PreSchool Math
The best way to work with your student on number skills is through play!

Counting
- Counters: Put numbers on pots, bowls or any other handy container. Have your child count out the appropriate number for each container.
- Get moving: Play Simon Says and give your child directions that include numbers. For example "clap two times" or "jump three times."
- Fingerprint Counting: Using an ink pad or finger paint, have your child make and count fingerprints on a piece of paper.
- Stringing beads: String beads on a thread or pipe cleaner. Count and see how many fit. You can even turn these into a bracelet or take the beads off and start again.
- Blocks: See how tall you can make your tower before it falls down.

Numbers
- Parking cars: Write or tape numbers on toy cars and create a parking lot or garage with numbered spaces. Have your child park the cars by matching the numbers. You can make this more difficult by placing dots on the cars and having your child match the number of dots with the correct numeral. You can do this task with dolls, animals, blocks or any other toy that your child likes!
- Fishing: Write numbers on pieces of paper in a fish shape or any other shape that’s interesting to your child. You can make them magnetic by attaching a paperclip to each and have your child pick them up with a magnet attached to a handle. Or use a spatula to scoop them up. Your child can name the numbers, count the fish, decide which numbers are bigger and have fun tossing the fish back.
- Bean bag toss: Label buckets or any kind of container with numbers and have your child toss bean bags, stuffed animals, or balls into the containers. You can have your child identify the numbered bucket the landed in, work on more/less, bigger/smaller, and counting with this task.
- Sensory numbers: Have your child practice writing and identifying numbers written in shaving cream, rice, or sand. Using these unexpected materials and practicing while getting messy is so much fun!
- Play Bingo: This game is great for number recognition. You can create your own boards and use what you have on hand to cover the numbers.

Shapes & Colors
- Build shapes using blocks, popsicle sticks, play-doh, pasta, or any other material you have on hand.
- Paint or draw shapes and see if you can turn them into something (e.g., circles become wheels for a car)
- Play "I Spy": You and your child can take turns looking for items that are different shapes and colors in a room, on a tray, or in a bucket of objects.
- Read books like "Mouse Paint" by Ellen Stoll Walsh or "Pete the Cat: I Love My White Shoes" by James Dean and Eric Litwin that include color words and have your child point to, and label colors while reading the book.
Preschool Literacy
Reading is a great way to work on literacy and letter skills!

Reading
- Let your child choose the books and hold the books while you read. Talk about the parts of a book and point to words on the pages.
- Read to your child everyday. While you are reading ask questions, make predictions and check for understanding.
- Questions you can ask: Who are the characters? What is the problem and solution? What do you think will happen next? How do you think the characters feel? How do you know? How can you relate to this story? (has anything like his happened to you?)
- Give everything a name. Help your child improve his or her vocabulary by labeling interesting objects and words.
- Talk about the words you see everywhere. Point out writing that you see out in the world on signs, menus, etc.

Letters
- Sensory Letters: Have your child practice writing letters written in shaving cream, rice, glitter or sand. Using these unexpected materials and practicing while getting messy is so much fun!
- Letter Hide and Seek: Grab any letter materials that you have (magnets, puzzle pieces, bath letters) and hide them in a sensory bin (sand, rice, etc.). Have your child label and identify the letters when pulling them out of the bin. Or you could hide the letters around a room and have your child name the letters as he or she finds them.
- Alphabet Soup: Put letter materials in a pot with water and use a label to scoop them out. Your child can label the letters and sort them into upper and lowercase letters or search for the letters in their name.

Writing
- Have your child practice writing his or her name. You can write the name first using a highlighter and have your child trace it if that works better for your child.
- Have your child keep a journal. You can give your child a prompt each day (e.g., What is your favorite instrument? etc.). Have your child draw a picture to answer the prompt and then write something. It’s ok if your child scribbles!
- Find it. Write it. Draw it. Have your child find a letter that is hidden in a sensory bin, in a room, or in print in the room. The child can write the letter than draw a picture of something that starts with the letter.

