



A

B

Pre-K

1

2

At Home
Learning
Packet for
Preschoolers

3

C

D

Week 11

**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 11 – Monday

Math Fun

Using tape, make different shapes on the floor. Next, have your child go find the different shapes around the house and place the items in the outlined shape that you made on the floor.



Language and Literacy

Alphabet or Number Memory Game

Using paper plates, or pieces of paper, write each letter, or number, making two sets. Flip over and mix up, then lay them out on the floor.

Have your child try to find matches.

To simplify the game, your child could have one set facing them and look for one to match from the flipped over pieces.

Talk with your child about the number/letter.

Reading

Read your child's favorite book or follow the link below which takes you to We're Going on a Bear Hunt by Michael Rosen.
<https://www.youtube.com/watch?v=0gyl6ykDwds>



Moving and Grooving

Dinosaur, dinosaur,
Turn around. (Turn in circles)
Dinosaur, dinosaur,
Stomp the ground. (Stomp your feet)
Dinosaur, dinosaur,
Show your claws.
(Put hands up claw claws)
Dinosaur, dinosaur,
Snap your jaws. (Use arms as giant jaws
and clap arms together)
Dinosaur, dinosaur,
Turn around. (Turn in circles)
Dinosaur, dinosaur,
Sit right down.



Fingerplay of the Week

The Happy Giant

The happy giant walks with his big, giant feet.
Boom, boom, boom, boom
He walks over the grassy hill.
Swish, swish, swish, swish.
He walks through the deep river.
Splash, splash, splash, splash.
When he finally reaches his big, giant cottage,
he opens the big, creaky door,
Cre-e-e-a-k!
And the happy giant is happy because he sees his
big family smiling at him.

At Home Learning for Preschoolers

Week 11 – Tuesday

Math Fun Playing Cards

With the deck of cards, your child can do several activities:

- Match the cards by numbers
- Put the cards in numerical order
- Sort the cards by suits



Language and Literacy

Play the What's Missing game with a cookie sheet and letter magnets. Start the game with the letters in your child's name, but not in the correct order. Take a letter away and ask your child what is missing. Then replace that letter and pick a different one. Next start adding other letters of the alphabet.

Fine Motor Shoes

This activity provides opportunities for your child to develop and improve her fine motor skills, using objects and materials that are meaningful, useful and important in her everyday life.

Collect shoes that tie with laces, shoes that close with a Velcro strap and shoes that close with a buckle.

Have your child practice using each different shoe closure.



Science and Exploration

Line up a row of different colored construction paper on the floor.

Then have your child find different toys or other items around the house that they can put on each color of paper.

(Example: all the purple items/toys go on the purple paper).



At Home Learning for Preschoolers

Week 11 – Wednesday

Math Fun

Get 5 sheets of paper and label them with any numbers 1 through 10.

Next go outside and find different things in nature: rocks, dandelions, acorns, leaves, pinecones, or flowers.

Have your child put the same number of items on the piece of paper as the number written on the piece of paper.



Language and Literacy

Letter Trail

Using several pieces of paper, write different uppercase or lowercase letters on the pieces of construction paper.

Make a trail using the pieces of paper, but mix the letters up and have the children say the letter as they step, jump, or hop on the letter.

Creative Arts and Imaginative Play

Gather a plastic container for a bath, a wash cloth, soap, cup, and towels to support this imaginary play. It's bath time for the baby dolls or hard plastic toys. Children love to wash items so gather toys or dolls that might need a good cleaning and let your little one give them a good wash.



Outdoor Exercise

Go outside with your child and collect some rocks of different shapes and sizes.

Trace all of the rocks onto a large sheet of paper or a paper bag.

Place the rocks in a basket and have your child sort through the rocks and match them up where they belong.

At Home Learning for Preschoolers

Week 11 – Thursday

Math Fun

You can use UNO cards as another great memory game with your child! Place the cards face down and take turns flipping the cards over. See if your child can remember where the cards are when they don't find a match.



Language and Literacy

Write individual letters on separate pieces of paper. Talk about each letter with your child. Now flip the letters over so that your child can't see them. For each piece of paper you will play knock, knock..... Have your child knock on one piece of paper and say "Knock, Knock" You say, "Who's there?" Flip over the letter and your child says the letters name or sound. Continue until child is no longer interested. Add other letters as they become more familiar.

Fine Motor

Copy Me

Gather paper and a writing utensil. With a pencil, crayon, or marker make marks, designs, letters, numbers one at a time and have your child copy your writing movements.



Music and Movement

Sound Matching

Gather old plastic Easter eggs and a few different small materials from around the house (rice, small rocks, cereal, etc...) and put each item into two separate eggs. Close the eggs, tape them shut, and then have your child shake each egg to find the matching sound.

