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Week 5

**Early childhood programs and services provided by  
Genesee Intermediate School District's  
Center for Countywide Programs.**



**This packet is compliments of  
Genesee Intermediate School District  
to support your learning at home!**



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# At Home Learning for Preschoolers

## Week 5 – Monday

### Math Fun

#### Counting Colors

Write the words Blue, Red and Yellow on a piece of paper and have your child go around the house counting how many things they see that are each color.

As they look make a tally mark if they find the color. When your child is done looking for all three colors, compare which was the most and which was the least.



### Language and Literacy

#### There is a Letter in My Bowl

Write all 26 letters (start with either upper or lower case) on a piece of paper and have your child tear off each letter.

Place all the letters into a bowl, shake well, and have your child pick one piece of paper.

Identify the letter and try to find items in your house that begin with that letter sound.

### Reading

Read your child's favorite book or feel free to follow the link below which takes you to The Pout Pout Fish by Deborah Diesen.

<https://www.youtube.com/watch?v=oqupxANpqIE>



### Moving and Grooving

#### Tommy Thumb

Tommy Thumb is up (thumbs up)  
and Tommy Thumb is down.  
(thumbs down)

Tommy Thumb is dancing  
all around the town.

Dancing on your shoulders,  
dancing on your head,  
Dancing on your knees,  
then tuck him into bed.



### Fingerplay of the Week

5 Little butterflies went out to play  
The first one said, "It's a windy day!"

The second one said,  
"Look at me, look at me!"

The third one said, "Let's fly to that tree!"  
The fourth one said, "Let's fly to the sun!"

The fifth one said,  
"We are having so much fun!"  
Then whoosh went the wind  
and up they all blew.  
Then they danced in the sky  
and away they flew!

# At Home Learning for Preschoolers

## Week 5 – Tuesday

### Math Fun

#### Number Hop

Create large number cards by writing each number (1-12) on a separate sheet of computer paper or construction paper. You could also use number flash cards instead. Tape the numbers to the floor.

Have your child toss a bean bag or soft toy to one of the numbers. Have them jump to the bean bag while counting each number as they jump next to it.



### Language and Literacy

#### All About Me Book

Have your child make a book all about themselves. Children may collect items that represent their favorite things. Staple sheets of paper together. Make sure to put in extra sheets so they can continue to add to their book as they wish. Have your child come up with a title for their book and put it on the cover. Next have your child glue the items they collected or they may draw their favorite items on the pages. Once the book is complete, let your child read their book to you!

### Writing and Drawing

Tape a piece of paper underneath a table or chair. Have your child lay down and draw a picture or write their name. This can be really fun if you toss a blanket over the table and lay together with a flashlight, too.



### Science and Exploration

Let your child use the glue to draw a scene/shape. Cover the glue design with salt, let the salt harden over the design. Then you can use watercolor paints to touch the design and the color will spread through the design without being painted. You can talk about why you think this is happening. Tip: Lay flat to dry after painting with the watercolor paint until it dries or the paint will run.



# At Home Learning for Preschoolers

Week 5 – Wednesday

## Math Fun

### Measuring Time

On a sunny day go outside and note where the sun/shadows are making marks on the ground. Leave a mark to measure where the sun/shadow begins. Every so often, (be it hourly, every two hours, etc.) go outside and check the sun/shadow's position and leave a new mark. You can write it down on paper to chart it or simply talk about how it has moved throughout the day! It is fun to take pictures to document the change.



## Language and Literacy

### Picture Story

Grab a book or magazine with pictures. Have your child look at any picture and tell you a short story about what they see.

Encourage them to add to their story by asking questions about the picture.

## Creative Arts and Imaginative Play

Use the following materials to make a puppet: old socks or paper bags, glue or tape, stickers, crayons, markers, google eyes, buttons, tissue paper, yarn or any other materials you may have at home to create a puppet.

Ask your child to describe and create a puppet show with their puppet.



## Outdoor Exercise

Create a list of things to find on a scavenger hunt in the yard. Have your child mark off what they find.

Some examples are: something green, 3 Leaves, 5 sticks, a rock, something round, acorn or pine cone, something you think is pretty, an animal of any kind, something that feels rough.

Take a picture with your scavenger hunt helper!

# At Home Learning for Preschoolers

Week 5 – Thursday

## Math Fun

### Nature Math

Going on a nature walk and collecting objects from nature is not only good exercise but can become a great math activity.

As an example, on your walk gather leaves, sticks, stones, flowers, acorns, pinecones etc. After you collect objects, you and your child can sort, count, pattern etc. with them.



## Language and Literacy

### Magazine Collage

Cut out letters and/or words from magazines.

Have your child talk about the letters and practice the sounds.

Your child can make a collage of the letters.

## Writing and Drawing

Strengthening the fingers and hands is important to writing development.

Let your child practice using tongs, tweezers, squeezing squishy items, and cutting with scissors.

This will surely build those muscles necessary for writing.



## Music and Movement

Have a spoon race. Get spoons for all participants. Then find an object that can fit on the spoon, such as a cotton ball. Balance the cotton ball on the spoon and move quickly to an established destination. As balancing skills become more refined, add extra levels of difficulty such as backward walking, holding the spoon with the opposite hand, and moving around obstacles.



