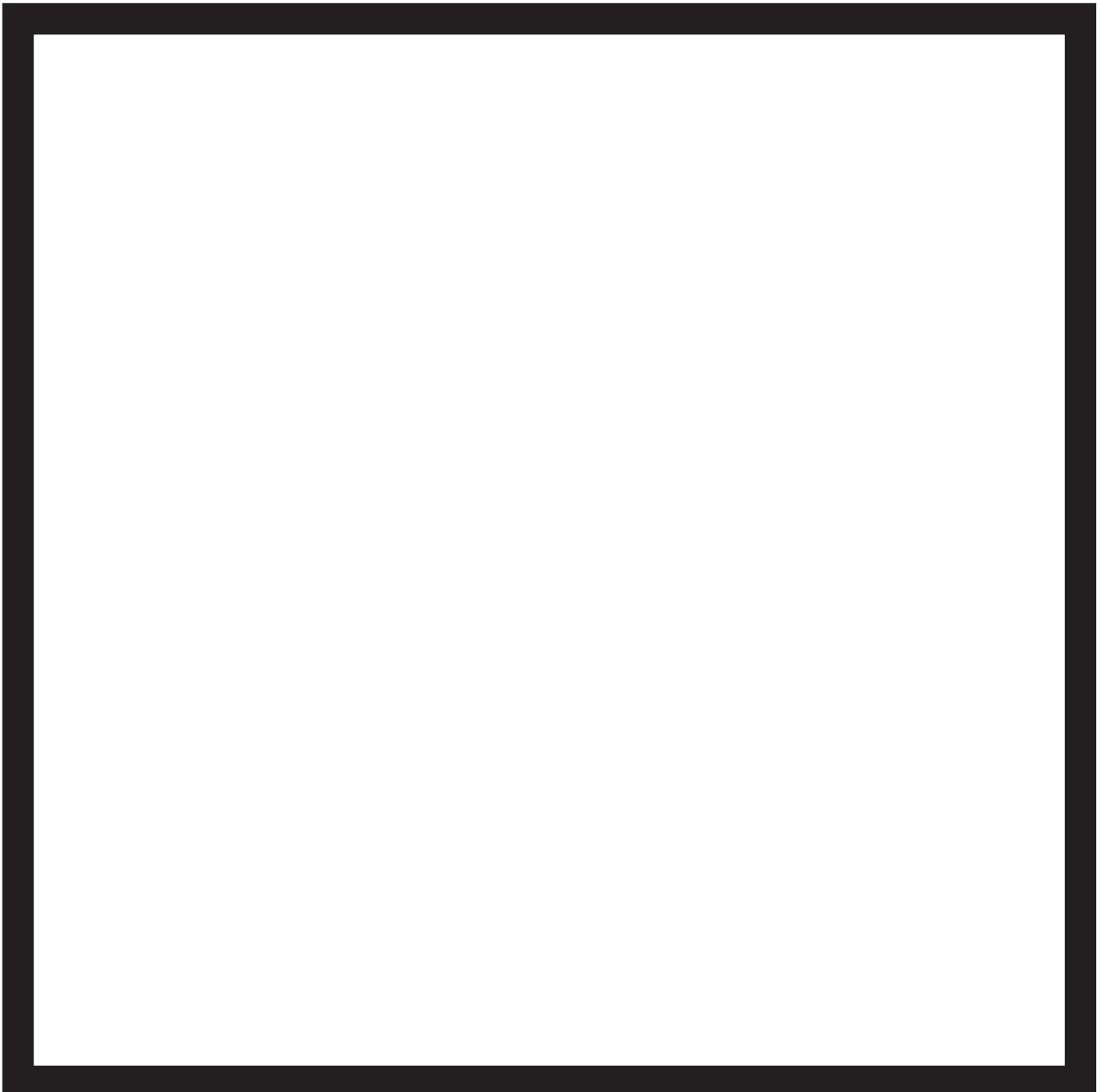
This week's worksheets include the following:

