

**Preschool Activity List**  
**Week 7**

Choice Time Activities	Details
Read your Favorite Book with Pictures	Pick your favorite book to read with a grown-up. Point to at least 5 different pictures in the book and name the pictures. Ask the grown-up to help you use the words in sentences.
Make a sandwich--yummy!	Make a sandwich. Cut the sandwich into pieces, and count how many pieces you made. Talk about what you used to make the sandwich. Yummy!
Find Circles	Look around your house and find all the things that are shaped like a circle. Can you name the items? How many things did you find?

Physical Play Activities	Details
Fall Leaf Walk	Take a walk outside and collect some fall leaves you find outside on the ground. How many leaves did you collect? What colors are in the leaves? Are some leaves bigger or smaller? If so, can you place them in order from smallest to biggest?
Color Scavenger Hunt	This can be done indoors or outdoors. Go on a scavenger hunt to look for different colors. Can you find something that is red, blue, green, orange, black, brown, white, purple, pink--or any others? What items did you find?
Play swim or sink (stop)	Like in the 2nd Step Lesson, pretend to swim across the room. When someone yells "sink" you should "sink down" and stop. See who can make it to the other side of the room first--while carefully following the directions.
Make a pattern with movement	See if you can make a pattern with movements--such as: clap, hop, clap, hop--OR stomp, clap, stomp, clap--OR--march, clap, march, clap. Can you think of some other ones? (These are AB patterns so far.)
Play music and dance	Play some music and make up your own dance moves. Who can dance with you?

Art & Sensory Play Activities	Details
Decorate your name.	On a piece of paper, have an adult write your first name in large letters. Cut or tear small pieces of colorful paper to glue on the outline of each letter of your name. (If you have enough small stickers, you could use those instead). Can you name the letters in your name?
Make a leaf rubbing.	Put a leaf underneath a piece of paper. Use a crayon to color over the top of the paper where the leaf is placed below. Notice if you can start to see the leaf magically appear where you are coloring with the crayon. Move the leaf to a different spot, use a different color of crayon, and make more leaves!
Draw a tree or some leaves	Using a marker or crayons, draw a picture of a tree or some leaves. Can you make a tree with green leaves--and then, make a picture of a fall tree with colorful leaves. What would the tree look like if all the leaves fell on the ground?