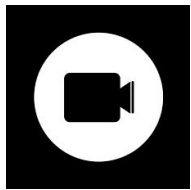




**Ann Arbor Public Schools
Preschool Activities Menu
Week 6, Date: 5/18/20**

[Weekly Message with JoAnn and Michelle](#)

Week at a Glance



Watch a Quick Video Explaining ALL Activities!



[here!](#)

Join JoAnn and Michelle Friday, 5/22/2020 from 2pm - 3pm for an opportunity to talk and connect with other Preschool parents. In this time of isolation, we are here for you to talk about what you are experiencing, what you might have questions about, etc. Please complete this [FORM](#) if you are interested in joining us. We will meet via ZOOM and will send a link via the email you provide.



Quick Links to Activities:

[Understanding Emotions](#) - Explore emotions through songs and art [here](#)

[Draw Your Day](#) - Talk about and draw your schedule for the day [here](#)

[Exploring Shadows](#) - Find, trace, and play with shadows [here](#)






Social Emotional/ Language

Learning Focus of this Activity: Understanding emotions in yourself & other people

Overview of Activity: Playing different games with your child about emotions.

Audio of song--Sung to the tune of Wheels on the Bus [here](#)

Visual of various emotions - [Feeling Poster](#)

Ideas:	Early/Easiest	Middle	Later/Challenging
<p>Sing the Hello song with family members.</p> 	<p>Sing the song to your child as you make a face and have your child guess the emotion. If your child doesn't know the emotion, you can tell them and point to the visual.</p>	<p>Sing the song to your child as you make a face and have your child guess the emotion. Talk about the last time your child had a big feeling.</p> 	<p>Sing the song to your child as you make a face and have your child guess the emotion. Have your child talk about what they can do to feel better when they have a big feeling (sad, mad).</p> 
<p>Fun art activities: You'll need paper, paper plates, paper bag etc. and crayons.</p> <p>For the challenging section, you'll need magazines, scissors and glue.</p>	<p>Parents draw 2 faces on paper (happy, sad or mad). Have your child pick the face that matches your face.</p> 	<p>Have your child draw 3 faces with different feelings on paper, a paper plate or brown bag (like a puppet) and choose how they are feeling.</p> 	<p>Have your child look through magazines or books and look at faces, talk about how that person is feeling. You could also have your child cut out pictures of people in magazines and glue them on paper to make a collage of faces.</p>

Ways to Support Your Child:

Online Read Alouds:

In My Heart: A Book About Feelings by Jo Witek

<https://safeYouTube.net/w/UoMC>

The Feelings Book by Todd Parr

<https://safeYouTube.net/w/QsMC>

Social Boost: Throughout the day, you and your child can talk about and practice coping skills together. Then when they become upset, maybe they will remember to use those skills to feel better. Click the link to see some coping skills to common emotions/feelings; you can practice them in the same If You're Happy and You Know It song, mentioned above - [If You're _____ and You Know It](#). For students who are practicing recognizing facial expressions related to feelings, this might be a fun way to practice too - [Emotions Hokey Pokey](#).

Fine Motor Boost:

- When positioning child size scissors on hand, encourage your child to cut with their thumb up (thumb should be in the little hole and fingers in the big hole of scissors). Your child's elbow should also be tucked by the side of the body and the helper hand should hold/turn the paper.
- To work on hand strengthening, encourage your child to squeeze glue from a glue bottle. Your child may need a reminder of "dot, dot, not a lot." To practice squeezing a dot of glue, your child may need a visual of a dot. Encourage your child to squeeze glue onto the dot.

Language Boost: Discuss all feelings with your child--not just happy/sad/mad. Use words like: excited, disappointed, frustrated, worried, and calm.

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Mathematics/ Fine Motor


Learning Focus of this Activity: Draw Your Day

- This activity will explore *time* and *sequence of events*, allowing your child to *make choices* all while having FUN moving through their daily routines.

Overview of Activity: During the morning, sit with your child and talk about the day and what you will be doing. Together, write and draw a schedule for the day! Be sure to allow your child to choose one thing they would like to do during each part of the day. For example, you might divide the morning like this:

1. Get dressed, brush teeth – child can pick what they would like to wear
2. Play time – child can decide what they would like to play -or- pick one activity from prek list
3. Outside time – child can choose what they would like to play outdoors
4. Eat lunch – child can pick one thing they would like to eat for the meal
5. Rest – child can decide the story they want to read for their quiet time

As you move through the day, point out and discuss your schedule incorporating the ideas below. Be sure to include a talk at the end of day-reflecting on favorite parts and what you might want to change or add for tomorrow!

