

Hello Families!

The staff at Westerman has put together some activities for you and your child to complete while you are at home this week. Please feel free to pick and choose which activities you complete based on what works for your family. The activities can be completed multiple times throughout the week (and beyond!). Most of these activities use items that you have around the house already or are suggestions on ways you can incorporate learning into daily activities. Click on the title of activities to see directions.

Have fun and we'll see your child back at school soon!



### **Working small hand muscles**

- \*Sand Writing
- \*Bath Time Play
- \*Self Portrait
- \*Hand Strength

### **Active play**

- \*Sock Toss
- \*Floor is Lava
- \*Building a fort
- \*Building a zoo

### **Early Reading**

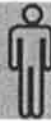
- \*Letter hunt
- \*Family Letter Links
- \*Making grocery lists
- \*Name Puzzle

### **Early Math**

- \*Shape Hunt
- \*Sorting Silverware
- \*Setting the Table
- \*Matching socks
- \*Kitchen Color Hunt

### **Creative art and music**

- \*Rhythm Sticks
- \*Open Face Sandwich
- \*Make an instrument



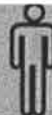
## INDEPENDENT WORK

### TUB TIME LEARNING

Bathtime can be a great learning time for preschoolers.

Bring some objects from the kitchen into the tub. Please nothing glass. Just be sure to wash them again before you use them in the kitchen. Try measuring cups, whisks, spoons, strainer, funnels, spatulas.

Some things to try include: pouring back and forth, stirring or whisking the water, making bubbles, sink vs float, which holds more water. You can also explore pretend play with shake, sip, and stir. What can you make? Can you make some soup like we did in school?



## INDEPENDENT WORK

### GROCERY STORE FUN WITH LISTS

Going to the grocery store can be a fun learning experience for kids! You just need to get them involved! Skills they can learn include using money, learning food groups, and practicing reading and writing.



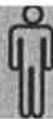
**Make a Picture List-** Involve your child in making a list. As you name items, have your child find the picture in a grocery flyer and cut it out using safety scissors. This picture can then be glued to a sheet of paper, making their own picture list. You can even sort items by color or type. Let your child cross off the items as you collect them.

**Write a List-** Let your child create their own list. Give your child a pencil and paper. List off what you need from the store and let them write it down. Remember- spelling doesn't need to be perfect or even close!! A child might just write down the letter A for apple or maybe they will draw a picture. They're learning that marks (scribbles count too!) have meaning, which is a pre-writing/reading step!



## INDEPENDENT WORK

FOODS COME IN LOTS OF DIFFERENT COLORS! THIS WEEK WHILE YOU ARE COOKING OR EATING WITH YOUR CHILD, BE SURE TO NOTICE WHAT COLORS YOU SEE IN THE KITCHEN. YOU COULD EVEN GROUP LIKE COLORS ON THE PLATES (EX. GREEN BROCCOLI NEXT TO GREEN GRAPES). HAVE FUN! AND REMEMBER, YOUR CHILD MAY NOT LIKE NEW FOODS, BUT EXPOSURE LEADS TO TRYING NEW AND DIFFERENT ITEMS.



## INDEPENDENT WORK

### SENSORY PLAY

A fun way to practice drawing vertical and horizontal lines or exploring letters is playing in flour, sugar, cornmeal or sand!

Pour a little on a cookie sheet or a pizza pan, then you and your child can make lines or shapes or just enjoy the texture together by moving your hands and fingers around.





## INDEPENDENT WORK

### SILVERWARE SORT

When you're working on same and different, silverware is great! Silverware can have the same attributes (both forks) and different attributes (one is blue, one is silver). Let your child help you put away the dishes AND get some practice in. Sort spoons vs forks noticing that your child is putting all the spoons in the SAME spot. You might ask why the green fork goes in the same place as the silver fork, or why the purple spoon doesn't go with the forks. This might not go as fast as you'd like, or be as tidy as you wish, but your child is learning valuable pre-math skills.

If your child is still learning to match, have them sort just the same color spoons and the same color forks. Taking away the second attribute makes it simpler for kids who are still learning to match (another math skill!)



## INDEPENDENT WORK

### LETTER HUNT COLLAGE

Go on a letter hunt with your family, using old magazines, grocery ads and stickers.

Start by finding the letters in your child name. How many items can you find for each letter?

Cut and glue them onto your paper!



If you would like, send a photo to your child's teachers!



## INDEPENDENT WORK

### RHYTHM AND MOVEMENT

This is a great chance to use what you have. Like we did in class, you can use dowels, markers, kitchen utensils, spoons.



- ~Roll the stick between each hand.
- ~Balance a stick on the palm of your hand.
- ~Criss cross your sticks. This is a VERY important activity. Crossing the midline of your body is an important developmental skill. It readies the brain reading and writing.
- ~Bang them on the ground like a drum.
- ~Alternate holding the stick with each hand above the other.
- ~Discuss and demonstrate loud/quiet and hard/soft and fast/slow.
- ~Pretend you are conducting music.
- ~Have your child mimic patterns. (1-2-3-4, 1-rest-3-rest) After they get the hang of it, let your child make the patterns and follow him.



