

Spartanburg

DAY SCHOOL

Dear Rising 4K Families,

We are so excited about next year! Here are some things you may want to try this summer when you are looking for something fun to do:

- 1) Get your child outside to play! Limit screen time and encourage activities that cross the midline to foster brain development. (See our Play: Fostering Brain Development Choice Board below and complete as many activities as you can!)
- 2) Take advantage of the public library- it is your best friend! They have a wonderful summer reading program. This is a fabulous opportunity for your child to get his/her very own library card! The book selection is incredible and the program is free!
- 3) Read aloud often with your children- daily is best- be sure to include books about preschool and talk about the characters feelings. "The more things you read, the more things you know, the more that you learn, the more places you'll go!"- Dr. Seuss
- 4) Make a game out of self-help skills! Have your child practice things like putting on his/her coat, unzipping his/her coat, help Mommy pick out their clothes the night before and try to dress his/herself in the morning, help set the table and fold the napkins, go on a picnic with your child and have him/her unpack his/her lunch box.
- 5) Use your imagination, be creative, talk together and have fun!

We hope you have a wonderful summer. We are looking forward to a fun filled year with your child!
You and your child are going to love 4k!

Love,

The 4K Team

Play! Fostering Brain Development Choice Board
(Do as many as you can!)

| | | |
|--|---|--|
| <p>Go to a local playground or come to our playground at SDS!</p> | <p align="center">Kids Yoga! https://www.gonoodle.com/</p> | <p align="center">Go to the Trampoline Park! http://www.bigairusa.com/spartanburg/</p> |
| <p>Backyard Water Play!</p> <p>Pour, measure, and have fun with water! Pour from a pitcher into cups, (try not to spill) use measuring cups, different containers, wash your baby doll, your bike, help Daddy or Mommy wash the car!</p> | <p>Do Some Chores!</p> <ul style="list-style-type: none"> ● Vacuuming ● Mopping ● Sweeping ● Dusting ● Making your bed ● Folding clothes ● Pick up your toys ● Sweep the porch ● Match socks!!! | <p>Have fun with sissors and glue!</p> <ul style="list-style-type: none"> ● Cut strips of paper- make a road for your cars, a crown, a long paper chain ● Cut out circles- use glue make a flower ● Cut out letters and pictures from a news paper or magazine |
| <p>Play Gross Motor Bingo! https://www.pinterest.com/pin/95771929553300675./</p> | <p align="center">Rock Climbing! https://www.climbupstate.com/</p> | <p align="center">Make a necklace or a bracelet! (noodles, beads, string, etc.)</p> |
| <p>Fun Activities</p> <ul style="list-style-type: none"> ● Swinging ● Running ● Skipping ● Riding on trikes/bikes ● Jumping/bouncing on trampolines, beds, balls ● Play in the rain, jump in puddles! | <p>More Fun Activities</p> <ul style="list-style-type: none"> ● Build a fort! ● Play tug of war! ● Dig in the garden or sandbox- or at the beach! Make a mud pie, a sand castle ● Build with Legos (count the legos!) | <p>Sidewalk Chalk</p> <p>Draw pictures, letters, numbers, shapes and names with sidewalk chalk in a variety of colors! Draw a rainbow, a flower!</p> |
| <p>Art Easel Fun!</p> <p>Get a child-sized art easel and paint BIG pictures, letters, numbers and names!</p> | <p>Help Make a Meal!</p> <p>Count out grapes, blueberries, noodles, green beans, etc. to place on each plate! Make a sandwich all by yourself!</p> | <p>Make a Card then mail it!</p> <p>Draw, cut with scissors, color a special note with big crayons or markers!</p> |
| <p>Collect Seashells/Rocks!</p> <p>Collect a bucket of seashells at the beach or rocks at home and count and sort them by size, shape, and color!</p> | <p align="center">Sing Together!</p> <p>Sing ABC and other favorites when you get a chance! Even when brushing your teeth!</p> | <p align="center">Have a Playdate!</p> <p>Go outside and get dirty! Paint together, look at books together, climb and have lots of fun!</p> |