



PreK 4 E-Learning Choice Board

- *Students and caregivers should choose the activities together - this promotes student voice and agency in picking the activities.*
- *These are activities we encourage you to do with your child during this time off due to the state shut down.*

| *Pick 3-5 things daily in the different areas. Feel free to extend the activities as your child uses inquiry and play throughout the day. | | | | |
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| Literacy Read a book to your child. Have them draw a picture of their favorite part of the story and then tell you about it. | Math Count to 30 with your child. Call out a number from 1-10 and see if your child can tell you what number comes next or what number comes before. | Day or Night Day or Night- Call out an activity and have your child decide if it would happen in the day or the night (ex. go to bed, eat breakfast, go to school, sleep, etc.) | Gross Motor Fun Gross Motor Fun- Call out a movement and have your child complete it (ex. hop on one foot, touch your toes, spin around, kick in the air, act like you're climbing a ladder, etc.) | Physical Education *Dance or move to 2 of your favorite songs. *Crab Walk to one end of the room & then back again. *20 Jumping Jacks. *Stretching/Yoga; Cobra Pose, Standing Tree Pose *Dance along with This or That Melting - Flow |
| Math Patterns Have your child make an ABC pattern with 3 different kinds of items (ex. button, penny, q-tip, button, penny, q-tip or red, yellow, blue, red, yellow, blue) | Literacy Have your child practice writing their name. Recite nursery rhymes with your child (Humpty Dumpty, Jack and Jill, Mary Had a Little Lamb, etc.) | Number Hunt Walk around your house and have your child find and name as many numbers as they can. They can also search in a magazine or book for numbers. | Letters Play the animal alphabet game. Name a letter and sound and see if your child can think of an animal that begins with it. (Ex. A /a/ alligator) | Music -Make a different musical instrument with an empty toilet paper roll, rubber bands, wax paper (to cover the ends) and rice - a rain stick! -Sing the Alphabet song and practice the sign language. Phonics Song 2 - This is a song that all classes do daily at school. You can even count how many |

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| | | | | pictures are at the end of the song. |
| Obstacle Course Make an obstacle course with simple toys and complete it | Build! Make a fort out of sheets and pillows. Find a flashlight and read a story in your fort. | Sensory Writing Get a cookie sheet out and some sensory items such as shaving cream, sand, sprinkles, flour, or salt/sugar. Have your child touch and feel the stuff and try to describe it with them. Then using their finger or something they could grip like a pencil, have them practice writing various letters and numbers you give them. | Math/Sorting Give your child several different objects and ask them to sort the items. They could sort them by: size, shape, color, or type. (Ex. All the soft things, all the blue things, etc.) | Physical Go outside and ride a bike, go for a walk, or scooter. |
| Inquirer Emphasize curiosity through collecting a variety of rocks outside. Compare and contrast your collection. (size, color, mineral visibility) | Connecting with Adults Go outside and pick up trash and recycling. Next, sort into two categories. | Daily Routines Draw a daily routine chart with your caregiver. Let the chart show what your day looks like and the choices you can make each day | Risk Taker Try tasting a new food together as a family. | Feelings Work on calm down strategies with your child when they are having a strong emotion. In school our curriculum gives them these three steps: <ol style="list-style-type: none"> 1. Put your hands on your tummy and say stop 2. Name your Feeling(I am feeling...) 3. Take Belly Breaths until you begin feeling better |
| Math/ Counting Help your child count the forks and spoons in your kitchen. Ask them: Which one has more? Which one has less? | Emotions Talk about emotions. Have your child make a face/expression to match each: happy, sad, angry, silly, bored, tired, grumpy, excited | Rhyming Find a familiar rhyming story or poem with your child, Dr. Seuss is always good or rhymes in various poems. Discuss words that may be unfamiliar with your child. Then read through the poem or story again and leave out the rhyming words to let your child fill in the missing rhyming word. "The cat in the ____, " | Art Make a craft from recycled materials | Fine Motor Fun Give your child some playdoh and have them roll it out like a snake. Then have them use child-safe scissors to cut it into small pieces. |