# Preschool Home Connections

## Social Emotional Learning

Teach self-regulation by talking to your child when they are feeling frustrated, mad, angry or sad. Show them ways to calm themselves down when they are feeling those big emotions. Talk to them about strategies that you use to help calm yourself (take deep breaths, find a quiet space to sit, listen to music).

Teaching self-regulation skills will help your child learn to handle frustration without having an outburst, develop the ability to adapt when unexpected change occurs and calming themselves when they become upset.



## Healthy Habits

Your child is exposed to thousands of germs every day in their environment. This happens through the food they eat, air they breathe, and things they put in their mouth. Babies are born with immune systems that can fight most germs, but there are some deadly diseases they can't handle. That's why they need vaccines to strengthen their immune system and fight off these diseases. Join baby Jack and his #parents as they find out how #vaccines help train your baby's immune system to help prevent disease.

<https://www.youtube.com/watch?v=k7DGeWIKu0Q&list=PLvrp9iOILTQbWnCdkVOZiv9KURxNc3rPo&index=3>

Don't let your child fall behind, if your child is due for vaccines please call their physician or the Genesee County Health Dept at 810-257-3612. [www.gchd.us](http://www.gchd.us)



## Mindfulness at Home

### 5...4...3...2...1

This activity can help you and your child self-regulate and center yourself. It allows us to remain in control of our anxiety and managing tough emotions.

Look around the room and recognize:

- 5 - Things you can See
- 4 - Things you can Touch
- 3 - Things you can Hear
- 2 - Things you can Smell
- 1 - Thing you can Taste

## Nutrition Ideas

### Vitamin C

Helps our bodies stay healthy by fighting infection and building up our immune system. Choose fresh, canned or frozen oranges, grapefruit, pineapple, tangerines, bell peppers, strawberries, tomatoes and fortified cereals for a good burst of vitamin C.

### Snack Ideas

Add pineapple tidbits to cottage cheese and enjoy cool refreshing snack. Pick a fruit high in vitamin C and add another fruit to make a fruit salad. Add oranges to sliced bananas and the vitamin C in oranges will keep the banana from turning brown. Why? Vitamin C helps protect our inside cells, just like orange juice will help protect inside of the banana.

[www.EatRight.org](http://www.EatRight.org)



# Family Connections and Resources

Are you in a healthy relationship? When you are the one in the relationship, sometimes it can be hard to determine if you are experiencing domestic violence/abuse. When most people think about domestic violence they think about bruises or broken bones, but it's important to know domestic violence can take other forms like emotional or psychological, sexual, financial and/or spiritual abuse. All relationships exist on a spectrum from healthy to abusive. Please check out the relationship spectrum by visiting <https://www.thehotline.org/healthy-relationships/relationship-spectrum/> to see what kind of relationship you are in.

Remember, abuse happens to all types of people regardless of age, gender, race, economic or social status, or sexual orientation. And remember, abuse is never the victim's fault, and help is always available.

**National Domestic Violence Hotline** - Trained counselors provide confidential crisis intervention, support, information and referrals to local programs to victims of domestic violence, their families and friends. The hotline links people to help in their area including shelters, legal and social assistance programs. Call 1-800-799-SAFE (7233) toll-free 24 hours a day. If you are unable to speak safely, log on to <https://www.thehotline.org/> or text LOVEIS to 22522.

<https://www.domesticshelters.org/> This website has a series of indispensable tool kits organized around questions that are most frequently on the minds of domestic violence and abuse victims. Inside the kits you'll find links to helpful articles, recommended books, danger assessment tools, checklists, relevant survivor survey results, support communities and how to find help.

Toolkit: <https://domestic-shelters.s3.amazonaws.com/production/assets/2018/05/15/02/55/37/3393e203-8e67-422a-bfa1-0066186e7f66/Am%20I%20Experiencing%20Abuse.pdf>

**Building Strong Women** - Assists recovering substance abusers, homeless women with or without children, and victims of domestic violence. You can drop in on Thursdays at 1:00 pm. You must wear a mask and bring your MI ID, Social Security card, Bridge card and proof of income.

Call 810-234-7933 or visit <https://buildingstrongwomencommunity.org/>.

**Mindfulness** is about focusing on the present, and being aware of what is going on both inside and outside, in a non-judgmental way. It's about noticing physical sensations and emotional responses, as well as your connection to other people and to your surroundings.

Practicing mindfulness activities as a family can be very beneficial for you and your children in several ways:

- It helps children increase their attention span
- It helps families understand and regulate our emotions
- It helps with stress management and general well-being
- It helps children become more aware of their bodies and their senses
- It helps to build a connection with the natural world around you
- It helps children develop empathy and compassion for others.

Here are some online resources for you to try with your family:

<https://heartmindonline.org/resources/mindful-activities-for-families>

<https://www.todayparent.com/blogs/opinion/cooking-has-become-my-coronavirus-therapy/>

<https://thedadtrain.com/mindfulness-for-kids/>