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At Home
Learning
Packet for
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Week 8

**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!**



GENESEE INTERMEDIATE SCHOOL DISTRICT
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At Home Learning for Preschoolers

Week 8 – Monday

Math Fun

Shape Hunt

Draw shapes on a piece of paper or an index card.

Then ask your child to find objects around the house that match that shape.



Language and Literacy

Talk like a Sportscaster!

Use language to describe what you are doing in the moment; this labels the action and builds vocabulary.

“I’m stirring the food.”

Use language to describe what your child is doing in the moment.

“You are stacking the blocks.”

Reading

Read your child's favorite book or follow the link below which takes you to Don't Let the Pigeon Drive the Bus by Mo Willems.

<https://www.youtube.com/watch?v=n-dHeNfXtgc>



Moving and Grooving

The Plate Dance

Turn on different types of music to listen to (classical, can-can, parade). Give your child 2 paper plates to use as cymbal-like percussion instruments as different types of music are played. Encourage children to clap the plates together to the music (fast, slow, loudly, softly, behind your back, under your legs, above your head) or rub them together to make a totally different sound!



Fingerplay of the Week

Here is the Beehive

Here is the beehive,
(make a fist)

Where are the bees?

Hiding inside where nobody sees.

Watch them come creeping out of the hive,

One, two, three, four, five.

(release one finger at a time from the fist/hive)

BUZZ-ZZZ!!

(wiggle fingers)

At Home Learning for Preschoolers

Week 8 – Tuesday

Math Fun

Movement Race

With the stopwatch on your cell phone, time your child as he/she runs, hops, skips, or crawls from point A to point B.



Language and Literacy

Letters All Around

Using labels or advertisements explore environmental print.
Ask your child to find something familiar, review the beginning sound.

Fine Motor Strength

Cut tinfoil into small one inch squares. Draw lines using a permanent marker to create a cutting guide. Allow your child to work on their cutting skills, if capable. Also show your child how to crumble up the small pieces into balls of foil.

Challenge your child to create very small foil balls by pinching the foil into a tight ball. They can then wrap the foil in another layer, to extend the activity.



Science and Exploration

Kool Aid Playdoh

Materials Needed:

1 cup flour, 1/2 cup salt,
Kool aid packet or food coloring,
3 tbsp cooking oil, 1 cup boiling water

Stir together water, oil, and drink mix in a medium bowl. Stir together flour and salt in a large bowl. Add water mixture to flour mixture, and stir well. Mix with hands until combined and smooth, 3 to 5 minutes.



At Home Learning for Preschoolers

Week 8 – Wednesday

Math Fun

Number Sequence

Parents can write the numbers 1-20 on index cards or pieces of paper. Then your child can put them in the correct order.



Language and Literacy

What I am Eating

Talk with your child about what they notice about the food they are eating. As appropriate, use new vocabulary words in the conversation. Encourage conversation by active listening, asking questions, and repeating what your child says.

Creative Arts and Imaginative Play

Let's Trade Places

Pretend to be your child and let your child pretend to be you.

It's fun to dress like the other person, too.



Outdoor Exercise

Outdoor Obstacle Course

Think about different ways of moving: running, walking backwards, hopping, skipping, galloping. Build the course to your liking or your child's imagination.

At Home Learning for Preschoolers

Week 8 – Thursday

Math Fun

Roll & Fill

You will need a dice, a small set of an item (legos, cotton balls, rocks, etc.), and a cup. Have your child roll the dice and then put that amount of the item into the cup.



Language and Literacy

Clap It Out

Say sentences and clap for each word you hear. Bring attention to the different sounds and phrases as you say them.

You can also do this visually as you read. Point out each word as you read it.

Fine Motor

Shaving Cream Numbers

Materials Needed: Tray or baking sheet, shaving cream, and a dice.

Have your child roll the dice, count the dots and then write the number in the shaving cream. For younger kids, model how the number is made first and then have them attempt to draw it.