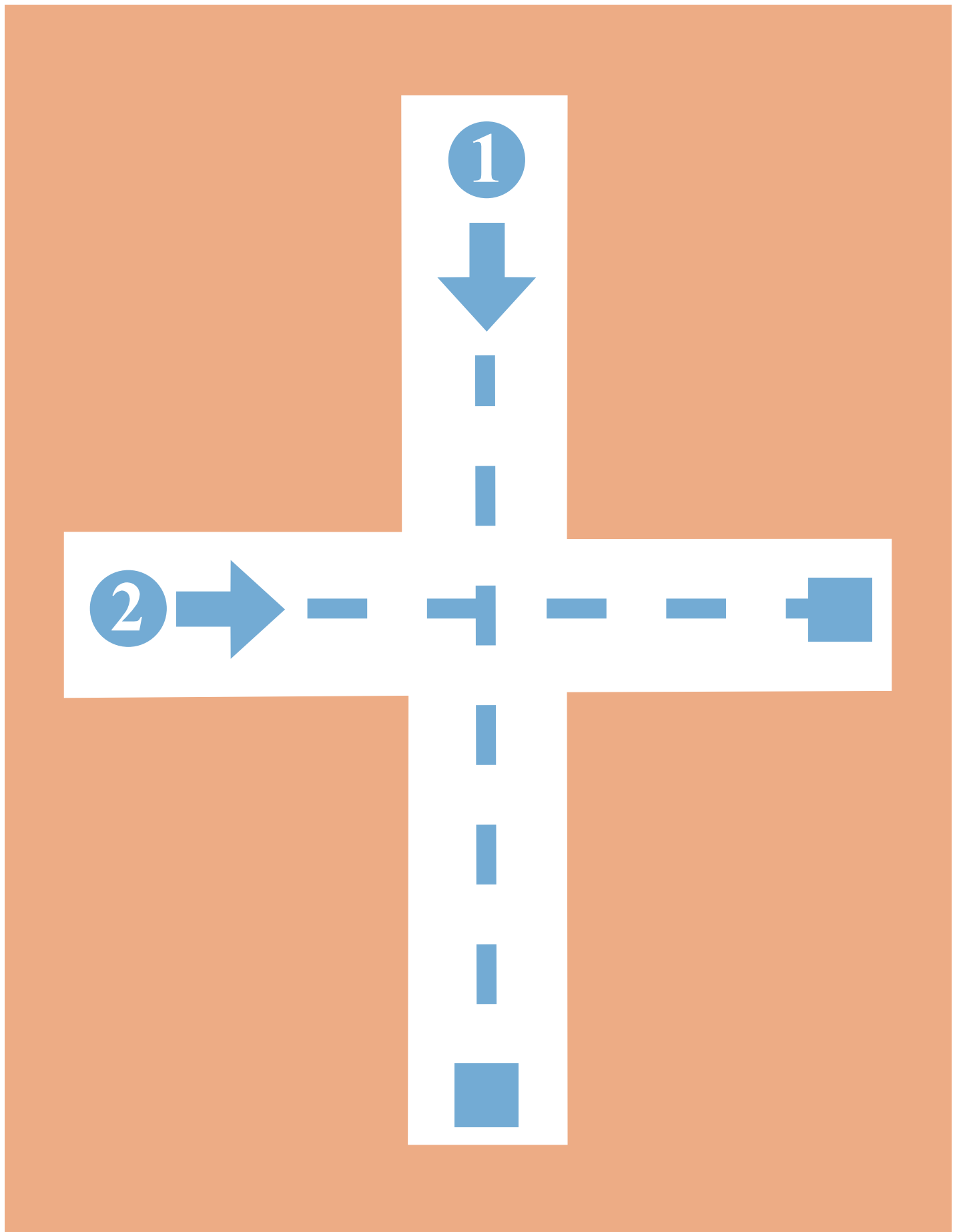
- Phonics: T and F
- Pre-Writing: cross and triangle
- Handwriting: T and F
