

LEARNING AT HOME OLDER PRESCHOOLER WEEK 5

April 20th-24th



Dear Families,

We are excited to launch plans for Week 5. 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

Rock Letter Matching

Collect rocks on a nature walk that can be used for a letter matching game.

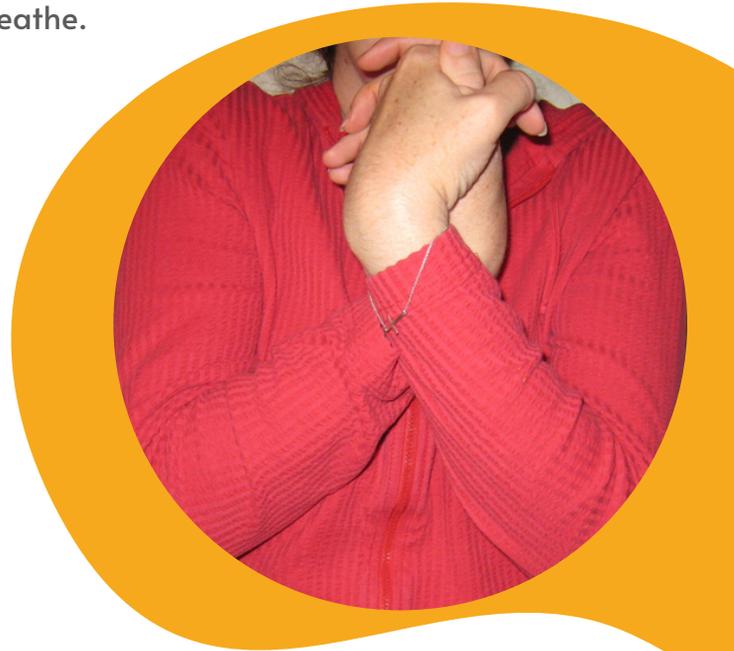
Write letters on the rocks including both uppercase and lowercase letters. Let your child match the letters together.



Social-Emotional Development

Calming Strategy

Breathing strategies help bring oxygen to the brain and calm a child down. Practice the pretzel breathing technique with your child when they are upset. Stand up and cross your legs. Put your hands out in front thumbs down and cross. Lace your fingers together and pull your arms in to your chest. Take a deep breathe.



Physical Literacy

Frog Hopping

Have your child hop like a frog. How many times can they hop? Count with them using one to one correspondence.

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Cognitive Development

Building Challenge

Build with recycled materials. Use recycled boxes, cans, milk cartons and more to create different things. Challenge your child to build different things (bridge, tower, building, maze)

Creative Activity

Recycled Art

Using recycled materials such as boxes, paper towel tubes, empty water bottles, egg cartons. Let your child glue the materials together to make a pond animal. Once their creation has dried, let them paint their pond animal.



Additional Activities

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.

Sensory: Using materials found of the nature walk. Have your child build a barrier (like a beaver dam) that can stop water from getting to the other side of the bin.

Creative: Go on a nature walk and collect nature items that you can use to make art out of (pine cones, sticks, acorns, pine needles, rocks). Create art out of the nature items that we collected.