

### Preschool Learning at Home

Here are some ideas for concepts and skills you can work on at home. Your child may find them easy, difficult or just right. Please feel free to adjust them for your child's needs. This is not required homework but simply provided for families that would like some guidance.

<i>Play</i>				
Give your child a horsey ride or any other type of play that they enjoy.	Family game night. Play a game that requires turn-taking.	Build with blocks, Legos or Duplos. Talk about what your child built. How can they make it better?	Make something out of a box. Can you make a box into a house, a boat or something else?	Get down on the floor and play with your child's favorite toy together.
Do a puzzle. Challenge your child to a puzzle with more pieces than they usually can complete.	Build a fort using blankets. Then, read a book or have a picnic inside the fort.	Red Light/Green Light game. Make red light/green light signs and then play the game together. Remember, red light means stop!	Water play. Fill a bin with water. Toss in some toys. Explore and play. Discuss float and sink.	Pretend to have a birthday party or tea party with stuffed animals or family members. Talk about the sequence of play (i.e. first sit down, drink tea, eat a snack, wash dishes).

<i>The Arts</i>				
Sing the <i>Wheels on the Bus</i> . Make up the actions together.	Paint with watercolors. Practice this pattern for painting (water, paint, paper).	Create a musical instrument. (i.e., put buttons or beads inside two paper plates and then staple the edges together.)	Act out a familiar story such as <i>The Three Little Pigs</i> .	Have your child rip colored paper into small pieces. Then, have them glue the pieces onto another paper to make a collage art picture.
Use puppets or make a sock puppet and create a puppet show.	Look at a photograph or piece of artwork in your home. Talk about what you see, how it was made, and how it makes you feel.	Listen to a variety of music; songs for moving quickly like the polka or songs that encourage you to move slowly like a lullaby.	Paint with unique items such as Legos, cookie cutters, fruit, or toy cars. Paint on aluminum foil or cardboard.	Take photos or draw pictures of some of your family activities or routines. Put them together in a book. Add dictation.

### Math

<p>Practice counting aloud. You could count while you wait for something to happen (i.e., how high can you count while parent makes the bed).</p>	<p>Using colored tape, make large shapes on the tabletop or floor. Let your child line up toys or drive cars on the shape outlines.</p>	<p>Count objects. You can count items of fruit, cans in your pantry, spoons in the drawer, etc.</p>	<p>Make a pattern using crayons, markers, or socks (i.e., white sock, colored sock, white sock, colored sock or blue blue red, blue blue red).</p>	<p>Number Scavenger Hunt. Write numbers on note cards or cut pieces from a paper. Hide the numbers and then give clues to find the number (i.e., look under the pillow). Once you find it, say what number you have.</p>
<p>Write numbers across the top of a paper. Under each number have your child write the corresponding amount of dots.</p>	<p>Collect 5-8 different toys. Talk about bigger and smaller, then order the toys in a line according to size.</p>	<p>Sort objects by feature. Put all red, yellow and blue items in separate piles. Then sort by size.</p>	<p>Place a few pieces of tape on the wall and have your child see if they can build a tower as high as the tape.</p>	<p>Write the numbers 0-20 on sticky notes and have your child make their own number line on the wall.</p>

### Literacy

<p>Name the letters in your child's name. Write the individual letters in your child's name on separate pieces of paper. Now spell their name with the letter pieces.</p>	<p>When reading a book, talk about the pictures. Extend the written word to tell more of the story.</p>	<p>Write a letter together to a loved one, teacher or friend.</p>	<p>Have your child be an author and illustrator. Cut out pictures from a magazine or use stickers, and make your own book using paper stapled together. Have your child dictate their words to you and write them down.</p>	<p>Make two sets of ABC letters either with sticky notes or paper. Have a set on a flat surface and tape the other set around the house. Have your child find the letters and match.</p>
<p>Write the ABC letters on index cards or paper. Have your child sort them into groups: only has lines, has lines and curves, has only curves.</p>	<p>Put ABC letters in a bag. Have your child pull one letter at a time. Have them say the letter name, sound, and give an example of what begins with that sound.</p>	<p>Make reading fun! Use a flashlight, sing the story, whisper the story, use puppets.</p>	<p>Have your child use blocks or Legos to make the letters in their first name or challenge yourself to the entire alphabet!</p>	<p>Use shaving cream on the bathtub wall to write letters, numbers, names, etc.</p>

