THREES, FOURS, & FIVES

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:
March 30, 2020

Let's Get Started!

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

Clothing Graph
1. Think of the types of clothing you have in your home. Draw a line along the bottom of a piece of paper. Under the line, draw a picture of the clothing and write the word under the picture, for example, pants, shirts, socks, etc.
2. Invite your child to carefully go through your clothes and create a graph by writing an X above each type of clothing item they find.
3. Look at the completed graph with your child and think about different questions you can answer: **Of which clothing type do you have the most? Is there an equal amount of anything? How many shirts do you have? How many socks?**

With My Family

Campfire Stories
1. Use newspaper or construction paper to create a pretend campfire. If you have sticks, use those, too!
2. Pretend that you are sitting around a campfire on a cool, dark evening. **Why is it nice to have a fire on a cool evening?**
3. Go around the circle and encourage each person to share a story they might like to tell around a campfire.

For an extra challenge - have one person begin a story, then each person adds to the same story, going around the circle until everyone has had a turn or someone is able to end the story.

Moving My Body

Ways We Move
1. Explain to your child that movement games are important ways to stay healthy.
2. Tell your child that in this game they are going to have to change their speed and direction, and you will see how fast they can do it!
3. Try some of these ideas:
- Run to the shelf and then walk slowly back
- Crawl across the room slowly and then crawl back fast
- Zigzag to the door, then tiptoe back

If possible, play this game outside. If that is not possible, you can play inside, but with careful supervision.

Helping at Home

Clean My Plate
1. Encourage your child to help set the table and clean up at meal times.
2. Check to make sure they have washed their hands. Once this has been done, have your child count out the correct number of silverware and tableware, such as plates and bowls.
3. Encourage your child to safely set up the dinnerware and silverware for each person.
4. After the meal, show your child how to take care of their own dinnerware and silverware. If possible, have them help you load the dishwasher or wash dishes.
5. Once the dishes are clean, your child can be responsible for putting the silverware away. If possible, they can help with all of the dishes!