



Early Childhood Resource Guide



How to Use

We have included three weeks of activities on a calendar and many additional activities and resources to support your child while they are at home.

Please use these resources in a way that works for your family.

There are many different levels of activities to support a wide range of student abilities.

You are not required to do anything additional with your child. However, we wanted to provide developmentally appropriate activities and ideas for parents who are seeking support.

We encourage you to find fun ways to engage with your child and keep working on some of the great skills they've learned in PreK.

What's Included

Weekly Calendar

We've included three weekly calendars to provide activities in the areas of math, language, science, sensory, and self-help or independence skills.

Additional Activities and Ideas

We've also included some additional activities and ideas to enhance learning at home.

Additional Supports

We have included some visual supports and ideas to support students who may have delays in one or more areas. Specific ideas are provided in the areas of independence skills, fine and gross motor development, sensory supports, social/emotional development, pre-vocational skills, and speech/language skills.

***Please note that Knox County Schools has permission from the publisher to reprint.**

Reading Ideas

Scholastic offers two weeks of ELA reading activities for students Pre-K through 9th grade. Each grade level grouping is divided into daily activities. For a Pre-K/Kindergarten level student this includes an interactive read aloud book and activities that correspond. For a 6th-9th grade student, an article that compares and contrasts a topic may be presented.

<https://classroommagazines.scholastic.com/support/learnathome.html>

Storyline Online, streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations. Each book notes a suggested reading level as well as video running time. In addition, each book has an activity guide for teachers (red tab) and some include a parent activity guide as well.

<https://www.storylineonline.net>

Reading Tips

You can't read to your child enough! But many children are not ready to sit through an entire story. Here are a few ideas to make story time more successful:

- Let your child pick the book.
- "Read" the pictures. It's not necessary to read every single word. A quick version is okay!
- Let your child stand up or walk around while you read a few pages. They are still hearing it and soaking up language even if they aren't ready to sit and listen.
- End on a successful note. Take your child's lead. When they are done, it's okay to be done!



Math Ideas

Count objects in everyday context. Use as few or as many numbers as your child can handle.

- As you button your child's shirt
- As you set the table
- Grocery bags from the grocery store
- Stairs as you go up or down

Find objects that go together to work on one-to-one correspondence. Use as few or as many numbers as your child can handle.

- Pair together spoons and forks
- Cups and saucers
- Two colors of Legos
- Count each set of objects and point to each set
- Have child point to each set as he/she counts
- Use words like full, empty, more less

Let your child help you measure while you cook or bake.

- Fill measuring cups and spoons with ingredients
- Use words like full, empty, more less
- Ask questions such as:
 - Can you fill half the cup?
 - Can you fill one teaspoon?
- Use hand over hand support as needed
- Describe what you are doing if your child isn't ready to describe yet

Independence Skills

Almost all children need to practice skills to improve independence. Here are some ideas:

- Buttoning and zipping
- Choosing clothes for the day
- Putting on socks and tying shoes
- Washing hands
- Opening food packages (KCS is distributing breakfast/lunch at select locations)
- Taking care of toileting needs, as appropriate
- Brushing or fixing hair
- Brushing teeth
- Helping to clean or put away clothes or dishes
- Asking for things, using pictures, signs, or words (Help your child use complete sentences)

Pre-vocational Skills

Almost all children need to practice skills to improve vocation skills. Here are some ideas:

- Take turns: set a time for 1-5 minutes and use “my turn/your turn” language
- Play “stop/go,” Mother May I Freeze, or Simon Says to practice following directions
- Practice multi-step directions such as making a sandwich, putting on socks and shoes, making the bed, folding laundry and putting it away, etc.
- Practice staying on task for non-preferred tasks. For example, if your child does not enjoy writing, have them practice 5 minutes, then provide a preferred activity for 5 minutes. Build on to increase the time as they are ready.
- Practice sitting appropriately for a reasonable amount of time.



Sensory Exploration

Some children need extra things to provide sensory input or eliminate too much sensory distractions. Here are a few ideas:

- Explore many textures and senses this could include playing with shaving cream, paint, dirt, water, cotton balls, sandpaper, fabrics, different fruits and vegetables (inside and outside), etc.
- Spinning: some children really benefit from spinning either on their own, own a swing, or with an adult holding them.
- Put a variety of different textures in a small box. Explore the textures.
- Calming Corner- provide a quiet place with dim lighting and soft materials to explore.
- Deep pressure: some children respond well to big hugs, or firmly squeezing their arms, legs, hands and feet.

Sensory Ideas

Some children need extra things to provide sensory input or eliminate too much sensory distractions. Here are a few ideas:

- Using headphones or earplugs to help with noise
- Using lotion to help with touching or itchy skin
- Smells: essential oils or smelly Chapstick
- Silly Putty, Play-doh or Wikki Stix
- Oral tools such as gum, chewy candy, crunchy snacks
- Using fidgets (small items to keep hands busy)
- Using timers
- Opportunities for movement that involve heavy work and use of both sides of the body (obstacle courses, swinging, climbing, carrying heavy items, etc)
- Using weighted or compression items

Online Sensory Resources

Childhood 101: General sensory play ideas (<https://childhood101.com/sensory-play-ideas/>)

Busy Toddler: Sensory bin ideas (<https://www.learning4kids.net/list-of-sensory-play-ideas/>)

Learning4Kids: Sensory/messy play (<https://www.learning4kids.net/list-of-sensory-play-ideas/>)

Fine Motor Ideas

Many children need extra practice to strengthen the muscles in their hands to develop pre-writing skills. Here are a few ideas for cutting:

Snipping

- Licorice laces or Twizzlers: glue on paper to make a picture
- Plastic straws: then string up the pieces to make a necklace
- Styrofoam packing peanuts
- Play-doh and putty
- String cheese
- Hot dogs, French fries
- Dandelion (or other flower) stems, leaves
- Short strips of paper to make paper chains
- Edges of paper plates, Styrofoam plates/cups
- Edges of index cards

Cutting Straight Lines

- Place two rows of stickers or dots on a card or paper; practice cutting between the rows
- Draw a wide line (1/8 to 1/4-inch-thick) to cut short strips of paper to make paper chains
- Cut up junk mail in strips
- Cut along straight lines to cut out coupons

Cutting Shapes

- Circles: cut out the inside circle of a paper plate or along the edge
- Draw triangles, circles and squares on small squares of paper (card stock or index cards are best) that are only slightly larger than the shape. It's easier at first for the child to cut off corners or edges to learn how to cut out the shape.

Complex Cutting

- Cut up magazines or catalog pictures to make puzzles or collages
- Cut up used greeting cards to make a collage
- Fun projects: snowflakes (using folded paper), paper airplanes, paper chains
- Use scissors to cut out circles, triangles and square shapes

Fine Motor Ideas

Here are a few ideas for writing and drawing:

- Copy crosses, squares and X's in a top to bottom direction
- Draw people, animals and objects
- Use multisensory materials to keep drawing and pre-writing interesting, such as drawing in shaving cream, whipped cream, pudding, hair gel, finger paint, sand, etc.
- Use coloring books to color within the lines of the picture
- Print a few capital letters
- Practice writing first name

Here are a few ideas to develop pre-writing skills:

Hole Puncher

- Punch holes along strips of paper (1 to 2 inches wide) or along the edges of paper or paper plate
- Use clippings to make confetti or "snow" to glue on paper for pictures
- Grip style hold punchers are easier for children to use, rather than the small punchers that require a strong pinch to operate

Water Play

- Spray bottles: help water plants or spray the windows to clean, play with it in the bathtub, play outdoors in warm weather
- Food coloring to make spray bottle pictures in the snow
- Water guns and squirt toys: outdoor summer fun as well as in the bathtub
- Sponges: squeezing to wring out water is great for strengthening hands and forearms
- Help wash the car, wash toys and dolls in the sink or bathtub, squeeze sponges on your friends during water play outdoors, bring a bucket or cooler filled with water and sponges to cool off on a hot day during picnics, soccer games and other outings

