


Preschool At Home Activities

<p>Place pillows, large books or carpet squares all over the floor, then pretend that the floor is water and you have to step on the "rocks" or the "crocodiles" will get you.</p>	<p>During bath time, talk about body parts and see how many different ones your child can name, try different ones like "elbow, chin, ribs, ankle, etc.</p>	<p>Talk about rhyming words –words that sound the same. See how many words rhyme with "hop". Write them down to show your child what they look like.</p>	<p>With a brag book or photo album, have your child cover their eyes and cover part of the picture, then when they open them have them guess who or what it is.</p>	<p>Hide a small toy in one hand. Ask your child to guess "which hand is it in?" "this hand or that hand?"</p>		<p>Read a story together that has some fun rhymes in it (like a book of Dr. Seuss, or nursery rhymes).</p>
<p>Give your child a sheet of stickers, let them take them off and decorate another piece of paper or a coloring page.</p>	<p>Play and sing "Ring around the Rosie" together.</p>	<p>Have your child help you wash some vegetables for a meal like potatoes, or carrots. Count the veggies also. Wash lettuce and have your child help you rip to make a salad.</p>	<p>On a cookie sheet, sprinkle some flour or cornstarch. Have your child practice drawing numbers or letters in the powder.</p>	<p>Place your child's snack in a container with a twist off lid. Other good twisting items are bolts and nuts that match, and plastic bottles with lids that twist on.</p>	<p>Recite the days of the week with your child. Point to a calendar like this one while saying the days.</p>	<p>Have a "green" day. Wear something green. Play "I spy something green". Eat green snacks (peas, cucumber, celery, kiwi or honeydew melon, etc).</p>
<p>Have your child help to set the table for a meal. Show them where everything goes. Talk about the names of everything and who sits where.</p>	<p>Prepare some raisins, cut up grapes or even cubes of cheese. Before eating, ask your child to count their snack pieces with you as you place before them or put into a container.</p>	<p>Play catch with your child with a medium sized ball. Help them learn how to catch with their hands extended or in their arms.</p>	<p>Poke toothpicks into play dough to make a porcupine. Then count how many quills there are all together.</p>	<p>Give your child some straws to practice cutting. Supervise and watch that they do not cut themselves.</p>	<p>Make a bank for your child, by cutting a slit in a plastic container lid. Have them practice sliding poker chips or buttons in. Repeat.</p>	<p>Make silly sounds together. Name an object and then make its sound. (try a fire truck, a lion, a cat fighting, a new puppy, a spaceship etc.)</p>
<p>Have your child practice using a zipper. Place a jacket on the floor and show them how to do it up and undo it.</p>	<p>With a jump rope or string, tie to two chairs so that the rope is two inches off the floor. Hold your child's hand and practice jumping over the line, raise the rope to make it harder.</p>	<p>With different colors of paper, place on the floor or table and then with toys (like blocks, cars that match the colors) classify and sort, as well as label the colors.</p>	<p>Have your child practice using "yes and no" in their communication. Ask them questions "Do you like bananas?" "Do you like onions?" Encourage them to nod and say the answers.</p>	<p>Practice going up and down stairs with your child. Encourage them to hold on to a rail or your hand for support at first. Eventually they will be able to go up with one foot per step.</p>	<p>Show your child how to nest containers, into one another. Bowls or measuring cups or stacking cups work well for this activity.</p>	<p>Sing the "ABC" song while washing your hands together. Talk about the importance of using soap and warm water and to scrub, scrub, scrub until the song is done!</p>
<p>With long paper strips, have your child practice cutting with single snips. Glue pieces on to a paper after.</p>	<p>Sing your child's favorite song with them. Use a musical instrument to jazz it up also!</p>	<p>Have your child help you sort coins. Place into piles of pennies, nickels, dimes, and quarters.</p>				<p>Calendar # 1</p>