

## Preschool Activity List Week 5

Choice Time Activities	Details
Play with puzzles	If you have puzzles at home, work with your child to find the right pieces if they are not yet doing this independently. Talk with your child about the pictures on the puzzle, the colors, the shapes, etc. If you do not have puzzles, they are easy to make. Use an old magazine picture and cut it into 5 or 6 big pieces to start--and see if your child can put it back together. If your child is able to do that easily, you can make more pieces the next time.
Go on a Color Hunt Outside	Take a walk outside and hunt for colors. Count how many items you find of each color. How many different colors were you able to find?
Read, Read, Read	Read with your child every day. You can read books or even browse catalogs or magazines. What kinds of books does your child like the best? Have your child point to pictures and answer simple questions about the story as you are reading.

Physical Play Activities	Details
Balance Fun	Make a "balance beam" using some tape on the floor or the ground. Walk on it, and pretend you are using a balance beam in gymnastics or walking on a tightrope.
Water some plants	With an adult, "water" some plants outside. If you don't have any potted plants, you could water the trees or grass. What can you use to do this? Do you have a real sprinkling can? Or, can you carefully carry a small cup of water and use that?
Box Fun--or pillow fun	Do you have a cardboard box that is big enough to play in and crawl through? If not, try lining up some pillows to make a path to crawl between.
Play Simon Says	Parents can lead first. Tell your child "Simon says--jump." Simon says--clap." "Simon says--dance." "Simon says--Touch your knees." Etc. If you do not say "Simon says" first, they are not supposed to do the action. If your child does not understand that part of the game, just have fun doing the actions.
Play Car, Airplane or Train	Line up your kitchen chairs and pretend you are getting in a car, an airplane, or a train. Where are you going? What would you want to take with you? What (or who) will you see when you get there? Encourage your child to use words as you have fun with this!

Art & Sensory Play Activities	Details
Write a letter	Write a letter to Grandma, Grandpa, or another relative. Have your child draw a picture to go with it. You can either mail it or call up the person and "read" it to them over the phone. Help your child understand that writing is meaningful.
Torn paper Art	This is somewhat like making the collage previously. However, with this project, you simply tear different colors of paper and glue onto a full size piece of paper to make a picture. This can just be a random design--or you can suggest grouping brown pieces to make a tree trunk and green pieces to make the tree top (for example). What else could you make like this? Just have fun!
More play dough fun	Play dough is a great item to use for developing strength in the fingers and hands. This will help later when using writing tools, scissors, etc. Try rolling the playdough into a ball. Can you make more than one? How many? (Practice counting.) Try rolling the playdough into a snake or flattening it to make "cookies or pancakes." Can you put pieces together to make something else? Is this an activity your child enjoys? Some kids love it--and some children are hesitant. Let us know how your child reacts.