- Shape: Triangle
- Number: Two
- Tangrams template

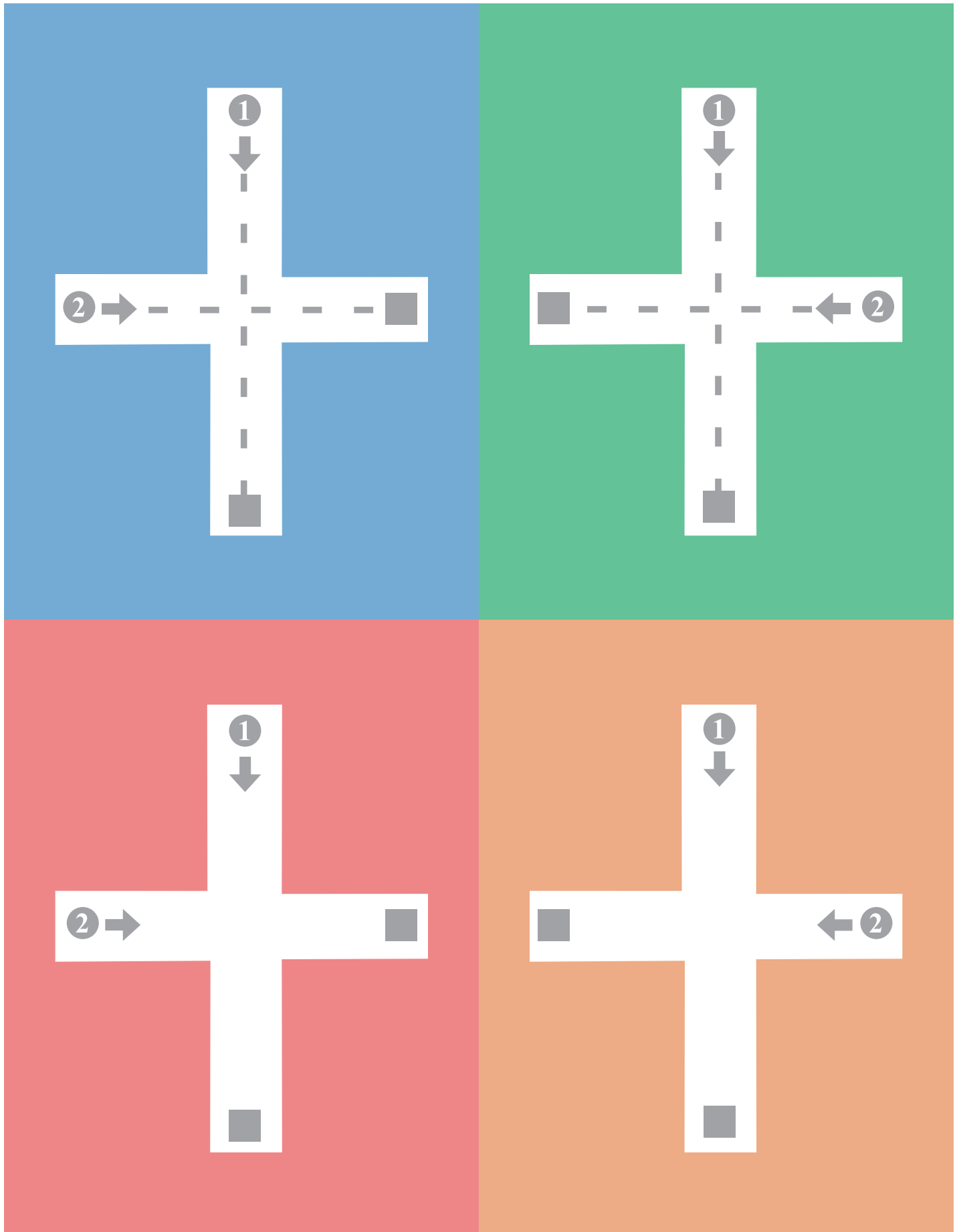