Doughs and Putty

- Excellent materials for squeezing, squishing, pushing, pulling and molding
- Try hiding small objects (beans, pennies, beads) inside and pulling them out
- Use a rolling pin to flatten it out, then use cookie cutters to make shapes
 - Silly Putty, Play-doh, Sculpey, bread dough, modeling foam (Crayola Model Magic)

Gross Motor Ideas

Some children need extra practice to strengthen the large muscles in their bodies. Here are a few ideas:

Tummy Play

- Lay on your tummy, up on your elbows (No propping your chin on your hands)
- Keep your legs as straight as you can, stretched out behind you
 - Activity ideas: Read a book, Play dough games, sticker games, manipulatives/blocks/magnetic tiles

Superman

- Lay on your belly with arms out front, slowly lift head, chest, legs and feet at the same time (stomach and hips should be the only thing touching the ground)
- Work on arm position first: hit a rolled or tossed ball with both hands or with alternating hands
- Work on maintaining head, chest, and arms in correct position between ball hits
- Work in short bursts (1-15 seconds) and focus on increasing QUALITY of the position and then increase how long the child can hold it.

Popcorn Exercise

- Have your child lay down, supine (back) on the floor, with arms and legs extended
- Encourage child to bring chin to chest and curl up by supporting knees with hands
- Then, with control over their movements, have child bring their body back to its original position
- 1) Stretch, 2) (curl up) Cross arms, head up, feet and knees up, 3 POP!

Tightrope Walking

- All you need is a bit of masking tape and a little imagination, and you can make all kinds of tightrope obstacle courses using your child's favorite toys
- A simple example is to have the child walk from one end of the room to another with an object in each hand and then stand on a step stool at the end of the "tight rope" and bend over to place each object in a bucket.

Animal Walking

- Write different animals on pieces of paper, put in a hat and have child randomly choose and walk like the animal. Let family try to figure out the animal chosen.



Social Emotional Ideas

- Talk about emotions with your child.
- Ask them “How are you feeling?”
- Use the visual support included for emotions and ask your child to point to the emotion they are feeling if they can’t use words to describe.
- Use a mirror to have child show different faces relate to emotions.
- Act out feelings with stuffed animal or puppet.
- Ask child to draw a picture about how they are feeling.

Speech Language Ideas

Some children need extra practice to improve speech articulation skills (the way the child makes the sound). Here are a few ideas:

- Choose your child’s favorite book and highlight/note all the target sounds (i.e. if working on /s/ sound, find words with /s/ in them) When you get to the word, focus in and model/practice the sound correctly.
- Find toys that begin (or end) with a target sound. Use a container or bag to “collect” items around the house. Then place them on the table to talk about and play with OR use the bag of items to initiate a game of hide and seek.
- Play “I Spy” with a focus sound. All items named must have the practice sound! The Where’s Waldo books are a good way to practice target sounds too in this way! Have the child find items on each page that start with their practice sound.
- There are some great songs with focus sounds available on websites such as YouTube. You can search “speech songs” or search by a specific sound.

Some children need extra practice to improve the fluency of their speech (speaking smoothly and at an appropriate speed). Here are a few ideas:

- Try reducing your rate of speech when talking with your child while still maintaining a natural cadence or rhythm.
- Do not allow your child to be interrupted by others when speaking or allow others to finish their sentences for them. Do allow time for your child to complete his/her statement. Try to maintain eye contact and use gestures, such as an occasional head nod to indicate you are listening and attending to his/her thought
- Repeat your child’s sentences back to them at a slower rate of speech. For example, if the child says, “I- I-I went outside a-a-and played baseball,” you could reply, “You

went outside and played baseball?” in a slow, steady, and relaxed manner.

- When your child is experiencing moments of disfluency, reduce the complexity of your questions.
- Instead of asking open-ended questions (i.e. “What did you do today?”), ask close-ended questions (i.e. “Did you play inside or outside today?”).

Some children need extra practice to improve their receptive language skill (understanding and comprehension). Here are a few ideas:

- Utilize books that are read aloud online if you do not own them.
- Ask functional wh- questions throughout daily activities (for instance, what/when/where questions can be utilized while doing laundry, making dinner, or playing a board game)
- Play “I Spy” while looking out of the car window or around the house.
- Practice labeling familiar/basic (i.e. food, animals) and unfamiliar (appliances, businesses) vocabulary items.
- Life skill activities are a great way to work receptive language. For example, following directions while cooking and baking or completing household chores such as dusting and doing the laundry. As an extension, take pictures of your child at each step of the activity then later have them put the pictures in order of the steps.

Some children need extra practice to improve their expressive language skills (using words to express themselves). Here are a few ideas:

- Name items together when looking at a book, in the car, looking outside or while playing.
- Ask questions about what is happening in a story and why it is occurring. For example, “What is she doing?” “How is she feeling?” “What’s happening in this picture?”
- Bubbles: Blow bubbles and then pause. Ask your child to say, “More bubbles,” “I want bubbles,” “big bubbles” or “My turn”. This targets appropriate requesting and expanding their sentence lengths.
- Sing songs together and allow your child to imitate a repetitive sound/word (i.e. “E I E I O”) or finish the sentence (i.e. sing “Old MacDonald had a,” and allow your child to finish the sentence).
- Use pictures/drawings/photos to make a book or sequence of events and make up a story about the pictures.
- Pretend play: Use toy cars or animals. Give your child the opportunity to make requests “I want...” or “I need...” phrases. Ask your child to express what the animals/cars are doing. Have your child verbalize “go again” or “go up/down” or “ready...set...go”.

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 *Nursery Rhyme of the week *Sensory Exploration	7 *Nursery Rhyme of the week *Choose an Alphabet activity	8 *Nursery Rhyme of the week *Math Fun	9 *Nursery Rhyme of the week *Science Exploration	10 *Nursery Rhyme of the week *Be Creative	11

<p>Nursery Rhyme of the Week (pick from the ones included): Practice one or two lines each day. Choose activities from the list provided or come up with some on your own. On Friday call a family member or friend and you and your child can recite the nursery rhyme.</p>	<p>April 6 - Sensory Exploration Explore (either inside or outside) Find things you can see, touch, smell, taste, or hear. Use words to describe the object such as the color, the texture, or sound, or make comparisons such as “this leaf is slick, but this leaf is prickly”.</p>	<p>April 7 – Alphabet Activity choose an alphabet activity from the list that is appropriate for your child’s development and interest.</p>
<p>April 8-Math Fun Choose easy household items to count and sort such as silverware, cups, pieces of laundry, cotton balls, cans in the pantry, etc. Extension: Tally and graph how many of each and compare. Which has more? Less? Equal?</p>	<p>April 9 - Science Exploration Spring Matching Game (see handout for directions) After playing with your child, explore (either outside or inside) and see if you can match the cards to the real objects. Also, look for leaves, petals, seeds, stems, and roots.</p>	<p>April 10 - Be Creative Let your child use crayons or markers, or other materials you may have at home, and create a spring picture. Reflect on some of the things you and your child saw during the week. Help your child label the objects in the picture.</p>

*Practice improving independence skills each day with your child. Examples are included in the Resources Guide.

* Find some time to read with your child each day, or have an older child read to them.

