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Week 6

**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 6 – Monday

Math Fun

Cereal Sort

Sort Fruit Loops, or other small colored foods, by color.

Then count in different ways, such as which color has more or less.



Language and Literacy

Take three sheets of paper and fold them in half to make a book. Title the book "I LIKE" and ask your child what they like doing. On each page, have your child draw a picture of what they like doing. At the bottom of each page write "I LIKE..." (whatever your child drew).

Afterwards have your child read the book to you!

Reading

Read your child's favorite book or feel free to follow the link below which takes you to "Harry the Dirty Dog" read by Betty White.

<https://www.youtube.com/watch?v=7j0OY3236jw&feature=youtu.be>



Moving and Grooving

Write different letters on a paper plate, or a piece of paper, and tape it to the floor.

Play a song and have your child dance around.

When you stop the music, have them pick a letter and say the letter and the sound.



Fingerplay of the Week Climb Aboard the Spaceship

Climb aboard the spaceship,
we're going to the moon.

Hurry and get ready,
we're going to blast off soon.

Put your helmets on,
and buckle up real tight.

Here comes the countdown,
let's count with all our might.

10...9...8...7...6...5...4...3...2...1... BLAST OFF!

At Home Learning for Preschoolers

Week 6 – Tuesday

Math Fun

Math Fruit

Using any type of fruit, peel/cut the fruit, lay all the pieces out in front of your child and ask them to count them. Then ask them to take 3 pieces. Next, ask them how many are left after they take the 3. Continue to use different numbers for them to take away.



Language and Literacy

Write down upper case letters and lower case letters. Make the sound that each letter makes as you write them.

Ask your child to name words that start with each letter. Go around the house or outside and find words that start with different letters.

Writing and Drawing

Fine Motor

Here are some fine motor activities you can do with your child!

- * Use a spoon to scoop popcorn kernels or beans into a water or pop bottle.
- * Thread cereal, like Cheerios, onto spaghetti noodles.



Science and Exploration

Go outside with your child and explore their surroundings.

Have them find pieces of nature (dandelions, grass, rocks, sticks, leaves, etc.) and bring them inside.

Allow your child to explore the different things gathered using the five senses. Once explored have your child do nature prints with the different items.



At Home Learning for Preschoolers

Week 6 – Wednesday

Math Fun

Hopscotch

To begin, have your child say the number they are jumping on while trying to keep their balance on one foot.

Once they reach the number 10, they turn around and count backwards.



Language and Literacy

Sing “Down Around the Corner at the Letter Shop” song with children saying:

“Down around the corner at the letter shop, there were 26 letters looking for a home.

Along came (your child’s name) all alone, she found the letter ‘A’ and then she skipped home.

Have your child find different letters around the house on food containers, toys, pictures, books, etc.

Creative Arts and Imaginative Play

Crayon Rubbings

Materials: Crayons with the paper wrapping removed, paper, interesting surfaces (leaves, coins, flat lego, sandpaper, mesh material, flat combs, puzzle pieces). Place item under the paper. Help keep the paper from shifting, or tape the object down to a table.

Demonstrate for your child how to hold the crayon flat. Tips and Suggestions: Save broken crayons, these work great for this activity. Discuss with your child colors, shapes and textures (smooth, rough, bumpy).



Outdoor Exercise

Counting Steps

While you go for a walk outside count your steps. How many steps does it take to get to the front door, to the mailbox, to the neighbor’s house? How many steps does it take if you take wider bigger steps? How many steps can you take backwards?

At Home Learning for Preschoolers

Week 6 – Thursday

Math Fun

“This Way or That Way?”

Create a sign with a large arrow on it. Hold the sign in each direction (right, left, up, and down) and review how to move for each direction.

Next, invite your child to move in the direction you show on the sign.

After your child moves, prompt them to notice and name what they are near (in front of the chair, next to the counter, etc.).



Language and Literacy

Read the poem Hickory Dickory Dock together.

Try it with hand motions!

“Hickory Dickory Dock (clap hands with each word),
The mouse ran up the clock (place left arm straight up and
run your right fingers up your left arm),
The clock struck 1 (over head, clap hands together once
loudly over head),
The mouse ran down (right fingers run down left arm
while saying the words),
Hickory Dickory Dock!
(clap hands with each word)

Writing and Drawing

Fine Motor

For this activity you will need a marker, index card and clothes pins/clamps (one for each letter in your child’s name).

Write your child’s name on the index card and then put each letter of their name on a clothes pin. Have your child put their name in order by pinching the clothes pins on the card.



