

Activities for 4 Year Olds

Learning through Play

April 2 - 7, 2020

Attached you will find a daily schedule of activities designed to support our preschool-age students.

Monday	Tuesday	Thursday	Friday
<p>Literacy: Watch and sing the nursery rhyme “Hickory Dickory Dock.” https://www.youtube.com/watch?v=HGgsklW-mtg</p> <p>Art: Make props for the nursery rhyme “Hickory Dickory Dock.” Use materials from your home (paper plate, paper bag, magazine, etc.) Use them as you sing the song “Hickory Dickory Dock.”</p> <p>Fine motor: Use playdough to make snakes (recipe on next page). Can you make long and short snakes.</p> <p>Extension: Put them in order from longest to shortest. How many can you make? Count them.</p>	<p>Math: Color the attached mice, different colors. Name the colors, then cut out the mice. Count the mice, touching each one as you count.</p> <p>Extension: Use the mice to make patterns (e.g., big, small, big, small).</p> <p>Gross Motor: Pretend to be the animals in “Hickory, Dickory Dock”. For example - Stomp like an elephant, crawl like a cat, tip toe quiet like a mouse, climb like a monkey, and run like a squirrel.</p> <p>Game: Play “Hide-n-Seek.” Include your entire family. Talk about where you were hiding.</p> <p>Extension: Hide a stuffed animal and hunt for it. Where did you find it?</p>	<p>Literacy: Read a book with your child. Have your child name various pictures in the book. Ask your child 4-5 questions pertaining to the story (e.g., “Where do you think the dog will go next?”, “Who took the boy’s shoe?”).</p> <p>Music and Movement: Try this song from Jack Hartman https://www.youtube.com/watch?v=oLaJ4jyKBUY</p> <p>Art: Make a collage using the ads that you receive in the mail or construction paper. Have your child tear the paper into pieces and glue them onto a piece of paper. See what fun pictures he/she can make.</p> <p>Extension: Try using child safe scissors. Practice opening /closing them; snip paper or cut across the paper.</p>	<p>Math: Use the mice from Tuesdays math lesson. Sort the mice by size-big and small.</p> <p>Extension: Find objects/toys in your house to sort by size-big and small.</p> <p>Science: Go on a nature walk. Collect at least 10 items (e.g., rock, leaf, feather, etc.). Sort the items into groups (color, shape, or size).</p> <p>Cooking: Make a “Mouse Sandwich.” Talk about the shapes you need to make a mouse. How many ears does your mouse need?</p> <div style="text-align: center;">  </div> <p>Fine motor/Literacy: Use the playdough to make your name. Try printing up a “Name Mat.” https://pocketofpreschool.com/free-editable-name-mats/</p>

Social skill of the week: Turn taking/Sharing

This week, help your child practice turn taking and sharing which are important skills for all students. You can help them practice these skills by:

1. Modeling appropriate ways to ask for a turn- “Johnny, can I have a turn with the Hickory Dickory Dock props please?”

***Be sure to praise your child for making eye contact with you when you are asking them for a turn. This will help reinforce appropriate social skills.**

2. Modeling how to cope with a non-preferred response- When your child asks you to use the cooking utensil you have when you are making the mouse sandwiches, you can model how to respectfully deny their request by saying, “No thank you, I’m still using it.” This will help them handle non-preferred outcomes and increase their self-regulation when waiting their turn.

3. Modeling how to negotiate/trade- When you are playing hide n seek with the stuffed animals, purposefully ask your child to use the stuffed animal that they have chosen and offer them an alternative animal to “trade.” This will help them practice taking turns and trading preferred items.

Resources

- **Hickory Dickory Dock** <https://www.youtube.com/watch?v=HGgsklW-mtg>
- Here are some book ideas to read to your child. You may find some of them on YouTube as well. <https://thelibraryann.wordpress.com/2015/02/01/eeeeek-a-mouse-storytime/>
- **Check out the public library:** <https://www.phoenixpubliclibrary.org/kids>

Homemade Playdough Recipe

In a pan mix together 1 cup of flour, 1/2 cup of salt, 2 tsp. Cream of tartar. Gradually add 1 cup of water mixed with 2 tsp. oil and 1 tsp. food coloring. You can also add a packet of Kool Aid instead of food coloring.

Heat on a medium heat and stir the mixture until a ball forms. Remove from the pan and place on the counter. When cool enough to touch, knead the dough. The playdough keeps well in a ziploc bag or a container.