Jolly Phonics Sounds
- If your child needs to practice letter sounds here are some fun ways to practice
  - Use the card attached in the resource section, say a sound and have your child find it on the card.
  - Write a letter on a piece of paper and have your child find it on the card and tell you the letter name.
  - Have your child say the sound and do the motion for each letter on the card.

Online Resources
- https://www.starfall.com/h/
- https://pbskids.org/
- https://arbolabc.com/
- www.vooks.com/parent-resources
<table>
<thead>
<tr>
<th>English Jolly Phonics Sound Card</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aa Bb Cc Dd Ee Ff Gg</td>
</tr>
<tr>
<td>Hh Ii Jj Kk Ll Mm Nn</td>
</tr>
<tr>
<td>Oo Pp Qq Rr Ss Tt Uu</td>
</tr>
<tr>
<td>Vv Ww Xx Yy Zz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Spanish Benchmark Sound Card</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aa Bb Cc Cc Dd Ee Ff Gg Gg Gg Hh</td>
</tr>
<tr>
<td>aá b ca cu cereal delfín eée f gú gue gui ge gi ha he hi ho hu</td>
</tr>
<tr>
<td>Ii Jj Kk Ll Mm Nn ÑÑ Oo Pp Qq</td>
</tr>
<tr>
<td>í j k l m n ñ oó p qu que qui</td>
</tr>
<tr>
<td>Rr Rr Ss Tt Uu Vv Ww Xx Yy Zz</td>
</tr>
<tr>
<td>r s t ú u v w x y z</td>
</tr>
</tbody>
</table>
PreSchool Play Activities

Here are some ideas of ways to play at home.

**Play**

The BEST way to encourage learning in your preschooler is through play!

- Allow for playtime everyday
- Encourage use of a variety of toys
- Allow your child to use materials in unexpected ways (e.g., lining up chairs to pretend they are riding a bus or airplane)
- Join your child in play when possible
- HAVE FUN!

**Games**

- Games are a GREAT way to work on social skills like turn taking, sharing, and being a good winner or loser.
- Some games that we’ve played at school are Chutes and Ladders, Candyland, Zingo, dominos, matching games, puzzles, but learning new games as a family is fun too!

**Pretend Play**

- Pretend play is a great way to give your child practice using all of their skills.
- Restaurant: Have your child make menus, practice taking order, give change, set the table and make food.
- Doctor: Have your child pretend to be a doctor or veterinarian. You can use dolls or stuffed animals as patients.
- Any other play scenario that is interesting to your child: setting up a classroom, pizza parlor, airport, ice cream shop, etc. are all fun options.

**Trash & Recycling**

- Our next unit of study is Trash and Recycling and you can encourage your child to explore this topic in his or her play.
- Have your child make an art project using trash. Take a picture and send it to your child’s teacher so that we can share these in our classroom!
- Pretend that you are sorting items into “trash” and “recycling.” Using toy dump and trash trucks can make this more fun. You can also talk about different ways to sort items such as by color, size, shape, etc.
Articulation
- Help your student practice their speech sounds at home in fun ways:
  - Use cereal, chocolate chips or small crackers to turn snack time into speech time.
  - Turn any game into speech sound practice by saying a word each time they move a space on the game board.
  - Make drill practice more fun with stickers, beads/buttons, or bubbles.
  - Check out this website for a list of words to target your child's speech goals:
    http://www.home-speech-home.com/speech-therapy-word-lists.html

Language
- Use engaging books to work on joint attention, expressive/receptive vocabulary, WH- questions
- For early learners, focus on pictures, not just the words. Talk about the pictures, describe the pictures or have your child "read" to you.
- During play, talk about core vocabulary such as "up, down, in, out, more, go, etc." by providing models and setting up language opportunities.
- Withhold an item until your child requests it through sign/gesture/word.
- Bombard language in all daily activities. Talk with your child as they get dressed or during meals.

