THREES, FOURS, & FIVES

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:
May 4, 2020

Let's Get Started!

Hello, Preschool & Pre-K Families! We are thrilled to share some fun ideas for your child to do at home this week. The **On My Own** box has an activity your child can do by themselves, while **With My Family** activities can be done together! Keep active and healthy with a **Moving My Body** activity, and maintain routines and life skills with a **Helping at Home** activity.

On My Own

Sensory Bin
You will need a box or container, sensory items like dried pasta and lentils/beans, rocks, beads, and measuring spoons and cups.
1. Add the sensory items to the box or container.
2. Encourage your child to explore by using the measuring cups and spoons to scoop and pour the items.
3. If possible, add some tongs or tweezers so that your child can work on their fine motor skills as they try to grasp the smaller items.

With My Family

Family Hands
You will need paper, pencil, crayons or markers, glue and scissors.

1. Have each member of your family trace the outline of their hand.
2. Have each person carefully cut out their hand outline.
3. Using the crayons or markers, ask each person to decorate their hand in any way they would like.
4. After they have been decorated, lay the hands on top of each other, largest on the bottom and smallest on top, and glue them onto each other.

Moving My Body

Keep It Up
You will need a balloon and wooden spoon.

1. Fill the balloon and tie it off with a knot.
2. Give your child a large space to move around.
3. Encourage your child to use the wooden spoon like a paddle to keep the balloon up in the air.

Challenge your child to count how many times they hit the balloon back up without it touching the ground. See if they can beat their own record! For added fun, do this outside.

Helping at Home

Planning Our Meals
You will need paper and pencil.

1. Children are more likely to eat when they have a say in the meal planning. Together, sit down and talk about some of the meals they love to eat.
2. If possible, allow your child to plan one meal per week. If this isn't possible, encourage them to help plan what vegetable or side dish they would like served with each meal.
3. Help your child to write down the planned meals for that day or week so they know what to expect.