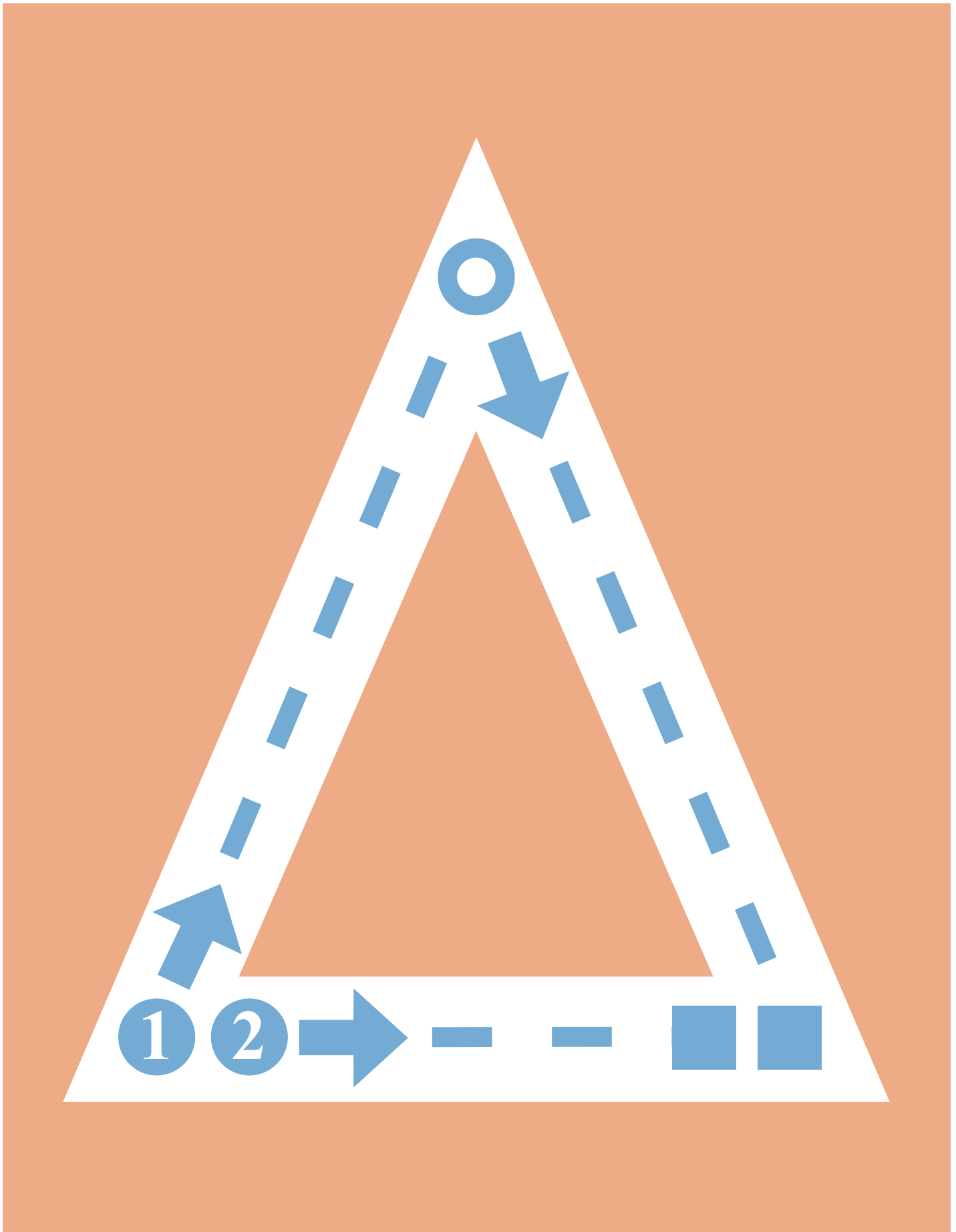
F

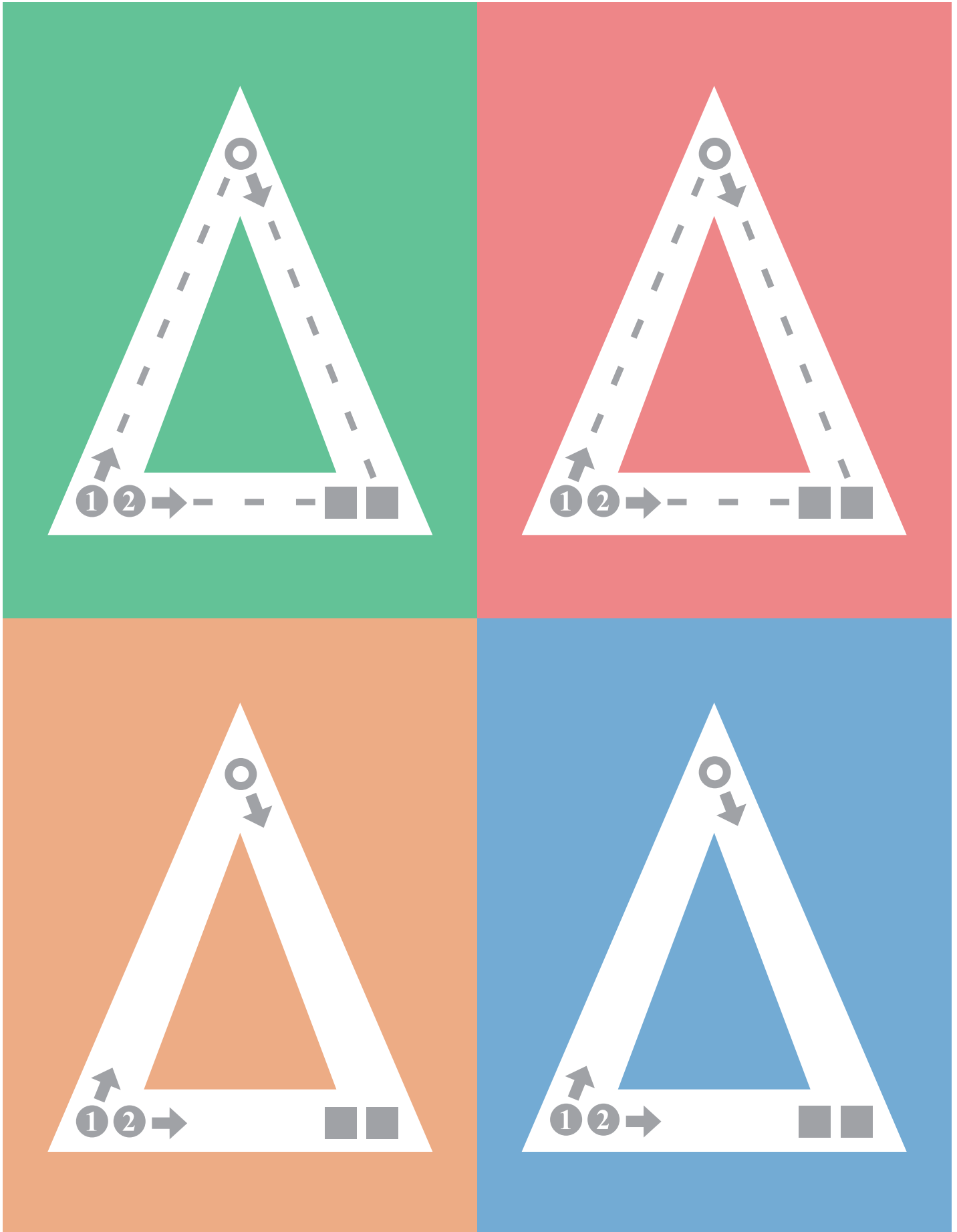
f

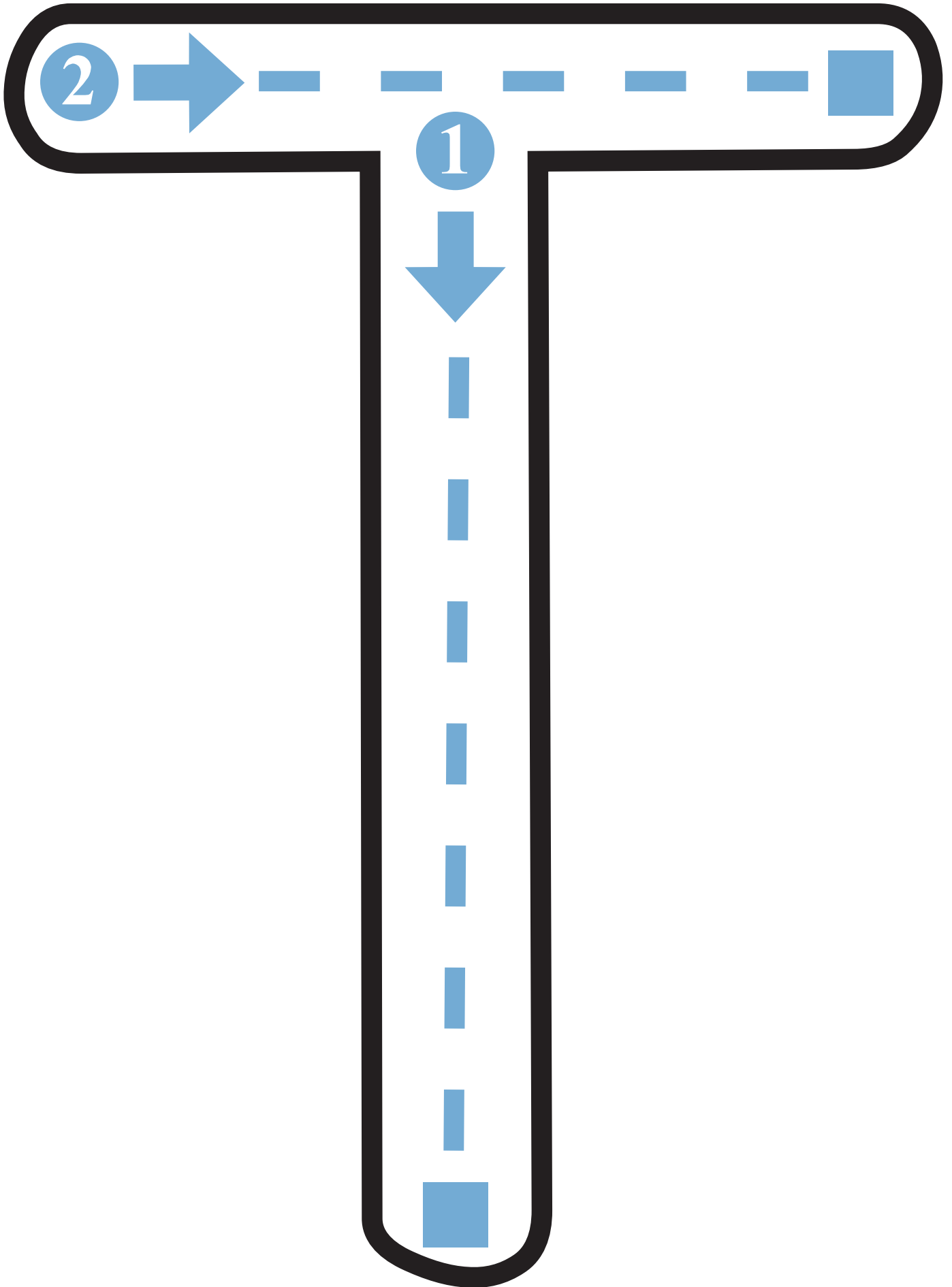


