

Preschool Learning

We hope you will take this time to have some family fun, but also help to continue your child's on-going learning with some of these ideas:

Literacy Activities

Online stories

Circle Rounds is a podcast of folktales for young kids. Each episode also comes with a printable coloring sheet, a few discussion questions/topics, and a spotlight on a musical instrument used in the episode. Example: <https://www.wbur.org/circleround/2020/02/25/the-mountain-spring-kelli-ohara>

Enjoy story time with the astronauts reading from the space station:

<https://storytimefromspace.com/>

Stories online:

<https://www.storylineonline.net/library/>

Drawing/writing

Make lists and pair with pictures

“Journal” with pictures--have your child draw/scribble/create then dictate an idea about the picture he/she made

Label it: With an adult's help, write word labels for furniture, bedrooms, toys, doors, windows, refrigerator and pantry items, and anything else you can think of! Listen for the beginning sound, and think about what letter makes that sound. How many A-things do you have in your home? How many B-things? C-things? Etc.

Name puzzle - write name on sentence strip and cut into pieces

ABC hide and seek. Go through the alphabet to find letters anywhere in your house.

Read a story together and draw a picture of your favorite part.

Learn your phone number

Make a simple chore chart

Help your child write a letter to a relative or friend; include a picture!

Retell events from a favorite story (when the story begins....)

Letters

Letter hunt:

Look for a certain letter in a magazine and let your child use a highlighter or other writing tool to circle/ highlight the letter.

Letter hide and seek:

Write letters on paper, cut them out and hide them around the house. Help your child identify the letters when they find them.

Name Puzzle:

Write your child's name on a piece of paper. Cut out the letters and mix them up. Then have them put them back in the correct order. At this early age, they will most likely need to match the letters to a model already written for them.

Writing

Writing Tray:

Create your own writing tray by putting some rice, flour, or shaving cream on a plate. Draw a letter on a piece of paper and then let your child use their finger to draw the same letter in the rice or flour.

Tracing Lines:

Use a yellow marker or highlighter to make different lines; horizontal, vertical, curved on a piece of paper. Have your child trace over these lines. (make sure your child is holding their writing utensil correctly and tracing the line starting at the top of the line)

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Rhyming and Reading

Read a book with rhyming words. Have your child predict what the rhyming word will be.

Familiar Story:

Read a Familiar story and come up with an alternative or new ending.

Recall:

Read a story to your child and then ask them to draw a picture about the story you just read. See how many details they are able to recall.

Asking Questions While Reading:

Develop listening comprehension and stimulate high-order thinking skills by using questions during reading. Make sure to incorporate a variety of question types (Who, What, Where, Why, and When).

Starfall.com:

Starfall has interactive lessons for each letter of the alphabet.

<https://www.starfall.com/h/>

Math Activities

Counting

Have the kids help to set the table--this encourages one to one correspondence. First, count the number of people in your family; put chairs out, then plates/bowls/napkins/cups/etc., counting as he/she does it.

How many?

-Doors/Windows: Count how many doors and windows are in your home. Don't forget windows on a door, or windows between two rooms!

-Seats: This includes couches, benches, chairs, stools, even toilets! How many seats are in your home?

-Pillows: Don't forget those on couches, chairs, beds, even doll beds!

-Shoes: How many shoes can you find in your home? How many *pairs* is that?

-What else can you count in your home? Clothing, dressers, tables, lamps, light switches, electric plugs, handles/knobs

Count how many steps (heel-to-toe) it takes to go from the front door to the bathroom, from one side of the room to another, from the kitchen to the table, etc!

-If you take *big steps*, how few steps can it take you to cover those distances?

Count down how many days until the return to school. Make a paper chain pattern to keep track.

Sort/count coins

Cut out "lilly pads" with numbers on them and hop on each number (can also be done with letters of name etc)

Sing and interact "Ants go marching 1:1" around the home- create a parade

Go for a walk and count how many animals you see. Bring a notebook so your child can write or draw what they see. You can also go for a walk around the house and count how many windows you have, how many doors, how many beds, or how many stairs.

Sorting around the house:

Sorting by color, size, texture (soft/hard, bumpy/smooth, round/flat): laundry, toys, books, any plastic utensils/dishes, cereal, pasta, food/pantry items, anything you can find!

When you find yourself doing sorting as part of your daily life, invite your preschooler to help.

Supplies: Everyday materials that require sorting; laundry, silverware, groceries, toys. Etc. (Don't forget that you can sort the same items multiple ways. Start with sorting by color and then see if they can sort by size and/or shape.)

Patterns

Use your bodies to make patterns (clap, stomp, clap). Have your child follow your pattern. Then have them come up with other ways to move their bodies and make new patterns with their ideas; jump, tap, stand, sit, etc.

Help your child build patterns at home using everyday materials. First start by building a couple of patterns and have them finish the patterns. Once they get the hang of it then they can build their own pattern and have you try to finish it (red, blue, red, blue, red,.....OR circle, star, circle, star, circle)

Supplies: stickers, blocks, straws or whatever material you have available.

