

# LEARNING AT HOME OLDER PRESCHOOLER WEEK 2

March 30th-April 3rd



Dear Families,

We are excited to launch plans for Week 2. There are some great options for physical activities in an indoor environment. Additionally, some simple ideas with materials available at home to support the creative undertakings. We hope you enjoy this week's plan with your little ones!

## Language Development

### Creating Stories

Provide your child with paper and writing materials. Work with your child to create their own story. Help your child sound out the words on their own. Have them create pictures to go with their story.



## Social-Emotional Development

### Calming Strategy

Breathing strategies help bring oxygen to the brain and calm a child down. Practice the balloon breathing technique with your child when they are upset. Place your hands on the top of your head with your fingers interlaced. As you take a deep breath, raise your hands inflating your balloon. When you release your breathe, bring your hands down while making a "pbpbpbpbpb" sound.



## Physical Literacy

### Volleyball

Work on the basics of volleyball with your child. Blow up a balloon or beach ball. Practice hitting the balloon back and forth with your child using a paper towel tube or fly swatter. Count how many times you can hit the ball without letting it hit the ground.



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## Cognitive Development

### Cooking activity

Cooking skills help a child learn measuring, counting, and healthy foods. Have your preschooler work with you in the kitchen to prepare meals or bake. Give them a plastic knife to practice their cutting skills.



## Creative Activity

### Story Props

Using recycled materials and paints, let your child create props for them to act out stories that you are reading together. Let them build castles, houses or other interactive pieces. Once they are finished, read the story with your child and bring the story to life by acting it out. Add toy animals and people for them to bring the story to life on their own.



## Additional Activities

**Get Outside:** Get outside to get some fresh air. Have your child do races. How long does it take them to run across the yard. Change things and ask them to hop, jump, crawl, walk, crab walk, gallop and see how fast can they go.

**Writing:** Make a sensory tray using oats and a cookie sheet. Let you child practice writing letters, their name, numbers or shapes.

**Science:** Start a garden at your home. Plant fruits and vegetables with your child. Start your garden indoors using cups or an egg carton.