For advanced learners: Use two dice and have your child write the total of the dice.



Music and Movement

Dance Ribbons

Use a plastic shower curtain hook or an elastic hair tie. Attach ribbon(s) to the ring by tying a double knot in the ribbon to secure it to the ring. Continue to add as many ribbons as you choose.

Now have your child move to her favorite music with the ribbons waving!

Preschool Home Connections

Week 8

Social Emotional Learning

Good Morning Good Night Rituals

Start your morning off right by greeting your child in a special way when they wake up. Sit together and pick out 3-4 different ways your child may want to be greeted in the morning. You can write down the ideas on a piece of paper or make a sign. Your child can then choose their preferred greeting.

Use this strategy at bedtime as well, allowing your child to choose how they want to be tucked into bed (hugs, story, etc.).



Mindfulness at Home

Close your eyes and take belly breaths. Tap the tips of your fingers to the tip of your thumb. You will say the phrase “peace begins with me,” saying 1 of the words for each finger.

For example, your index finger will be “peace” and your pinky will be “me.” Repeat as many times as you would like.

Healthy Habits

Teaching our children about bike safety goes along with teaching them how to peddle. Bike rides offer fun, exercise, and a great way to bond as a family.

Street-smart bike safety tips:

- Ensure proper bike fit by bringing your child along when shopping for a bike. Select one that is the right size for your child, not one he or she will grow into.
- Actively supervise your child when riding a bike.
- No matter where you ride, teach your child to stay alert, look both ways, watch for vehicles.
- Avoid long or loose clothing, they can get caught in the chains or spokes.
- Before the ride, make sure brakes work, gears shift smoothly, and tires are tightly secured and properly inflated.



Nutrition Ideas

How to Read a Nutrition Label: Sugar

- * Too much sugar can cause dental cavities, increased weight and has been linked to high blood pressure, diabetes and heart disease
- * Look for fruit that is frozen without sugar or canned in 100% fruit juice
- * Check the Nutrition Facts box for total sugar and added sugar on the package
- * One teaspoon of sugar = 4 grams so if a product has 8 grams of sugar per serving it has 2 teaspoons of sugar in each serving
- * Kids age 2-18 should have less than 25 grams or 6 teaspoons of added sugar daily for a healthy heart



Family Connections and Resources

According to Poison.org, close to 500,000 children 4 and under are accidentally poisoned each year. Many of us are overwhelmed by working remotely, trying to juggle family and life responsibilities. This gives children more opportunities for unintentional poisonings to happen in the home. Now more than ever, we're cleaning and disinfecting our homes often. Many common items around the house can be poisonous or harmful to children, including cleaning supplies, laundry detergents, toiletries, alcohol, hand sanitizer, medicines and more. Here's what you can do to help keep them away from your children:

- Store all products out of reach
- Lock all products up if possible.
- Keep emergency numbers available.

If your child consumes a chemical, medication or marijuana call the free Poison Control Hotline 1-800-222-1222 as soon as possible for fast help. If symptoms seem severe, call 911 or go to an emergency room right away.

Below are some links for medication safety, chemical safety and edible safety.

Get accurate Poison Control answers online or by phone. Both are free and confidential.

<https://www.poison.org/poison-prevention-tips-by-age/toddler>

The American Academy of Pediatrics parenting website has helpful articles, tips and webinars. It can help you find a pediatrician in your area along with other useful information.

<https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Medication-Safety-Tips.aspx>

Marijuana is now legal and easily available. Find out how to store your items and keep your children safe from an accidental poisoning.

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Edible-Marijuana-Dangers.aspx>

The goal of Safe Kids Worldwide is to prevent injuries in children. They help educate families on how to keep their children safe from fires, car crashes, drowning and falls.

<https://www.safekids.org/blog/child-proofing-your-home-keep-your-child-safe-around-medicine>

Up and Away and Out of Sight is an educational program that reminds families about the importance of safe medicine storage.

<https://www.upandaway.org/resource/up-and-away-tip-sheet-2/>