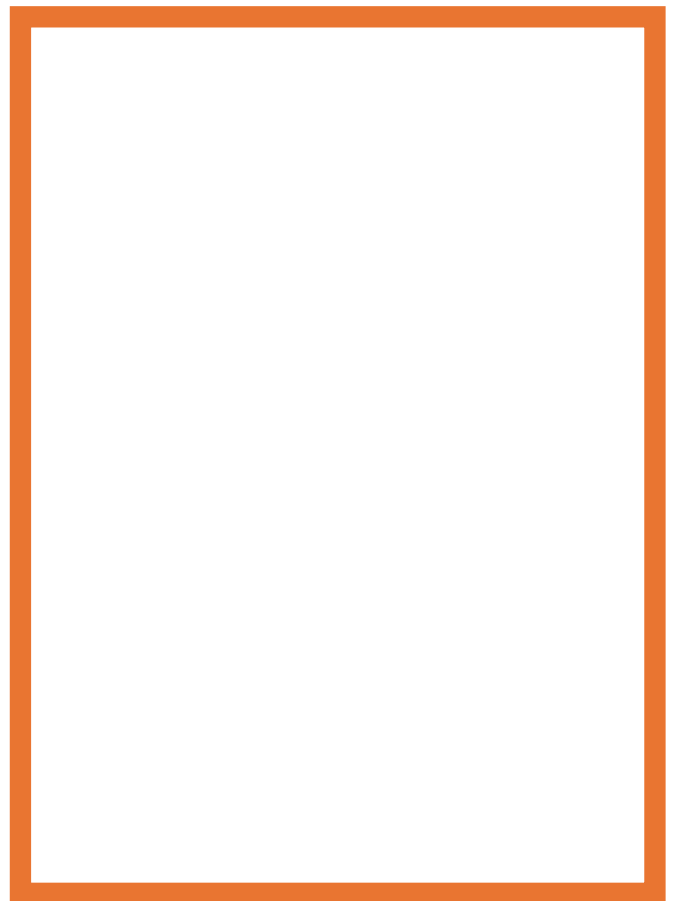
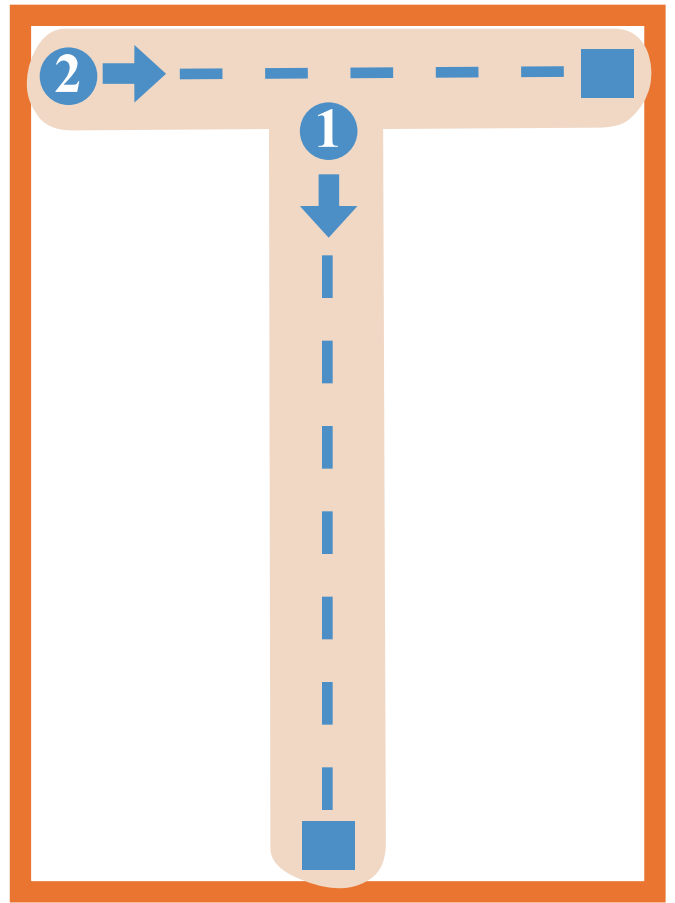
