Preschool: Distance Learning Opportunities

In order to keep your child engaged and in a learning mindset, we suggest that your student complete one activity each day. Encourage your student to just do the best they can with this content—the most important thing is that they stay safe and continue to practice the skills they have learned!

3/25/20 - Last District Provided Supplemental Work Packet

Beginning March 30th, schools will be providing weekly lessons designed for students to engage with curriculum and practice skills.

<table>
<thead>
<tr>
<th>Resources</th>
<th>Learning Opportunities:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool Activities</td>
<td>The practice activities give your child the opportunity to engage in concepts that are a review of skills taught.</td>
</tr>
</tbody>
</table>

Online/Extension Ideas

LESD website (lesd.k12.az.us) has a “Student Resource” page that has various online resources that your child should be familiar with. The “Student Resource” page is located in a green-colored box midway down the home page: (www.litchfieldelemsd.az.schools.bz/featured/5)

Some of the resources you’ll find on the Student Resource page include:

- Starfall
- GoNoodle
- ABCYa
- Storyline Online
Preschool Distance Learning Opportunities

Math

Counting:
Practice rote counting during the day. This is counting that the child does from memory. Throughout the day just count out loud with your child. One-to-one correspondence: Have the child count items in a pile. Example: If there are 4 buttons in a pile have the child count the buttons and tell you how many. Ask, "How many buttons are there?" The child understands that each button represents one. This is different that rote counting. For children who are older you can have number cards out and many small materials. Show the student the number on the card and ask them to identify the number. They ask them to put the correct number of materials on the number card.

Tracing Numbers:
Have the child write, trace or make numbers out of playdough. Encourage different media (sand, shaving cream, colors, marker, paint) while writing or tracing. Parents can write the numbers and have the child trace. Start with large numbers and as the child has more control have the numbers get smaller.

Making Patterns Activity:
Pattern Templates Include: AB patterns, ABC patterns, ABCD patterns, and DIY (blank patterns) Use the template Page Use stamps, stickers, do-a-dot paint or other manipulatives to create patterns based on the template.

Reading

Write a story: Have your child draw a picture of anything they like. After they have completed the drawing ask the child what they drew. Write down on a separate paper what they tell you. You can continue to ask questions about what they drew to make a short story about their illustration. If your child is older they can try to write their own sentences. Let them write letter strings and ask them to read what they wrote to you. See attached paper

Environmental Print: Look through old magazines or newspaper ads. Have your child read the ads with you. If they are able to identify certain types of food (Oreos, Doritos, Coke, etc) have them tell you and cut them out of the paper and glue them on a sheet. You can create a WORDS I KNOW paper with your child. For older students who know letters and sounds. Ask them to identify letters that they know from the magazines and newspapers. They can cut letters of even simple sight words they may know. Have them cut and paste letters and words.
-Read a story to your child and ask questions
-Have your child read a story to you or their stuffed animals. Picture reading is perfect!
-Sing familiar songs with rhyming words
Preschool Distance Learning Opportunities

Science:

Take a nature walk around the neighborhood. Listen to the sounds and have them identify what they hear. If you see animals talk about what they eat and where they live.

Fun Hands on Experiments - Bouncy Egg:
Soak a hard-boiled egg in vinegar to make a bouncy ball... from an egg! If you are brave enough, soak a raw egg instead. This egg will bounce too, but if you throw it too hard, the yolk will splatter.

-Finger Paint
-Finger paints may be messy, but there they are a fantastic way to explore color! In addition to the regular type of finger paints, you can add food coloring or tempera paint to piles of shaving cream or whipped cream or you can use finger paints made especially for tubs.

-Swirling Colored Milk
-Food coloring in milk just gives you colored milk. Nice, but boring. However, if you drip food coloring into a bowl of milk and then dip a soapy finger into the milk you get magic.

Handwriting Activities:

Here are some activities that you can do with your children at home during the next two weeks:

- Handwriting fluency sheets are great because they work on hand-eye coordination, visual tracking, and pencil control.
- You can print them out and have your child trace it with a pencil, or laminate them and he can trace with markers, or copy the designs on a whiteboard. I can help with this if you want me to.
- You can also have them copy the shapes in shaving cream which brings sensory into it and helps them retain the patterns.