Music and Movement

Have your child follow the movement of the polar bear:

Polar Bear, Polar Bear turn around.
Polar Bear, Polar Bear touch the ground.
Polar Bear, Polar Bear growl real loud.
Polar Bear, Polar Bear sit on the ground.

You can try this with these other animals:

Seal—Arf

Penguin—Squawk

Snowy Owl—Hoot

Preschool Home Connections

Week 6

Social Emotional Learning

Emotions are like the Weather

Like passing weather, our emotions always come and go. You can identify different types of weather and reflect on the way the weather makes you feel. Find the weather picture that matches your emotion and draw a line to it.

Happy Embarrassed Angry

Sad Bored



Healthy Habits

Regular checkups are an important way to keep track of your child's health and physical, emotional, and social development. These visits are important for ALL children, including children and youth with special health care needs who may also be under the care of specialists.

Think of these visits as your chance to learn as much as you can about the best ways to help your child grow. By focusing on your child's growth and learning, both you and your health care professional make sure your child is developing as expected.

<https://brightfutures.aap.org/families/Pages/Well-Child-Visits.aspx>

For a cute child's story about visiting the doctor please go to:

https://www.cdc.gov/ncbddd/actearly/documents/WhereIsBear_ENG_Viewer.pdf



Mindfulness at Home

Listen like an Owl

Listen like an owl to become more aware of the sounds around you. An owl can hear sounds that are close up and far away, and can also be silent when needed.

Go on a "sound hunt" as an owl. What do you hear close up? What do you hear far away?

You could extend this by drawing pictures of what you heard during your sound hunt (cars, train, birds, crickets, airplane).

Nutrition Ideas

Iron binds with lead and prevents it from being absorbed. Children need iron to be healthy since they are growing so fast. Iron carries oxygen to all parts of the body, especially the lungs. It helps prevent iron deficiency anemia.

Sources of iron in our diet include beef and animal protein, iron fortified cereals, beans, spinach, dark leafy greens, peanuts and tree nuts. Iron is absorbed easier when Vitamin C is served along with it.

Meal Ideas:

Iron fortified cereal and orange juice

Peanut butter and jelly sandwich served with diced pineapple

Whole grain pasta made with tomato sauce



Family Connections and Resources

Grief is an emotional response to losing something important to us. Right now, we are all grieving. We are grieving the loss of the way the world was: school, work, family, sports, hobbies, friends, worship, routine, canceled weddings, graduations, proms, etc. All griefs are real griefs.

The intensity of our grief over a loss will vary depending on the meaning of the loss to us.

It is not a rigid process that follows the same pattern with every person, it is a unique experience. Grief is a fluid process that changes often, depending on the issues and needs of the individual at the time. The grief process is a unique experience for each individual in a family.

The worst loss is always your loss. So that senior not getting to play his senior year of baseball may be experiencing his worst loss. His grief is valid and legitimate.

People may experience “phases” of grief, but not necessarily in this order, or all of these 6 stages of grief.

- | | |
|---------------|---------------|
| 1. Denial | 4. Depression |
| 2. Anger | 5. Acceptance |
| 3. Bargaining | 6. Meaning |

Our emotions need motion and we need to feel them to work through them. Some important things to remember:

1. It's important to acknowledge that what you are feeling is grief.
2. Stay in the present moment.
3. Understand what you have control over and what you don't. Try not to stay focused on what you don't have control over.

<https://grief.com/> If your grief share group has been canceled during this time please check out this website. They have a free Facebook group at 1 pm every day. You can learn about the 6 stages of grief and other resources to help you through. There is also a section on the best and worst things to say to people who are grieving.

<https://grieyoga.com/> Paul Denniston is the creator of grief yoga. His mission for grief yoga is to use yoga, movement, breath, and sound to release pain and suffering and to reconnect back to love. You can receive a free 20-minute video. Watch his interview with Open to Hope on Youtube episode #177 where he discusses grief yoga and demonstrates.

<https://www.elesplace.org/> Ele's Place provides regularly scheduled sessions that allow children to interact with peers who have suffered a similar loss and to express their fears, anger, guilt, and sadness in a secure and empowering environment. The utilization of music, art, storytelling, writing, and play promotes the healing process.

<https://griefsupportonline.com/#covid19-grief-support-group-sign-up> Virtual support group: (NOT therapists, volunteers who specialize in grief)

<https://childrengrieve.org/> The National Alliance for Grieving Children (NAGC) is a nonprofit organization that raises awareness about the needs of children and teens who are grieving. Check out their 10 ways to help a grieving child. Starting with you.

<https://sesamestreetincommunities.org/topics/grief/> Find great articles, activities and videos to help you help your child.