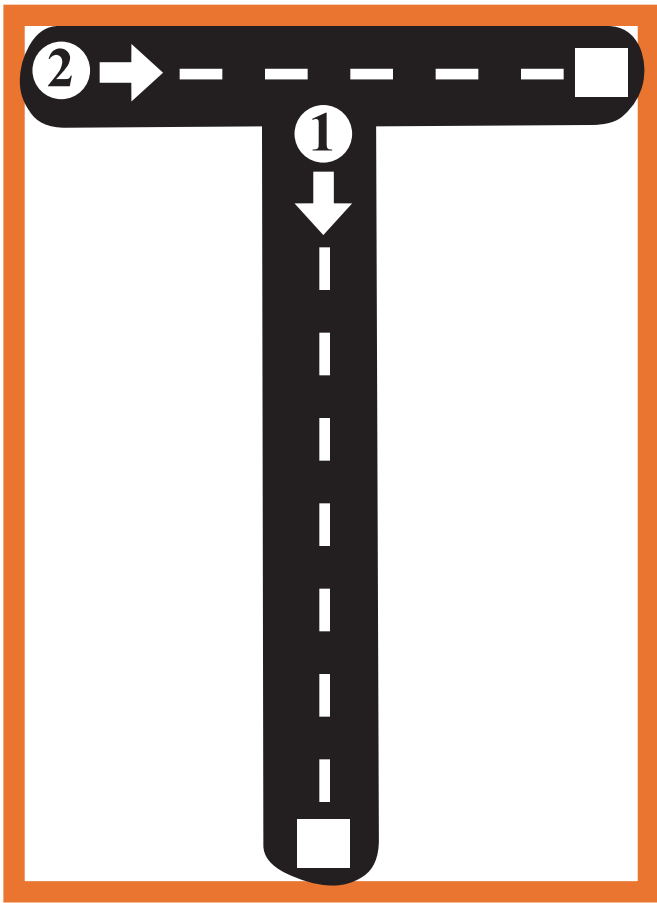


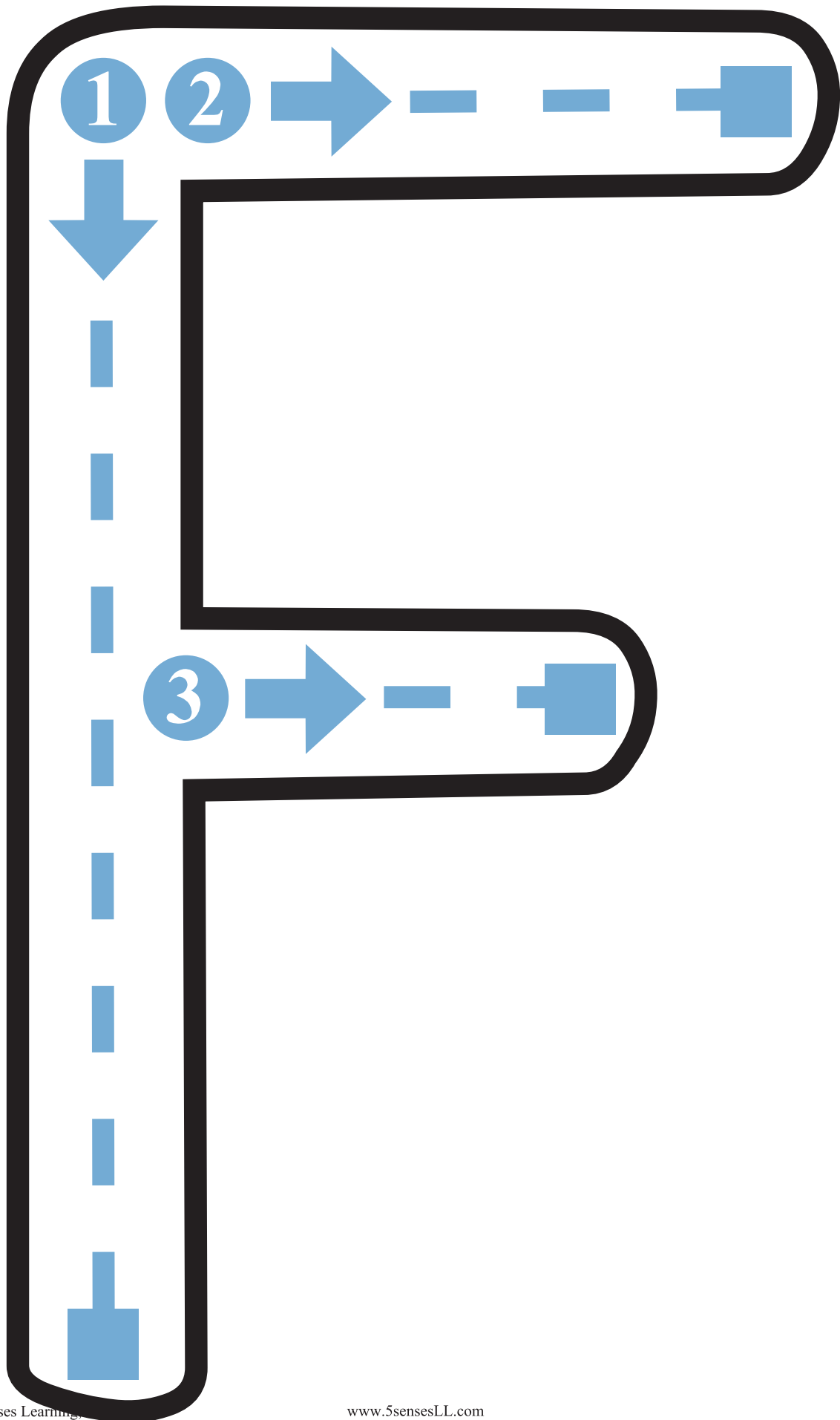


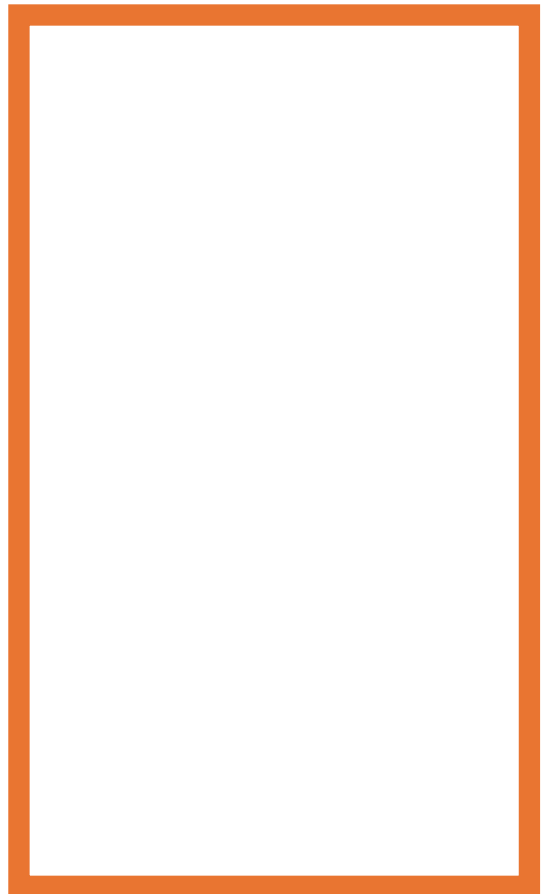
