

**Preschool Activity List**  
**Week 10**

Choice Time Activities	Details
Check Out this Book!! (Make reading fun! It will help your child have success all through school!)	Read a favorite book with your child each day. Show your child the front of the book, the back of the book, and the title. Help your child hold the book correctly and turn the pages from front to back. Point to the pictures and see if your child can tell you what the book is about.
Counting Out Loud	Practice rote counting up to 10. If your child can do that, go up to 20. Keep going if you are able to count further. Next, find a group of items to touch while your child is counting (ex--toy cars, blocks, pom poms, goldfish, etc.).
Play Mirror, Mirror	Look in the mirror with your child. Have them describe what they look like (such as hair color, two eyes, nose, mouth, etc.) Then, have them describe you. Can they show different feelings with their face? (Try showing happy, sad, mad, etc.)

Physical Play Activities	Details
Hop, Jump, Bend	Let's get moving and get our heart rates up! Hop, jump, and bend down (like squatting) and stand back up at the knees. Do each action one at a time or in a combination. How many times can your child do each one? Practice counting while you are doing the activities.
Hop Scotch Fun	Teach your child the moves for hop scotch. Play inside and count how many times you can hop while doing it. If you have the space, draw a hop scotch diagram outside with the sidewalk chalk. Write numbers inside each square and practice counting that way while hopping.
Flap Like a Bird	Pretend to be a bird by trying to make wings in this manner-- Place your hands on your hips and bend your elbows. Move your elbows back and forth to flap your "wings." Count how many times you can flap.
Do the Turtle Walk	Pretend to be a turtle and see how far you can move across the room doing this. Kneel on all fours. Slowly move the right arm and the left leg at the same time. Then, move the left arm and the right leg at the same time.
Do the Snake "Walk" (Slither)	Have some fun moving in a different way! Lay on the floor on your stomach. Bend your elbows and keep your legs straight. Move yourself forward with your elbows while your legs "slither."

Art & Sensory Play Activities	Details
Give the Toys a Bath	Have some water play fun! <u>With Supervision</u> --fill a sink with water and allow your child to clean some of their toys. Do the toys float or sink? Talk about how the water feels. (Is it cold? Warm?) Do you need a cloth or sponge to wash the toys? Discuss what you need to do to keep the water in the sink!
Make Spider Webs with Chalk	We often see spiders (and spider webs) in the fall or around Halloween time, so kids are interested. Start with a dark piece of construction paper. Use the chalk to draw a spider web on the paper. Can you make a spider too? (This could also be done outside on the sidewalk.) Spiders have 8 legs--draw and count!
Play Dough Pumpkin Fun	Make fall pumpkins or spiders with your play dough. If you make a group of them, count how many you have all together. If you make some of both, try laying them out in a pattern--pumpkin, spider, pumpkin, spider. Enjoy!