## Language

<p>Talk about what you have, what you see, or what you're doing (e.g., This is a red car. You have a blue truck. I see a fork. You are jumping.)</p>	<p>Sing <i>Twinkle Twinkle Little Star</i>. Then sing it again and pause at the end of lines and wait for your child to fill in the blank.</p>	<p>Put snacks your child enjoys out of reach so that they have to ask for them.</p>	<p>When reading a book, talk about the pictures. Extend the written word to tell more of the story.</p>	<p>Play I-SPY using descriptive words such as "I spy something that is soft/hard/squishy/prickly/sticky/long/wide short/tall/etc"</p>
<p>Hide objects "under" furniture (e.g., put a toy under the bed). Ask your child, "Where is the toy?" Model the answer and ask again if they are not yet able to answer.</p>	<p>Follow 1 or 2 step directions (e.g., First touch your head, then stomp your feet. First clap, then jump).</p>	<p>Play an opposites game. Have your child fill in the word. "Fire is hot, ice is ___" "A rabbit is fast, a snail is ___".</p>	<p>Make a snack or meal with your child and have them tell you how they made it. Model or prompt them to use words like first, next and last.</p>	<p>Take turns playing an animal guessing game (i.e. I have four legs. I have fur. I bark. What am I?)</p>

## Social-Emotional and Self Help

<p>Complete the washing hands sequence. Sing the ABC's while you rub with soap before putting your hands under the water.</p>	<p>Practice putting clothes on and off independently.</p>	<p>Model taking deep breaths, counting to five, or doing relaxation exercises when situations are stressful.</p>	<p>Help with chores such as putting laundry in a basket, wipe down the table, put dishes in the sink, sweep the floor.</p>	<p>Make lunch together and set up for an indoor picnic.</p>
<p>Learn to <a href="#">"Belly Breathe"</a> with Elmo (Click Link)</p>	<p>Practice and model doing "Turtle." 1. Stop 2. Take a deep breath. 3. The problem is __, I feel __ (sad, mad, frustrated, etc).</p>	<p>Continue to use containers during snack time and practice taking the lids on and off as independent as possible.</p>	<p>Practice independent teeth brushing. <a href="#">Teeth Brushing Visual (Two options)</a>  (Click Link)</p>	<p>Use a bell or alarm to signal clean up time and put toys away before mealtime.</p>

### *Science and Social Studies*

Take a nature walk and make observations in the environment. Bring magnifying glasses to get a better look.	Plant some seeds and use words like germinate, sprout, bud when talking about how they grow. Measure and document growth.	Experiment with dry and wet chalk on the sidewalk. Dip chalk into a container of water. Have your child give details about the differences of dry versus wet chalk.	Observe changes in physical properties. Leave an ice cube out in the sun. Freeze small objects in an ice cube tray. Discuss how to get the objects out.	Observe and talk about the weather. Use words such as windy, overcast, partly cloudy, sunny, rainy, snowy, etc. You could even make a chart to track the weather each day!
Share traditions. Read your favorite childhood book to your child. Play your favorite childhood game with your child.	Create a survey and ask your family members. Make tally marks to indicate their response and then count to see the totals. (i.e., Do you like peas?)	Trace your shadow onto a large paper or sidewalk. Have your child add the details such as body parts, clothes, hats, etc.	Teach your child their full name and address.	Blow bubbles! Use different wands and different solutions. Which one worked the best?

### *Fine Motor*

Roll playdough out into long strips and create uppercase letters.	String beads, cut straw pieces or dry noodles using yarn or pipe cleaners.	Practice copying pre-writing strokes (l, -, /, +, o) with crayons.	Write your child's name on a paper in uppercase letters and have them trace it with each color of the rainbow.	Practice zipping and unzipping coats or buttoning and unbuttoning.
Draw a picture of a person.  Sing the <a href="#">Mat Man</a> song to help. (Click Link)	Use tweezers or tongs to transfer items into a bucket or bowl.	Pour salt in a pan, have your child write their name, letters, numbers, or words in the salt. Gently shake to erase.	Draw lines and shapes on paper and have your child cut them out. Remember to keep the thumb up.	Use cups, spoons, and ladles to scoop and pour water during bathtime.

### *Gross Motor*

Move like a variety of animals (crab, bear, giraffe, kangaroo, frog).	Use a blanket as a magic carpet by having your child sit on it on the floor and give them a ride by pulling the other end on wood or tile.	Run or walk around the block together. Walk backwards, sidestep part of the way.	Walk up and down the stairs counting the steps.	Draw, color or complete puzzles lying on your tummy!
Practice jumping forward using two feet at take off and landing. Count how many times you can jump forward.	Stand on one foot like a flamingo. Don't forget to switch feet.	Ride a tricycle or scooter.	Play catch with a family member. Use different size balls. How many can you catch in a row?	Use pillows to roll over, walk on and off, jump on and off, throw and catch; play tug of war or wrestle with pillows.