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 *Nursery Rhyme of the week *Sensory Exploration	14 *Nursery Rhyme of the week *Choose an Alphabet activity	15 *Nursery Rhyme of the week *Math Fun	16 *Nursery Rhyme of the week *Science Exploration	17 *Nursery Rhyme of the week *Be Creative	18

<p>Nursery Rhyme of the Week (pick from the ones included): Practice one or two lines each day. Choose activities from the list provided or come up with some on your own. On Friday call a family member or friend and you and your child can recite the nursery rhyme.</p>	<p>April 13 - Sensory Exploration Explore (either inside or outside) Identify objects that are above your head, below your feet, use the words under, above, besides, left, and right and help your child identify objects in those positions. You could use a stuffed animal and have your child move the animal to those positions.</p>	<p>April 14-Alphabet Activity Choose an alphabet activity from the list that is appropriate for your child's development and interest.</p>
<p>April 15-Math Fun Matching Numbers and Dots (see handout) Help your child count the dots and match with the numbers, then let your child use the numbers and some objects he/she has at home to choose a number and then count out that number of objects.</p>	<p>April 16- Science Exploration Go outside with your child, see if you can find the following things: A spider web, 2 things in the sky, something living, something green, 3 birds, some water, something bumpy Tech Connection: Use a phone to take pictures of the objects.</p>	<p>April 17-Be Creative Movement exploration: Name an animal, have your child move like the animal or make the noise like the animal.</p>

*Practice improving independence skills each day with your child. Examples are included in the Resources Guide.

* Find some time to read with your child each day, or have an older child read to them.

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20 *Nursery Rhyme of the week *Sensory Exploration	21 *Nursery Rhyme of the week *Choose an Alphabet activity	22 *Nursery Rhyme of the week *Math Fun	23 *Nursery Rhyme of the week *Science Exploration	24 *Nursery Rhyme of the week *Be Creative	25

<p>Nursery Rhyme of the Week (pick from the ones included): Practice one or two lines each day. Choose activities from the list provided or come up with some on your own. On Friday call a family member or friend and you and your child can recite the nursery rhyme.</p>	<p>April 20- Sensory Exploration Fill a small box with items of different textures, encourage your child to pull an item out of the box and describe it by identifying the color and texture of the object. Help your child use words like bumpy, smooth, sticky, hard, soft, fuzzy, etc. Describe for your child if needed.</p>	<p>April 21-Alphabet Activity Choose an alphabet activity from the list that is appropriate for your child's development and interest.</p>
<p>April 22-Math Fun (choose one) *Use the domino cards (an adult should cut them apart). Play with your child by helping them match the amounts together to make a domino train. Help your child count the dots. Discuss which number is more or less.</p>	<p>April 23- Science Exploration Color Walk- Use the color and color word cards and find objects that are those colors. Use some objects for sorting by color, using the color card and the color word as labels.</p>	<p>April 24-Be Creative Make a Museum - have your child make a collection and then share the collection. They can make a sign to label the collection and then tell about the objects, such as how they're alike, how many, why the objects are special to them. A collection can be any group of items that goes together such as rocks, buttons, flowers, toys, etc.</p>

*Practice improving independence skills each day with your child. Examples are included in the Resources Guide.

* Find some time to read with your child each day, or have an older child read to them.

Alphabet Activities

Letter of the day: choose a different letter each day

1. Write the letter
2. Draw the letter in sand or salt on a tray
3. Find something that starts with the letter
4. Look for the letter in magazines, old mail, catalogs
5. Use letter cards, find the capital and the lowercase letter

Alphabet

1. Deal the Alphabet Cards (included) ~ one to you, one to me; great fine motor skill
2. Flash! Use the cards like flashcards, showing them one at a time and having the child call out the letter or sound. Make it fun!
3. Sort those letters made with straight lines vs. curved lines
4. Order the cards according to the alphabet. Can you do it backward? How fast can you do it?
5. Play the Memory game with the capital and lowercase letters
6. Trace the letters with fingers, toes, or even your nose!
7. Construct a letter ~ using the letter card as your guide, build the letter using blocks, toys, dough, or even food!
8. Hunt objects in/around the house that begin with each letter, stick the letter card on the object to identify
9. Make a collage for each letter. Take the letter card and glue it to a sheet of paper. Then find and cut pictures that begin with that letter and glue them to a paper as well
10. Recall ~either looking at the alphabet or not, quiz on letter order. What letter is after Q? Before H? OR What sound does J make? L?
11. Word Ladders spell a simple word, like HAM, then change the word by changing the first letter; JAM, SAM, AM, PAM, RAM
12. I Spy. certain things out in the world look like letters. Take your letter cards on a walk

through the neighborhood. A tree branch looks like a V, a swing set looks like an A, a street corner looks like a T

13. Run Off Some Energy ~ run, walk, skip, jump in the shape of each letter

14. Sort or match the uppercase letters and lowercase letters

Modifications:

Use "hand-over-hand" to help your child point to numbers or trace.

Model for your child by showing them if they aren't quite ready for the activity. Use lots of language to describe everything you can.

Additional Activities for Movement and Language Building

1. Dance
2. Create an obstacle course with toys, furniture in your home or outside
3. Move like various animals
4. "Paint" the house with water and paintbrush
5. Use toys or animals and put on a show or act/out tell a story
6. Go on a Spring listening walk: Take a walk around the neighborhood and encourage children to listen for the sounds of spring. These could be birds chirping, sprinklers running, lawn mower engines, children playing, etc. Children can name what they hear.
7. Paint with nature: Clip pinecones, flowers, leaves, feathers (and any other spring-related item you can think of) to clothespins. Set in these natural brushes in the art center in place of paintbrushes and encourage young learners to create.
8. Set out a blanket and lay back and watch the clouds move. Ask children if they see any particular shapes in the clouds.
9. Have a picnic outside: Take snack time or lunch outside. Spread out blankets and eat outdoors, enjoying the sunshine and fresh air.
10. Call a family member or friend - have your child ask the family member some questions then child can draw a picture or retell the information

Examples of questions:

- What was your favorite game to play when you were my age?
 - What is your favorite food?
 - What is your favorite color?
11. Read a story- ask your child about the characters, have them retell the story to you, let them act out the story, pretend you are a character and have the child ask you questions
 12. Play a guessing game- put an object in a bag or behind you and have your child ask questions or give your child clues to guess the mystery object.

Additional Math Activities

1. Shape activity: Sing and play the “Where is Shape” game. (Handout Included) Where is triangle, where is triangle, here I am, here I am.
How are you today sir?
Very well, I thank you,
run and hide, run and hide. (sung to the tune of “Where is Thumbkin”) Change each verse to match the shape name. Child can find the shape and then hide it behind their back.
2. Use the number cards (Handout Included) to have your child work on counting objects. Have your child choose a number and count out that many objects. Students can also move in some way to the number. For example, clap 10 times, jump 4 times, pat your knee 6 times.
3. Put the number cards in order.
4. Have a number scavenger hunt. Hide the numbers around the house, or in plastic eggs, and have your child find them and then put them in order.
5. Have your child draw a number from the bag and then write the number or build the number using materials he/she may have at home.
6. Sort something- use objects your child may have at home and sort them. Children can sort by color, size, shape, type of object, or have them tell you how they sorted them.
7. If you have playing cards, use the cards like a memory game and have your child match the numbers.
8. Color - choose a color and have your child find objects that are that color. Add a number such as, find 3 blue objects.
9. Count with your child as you go up or down stairs.

Modifications:

Use “hand-over-hand” to help your child point to numbers or trace.

Model for your child by showing them if they aren’t quite ready for the activity. Use lots of language to describe everything you can.

Nursery Rhyme Activity Ideas (Handouts are included)

Hickory Dickory Dock

1. Act out the rhyme using props (Drawings, toys, pictures) emphasizing directional words: up/down
2. Have pictures of different family members available to choose from. The student makes the choice and then that person goes up the clock. The same activity can be done with pictures of animals.
3. Using number cards, draw a card to determine the time the clock strikes. Then the child gets to ring a bell, hit a drum, or yell “bong” that many times.
4. Tech Option: YouTube: Sesame Street: Hickory Dickory Dock/Kermit News is great!
5. Make a paper plate clock. Put the numbers in order.

