

# LEARNING AT HOME OLDER PRESCHOOLER WEEK 7

January 11th- January 15th



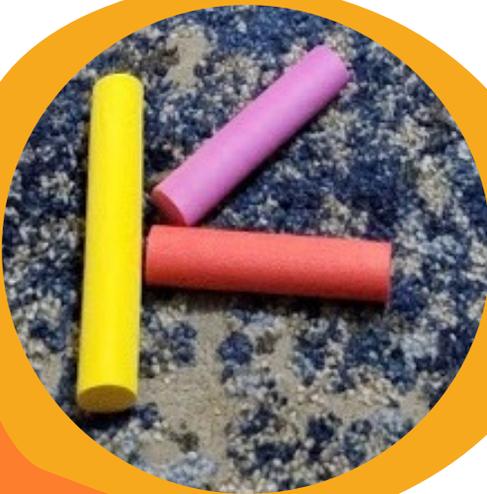
Dear Families,

We are excited to launch plans for Week 7. 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

### Block Letters

Provide your child with blocks and encourage them to make letters with the blocks. Encourage them to make the letters of their name or just make letters.



## Social-Emotional Development

### Polar Animal Adventure

With your child, work together to make a story about a polar animal. Take turns creating an adventure that the animal went on. Write down your child's words and let them create pictures to go with the writing.



The penguin eats fish as an afternoon snack with his brother. They throw the fish and catch it in their mouths.



## Physical Literacy

### Winter Sport

Let your child pick their favorite winter sport. Encourage try the sport out in the house or outside in the yard.

# LEARNING AT HOME OLDER PRESCHOOLER WEEK 7

January 11th- January 15th



## Cognitive Development

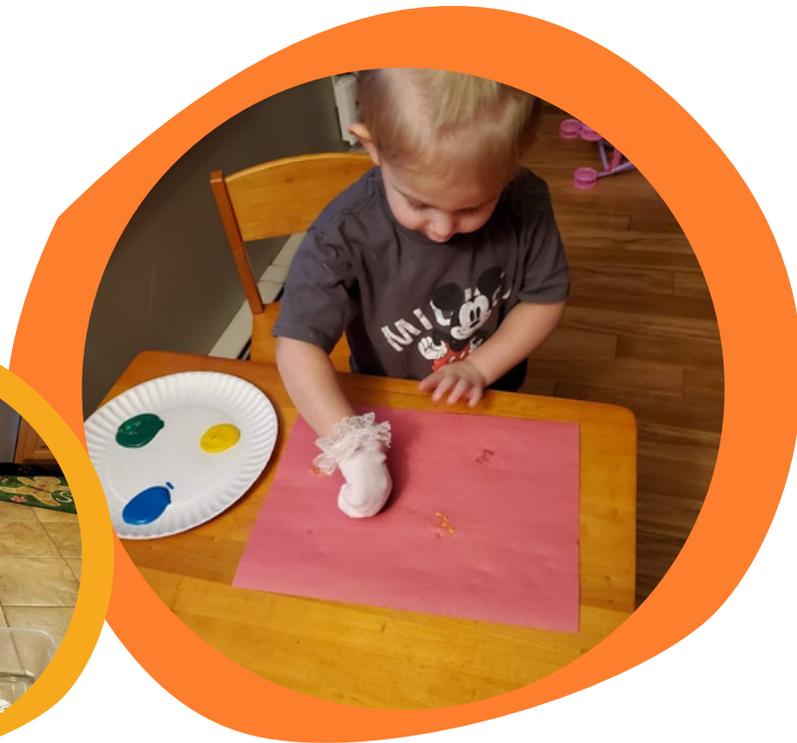
### Feed the Penguin

Make a penguin with your child using a recycled box or container. Provide your child with the penguin, number fish, shape fish or letter fish (fish with letters, numbers, or shapes on them) and tweezers. Let your child feed the penguin the fish using the tweezers. Work on number recognition by talking about the numbers they are feeding the penguin.

## Creative Activity

### Painting like a Seal

Provide your child with paint, paper, and a sock. Let your child put the sock on their hand and use it as a painting tool. Encourage them to make shapes on their paper with the paint.



## Additional Activities

**Ice Fishing:** In a tub of water, add ice and pretend fish with letters. Encourage your child to try to catch the fish using a fishing pole or their hands like a polar bear. Have your child identify the letters on the fish.

**Ice Cave:** Cover blocks with blue and white paper. Encourage your child to build a large ice cave. They can even use recycled boxes and materials to try to build a large ice cave that they can fit in.

**Waddle like a Penguin:** Show your child how to waddle around like a penguin. Put on music for your child and encourage them to waddle around until the music stops.