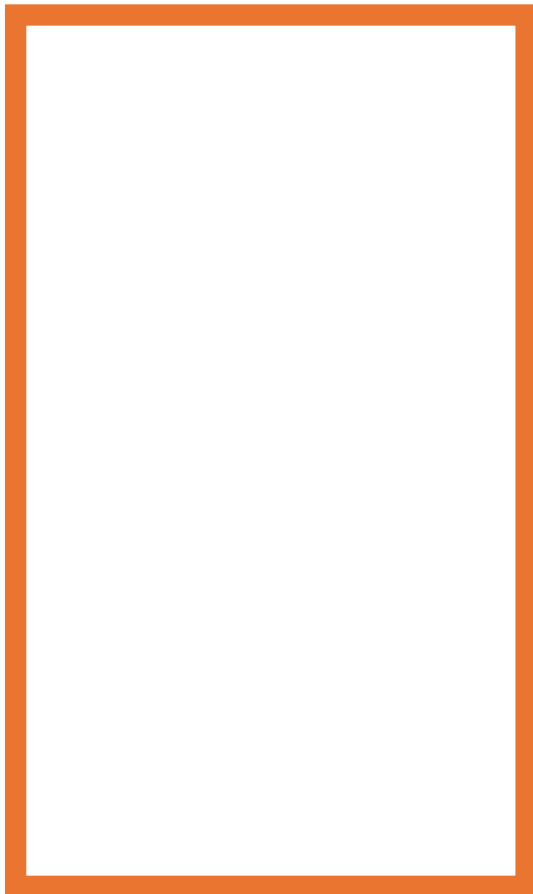
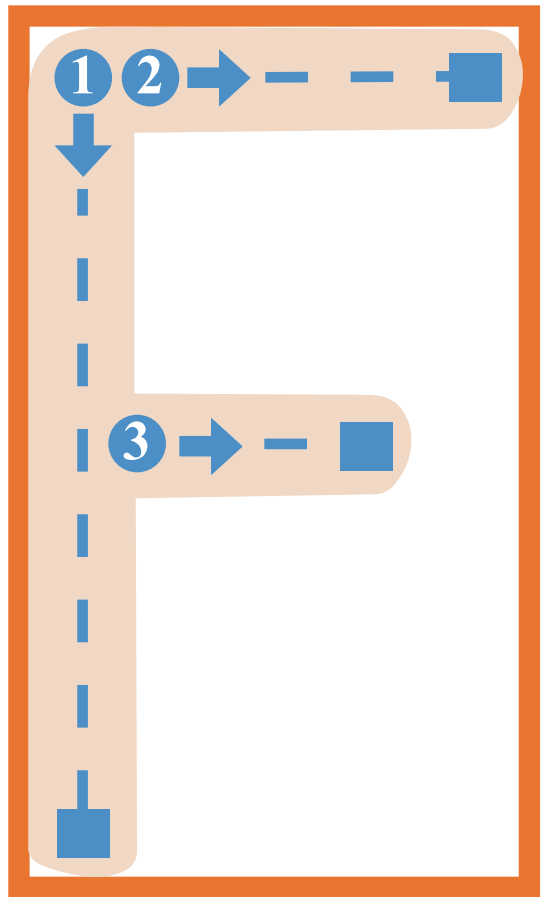
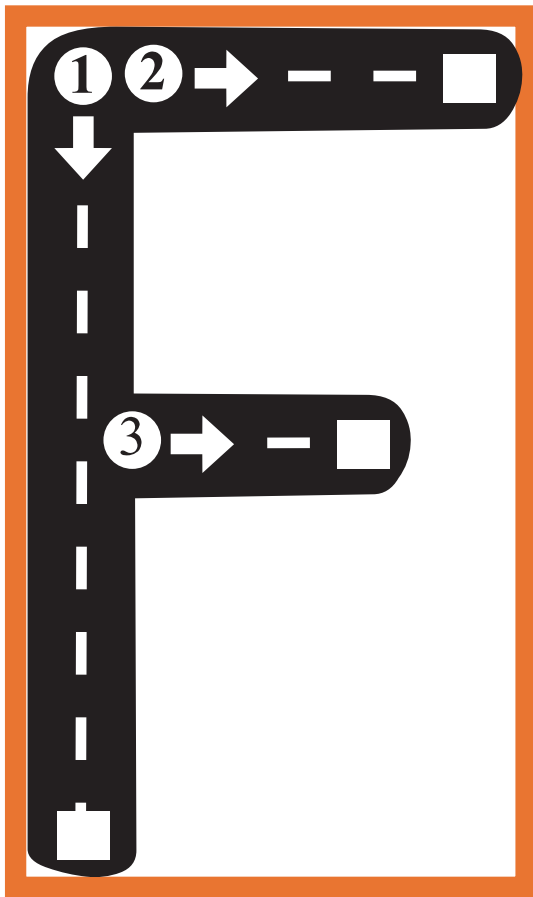