Jack Be Nimble

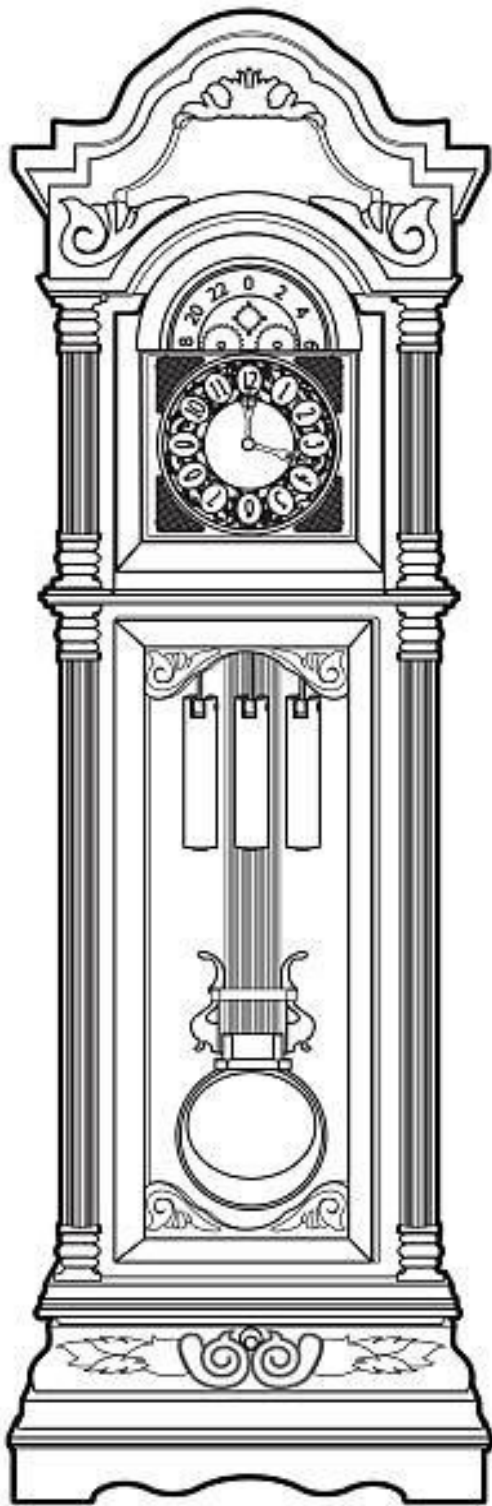
1. Act out the rhyme, jumping over a real candle or one made of rolled up construction paper, or you can use an empty toilet paper tube. Take turns putting names of other people in the rhyme as a way of taking turns and name recognition. Names could also be written on pieces of paper and read as they are chosen. Photos could be used in place of written names as well.
2. Choose other ways to get to the other side of the candlestick: walk around, crawling, stomping, spinning..... Ideas can be spoken or chosen from picture choices. Children can use stuffed animals to move instead of jumping or moving themselves.
3. Focus on positional concepts by choosing to jump over it, walk beside it, go under it.....
4. How many candles can you jump over? Students can make guesses of how many they can jump over or choose a number from number cards. Predict if they can jump over that many, and then attempt.
5. Science experiment (with adult help): cover a lit candle with a glass. Make predictions about how long until the flame goes out due to lack of oxygen. Use the timer on your phone, oven, or microwave to test your prediction. Explain that fire needs oxygen to burn.

Humpty Dumpty

1. Use the Humpty Dumpty page. Cut into several “puzzle pieces”. Hide the pieces and go on a Humpty Hunt. Once the pieces are found, put the puzzle together, holding pieces together with tape or band aids (opening the band aids can be a great fine motor activity).
2. Build a wall for Humpty. Use blocks, Legos, cans....anything you have. Count how many you stack for the wall. Make short walls, tall walls, shorter and taller walls too. Draw a number from the number cards and make a wall that tall.
3. Tech Option: YouTube: Sesame Street: Humpty Dumpty’s Fall/Kermit News.
4. Drop a hard-boiled egg off of the walls built in activity #2 or use a plastic egg filled with rice or sand. See how tall you can build it before they break. Use a raw egg to demonstrate the difference.

Hey Diddle Diddle

1. Act out the rhyme. Put family member’s names in for the part they are playing. (Ex. Hey diddle diddle, (name) with the fiddle, (name) jumped over the moon, (name) jumped over the moon, (name) laughed to see such fun and (name) ran away with (name).
2. Dish and spoon races – carry an object in a spoon (ex. Ball in a spoon) and put the object in a dish at the finish line.
3. Sequence activity (use cards that are provided). Your child can retell the rhyme using the cards.
4. Substitute the animals in the rhyme. Use a theme, such as zoo animals, forest animals, dinosaurs, or ocean animals. For example, hey diddle diddle, the whale and the fiddle, the fish jumped over the moon. The little octopus laughed to see such a sight, and the clam ran away with the spoon.



Hickory Dickory Dock

Hickory dickorydock, the
mouse ran up the clock.
The clock struck one, the
mouse ran down.
Hickory dickorydock.

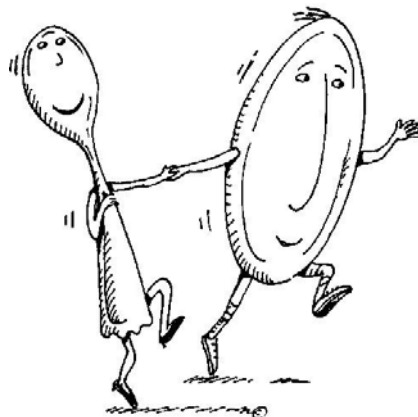
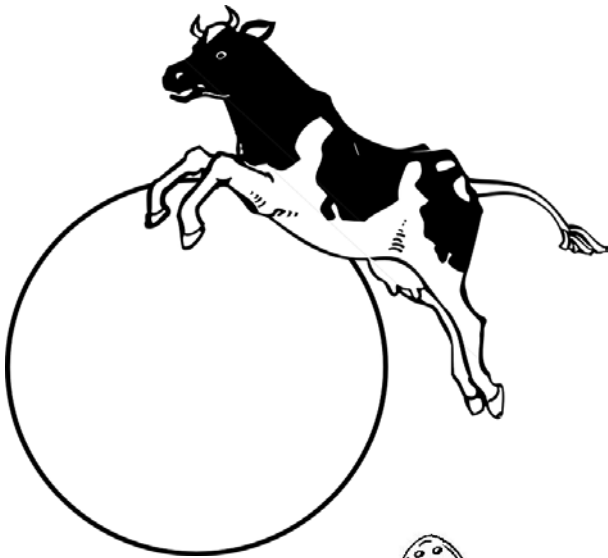


Hey Diddle, Diddle



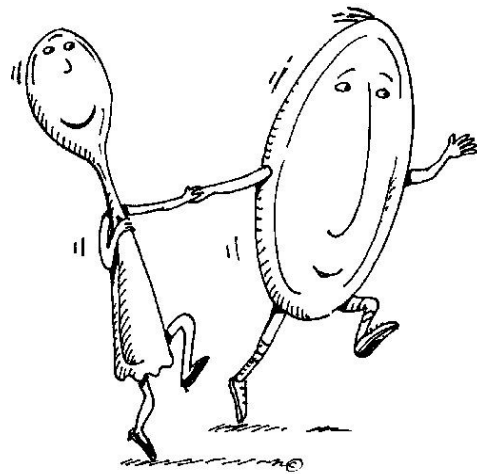
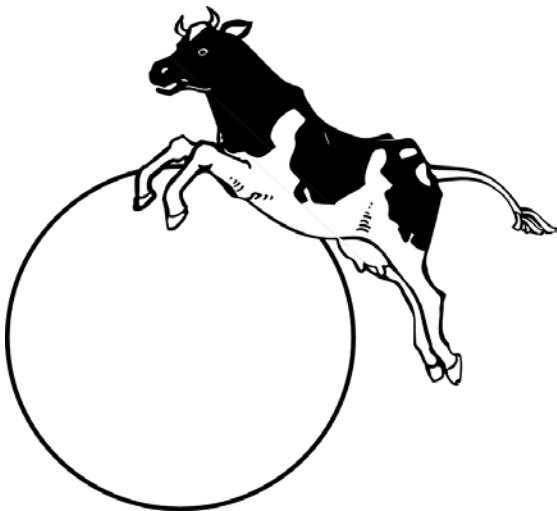
Hey diddle, diddle, the
cat and the fiddle, the cow
jumped over
the moon.