AAC
- If your child uses AAC, continue to have them to use their device, book, picture system, etc. at home. Encourage them to request, comment and/or label various items they want or are playing with.
- Make sure your child's AAC device, book, picture system, etc. is available to them to use in all settings throughout their day.
- Check out this website for tips on what you can do when interacting with your AAC User:
  https://www.teacherspayteachers.com/Product/Free-Partner-Strategies-for-AAC-Core-Vocabulary-Handout-1596349

Fluency
- The best thing you can do for your fluency student is to model slow, easy speech at home
- Avoid saying things like "slow down" or "take your time"
- Carve out time to play a game with your child, read a book or get on the floor and play to show them they have your undivided attention
- Maintain eye contact during their moments of disfluency
- Check out Cosmic Kids Yoga on YouTube to promote calmness and body awareness

Reading
- Reading is a GREAT way to work on your child's speech and language skills. You can read to them and work on having him or her answer questions, label pictures, or identify pictures. Your child can also read to him or herself to work on increasing skills.
- Books can also be used to practice articulation. Try listening to words or looking for pictures with your speech sounds.
Gross Motor Fun

Here are some activities to do at home.

Guidelines
★ 20 minutes of activity a day.
★ Encourage with positive reinforcement.
★ No one is good at everything, so enjoy their strengths and talents.
★ Respect your child’s fears. Do not force movement. Provide assistance as needed.
★ Play!

Balance
★ Dance to different tempos of music.
★ Freeze dance.
★ Pop bubbles with your feet.
★ Paint with your feet.
★ Sit and reach for puzzle pieces or toys. (Place puzzle pieces all around to encourage reaching to both sides of his/her body.)
★ Sit on an air mattress and reach/play.
★ Tightrope Walking (Place a jump rope on the floor to use as a balance beam, and walk one foot in front of the other. Walk backwards, step over obstacles.)

Strengthening
★ Animal Walks (duck waddle, crab walk, bear crawl, frog hop)
★ Build an obstacle course using objects around the house. (Throw bean bags in a laundry basket, jump in and out of hula hoops, step over and around objects)
★ Games (Simon Says, Follow the Leader, Hop Scotch)
★ Walk fast or very slow. Walk on tiptoes and walk on heels.
★ Jump! Work on jumping (hold hands if necessary). Jump forward as far as you can. Use chalk lines to encourage jumping forward. If your child struggles with jumping, work on landing in a padded area (pillow piles).

Ball Skills
★ Use scarves to practice throwing and catching.
★ Use balloons to practice batting, kicking, throwing, and catching.
★ Work on throwing a ball to a partner.
★ Work on catching. Start up close. Use verbal cues “1-2-3 Catch!”. Work on taking a step back every time your child catches the ball. Be sure your child’s arms are out in preparation to catch (have them imitate your movements “hands out”).
★ Kick a ball back and forth or into a soccer net.
★ Work on bouncing and catching the ball, a precursor skill to dribbling. The pattern should be “bounce-catch”. Your child can say the words out loud to help.
Sensory Activities
Here are some activities to do at home

Tactile
★ Fingerpaint
★ Make mud pies
★ Make pictures in shaving cream
★ Pull items out of a bin of beans or rice
★ Make shapes/letters in a pan on sugar or flour
★ Play with squirt toys in a tub of water
★ Roll, pat and use cookie cutters in playdough

Vestibular
★ Swing on a swing
★ Swing in a hammock
★ Do summersaults
★ Log roll across a room
★ Spin on a sit in spin
★ Spin in a circle
★ Slide down a slide
★ Climb on a jungle gym
★ Ride on a scooter
★ Ride in a wagon
★ Ride a bike