Ideas:	Early/Easiest	Middle	Later/Challenging
<p>Marking time and recall</p> 	<p>Have your child put a sticker next to or make a mark as they go through the schedule. Put a smiley face next to their favorite part at the end of the day.</p>	<p>As you move through the day, talk about what's coming next and what they might choose to do. Point out about what's first, second, third, etc.</p>	<p>Have your child wear a watch or use a stopwatch and help them record the amount of time that each part of the day took to complete.</p>

Daily message-
Put a small dry erase board or piece of paper at the child's eye level. Use pictures and/or words to share a daily message with your child about what's happening that day.



Draw a simple familiar picture that the child will recognize. For example, pizza will be a choice for lunch today.



Add a one or two familiar pictures and **label them**. For example, for outside time today we will walk to the park.



Outside



Park

Write a sentence about the day and add a picture. For example,

Today, we are going to Target and you can pick one toy!



Ways to Support Your Child:

- Some children may have difficulty drawing the parts of their day, and that's okay. Simply label their drawings with the part of the day -or- help them pick an item they could draw to represent that part of the schedule, such as a shirt for "getting dressed."
- When you sit down to talk about the day, some children may have trouble recalling what happened during certain parts of the day when thinking back. You can help them by saying things like-"I saw you kicking the ball outside" -or- "I noticed you used all of the blue blocks making your castle during play time." These phrases will help your child to remember and then they can add on to your observations.
 - Taking pictures of children doing one or two activities throughout the day is also a way that you can remind them what they did as you recall with them. Then while looking at the pictures, lead them in conversations with phrases, similar to the ones listed above.

Fine Motor Boost:

- Stickers are a great way to work on using a pincer grasp (thumb and index finger) and using two hands together. When peeling off stickers, encourage your child to use his/her thumb and index finger to pull off the sticker.




Language Boost: Your child is used to hearing these words at school "Let's make a plan" or "what is your plan?" before starting something. They are also used to hearing "What do you remember?" or "Let's review" or "Tell me about what you did". Try using these phrases at home!

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Science

Learning Focus of this Activity: Exploring Shadows

Overview of Activity: A Shadow is an area of darkness created when a source of light is blocked

Ideas:	Early/Easiest	Middle	Later/Challenging
What is a shadow?	<p>Outside or inside, show shadows to your child. Use the word shadow often.</p> <p><i>(Look carefully, you'll be surprised at how many there are - look on floors and walls and table tops.)</i></p>	<p>Use a flashlight: Shine the light towards a wall. Hold up an object between the light and the wall. Try different items or your hand/body.</p> <p><i>(If using a lamp, the shadow might appear on the table or floor - look for it!)</i></p>	<p>Change the light:</p> <ul style="list-style-type: none">-Move your body in and out of sunny spots outside.-Put objects in front of and behind light sources. Which one makes a shadow?-Can you make a shadow in the dark? Why or why not?
Create and play with shadows.	<p>That shadow is me! On a sunny day, help your child make and see their shadow on the ground. Make your shadow wave to your child's shadow. Have fun changing body shapes and talking about the shadows!</p> 	<p>Shadow tag: On a sunny day, chase your child's shadow or see if your child is quick enough to step on your shadow!</p> <p>Chalk: If you have chalk, have your child create a shadow and then you draw around it.</p> 	<p>Tower shadows: Use legos, blocks, or empty containers. Build a tower on the floor about 6-8" away from the wall. Shine a flashlight...can you make a shadow on the wall? On the floor? Can you make the shadow bigger or smaller?</p> <p>Toy shadows: Set some of your toys on paper outside on a sunny day. Trace around the toy's shadow.</p> 

Ways to Support Your Child:

Online Read Alouds:

The Day I Met My Shadow by Melissa Brun

<https://safeYouTube.net/w/azeC>

Bear Shadow by Frank Asch

<https://safeYouTube.net/w/N8eC>

Social Boost: Make your own projectors, and act out a shadow show with a family member. - <https://mcm.org/make-your-own-projectors/>

Fine Motor Boost:

- Legos are a great way to work on hand strengthening. Push the legos together to make a pattern. Use two hands together to pull the legos apart. To work on imitation, build a design with the legos and have your child copy your design.

Gross Motor Boost: Shine your flashlight at different spots on an open wall, and ask your child to throw sockballs aiming at the light target. Move the light around after each throw to work on accuracy with throwing.

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<i>{Domain for Activity}</i>