The little dog laughed to
see such a sight, and the
dish ran away with the
spoon.



Hey Diddle, Diddle Sequence Cards

Help your child color the pictures and then cut along the lines. You and your child can put the pictures in order to go with the nursery rhyme.



Jack Be Nimble

Jack be nimble, Jack be
quick,
Jack jump over the
candlestick.



Ideas:

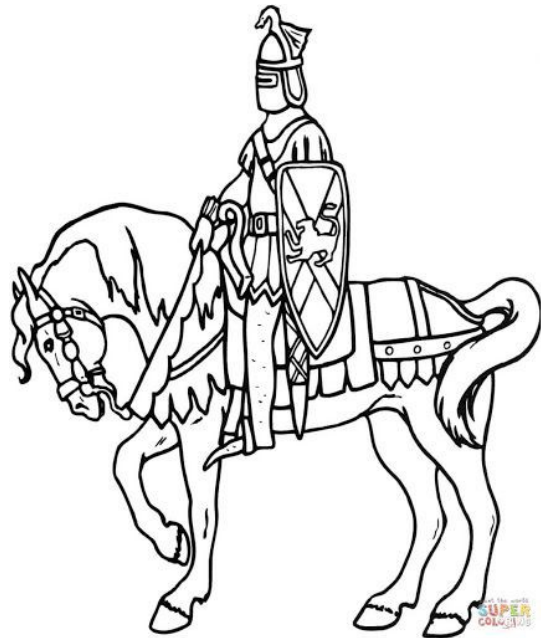
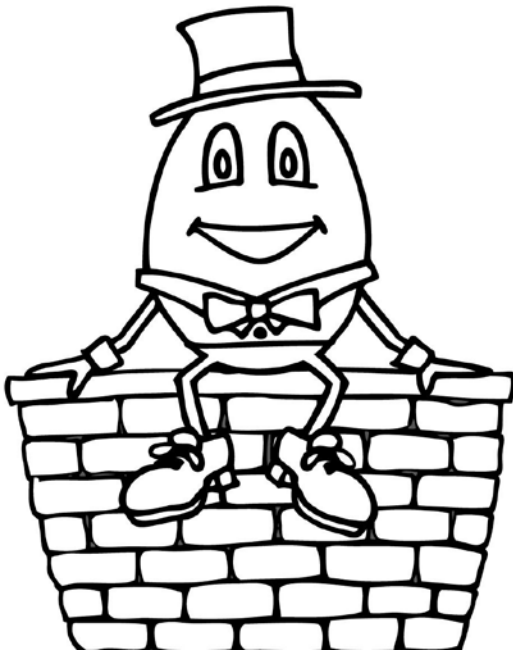
Substitute your child's name for Jack. Play with other family members or use toys and name the toy. Use their names.

You may use any object for a candlestick, have your child either jump over the object or move a toy over the object.

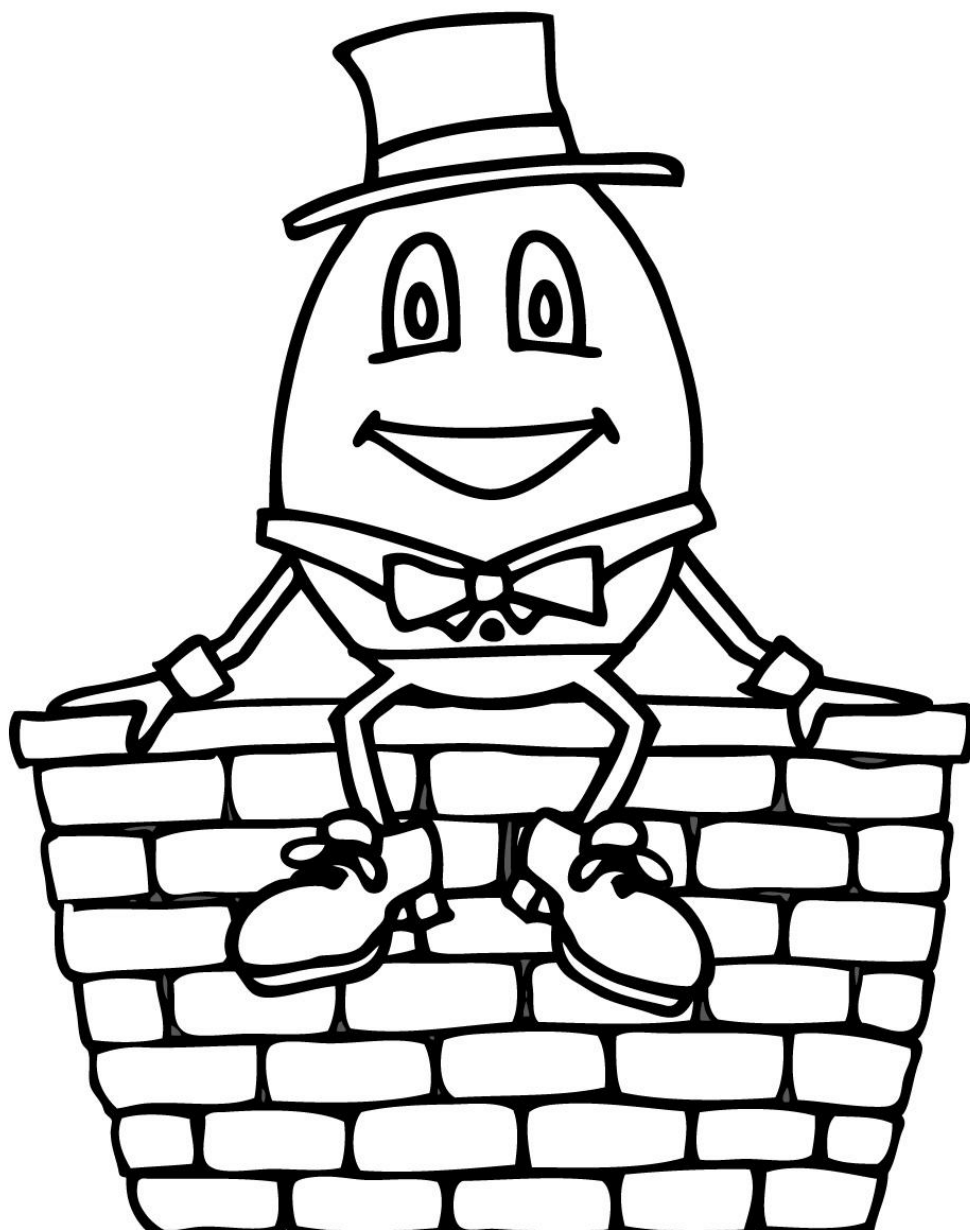
Use other positional words and change the rhyme, for example, Sally be nimble, Sally be quick, Sally crawl under the candlestick.