Tactile handwriting practice:

- Place a thin layer of sand in a cookie sheet and have your child use their finger to copy letters or words from a model.
- Same thing with shaving cream.
- Use play dough and have the students copy words/letters from a model.
- Create "boundaries" on the board and allow the students to practice writing in their own spot, this works on upper body strength, hand eye coordination, visual tracking... and allows their brain a new way to learn and store the information. Continue on working on letter name and letter sound. Also, counting and recognizing numbers.
Preschool Distance Learning Opportunities

**Fine Motor**

1. Learning and practicing correct letter formations is so important at this young age because as kids grow up they are expected to write with greater speed and endurance with each school year. It is important to teach kids that all capital letters start at the top and progress from there. I have enclosed a visual with arrows to help guide this. Lowercase letters are best taught in groups with similar stroke sequences. "Magic C" letters (c, a, g, d, g, and o) all start by making the letter c and then turn into the other letters. "Diver letter" (p, r, n, m, h, and b) all start at the top and then dive down and come back up before finishing the letter formation.

2. Stability at the wrist is important to allow kids to move only fingers to control the pencil, which leads to the legibility we want in their written work. Here are some activities to address wrist stability:
   - Walk or race while balancing a tennis ball on a large spoon; don't let it fall!
   - Putting weight into the arms and hands with some animal walks (hop like a frog from the bedroom to the kitchen...)
   - When sitting on the floor to play, lean into one hand and keep the hand open on the floor; Reach across your body with the other hand to play. This is a good position for drawing with sidewalk chalk, doing a floor puzzle, playing with blocks and other small toys.
   - Lite Brite is a great toy for encouraging wrist extension while using the fingers
   - Practice opening jars of all sizes
   - To keep the wrists straight while coloring, drawing and writing, use a slanted or vertical surface such as an easel. Paper can be taped to a wall as well.

Kids need adequate finger strength so that they can hold a pencil with a functional grasp. As long as kids can control the pencil to do their writing, a specific pencil grasp is not necessarily correct.

Some activities to strengthen muscles for pencil control include:
- Clothespin games
- Pop bubble wrap
- Close/open ziplock bags
- Legos
- Spray bottles to water plants
- Lite brite
- Squirt toys in the bathtub
- Wind up toys
- Open/close ziplock bags
- Use tweezers to pick up and transfer small objects
- Therapystreetforkids.com is a wonderful website that has so much information about Fine motor control and handwriting skills,
Preschool Distance Learning Opportunities

Learning Games:

Modeled Moment: Freeze Dance Playing games that help your child practice self-control will make it easier to listen, pay attention, and be successful in school! Turn on some music and have everyone start dancing! Whenever the music is paused, everyone freezes in place. Challenge one another to freeze in a specific position like standing on one leg, making a silly face with hands in the air, or looking like a tree.

Modeled Moment: Building a Fort Building together allows children to imagine, visualize, create, problem solve, and collaborate. Work as a family to design and build a fort with pillows, blankets, and chairs. As much as possible, let your children take the lead in planning, testing, problem-solving, and creating. Enjoy the result of your efforts by reading books in your special fort!

Modeled Moment: Simon Says
Playing "Simon Says" is an excellent way to help your child listen, follow directions, and move. Take turns being the leader. If the leader says, "Simon says" before giving a direction, everyone should follow the direction. If not, the players should freeze and wait for the next direction with "Simon says." This game helps your child concentrate and pay attention.

Modeled Moment: Family Talent Show
Staying home doesn't mean missing out on entertainment! A family talent show is a wonderful way to celebrate each member's unique talents and encourage continual learning! Invite each family member to participate by writing his or her name and a talent or skill on a sign-up list. Use your list to welcome each person to the stage with a round of applause! This builds self-awareness and confidence in one's own personal qualities. By watching and applauding for other family members, your child is learning to see and appreciate the personal qualities and talents of others.

Modeled Moment: Family Movie Night Enjoying TV and movies together is a wonderful opportunity to learn and bond as a family while you stay at home! Pause the story every so often and talk about the characters. What would you do the same? What would you do differently? Why do you think they acted the way they did? Whether listening to, reading, or watching stories, your family can practice honing your understanding of stories and how they work. In addition, making a habit of co-viewing and discussing media now will help you and your child to continue to have natural conversations about media as he or she gets older.