

Preschool Activity List Week 6

Choice Time Activities	Details
Play "What's Missing?"	Put 3 or 4 items on the table and take one away. Have your child tell you what is missing. Repeat the game with different items. Adjust the number of items you are using if needed. For example, if your child is not ready for 3 or 4 items, start with just 2 items.
Read (or listen to a story) and Guess	When reading a story with your child, pause and have them guess what might happen next. (Point to pictures and have your child use the pictures to understand the story.)
Play "Whose Shoes?"	Find some shoes at your house that belong to different people. Play a game by asking, "Whose shoes are these?" and have your child name who the shoes belong to. Then, see if your child can put them in order from the smallest to the biggest.

Physical Play Activities	Details
Play with cars and a ramp	Use a piece of cardboard (even an old cereal box might work) to make a ramp. See if you can drive your car down the ramp. If the car is small enough, maybe you can let the cars "race" down the ramp.
Treasure Hunt	Hide toys or other objects in the house and ask your child to go find certain things. This could also be done outside if you have a place to do it. Another variation would be to draw a picture of the item you want your child to find, have your child name the picture, and then go find it.
Play newspaper basketball	Get some paper from the recycling bin, wad it up into little balls, and practice throwing it into a large bowl or basket.
Practice Yoga	If you know some yoga poses, demonstrate them for your child and have him/her copy the poses. If you do not know any poses--look them up or make up some of your own!
Giant Steps	Pretend to be giants who only take giant steps. Count how many steps it takes you to get across the room.

Art & Sensory Play Activities	Details
Trace your hand	Trace your hand--and then see if you can turn it into a picture. (For example, can you make it into a flower? What else can you make out of it?)
Handwashing fun	Can you practice washing and drying your hands? Can you sing this song when scrubbing them? (The tune is Row, Row, Row Your Boat). "Wash, wash, wash your hands, wash them every day. We can have clean hands at (school/home), when we work and play!"
Draw a shape person	Practice drawing some shapes and see if you can put them together to make a shape person. How many shapes did you use? What shapes did you use for each part of the person?