

LEARNING AT HOME OLDER PRESCHOOLER WEEK 3

April 6th-10th



Dear Families,

We are excited to launch plans for Week 3. 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

Alphabet Books

Read alphabet books with your preschooler. Give your child magnetic letters (or make letters with paper) that your child can use to make the words in the book. Try having them sound out short words without looking at them.



Social-Emotional Development

Calming Strategy

Breathing strategies help bring oxygen to the brain and calm a child down. Practice the drain breathing technique with your child when they are upset. Extend your arms out. Tighten your shoulders, arms as much as you can. Take a deep breath in and then release everything making a "ssssshhhh" sound like a water.



Physical Literacy

Dice Roll

Have your child roll a dice. When it lands on that number they do a certain movement. This can be done outside to maximize the movement. 1- Run around, 2- Skip around, 3- Balance on one leg, 4- Jump up high, 5- Spin in a circle, 6- March around

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Cognitive Development

Puzzles

Put together puzzles with your preschooler. Try simple puzzles with a few (24 or less) pieces. If your child is able to put together the puzzle, challenge them with a bigger puzzle.



Creative Activity

Bug Sculptures

Make an air dry clay using 1+1/2 cup cornstarch, 1 cup white glue, 1 tbsp vinegar, 1 tbsp lotion, 1 tbsp olive oil. Mix all ingredients together until a dough forms (may need extra cornstarch if sticky). Let your child make bug out of the clay. Once it is dry, let their paint their bug.



Additional Activities

Writing: Provide the children with paper and writing materials to practice their writing skills. Have them practice writing letters, simple words and their name.

Yoga: Do simple yoga poses with your preschooler throughout the day to help calm their bodies. This is also a great transition to do before a nap.

Outside: Outside with your child, do a bug scavenger hunt. See how many different bugs you can find and name. You can also keep track of how many of a certain bug you find and graph it to see what you saw more of.