

Preschool (ages birth to 4)

Start with 10 minutes a day and work up to 30 minutes a day. Read longer books while the child cuts and pastes or colors. Ask the child about the books read.

Learn the alphabet (sing the alphabet with diaper changes). Have the alphabet visible with capital and lowercase letters. Read alphabet rhymes/books. Learn consonant sounds first, then vowels (Old McDonald had a farm a, e, i, o, u). Focus on short vowel sounds first.

Learn days of the week and introduce months of the year.

Writing

Learn how to hold a pencil. Practice drawing counterclockwise circles and loops (snowmen, slinkies, smoke from a train, car wheels). Make letters with rice or sand using finger or write with a writing utensil on large paper. Practice dot-to-dot pictures.

Math

Teach math in life. Count fingers, toes, eyes, ears, toys, treasures, rocks, sticks. Play hide-and-seek (count up to 20). Count by 2s, 5s, 10s. Count backwards (play spaceship and count backwards to takeoff). Read number books. Learn shapes and colors.

Science

Learn about different types of weather and explore the four seasons of the year. Introduce the use of a calendar.

Art/Music

Practice fine motor skills with crafts, coloring, and drawing. Listen to classical music and gain appreciation. Explore musical instruments.

Resources

- *The Ordinary Parent's Guide to Teaching Reading* by Jessie Wise
- *Nursery Rhymes and Crafts* by Susan True
- www.booksshouldbefree.com
- *The Little Hands Art Book* by Judy Press
- *10 Minute Activities: Fun things to do for you and your child* by Andrea Pinnington
- *Slow and Steady Get me Ready* by June Oberlander
- *My Very First Encyclopedia with Winnie the Pooh and Friends: Nature*
- *Preschool appropriate workbooks/activity books as appropriate*

Learning the Alphabet - Letter of the Week (or Day)

Nice Resource: <https://www.themeasuredmom.com/learning/>

A

CRAFT: Uppercase: Alligator, Lowercase: Apple, ants

SNACK: Apple

ACTIVITY: Make an A with apples

SENSORY: Make A's in apple sauce

BOOK: <https://www.themeasuredmom.com/books-to-teach-letter-a/>

B

CRAFT: Uppercase: Buttons, Lowercase: Blue, bubbles

SNACK: Banana or Blueberries

ACTIVITY: Blow Bubbles, Bike Ride

SENSORY: Beads, Find the Bs, Sensory balloons, beans

BOOK: <https://www.themeasuredmom.com/best-kids-books/>

C

CRAFT: Uppercase: Caterpillar, Lowercase: cookie

SNACK: Carrots

ACTIVITY: Bake 'C' cookies, Make Cs in coffee grounds

SENSORY: Cloud/cotton, corn

BOOK: <https://www.themeasuredmom.com/books-to-read-for-letter-c/>

D

CRAFT: Uppercase: Dog, Lowercase: Dinosaur

SNACK: Dill Pickles, Donuts, Dandelion

ACTIVITY: Dig for D's, Dance

SENSORY: Dirt

BOOK: <https://www.themeasuredmom.com/books-for-preschoolers-for-letter-d/>

E

CRAFT: Uppercase: Elephant, Lowercase: Eel

SNACK: Eggs, Empanadas

ACTIVITY: Egg race

SENSORY: Easter Egg sensory bin

BOOK: <https://www.themeasuredmom.com/books-to-read-for-letter-e-2/>

F

CRAFT: Uppercase: Feathers, Lowercase: Fish

SNACK: Fruit

ACTIVITY: Fishing, Making a picture frame with a picture of family, Frisbee, Make F's in flour, Finger paint F's

SENSORY: Foam

BOOK: <https://www.themeasuredmom.com/books-to-read-for-letter-f/>

G

CRAFT: Uppercase: Giraffe, Lowercase: Garden

SNACK: Grapes

ACTIVITY: Gum to chew and stick on to make G's, or Make G's with grapes, Gardening

SENSORY: Write G's in glitter

BOOK: <https://www.themeasuredmom.com/favorite-stories-for-kids-for-the-letter-g/>

H

CRAFT: Uppercase: Hearts, Lowercase: Horse

SNACK: hummus

ACTIVITY: hopscotch hero (wear a cape)

SENSORY: hearts

BOOK: <https://www.themeasuredmom.com/books-to-read-for-letter-h/>

I

CRAFT: Uppercase: Ice Cream, Lowercase: Insect

SNACK: Ice Cream

ACTIVITY: Insect hunting

SENSORY: Ice melting contest

BOOK: <https://www.themeasuredmom.com/books-for-letter-i/>

J

CRAFT: Uppercase: Jump rope, Lowercase: Jewels

SNACK: Jello

ACTIVITY: Jump for J's

SENSORY: Jelly beans

BOOK: <https://www.themeasuredmom.com/letter-j-books/>

K

CRAFT: Uppercase: King, Lowercase: Kangaroo

SNACK: Kiwi

ACTIVITY: Karate, make K's with kernels

SENSORY: kernels of corn

BOOK: <https://www.themeasuredmom.com/letter-of-the-week-book-list-books-to-read-for-letter-k/>