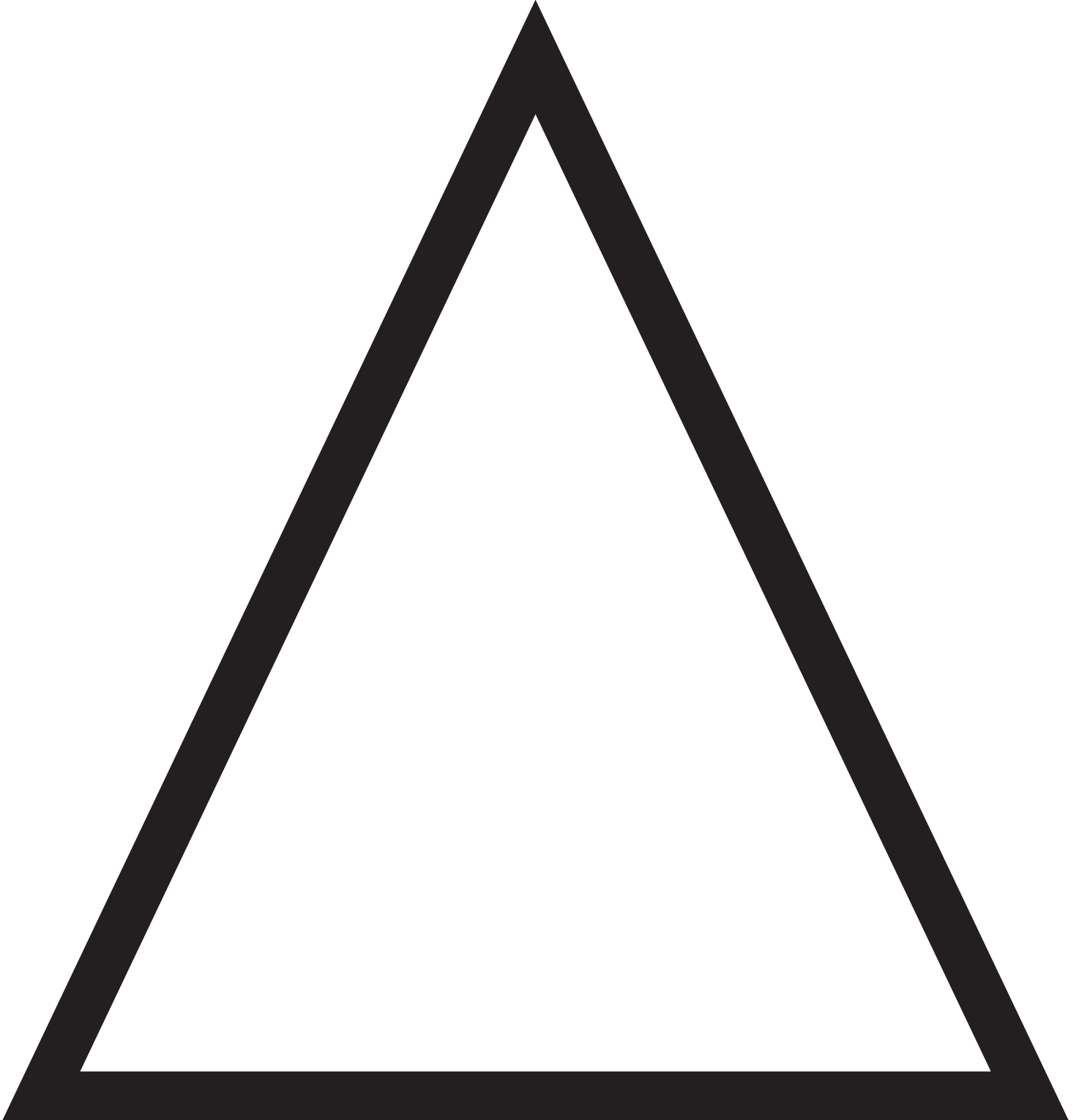








Triangle



2



Tangram Template

