



ENERGIZING READINESS

Energizing Readiness (ER) is a one-day training appropriate for pre-kindergarten and 4-year-old program teachers, as well as early childhood program teachers, childhood special education teachers, and speech language pathologists.

Through the wonder of nursery rhymes, teachers teach children what they need and love to learn. The Structured Literacy curriculum focuses on the pre-reading skills of oral language, phonological awareness, letter recognition, and letter sounds. Each of the 26 letters (and their corresponding alphabetic principle) and the numbers zero through nine are reinforced by using a nursery rhyme example for each letter and the numbers zero through nine. Trainees learn how to teach phonological awareness activities including oddity, segmenting, and splitting. Additionally, trainees learn multisensory language techniques that encourage the development of symbol relationships with their students.

ALL ABOARD! Lesson 1

Houray! Houray! It's our first day! All Aboard for Learning! We are going to climb aboard the Alphabet Express and begin to make stops each day in letter land. Today we are going to get everything ready for our journey.

Alphabet Engine

Touch!	Name!	Match!
These activities will begin in lesson 2.		

Copy Cat Tracks

When we see the tracks we can copy them so we can guide our way. Today we are going to lay some basic tracks for our train to follow.

Trace It!	Talk it Through!	Skywrite!	Tell a Buddy!
<i>Beginning in the next lesson you will have students talk through strokes that match the way your class is writing curriculum guides them. Be consistent using the same words for strokes each time. You may want to begin practicing these strokes one at a time: vertical, horizontal, diagonal, curve.</i>	Talk to students about how we will be learning to write right this year. Also, talk to them about how when we write something it helps us remember what the shape of it is. Tracing, copying and writing can impress on our brain a visual picture.	Establish procedures for skywriting. Write large models on the board and model several times how you want students to skywrite. Have students put hand up as far as it will reach and begin to establish going to the sky and starting at the ground level, waistline will be your baseline. Begin to establish straight, curve around, slant or diagonal. Just practice lots of various strokes with teacher modeling.	Stand behind your buddy. Talk your buddy through various strokes as he/she skywrites. Now switch. Let your buddy talk you through various strokes as you skywrite. Now stand side by side and together talk the letter, skywrite some practice strokes.

RHYME TIME Rhyme Time station is one of our favorite places to stop!

RHYME OF THE WEEK	HEAR IT! SAY IT!
One, two, Buckle my shoe; Three, four, Shut the door; Five, six, Pick up sticks; Seven, eight, Lay them straight; Nine, ten, A big fat hen!	Begin by saying the whole rhyme to the class. Then have students join in saying it with you. Have word strips in pocket chart if desired and point to each word with number pointer if desired.

VOCABULARY STRETCHERS
buckle straight

HISTORICAL NOTE
This counting rhyme common in one form or another to many countries is said to have been used in Wetherham, Massachusetts, as early as 1760. It may have originally gone up to them in some form.

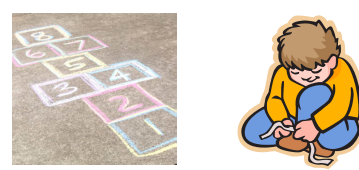
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Center Ideas for

Rhyme of the Week: One, Two Buckle My Shoe!

Center	Ideas	Notes
Blocks	Students try to build a block tower to ten while saying rhyme.	
Housekeeping	Add a variety of shoes for dress-up.	
Drama	Have props such as miniature doors, sticks, and shoes to buckle, to act out the rhyme.	
Puppets	Students put shoes on hands to serve as a puppet while they say rhyme.	
Sand/Water Table	Students pick up items and lay them straight.	
Art/Easel	Students can draw and paint shoes. Do shoe rubbings.	
Book Corner	Choose from books listed in storybook caboose.	
Writing/Literacy		
Math/Numbers		

1-2 Buckle My Shoe!



Energizing Readiness Plan Idea					
Weekly Plan	Monday	Tuesday	Wednesday	Thursday	Friday
Discovery ENGINE	Seek Discovery Name it Match It	Name and Match	Name and Match Describe Whole Group Address Descriptions	Name and Match Describe Small Group Team	Name and Match Describe Partners
Copy Cat TRACKS	Stroke Discovery	Trace and Boss Your Hand	Skywrite	Skywrite	Buddy Skywrite
RHYME TIME <i>Historical Notes as Desired and Appropriate</i>	Introduce Rhyme as model; Class Chorally	Pocket Chart Rhyme Whole Group	Whole Group Small Groups Recite Vocabulary Stretchers	Whole Group Practice Buddy Practice	Buddy Practice Individual for Club Cards
ON-LINE with the Rhyme	Who? Characters Teacher models with rhyme-o-gram pieces each day	What? actions	When? Time including season, day/night, approximate time of day, holiday, etc.	Where? setting	Retell Using each rhyme-o-gram piece students give a summary of the rhyme.
Sound the WHISTLE	Rhyme Time	Ears On!	Rhyme Time	Sound Play!	Extra Practice According to Needs of Students.
FUEL the TRAIN	Get Ready! Get Set! Go! Teacher model	Get Ready! Get Set! Go! Small Group	Get Ready! Get Set! Go! Buddy Practice	Get Ready! Get Set! Go! Buddy Practice and Extensions	Whole Group Sharing Each student talks
CREATION STATION	Sensory Sensation using letter pattern	Build a letter puzzle	Illustrate the rhyme draw	Complete illustrate rhyme adding color	Sensory Sensation Letter in sand, shaving cream, etc.