You can extend this and by using them as instruments to different songs on the radio.

Preschool Home Connections

Week 11

Social Emotional Learning Emotions with Build a Face Story Stones

Ask your child to go and find a few rocks. Using crayons, markers or paint ask him to draw faces on his rocks.

Once he is finished drawing the faces on the rocks, ask him to tell a story about the faces.

You can talk about the emotions they created, explaining how we feel and how we act when we are feeling that way.

It's a great way to explore emotional intelligence in a way preschoolers can connect with others.



Mindfulness at Home

Mindful Walks

Children love to be outside! You can do a "Noticing Walk" with your child. You can walk along noticing things you haven't seen before, and then have a minute where you are completely silent and pay attention to all of the sounds you hear, such as birds singing, a lawnmower, other children playing and laughing, or people playing basketball.

We can even expand it into a "Safari Walk" by asking them to notice as many birds, bugs, and creepy-crawlers as they can.

This turns a normal walk into an exciting adventure and teaches children to focus on all their senses.

Healthy Habits Hot Car Danger

Did you know the temperature in a car goes up 19° in just 10 minutes?

Estimated Vehicle Interior Air Temperature v. Elapsed Time

ELAPSED TIME	OUTSIDE Air Temperature					
	70	75	80	85	90	95
0 minutes	70	75	80	85	90	95
10 minutes	89	94	99	104	109	114
20 minutes	99	104	109	114	119	124
30 minutes	104	109	114	119	124	129
40 minutes	108	113	118	123	128	133
50 minutes	111	116	121	126	131	136
60 minutes	113	118	123	128	133	138

Courtesy: Jan Nall, OCM, Department of Meteorology & Climate Science, San Jose State University

FOR MORE, VISIT

nsc.org/heatstroke
noheatstroke.org
nsc.org/hotcars
[Free E-learning Course]



For more information go to:
<https://training.nsc.org/hot-cars/>



Nutrition Ideas

Chocolate Banana Pops

These cool treats bring together that terrific chocolate and banana combo.

Ingredients:

- 4 large bananas
- 8 popsicle sticks
- 4 oz dark chocolate chips
- 1 Tbsp canola oil

Preparation

1. Line a baking sheet with waxed paper.
2. Peel and cut the bananas in half crosswise to make 8 pieces. Push a popsicle stick into each banana half.
3. In a microwave-safe bowl, combine chocolate and oil. Microwave on high for 20 seconds, stir, and continue to microwave at 10-second intervals until melted.
4. Pour melted chocolate into a tall glass. Dip bananas in chocolate mixture, spooning on additional chocolate to cover, and set on prepared baking sheet. Refrigerate for 2 hours or until chocolate is firm.



Family Connections and Resources

COVID-19: Testing, Tracing, Protecting

There are two different types of tests for Covid-19— diagnostic tests and antibody tests.

A diagnostic test can show if you have an active coronavirus infection and should take steps to quarantine or isolate yourself from others, this is performed using a nasal swab.

An antibody test looks for antibodies that are made by the immune system in response to a threat, such as a specific virus. Antibodies can help fight infections and can take several days or weeks to develop after you have an infection and may stay in your blood for several weeks after recovery. This is performed using a blood sample. Antibody tests should not be used to diagnose an active coronavirus infection. At this time researchers do not know if the presence of antibodies means that you are immune to the coronavirus in the future.

Testing criteria for Coronavirus Disease (COVID-19) has been expanded in Michigan to include individuals with mild symptoms and essential workers still reporting to work in person, whether they have symptoms or not. Free testing is widely available, including at federally qualified health centers and major retail pharmacies.

Please call the testing site or your healthcare provider before you go for testing. Testing site information is updated regularly, check with individual testing sites regarding if a doctor order is required, screening and appointment availability. Testing sites are currently testing adults only, check with a medical provider for testing of children under 18 years of age.

The Genesee County Health Department has current testing site information: Genesee County Testing Sites

<https://gchd.us/covid19testing/> and Corona Virus Information and Resources <https://gchd.us/coronavirus/>.

Michigan Coronavirus Test Finder: https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99912---,00.html

Tracing the Virus

To break the chain of infection, public health staff is calling anyone who has been exposed. The process is called contact tracing and it has been used to control diseases for decades. If you get a call from 866-806-3447, MI COVID HELP, or your local health department please answer. The calls are confidential. Contact tracers protect the privacy of patients and contacts. They don't give the name of the patient, only that they may have been exposed to someone with the infection.

Protecting your loved ones

If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Learn more on the Centers for Disease Control and Prevention website: <https://www.cdc.gov/>