THREES, FOURS, & FIVES

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:
March 23, 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 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

Melting Ice Cubes
1. Gather 4 cups and put 2 ice cubes in each cup.
2. Have your child place each cup in a different area of your home.
3. Ask them to make the following prediction: **In which area do you think the ice will melt the fastest? What about the second fastest, etc?**
4. Have them monitor the cups throughout the day until there is no more ice. Were any of your predictions correct?

With My Family

Object Guess
1. Gather some household items (toys and utensils for example) and a blanket or towel.
2. Spread the items on the floor and cover them with a towel. Encourage your child to use their hands to feel the objects through the blanket and guess what each one is.
3. Write their guesses on a piece of paper and read the list when they are done. Uncover the objects to see if they were correct.
4. Have your child hide items for you to guess!

Moving My Body

Number Movements
1. Using a deck of cards (or numerals written on paper), encourage your child to think of a healthy action for each numeral. **For example: When you hold up a 1, your child jumps once. When you hold up a 2, your child twirls twice. When you hold up a 3, your child hops 3 times, etc.**
2. Hold up different cards and see if your child can keep up! Challenge your child to count while performing the action.
3. Change the actions and do it again!

Helping at Home

Healthy Snacks
1. Each day, work with your child to create pre-portioned snacks. **For example: small containers of raisins and nuts, baggies with 3 carrots and 2 cherry tomatoes.**
2. Have your child help count out each snack item.
3. Talk about which snacks are the healthiest and why.
4. Place the snacks where your child can get to them without assistance, and allow your child to independently choose a snack when they are hungry.