## INDEPENDENT WORK

### SNOWBALL THROWING

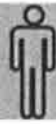


This is a great activity to work on gross motor skills.

Make 'snowballs' out of rolled up socks. Use those snowballs to knock down targets like stacked red cups or even into a laundry basket. Increase distance apart to up the challenge.

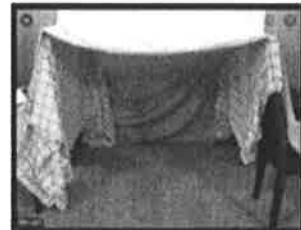
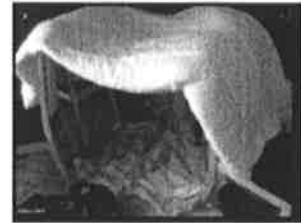
You can also have a snowball fight, but inside.





## INDEPENDENT WORK

### BUILD A TENT/FORT AND READ A BOOK!



USE BLANKETS, SHEETS, PILLOWS, CHAIRS, ETC.



## INDEPENDENT WORK

### FLOOR IS LAVA

This is a fun game that can be adaptable in several ways. You will need pieces of paper, washcloths, hand towels, pillows or anything you can stomp on like stones. Arrange these on the floor in a path. Here's the fun. Show your child how to move along the path without touching the floor (lava). You can either jump, hop, tiptoe, or walk like an animal. Use your imagination but stay out of the lava. The first time they can be placed close together and moved as they progress. For older kids and siblings you can add in notecards (letters, sightwords, numbers) to be picked up along the way.





## INDEPENDENT WORK



CONTAINER WITH RUBBER BANDS

MAKE YOUR OWN MUSICAL INSTRUMENT AT HOME. HERE ARE SOME IDEAS TO GET YOU STARTED. BE CREATIVE AND USE WHATEVER YOU MAY HAVE AROUND YOUR HOME. TAKE A PICTURE OF YOUR MONSTER AND SEND IT TO YOUR TEACHER.



POTS AND PANS WITH KITCHEN UTENSILS



CANS WITH BALLOONS AND STICKS



BUCKETS AND STICKS



## INDEPENDENT WORK

### EXPLORE FEELINGS WITH FOOD

This is a fun way to explore with food and feelings.

Prepare an open-faced sandwich with anything you have available. Use your Imagination. Try slices of fruit, raisins, chocolate chips, whatever you may have on hand. Try making different expressions with your child. Talk about how those faces make you feel.





## INDEPENDENT WORK

### SELF- PORTRAITS

HAVE YOUR CHILD DRAW A PICTURE OF THEMSELVES. ENCOURAGE THEM ADD AS MANY DETAILS AS POSSIBLE TO THEIR FACE AND BODY. TAKE A PHOTO AND SEND IT TO YOUR CHILD'S TEACHER!



DID YOU ADD TWO EYES, TWO EARS AND A NOSE?



WHAT COLOR ARE YOUR EYES AND HAIR?



## INDEPENDENT WORK

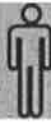
### SOCK MATCH UP!

Work on matching! When folding laundry have your child match the socks up. While some children might not be able to match a whole pile of socks, put 2 different socks in front of them and hold up the match and prompt "give me the one that is the same."

Want to extend the activity? Have your child tell you what socks are the same and which socks are different. You might hold up a red sock and a striped sock and say "These two go together!" and pause. This usually elicits some laughter! Have your child explain why the socks are different.







## INDEPENDENT WORK

### FAMILY LETTER LINKS

The letter links name learning system pairs a child's printed name with a letter-linked picture for a word that starts with the same letter and sound. Letter links are used as an element of the preschool High Scope curriculum.

Every child has a letter link that is attached to their name, given by their teacher. This helps them start to recognize letters and their corresponding sound. Essential steps in literacy.

We encourage families to continue using letter links at home. Find an item that starts with the same sound as a family members first letter of their name. Share your families letter links with Your child's classroom.

Oscar	O	O
		O
Denise	D	D
		D
Jaclyn	J	J
		J

Aiden	A	A
		A
	A	A



## INDEPENDENT WORK

**FIRST, PUT SOME ICE CUBES IN EACH BOWL. NEXT, USING YOUR SPOON, PUT WARM WATER IN ONE BOWL AND COLD WATER IN THE OTHER. WHICH ICE CUBES MELT FASTER? DO THE ICE CUBES WITH THE WARM WATER MELT FASTER OR SLOWER THAN THE ICE CUBES WITH THE COLD WATER? TO ADD TO THIS ACTIVITY, ADD SMALL THINGS TO YOUR WATER BEFORE IT FREEZES INTO ICE. FOR EXAMPLE, PENNIES, SMALL LEGOS, OR SMALL TOYS CAN ALL BE FROZEN IN WATER. USE YOUR WARM AND COOL WATER TO "FREE" YOUR FROZEN ITEMS FROM THE ICE.**

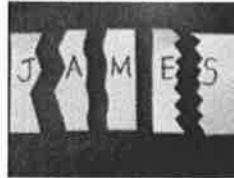




## INDEPENDENT WORK

### NAME PUZZLE

Write your child's name on a piece of paper. Show them the paper with their name on it. You could point to and say each letter together and say the letter name together. Another option is to cut the paper into pieces like a puzzle.



