

# Early Years Preschool Playful Family Activities

Week of: April 27

Theme: My Home, My Community



## Arts & Crafts

Make a rainbow! Draw a rainbow on a large piece of paper. Then help your child find small colored items that can 'build' the rainbow. Colored milk caps, grass and leaves, toy cars, dandelions - whatever you can find! This may take a few days to finish while you look for materials!

## Play

As I was walking my dog today I saw some toy dinosaurs hanging out in a puddle of water. What toys could your child take outside to change the experience? Could trucks go racing through the grass? Are there any creatures stuck in mud that need rescuing? What ideas for play can you and your child come up with together?

## Fine Motor

What materials in the house do you have to create different shapes? Four spoons make square, three make a triangle. Yarn can be used to create circles. If your child needs help knowing how to form the shape, draw a large shape on a piece of paper and have your child find materials to place on top of the lines. Take a picture of each shape you create - you've made your own shape book!

After you've made some shapes with materials, try drawing some. Be sure to help your child think about the lines and curves that make up each shape. For example, a square is a straight line down, a straight line across, a straight line up, and a straight line across. A rectangle could be a small line down, a long line across, a small line up, and a long line across. Helping children understand concepts like up, down, across, and diagonal is important to helping them learn to draw and form letters.

## Language & Literacy

Do you remember the song "BINGO"? This is a fun song to introduce some letters. Write the letters out and point to each one as you sing the song. If you're feeling adventurous, replace one letter with a clap each time you sing the verse. By the end of the song, you'll just be clapping instead of saying the letters. "There was a farmer had a dog and BINGO was his name, oh!  
B - I - N - G - O, B - I - N - G - O,  
B - I - N - G - O,  
And BINGO was his name, oh!"

"Silly Names" are words that rhyme with your name. During this week, try to think of words that rhyme with different people in your family. "Mom - Pom"; "Dad - Lad"; "Johnny - Fonny"; "Carrie - Berry". What other rhyming words can you think of?

### **Sensory**

Mud Day! Do you have a place near your house where your child can dig in the dirt? Maybe you have backyard garden that needs the dirt mixed before planting? Or, find some dirt and put it in a plastic container for some messy play. Get it a little wet to make mud and make some mud pies! This is best done outside where you don't have to worry about where the mud lands. Have a towel on hand for clean-up!

### **Conscious Discipline/Social Emotional**

Does your child know your daily schedule? In the morning, talk with your child about what you are going to do during the day. On a piece of paper, draw a picture of each major event. As you move through the day, have your child 'check the schedule' to see what might be coming up next! If there is a surprise and the schedule needs to change, it's okay, just draw a new picture and talk about what needs to happen. At the end of the day, you can talk about all the things you did together!

### **Gross Motor (Get Moving)**

Here are some ideas to work on balance skills this week:

- Draw a thick chalk line outside and have your child walk along it. The line can be straight, curvy, or zig zag. Your child could try to walk forward, sideways or even try walking backward along the line.
- Make lines to walk along inside at home using painters tape, yarn taped to the floor.
- Have a race! Place a cotton ball on a spoon and have your child walk from one spot to another without having the cotton ball drop off the spoon.
- Stand like a tree - "Tree pose". Stand on one leg and then put your other foot against the standing leg (shin, knee, or thigh). Hold that pose. If possible raise your hands in the air. How long can you stand like a tree?

Try this song called "Move and Freeze":

<https://www.youtube.com/watch?v=oeHoVbSu0Ms>



### Science and Nature

This week let's explore shadows! Stand with your child in the sun. Do you see your shadows? Walk around - do your shadows follow you? What happens when you stand under a tree? Are your shadows still there?

To play around with this a bit more, take some toys outside and place them on a flat surface. Do they make an interesting shadow? What toys or objects make the best shadows? What interesting shadows can your child make using his/her arms or body?

### Math

Take a walk to count how many cars you see and what colors they are. Write them down as you walk and then make a graph when you get home.

### Cooking/Food fun

Following up on our shape activity from the fine motor section, if there are any snacks in your house that would be good for making shapes, give it a try! You can make shapes with carrot sticks, pretzel sticks, celery sticks, etc. Making shapes can be tasty!

### Online Resources

Try this Conscious Discipline "Greetings Song". Who can you greet this week?

[https://www.youtube.com/watch?v=feq8\\_kR\\_BPI&list=PLPnODYqBmcyiLzbVsMbrHLQXm8rx9f0IY&index=1](https://www.youtube.com/watch?v=feq8_kR_BPI&list=PLPnODYqBmcyiLzbVsMbrHLQXm8rx9f0IY&index=1)

Check us out online for new ideas being posted daily!

- Facebook: Early Years Program @ EarlyYearsredclay
- Instagram: rcearlyyearsprogram
- Website: <https://www.redclayschools.com/eyp>

We wish you well!

EYP staff realizes this can be a stressful time for both adults and children. Our intention is not to overload families with 'have-to' activities, but to provide opportunities for times of connection throughout the day that can be restorative for everyone. Getting outside to take a walk (maintaining distancing, of course!) is helpful because movement allows us to 'work out' some of the stress in our bodies. Taking moments throughout the day to give your full attention to your child and his/her play and thinking can be so helpful to his/her feeling of safety. Doing easy chores together such as washing dishes, making beds, folding laundry, setting the table, or feeding a pet can help our children feel they are being of service to the family while also being able to spend time with you as you guide them through the chore. Take care, have some fun, and hug those preschoolers for us. We wish you well!