Proprioceptive
★ Jump on a trampoline
★ Wheelbarrow walk
★ Wall/chair push ups
★ Have a pillow fight
★ Move through an obstacle course of couch cushions and boxes
★ Play catch with various size, textures and weights of balls
★ Bounce on a ball or a hippity hop
★ Play hopscotch

Visual/Auditory
★ Play flashlight tag
★ Dance to music
★ Blow Bubbles
★ Play board games (i.e. memory, chutes and ladders, etc)
★ Suck through a straw
★ Sing simple songs
★ Complete simple mazes
★ Complete simple dot-to-dots
★ Hit a balloon back and forth
Fine Motor
Here are some activities to do at home

**Guidelines**
- ★ Encourage with positive reinforcement
- ★ Make activities into games
- ★ Engage in activities with your child
- ★ Practice these skills frequently throughout the day
- ★ Think outside the box (be creative)

**Strengthening**
- ★ Use a hole punch to make holes in through colorful junk mail
- ★ Use squirt bottle to water plants
- ★ Squeeze/roll/pinch play dough
- ★ Ring out/ squeeze sponges in a bucket of water
- ★ Use clothespins or tweezers to pick up cotton balls
- ★ Making sand castles with play sand

**Coordination**
- ★ Cutting up junk mail
- ★ String Beads, macaroni, etc
- ★ Play games (i.e. Mr. Potato Head, Cootie Bug, etc)
- ★ Play dress up with oversized button up shirts
- ★ Put together/take apart Legos, waffle blocks, bristle blocks, etc
- ★ Roll out and cut play dough or cookie dough with cookie cutters

**Fine Motor**
- ★ Push coins through a slotted container or bank
- ★ Peel stickers and place on paper
- ★ Wind up small toys
- ★ Rip paper into small pieces
- ★ Pull beads, coins out of playdough or putty
- ★ Put together puzzles
- ★ Use markers, crayons and glue to create a masterpiece
Social Emotional

Here are some activities to do at home

Emotions Practice
★ Start to use and teach more complex emotions with your child
★ Emotions to be learned: Mad, Sad, Scared, Happy, Frustrated, Surprised, Calm, Angry, Worried, Disappointed, Excited, etc.
★ This can be practiced with an emotion game, such as emotions matching game, uno- each color is an emotion, etc.

Coping Skills
★ Have a discussion with your child about what helps them calm down when they are upset
★ Practice coping skills through games (Ex: matching coping skills, managing losing a game, etc.)
★ Make coping cards that children can use when they are dysregulated (Child can visualize ways to calm down)

Social Skills
★ Practice role playing with stuffed animals (how to problem solve with a peer, ask to play with someone, share, take turns, accept a different outcome than expected)
★ Play games with your child to facilitate good social skills, like turn taking.
★ Give your child social scenarios and ask them what the good choice would be.

Helpful Tips
★ Have a calm corner in your home that a child can go to when dysregulated (bean bag chair, stuffed animals, squishy toys, etc.)
★ Try to stick to a stable and consistent routine
★ Teach compliance through small, quick tasks (Ex: If child asks to play, give them a small job first, like pick up the pencil, and then they can)

Resources
★ PlayKids- Social Skill songs on Youtube
★ Inside Out- Guessing the Feelings on Youtube
★ Controlling Anger Video- Howard B. WiggleBottom on Youtube
★ Getting Along with Others Video- Howard B. WiggleBottom on Youtube
★ Read Aloud Social Emotional Books on Youtube
  ○ “In my Heart” A book about Feelings
  ○ “Stand in My Shoes”
  ○ “Start with Sorry”
★ Emotions- StoryBot Super Songs, Episode 8 on Youtube
★ Many Disney Movies have Social Emotional aspects that can be discussed
★ Many children’s books have Social Emotional Concepts that can be discussed with your child
  ○ Problem solving, emotions, coping skills, social skills, etc.

Primary Social Workers
★ Kelly Porter- kporter@dist50.net
★ Annie Kapecki- mkapecki@dist50.net
★ Please reach out with any questions!