### YOU COULD ALSO ...

- WRITE THE LETTERS IN DIFFERENT COLORS AND THEN NAME THE COLORS
- COUNT THE LETTERS
- TALK ABOUT WHAT IS THE SAME AND WHAT IS DIFFERENT
- ASK YOUR CHILD: "WHAT DO YOU NOTICE ABOUT THE LETTERS IN YOUR NAME?"

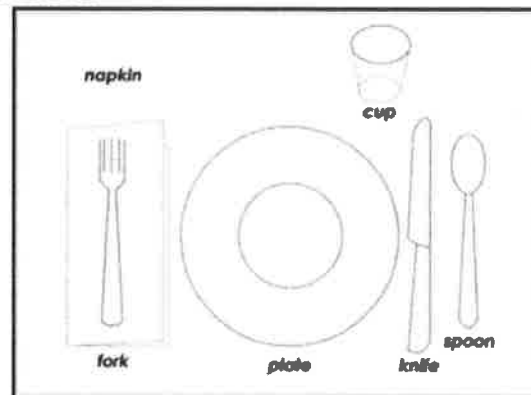


## INDEPENDENT WORK

### SET THE TABLE

TABLE SETTING IS A PRACTICAL LIFE SKILL THAT CAN GIVE YOUR PRESCHOOLER EXTRA CONFIDENCE AND INDEPENDENCE ... AND GIVE YOU SOME EXTRA HELP.

TEACH YOUR CHILD TO SET A PLACE SETTING LIKE THE ONE IN THE PICTURE. FORKS ON THE LEFT ON TOP OF THE NAPKIN, PLATE IN THE MIDDLE, THEN THE KNIFE (BLADE IN FOR SAFETY) AND SPOON. THE CUP IS PLACED ABOVE THE PLATE. REMEMBER IT DOESN'T HAVE TO BE PERFECT. RATHER USE THIS OPPORTUNITY TO PRACTICE PLACEMENT WORDS SUCH AS NEXT TO, ABOVE, ON TOP, ETC.



YOU CAN ALSO GET IN SOME ADDITIONAL MATCHING PRACTICE. MAKE A PLACEMAT OUT OF SOME PAPER AND TRACE THE ITEMS. ALL YOUR CHILD NEEDS TO DO THEN IS SET THE ITEMS ON TOP OF THE CORRECT OUTLINE!

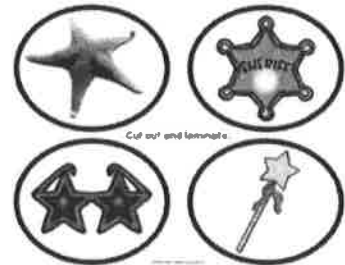


## INDEPENDENT WORK



### GOING ON A SHAPE HUNT

Shapes are all around. Set a timer for one minute and see how many shapes you and your child can find around your home. Look for Circles, Squares, Rectangles, Triangles, Diamonds, Stars, and Hearts.



## TRY SOME OF THE FOLLOWING ACTIVITIES TO HELP KEEP YOUR HANDS STRONG DURING DISTANCE LEARNING!

### CLOTHESPINS



- Use pad of thumb, index, and middle finger to squeeze the clothespin.
- Use clothespins (could also use tongs or tweezers) to pick up and transfer items such as cotton balls, pom poms, etc.
- Paint with clothespins and cotton balls. Use a clothespin to clip a cotton ball. Use one clothespin/cotton ball for each color of paint.
- Squeeze clothespins onto the rim of a container.

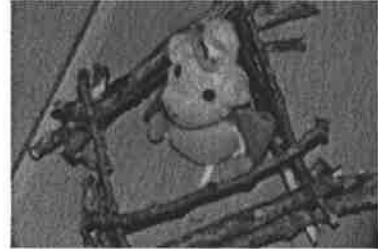
### HAND EXERCISES



- Squeeze and open hand.
- Place hand on a table/flat surface. Tap each finger (one finger at a time).
- Place fingertips of each hand together. Push fingers together (fingers should be straight).
- Touch each finger to thumb (one hand at a time and then both hands together).



## MAKE YOUR OWN ZOO



**USE MATERIALS AROUND YOUR HOUSE TO MAKE YOUR OWN ZOO EXHIBIT. YOU CAN USE BLOCKS, SOCK BALLS, EMPTY BOXES, OR EVEN SHOES! IF YOU ARE ABLE, FEEL FREE TO GO OUTSIDE AND MAKE AN OUTDOOR EXHIBIT OUT OF STICKS, GRASS, AND OTHER PIECES OF NATURE.**