Shapes

Go on a scavenger hunt around your house for different shapes!!! You can draw the shapes on a piece of paper as a reference while you are looking around the house.

Draw a shape on the sidewalk, chalk board, or patio with chalk. Give your child a paint brush and a cup of water. Have them dip the paintbrush in the water and trace the shape you have made.

Shape Pictures:

Cut basic shapes out of colored paper and make a picture out of them.

Building Forts

This may not seem like a math activity, but building forts and other structures that children climb inside is the first step to learning about space and shape.

Baking

Bake muffins/cookies or any other fun treats. Let your child help measure, pour, and stir.

Measuring

Have your child pick a couple of toys or objects to measure. Use your hands, feet, or blocks to measure the items. Children need to learn to measure with non-standard items first. You can talk about which items were longer and which were shorter.

Fine Motor Activities

“Printables” from Toolstogrow.com

Paper plate lacing - using a hole punch, punch holes into the paper plates and practice lacing in and out of the holes with yarn

Practice tying shoes, zipping up jackets

Paint with water on bathroom walls or windows

Draw upside down under the table (paper taped under table)

String ziti or other pasta, using pipe cleaners or shoelaces, etc.

Paint with objects - use forks, sticks, leaves, and toys to make a Van Gogh painting

Throw colored pom poms or balls of paper on the floor and pick up by color

Use window as a light box, tape paper to it, and trace pictures

Make a sticker book. Have your child tell you a story with the stickers they are putting on their paper and then write down what they told you.

Use pipe cleaners for art/creative designs/stringing/making shapes/letters/numbers. You can also use a spaghetti strainer and have your child put them in the holes.

Stacking with blocks, boxes, cans; whatever is around.

Make play dough at home. There are many recipes online.

<https://www.thebestideasforkids.com/playdough-recipe/>

Give your child some paper and scissors and allow them to practice sniping. (Straws are also really great to use for cutting practice.)

Social and Play Activities

Build a fort: Use bedsheets, towels, pillows, couch cushions, and anything else you can think of! Bring your toys or some books in with you!

Put on a play with toys

Create a time capsule: Put some special pictures, toys you can part with, and a note about yourself in a shoebox or other container. Hide it away in a special place, and open it in a few months or years!

Bunch up paper and toss into a laundry basket

Have a tea party! Create some 'desserts' or sandwiches to serve along with the beverage

Red light green light with visual.

Use paper to make one big circular “green light” and one big circular “red light” or stop sign. Line up somewhere you have enough space to move. The leader can hold up and say “green light” which means go/move, or “red light” which means stop. Whoever reaches the leader first gets to be the next leader! Take turns playing with your family members, or pretend to play it with your toys!

Try creating a restaurant, a store or a food truck/stand. Create a menu, signs, and labels. Take orders for your family members, pets, or toys, and pretend to serve them!

Play zoo or farm - use your blocks or furniture to build animal enclosures, let your dolls or action heroes be the visitors at the Zoo!

Play emotion charades - pick an emotion, act it out, and see who can guess it.

Physical Activities

Follow along with a yoga or mindfulness video online:

<https://www.youtube.com/user/CosmicKidsYoga>

Get more active with a “brain break”

https://www.youtube.com/results?sp=mAEB&search_query=brain+break+for+kindergarten

Dance to your favorite music, and work on matching the beat!

Obstacle Course: Use toys or objects around your home to create an obstacle course. See how many steps you can remember, and take turns teaching a sibling or parent what to do and how to do it! For example, jump up the stairs (two feet at a time!), crab walk 5 steps, jump over the pillow, do 10 jumping jacks, spin in a circle, clap your hands, then walk down the stairs and touch the couch!

Move around the house like different animals (animal action is a song that you can find on youtube) <https://www.youtube.com/watch?v=DYPTJj6hd44>

Practice throwing and catching. If no ball is available use a pair of rolled up socks.

Practice some yoga moves at home with your child.

Put on music that your child likes and let them dance. Then play the freeze dance song so they can practice moving and stopping their bodies.

<https://www.youtube.com/watch?v=2UcZWXvgMZE>

Take some plastic cups and set them up like a pyramid. Let kids roll a ball towards the cups like they would pins at a bowling alley.

Practice jumping using two feet at the same time. You can cut out shapes and place them on the floor and let your child jump from shape to shape. If you have painters tape, you can put lines down on the floor and have them jump from one line to the next.

Koo Koo Kanga Roo is a group on youtube that has a lot of silly movement songs.

https://www.youtube.com/results?sp=mAEB&search_query=koo+koo+kangaroo

Play red light, green light to practice starting and stopping their bodies.

Science Activities

Scavenger hunt for things in your house / outside (something fuzzy, something that starts with B, etc)

Cooking and baking together

Do a 5 senses nature walk around the neighborhood. What do you see? Hear?

Make paper airplanes

Build with paper cups

Water plants

Sink or float activities in the tub (sesame street has a great youtube clip)