

LEARNING AT HOME YOUNG PRESCHOOLER WEEK 4

April 13th-17th



Dear Families,

We are excited to launch plans for Week 4. 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!

Music Monday

Activity 1: Play instruments with your child. Make instruments using plastic eggs and rice, Empty water bottles with rice, or Empty cans (coffee, formula) and wooden spoons). Talk with your child about the sounds they hear with the different instruments.

Activity 2: Create your own songs with your child. Let them come up with words to similar tunes. Encourage your child to come up with rhyming words in their songs.

Activity 3: Practice counting skills while play the instruments.



Tasty Tuesday

Activity 1: Using food (play or real), let your child sort the food by what is healthy and unhealthy. Talk to them about how healthy foods help us grow.

Activity 2: Gather recycled food boxes and let your child use them to build.

Activity 3: Plant vegetables with your child. You can start your gardens inside the house or outside if you have space for a vegetable garden.



Work Together Wednesday

Activity 1: Work with your child to build something. Give them paper and writing materials to draw it.

Activity 2: Work together with your child to play simple board games. Practice turn taking with them.

Activity 3: Work with your child to make a playdough. Let your child measure out the materials and mix them together. Vanilla Playdough: 1 cup baking soda, $\frac{3}{4}$ cup water, 3 Tbsp oil, 2 $\frac{1}{2}$ cups flour, 1 cup salt; 2 tsp vanilla extract, Food coloring- Mix everything together using your hands.



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Artsy Thursday

Activity 1: Bring art materials outside. Let your child create art in a different environment.

Activity 2: Take a nature walk outside. Gather items from nature that your child can turn into art. Let them create their own masterpiece using nature.

Activity 3: Still life Art: Place an object in the middle of the table and let your child draw or paint that object.



Family Friday

Activity 1: Read books with your child

Activity 2: Give your child materials to draw a picture of your family.

Activity 3: Make a fort in your living room using sheets.



Additional Information

The Week of the Young Child™ is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC) celebrating early learning, young children, their teachers and families.

For more information go to:

<https://www.naeyc.org/events/woyc>