Humpty Dumpty


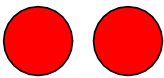
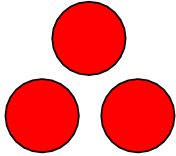
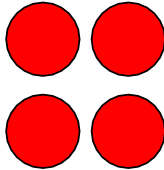
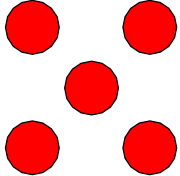
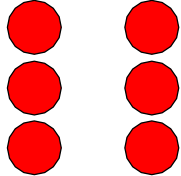
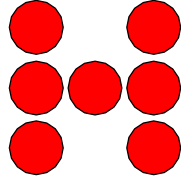
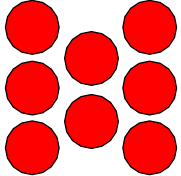
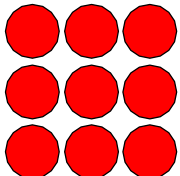
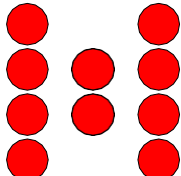










Humpty Dumpty sat on the wall. Humpty
Dumpty had a great fall.
All the king's horses and all the king's men,
couldn't put Humpty together again.



Help your child color Humpty Dumpty and then have an adult can cut the picture into puzzle pieces. You and your child can put Humpty Dumpty together again!



Matching Numbers and Dots

 One	 Two	 Three	 Four
 Five	 Six	 Seven	 Eight
 Nine	 Ten	 One	 Two
 Three	 Four	 Five	 Six
 Seven	 Eight	 Nine	 Ten

Spring Matching Game

Print two copies of the pictures.

Cut out the squares.

Mix them up and place face down.

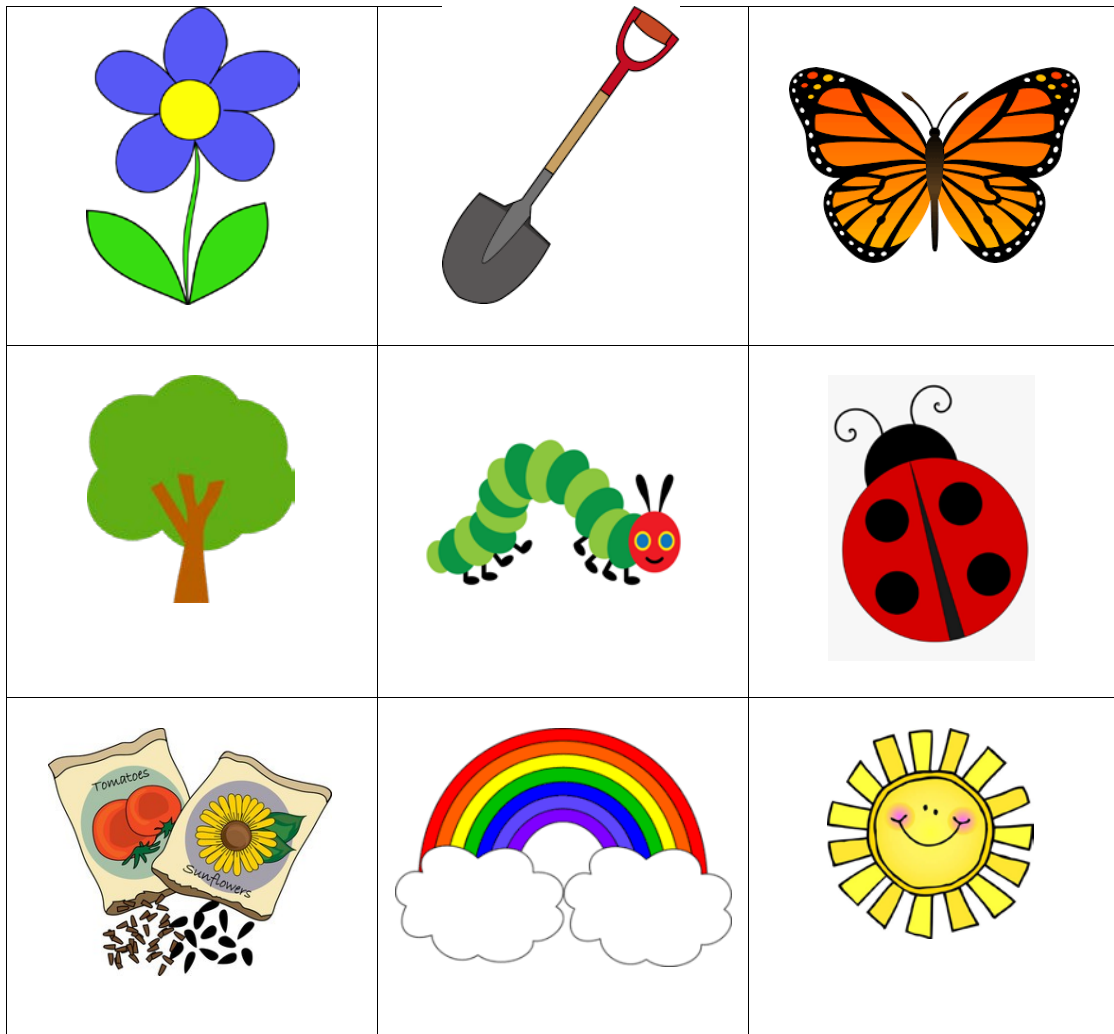
Take turns turning over two cards in attempt to match pictures.

Modifications:

Keep pictures face up and match pictures

Use fewer sets of pictures

Have children name pictures with simple words



Spring Matching Game

Print two copies of the pictures. Cut out the squares.

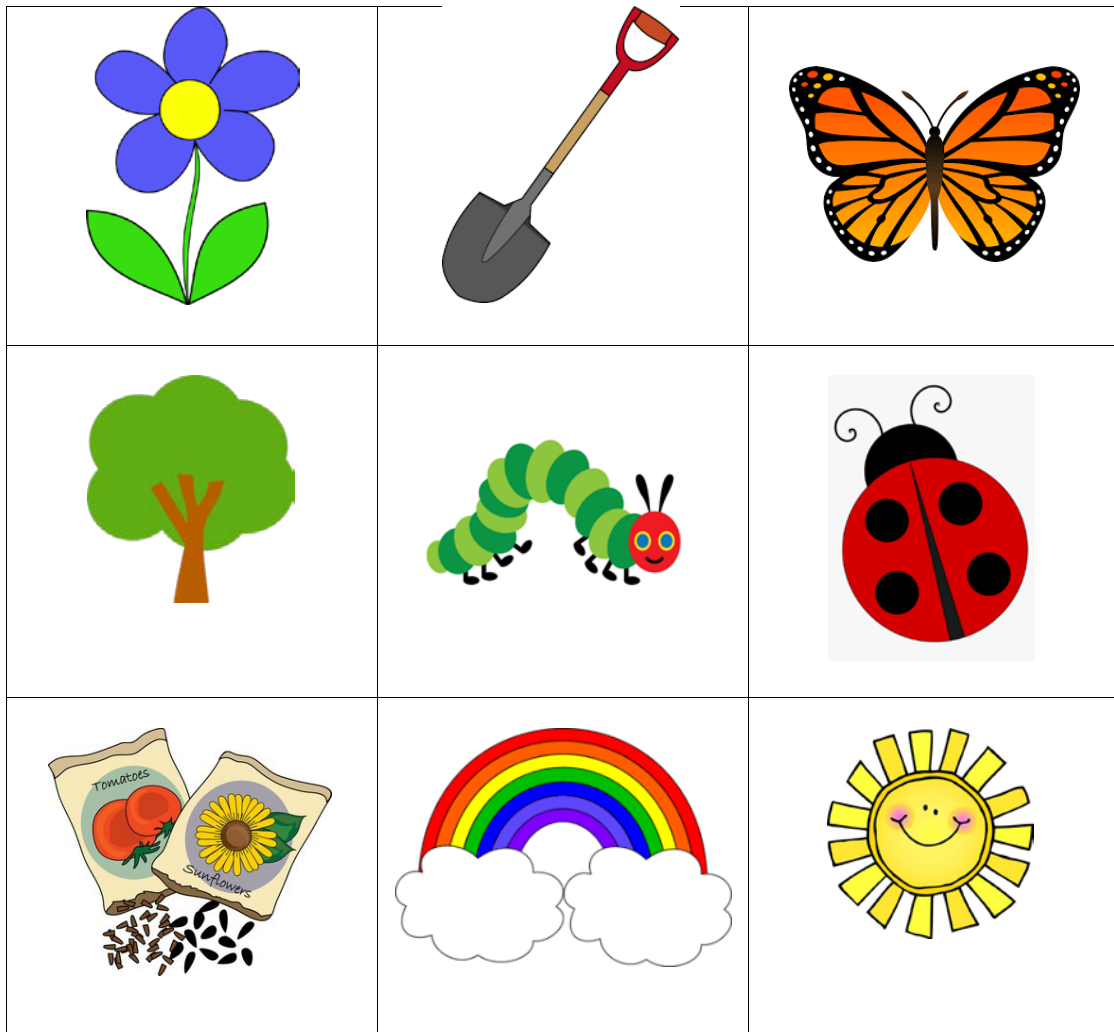
Mix them up and place face down.