L

CRAFT: Uppercase: Lion, Lowercase: Legos

SNACK: Licorice

ACTIVITY: Make L's with licorice and legos, pick-up litter, lazer-tag, visit the library

SENSORY: Legumes

BOOK: <https://www.themeasuredmom.com/letter-of-the-week-book-list-letter-l/>

M

CRAFT: Uppercase: Mouse, Lowercase: Monster

SNACK: Mangoes, muffins

ACTIVITY: Maze, Make M's with marshmallows

SENSORY: Mudd or marshmallows

BOOK: <https://www.themeasuredmom.com/best-picture-books-for-kids-letter-m/>

N

CRAFT: Uppercase: Uncooked noodles, Lowercase: Necklace

SNACK: Nuts or Nectarines

ACTIVITY: Noodle tag, Nerf, Make N's with noodles

SENSORY: Noodles

BOOK: <https://www.themeasuredmom.com/book-list-for-the-letter-n/>

O

CRAFT: Uppercase: Octopus, Lowercase: Owl

SNACK: Olives

ACTIVITY: Organize the O's, Make O's with olives

SENSORY: Oats - Make O's in oats, Cheerios

BOOK: <https://www.themeasuredmom.com/books-read-for-letter-o/>

P

CRAFT: Uppercase: Pig, Lowercase: Purple paint

SNACK: Peaches, Popsicles, Pears, Popcorn

ACTIVITY: Make Play-doh P's, Make P's with popcorn

SENSORY: Play-doh, Pebbles, Paint

BOOK: <https://www.themeasuredmom.com/letter-p-books/>

Q

CRAFT: Uppercase: Queen, Lowercase: Quilt

SNACK: Quesadilla. Quinoa

ACTIVITY: Make Q's with quarters, Quilt, Quarry Hill

SENSORY: Quinoa, Quicksand

<http://www.growingajeweledrose.com/2013/07/play-recipe-homemade-quicksand.html>

BOOK: <https://www.themeasuredmom.com/letter-q-books-preschoolers/>

R

CRAFT: Uppercase: Rabbit, Lowercase: Rain or Rainbow

SNACK: Rice Cakes

ACTIVITY: 'R' Relay Race, RAC

SENSORY: Rice, Rocks (make R's)

BOOK: <https://www.themeasuredmom.com/letter-r-books/>

S

CRAFT: Uppercase: Snake, Lowercase: String

SNACK: Strawberries

ACTIVITY: Sew an S, Swim

SENSORY: Snow recipe, Sand

BOOK: <https://www.themeasuredmom.com/letter-s-books-2/>

T

CRAFT: Uppercase: Tree, Lowercase: Track

SNACK: Tomatoes, Tangerine

ACTIVITY: Tea time, 'T' tag (person who is 'It' must hold a T)

SENSORY: toothpaste

BOOK: <https://www.themeasuredmom.com/books-for-letter-t/>

U

CRAFT: Uppercase: Umbrella, Lowercase: Underwear

SNACK: Unsalted nuts, Upside-down cake

ACTIVITY: Underestimate (fill different jars and guess how much is in them without going over), Make a 'U' with underpants

SENSORY: Underwater

BOOK: <https://www.themeasuredmom.com/letter-u-books-2/>

V

CRAFT: Uppercase: Vase, Lowercase: Vegetables

SNACK: Vegetables

ACTIVITY: Make a Volcano (baking soda and vinegar)

SENSORY: (See above)

BOOK: <https://www.themeasuredmom.com/8-letter-v-books/>

W

CRAFT: Uppercase: Wet, Lowercase: Worm or Wool

SNACK: Watermelon

ACTIVITY: Make W's with wood or parts of the Willow tree, Weaving

SENSORY: Worms, make W's with worms

BOOK: <https://www.themeasuredmom.com/letter-of-the-week-book-list-letter-w/>

X

CRAFT: Uppercase: X-Ray, Lowercase: Xylophone

SNACK: Xigua (another name for watermelon)

ACTIVITY: Treasure hunt, 'X' marks the spot

SENSORY: X-ray sensory bin

<https://www.themeasuredmom.com/easy-sensory-activity-for-kids-make-an-x-ray-light-box/>

BOOK: <https://www.themeasuredmom.com/letter-of-the-week-book-list-letter-x/>

Y

CRAFT: Uppercase: Yellow, Lowercase: Yarn

SNACK: Yogurt

ACTIVITY: Make Y's with yarn

SENSORY: Yarn scraps and/or yellow items, yellow oobleck

<https://www.themeasuredmom.com/easy-sensory-activity-y-yuck-just-two-ingredients/>

BOOK: <https://www.themeasuredmom.com/letter-y-books/>

Z

CRAFT: Uppercase: Zebra, Lowercase: Zipper

SNACK: Zucchini, Zucchini bread

ACTIVITY: Visit the Zoo and see a Zebra

SENSORY: Zoo sensory bin

BOOK: <https://www.themeasuredmom.com/books-to-read-for-letter-z/>