

Preschool Activity List Weeks 14 & 15

Choice Time Activities	Details
Recite Nursery Rhymes	Recite some nursery rhymes with your child--such as The Three Little Kittens, Humpty Dumpty, or Hickory, Dickory, Dock, etc. Or, just practice naming some rhyming words with your child such as--cat, hat; fun, sun; hen, pen; etc. How many can you think of? Have your child repeat first and then think of their own.
Play the "Same and Different" Game	Find two items around the house--(for example a sock and a shoe--or a stuffed animal and a toy car). Tell what is the same about the items and what is different. Find other items and repeat the game.
Play "Store" and Count the Pennies	Pretend that you are shopping for toys around your house. With direct supervision, use pennies and count out how much the toy costs. (For example, pretend it costs 3 pennies and help your child count them out. Another item might cost 5 pennies, etc.) If you are worried about the coins with your child, change the game and use goldfish or another safe item to do the counting.

Physical Play Activities	Details
Hop in Place and Count	Roll a dice, spin a spinner, or write numbers (1 through 10) on individual cards & pick a card to hop that many times. Repeat, and play until you are tired!
Jump Across the Line	Make a "line" with a jump rope, a fabric item (blanket, etc.) or using some tape (be creative) and have your child jump across it. Can they jump over and back? Can they jump side to side? Can they jump with their arms up in the air or out at their sides? Count how many times they can jump.
Wash Windows	Using a damp cloth or water in a spray bottle, carefully supervise your child as they "wash some windows." The full body arm motion will be good for stretching.
Play "Silly Steps"	Make up some silly steps to do with your child as you walk across the room or outdoor area. For example, take 2 giant steps and then take 3 baby steps. Now, add in 4 bunny hops. You can do it randomly, or you can try creating a repeating pattern with the steps. (2 giant steps, 4 bunny hops, 2 giant steps, 4 bunny hops . . .) etc.
Walk and Try to Spot Animals	Make a list of animals with your child before going outside for a walk. (The list might include--squirrel, dog, cat, frog, deer, bird, etc.) Then, walk together with the list and cross off or check off the animals you see along the way. If you did not see some of the animals, talk about any reasons why you did not see them.

Art & Sensory Play Activities	Details
Make a Handprint Turkey	Help your child draw around his/her hand (outline). Make the thumb into a head by adding the beak and eyes. Color the fingers different colors to represent colored feathers. Add legs/feet and you will have a colorful turkey!
Cotton Ball Bonanza	Fill a small pan (or sink) with water and add a few cotton balls. Let your child explore how the cotton balls absorb water, stick together, and come apart. See how the water comes out of the cotton balls when you squeeze them!
Make a Kernel of Candy Corn	Use a piece of white construction paper to cut out a large triangle shape. (You can draw the triangle and have your child cut it if they are ready for the task.) Then, leave the point of the triangle white, color the middle section orange, and color the top section yellow. Instant candy corn!