Take turns turning over two cards in attempt to match pictures.

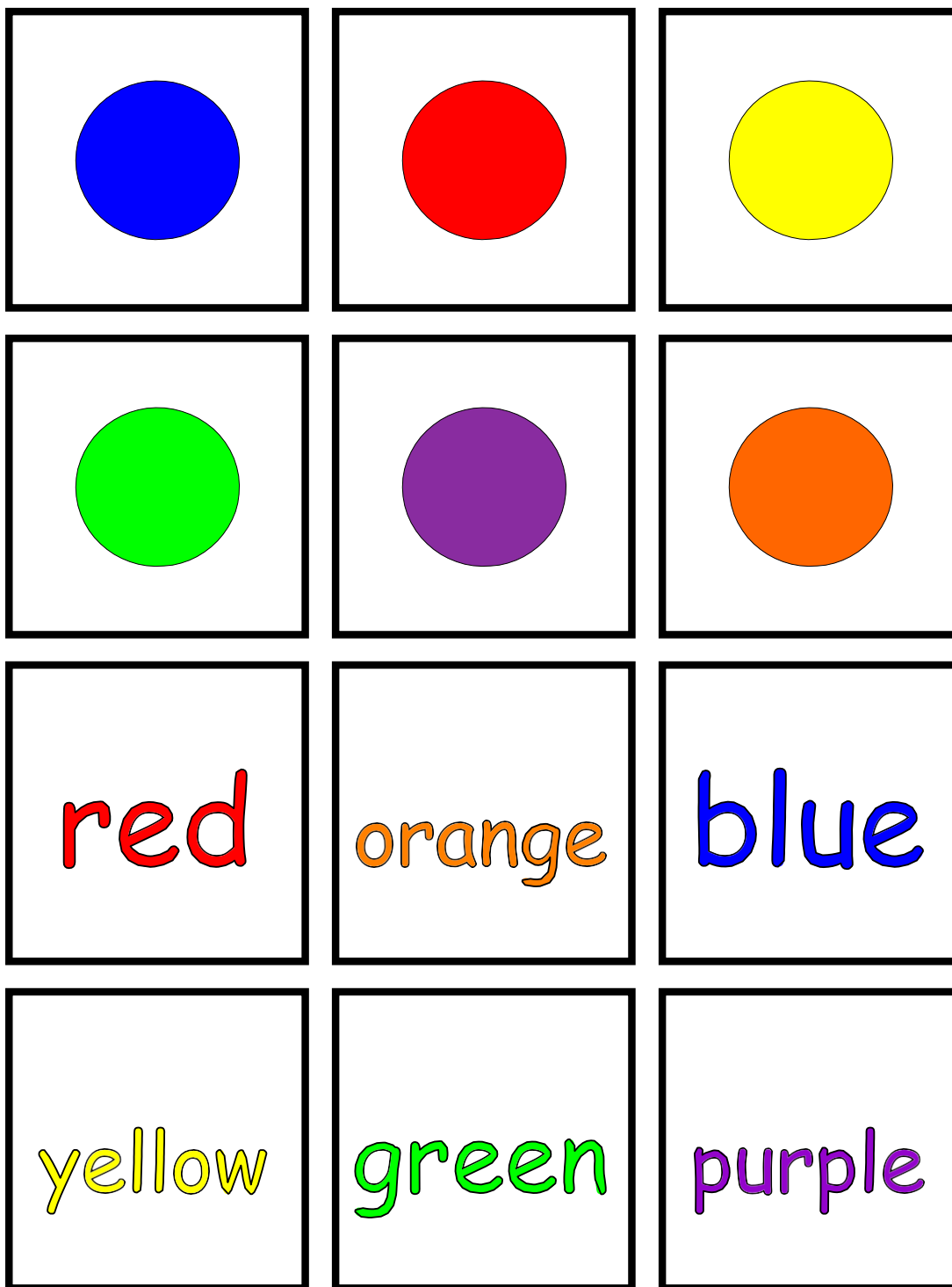
Modifications:

Keep pictures face up and match pictures Use fewer sets of pictures

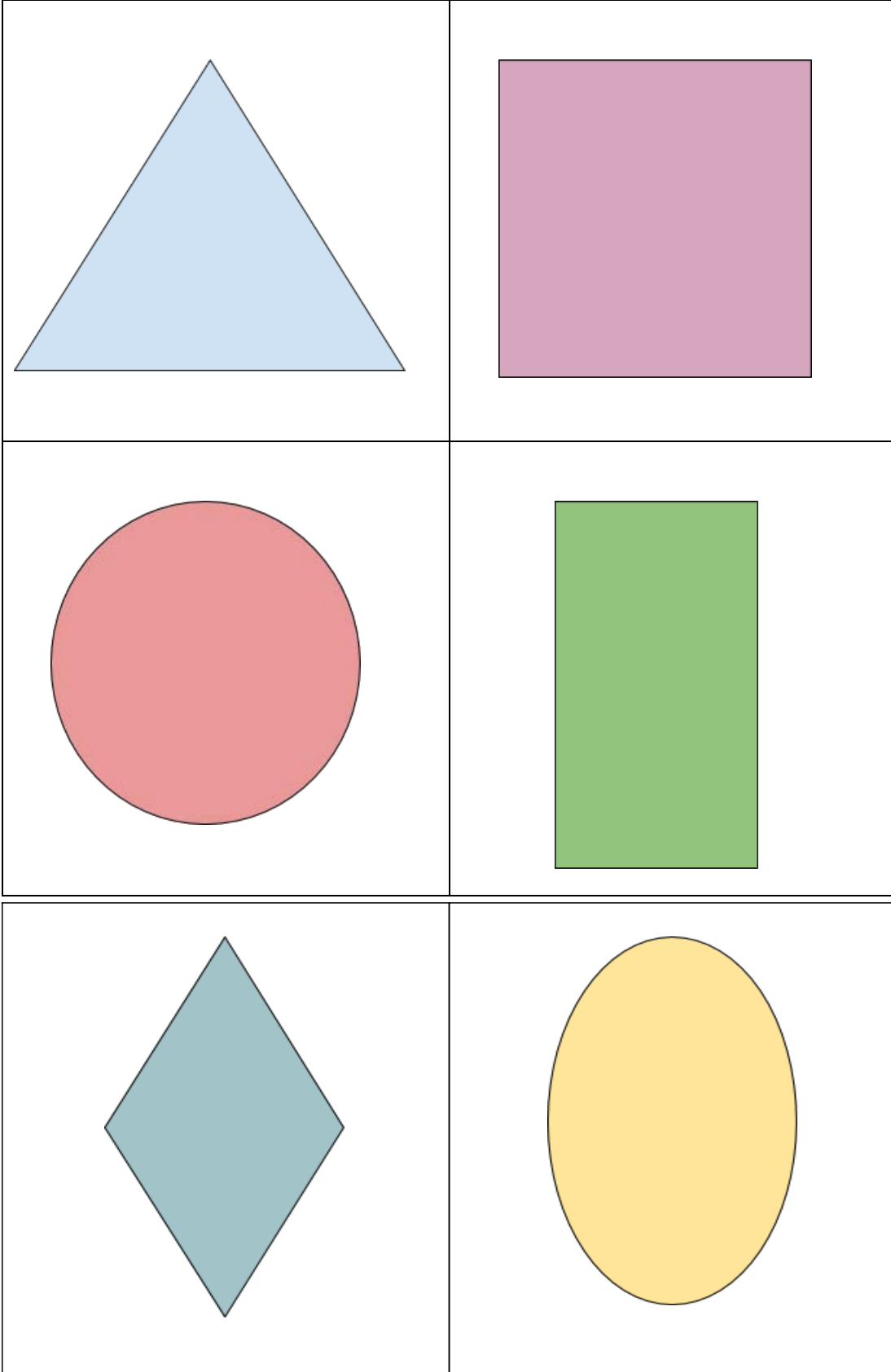
Have children name pictures with simple words















Cut out the boxes and use to play a Memory Game or to match and label objects.



