

## Preschool Activity List

### Week 11

Choice Time Activities	Details
Books and Feelings	Let your child pick a book to read. If there are characters in the story, use words to discuss how the <u>character might feel</u> throughout the story. If it is a non-fiction book, <u>ask your child how they feel</u> when they look at the pictures or hear the words. (Encourage them to use the terms happy, sad, scared, etc.).
Match it Up	Gather items from the house that go together (example, shoe & sock, spoon & fork, marker & paper, toothbrush & paste, etc.) Scatter the items out and have your child match them up. Then count how many items you have altogether.
Lovely Laundry	Have your child help you to sort the clothes when you are doing laundry. Can they match the socks (for example), sort by color, or count the items you have? Make it fun while you are teaching them a useful skill!

Physical Play Activities	Details
I Can Carry It!	Provide opportunities for your child to carry small objects and even heavier objects throughout the day. Examples include carrying books to put them away, or carrying snacks to the table. Use words to discuss the items they are moving, and encourage them as they are helping out.
Jump the Rope	Supervise your child closely as you do this activity. If you have a jump rope, teach your child the basics of how to jump. If they are having difficulty, hold the rope by one end and wiggle it across the ground to create a "snake" effect. See if they can jump over it in this fashion. Be creative if you don't have a jump rope.
Make Some Body Shapes	Have your child try to make shapes with their body. Try using the whole body--and also try using a smaller body part. For example, can they lay on the floor and curl around to make a circle? Perhaps they can make a heart shape or a square using their fingers.
Flashlight Caper	Allow your child to go on a flashlight adventure inside the house. Use the flashlight to look under the bed, in the cabinet, on the ceiling, etc. Be creative and <u>move</u> your body while you are doing the activity.
Play Blanket Shape Twister	Cut at least 5 large shapes from a piece of paper (such as circle, square, triangle, rectangle, heart). Place a blanket on the floor and then put the shapes on the blanket. Play a type of "twister" by having your child put one foot on one shape and the other foot on a different one. Add the hands, twist, and have fun!

Art & Sensory Play Activities	Details
Watercolor Leaves	Cut some large leaf shapes out of construction paper. Use the watercolor paints to make the leaves have a variety of colors (so they look like fall leaves). Experiment with the different colors, and have a conversation as you are working together. (Ex--what color are we using? which color do you like the best? etc.)
Spread the Bread--Sensory Experience	Help your child to spread smooth soft material such as mayonaise, ketchup, or peanut butter. Then, try something firmer such as butter or frosting. Monitor the utensil they are using and help them adjust the pressure as needed while they are spreading.
Scissor Experience & Art Mosaic	Closely supervise your child as you give them some strips of paper to cut. Watch how they hold the scissors & help them make adjustments as needed. If your child is ready, you can draw lines on a paper for them to cut straight or curved. Glue any pieces on another paper to make an art mosaic picture! Beautiful!