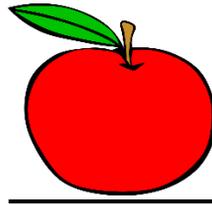


Pre-Kindergarten

See if you and your child can do three in a row to make tic-tac-toe until the whole board is filled.

Set 1



<p>Trace a letter on your child's back and see if they can guess which letter it is. If they have trouble, tell them which letter first and then draw it.</p>	<p>Talk about feelings with your child. In front of a mirror make "happy, sad, mad, surprised, scared" faces together.</p>	<p>Play hide and seek with a favorite toy of your child's. Take turns hiding it and then looking for it. Describe while searching. "Is it under the table? On the couch? Oh here it is by the lamp."</p>
<p>Play a bowling game together. Stack some blocks or containers. Then roll a ball and knock them over. Repeat!</p>	<p>Have your child run around your house outside. Make sure it is safe, and count how many times they can do it, before they are tired. Give them a cool drink after.</p>	<p>With colored vegetables or fruits have your child separate the colors into different piles and talk about the colors.</p>
<p>Get your child to fold themselves into a small ball on the floor when kneeling. Then ask them to turn themselves into a giant tree and reach for the sky. Say "small ball, giant tree" Repeat actions.</p>	<p>Play the "Hokey Pokey" with your child. Place a sticker or a mitten/sock on the right hand and foot. So they begin to recognize the difference between right and left.</p>	<p>When picking up toys have your child sort the toys and put them in separate containers...all the cars in one, the blocks in another etc.</p>

Set 2



<p>Have a "blue" day. Wear something blue. Find things in your home or outside that are blue. Have a blue snack (blueberries, milk with blue food coloring, etc.)</p>	<p>With some clothes play dress up with your child, let them wear your clothes (Tshirts scarves, shoes, socks) and wear some of theirs: pants on your head, socks on thumbs etc.</p>	<p>Talk about "big" and "little" concepts. Have your child find five things that are smaller than their hand.</p>
<p>Have your child walk with a bean bag or small stuffed animal on their head, can they bend down to pick something up? Can they walk balancing a small ball on a spoon also?</p>	<p>Put all the kitchen chairs in rows like a bus. Pretend to drop off and pick up dolls/ animals and sing the "wheels on the bus".</p>	<p>When you say "go" run, hop, walk, jump in a circle, with your child until you say "stop".</p>
<p>Have a "number" day Draw numbers, make play dough numbers, make numbers with yarn, count items and match to numbers, have a number hunt, etc.</p>	<p>Play the memory game: "I went to grandma's and I took_____". Get your child to repeat what you said and then add another item. Continue and see who can remember!</p>	<p>Pretend to be different animals with your child. Slither like a snake, swing like a monkey, walk like an elephant, duck, bear, etc.</p>

Set 3



<p>Turn on some dance music. Join your child and dance and make some stuffed animals/dolls dance with you too! "So you think you can dance?!"</p>	<p>Practice deep breathing with your child especially at night or when angry to help them to calm themselves and settle.</p>	<p>Sing "Twinkle, twinkle little star", or recite "Star light, star bright, first star I see tonight I wish I may, I wish I might have the wish I wish tonight." Then make a wish together.</p>
<p>With two puppets, (even just socks work), one for you and one for your child, make the puppets talk to one another and interact. They could even roll a ball to each other.</p>	<p>Teach your child how to do jumping jacks. Ask them to show you how high they can jump, ask them to jump over different items.</p>	<p>Spell out your child's name in a cheerleader's chant. Give me a "s" give me a "t" etc. and encourage them to repeat the letters until the end and then ask "What does that spell?"</p>
<p>Play hide and seek with your child. Encourage them to count to ten or more!</p>	<p>Dance, skip and jump to your child with music playing but when the music stops or when you say "Statue!" they must freeze into that position.</p>	<p>When putting your child to bed talk about all the things you did that day and what you liked best about your day and what you and your child didn't like also.</p>

Rhymes to Say Together

Rhymes:

Looby Loo

Here we go looby loo,
Here we go looby li,
Here we go looby loo,
All on a Saturday night
Now put your *right foot* in
Put *right foot* out
And give your foot a shake, shake,
shake
and turn your body about.
Continue switching body parts.

Hickory Dickory Dock

The mouse went up the clock
The clock struck one
The mouse ran down
Hickory, Dickory Dock
Repeat with: The clock, struck
two...the mouse said boo!
The clock struck three....the mouse
said "Wheel!"
The clock struck four the mouse said
"No more!"

Twinkle, Twinkle Little star (a variation)

(Child's name, child's name) you're my star
How I wonder who you are
How I wonder how you'll grow
What you'll be and who you'll know
(Child's name, child's name) you're my star

Oh my girl/boy you'll go far!

Rhymes: Zoom, zoom

Zoom, zoom, zoom
We're going to the moon
Zoom, zoom, zoom
We're going to the moon
If you want to take a trip
Climb aboard my rocket ship
Zoom, zoom, zoom
We're going to the moon in...
5,4,3,2,1 BLAST OFF!

Alice the Camel

Alice the Camel has 5 humps,
Alice the Camel has 5 humps,
Alice the Camel has 5 humps,
So go Alice go...Boom, boom,
boom (*shake hips side to side*)
Repeat 4,3,2,1,0 humps
Last line: Cause Alice is a horse

Five saucy owls

Down on the corner in a great big tree (*reach arms up*)
There were 5 saucy owls staring at me (*show five fingers*)
Along came a kitty cat as quiet as can be (*use hands like paws*)
And she scared one owl right out of the tree (*flap arms to fly*)
Repeat....4,3,2,1,0

