

LEARNING AT HOME YOUNG 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.



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

Bug Imitations

Encourage your preschooler outside to act like bugs. They can buzz around like bees, hop like grasshoppers or crawl like spiders. You can have races to see how long it takes them to get to the end of your yard acting like these bugs. Which one can the move faster as?

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Cognitive Development

Memory Match

Play memory match with your child using a pre-made game or making your own with pictures (printed or drawn). Practice taking turns and making matches.



Creative Activity

Marbelized Butterfly/Bug Wings

Create butterfly/bug wings with your preschooler using cardboard/posterboard and puffy paint. Let your child mix glue and shaving cream to make puffy paint. Mix in food coloring to make different color designs. Dip their wings into the puffy and then scrap off the extra puffy paint to see the design. Add yarn so they can wear the wings and pretend to be bugs.



Additional Activities

Sensory: Make playdough with your preschooler using 2 cups flour, 1/2 cup salt, 2 tbsp oil, 1 cup warm water, food coloring. Mix together all of the ingredients until a dough forms. Once you have a playdough, make different bugs with your preschooler.

Writing: Provide the children with paper and writing materials to practice their writing skills. This is the beginning of literacy development.

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.