“Where is Shape” Game: Cut out along the lines so that children may use the shapes.



 I Have	 I Want	 I Know
 Red	 Orange	 Yellow
 Green	 Blue	 Purple
 Black	 Gray	 White

Cut the number cards out and they may be used for a variety of math activities.

0	1	2
3	4	5
6	7	8
9	10	

Cut the number cards out and they may be used for a variety of math activities.

11	12	13
14	15	16
17	18	19
20		

A

a

B

b

C

c

D

d

E

e

F

f

G

g

H

h

I

i

J

j

K

k

L

l

M

m

N

n

O

o

P

p

Q

q

R

r

S

s

T

t

U

u

V

v

W

w

X

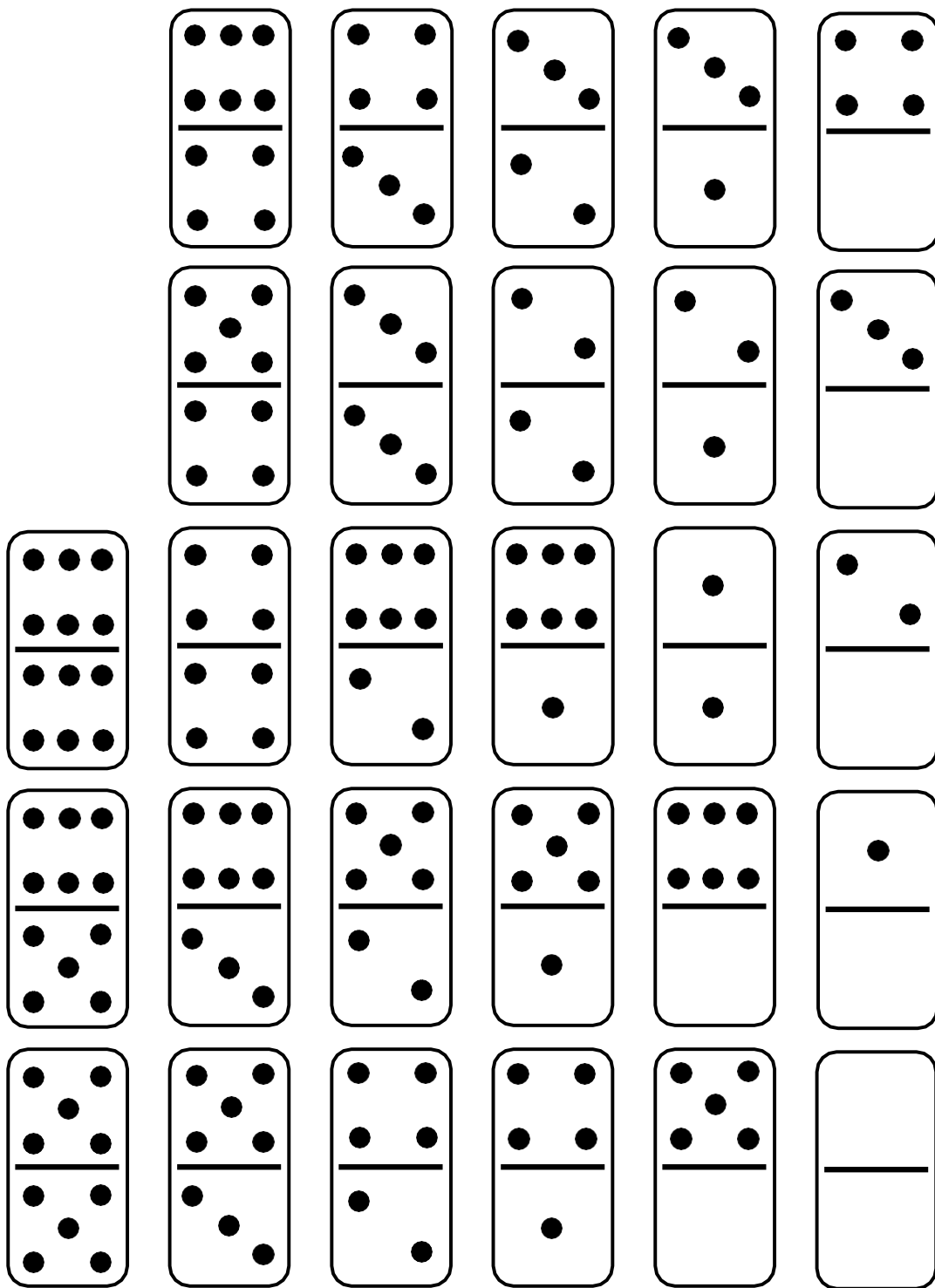
x

Y
























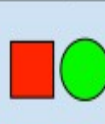







y

Z

z



Snack Core Board

 snack	 goldfish	 animal Crackers	 cookies	 pretzels	 popcorn
 chips	 fruit	 crackers	 juice drink	 water	 Please
1 1 / a	2	3	4	5	 Thank You
 I-me	 who	 what	 do-does-did	 big	 good
 you-your	 don't-not	 go	 help	 different	 bad yucky
 like	 look-see	 turn	 want	 all done-finished	 more

Snack Core Board

©2018 LessonPix, Inc - All Rights Reserved

Potty Schedule



©2018 LessonPix, Inc - All Rights Reserved

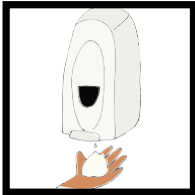
Washing Hands

1.



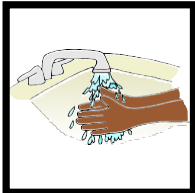
Turn on water

2.



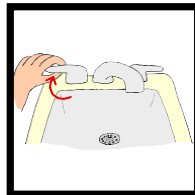
Get soap

3.



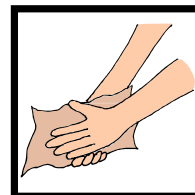
Wash hands

4.



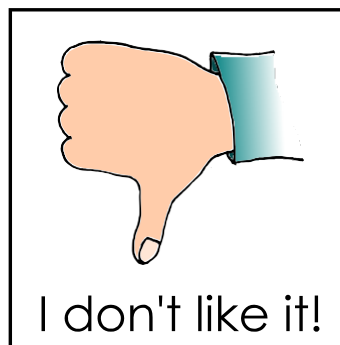
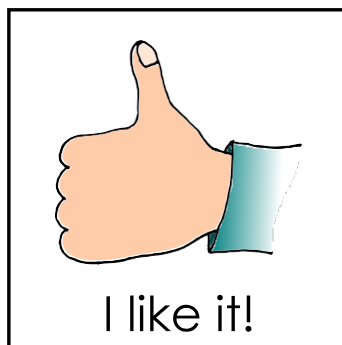
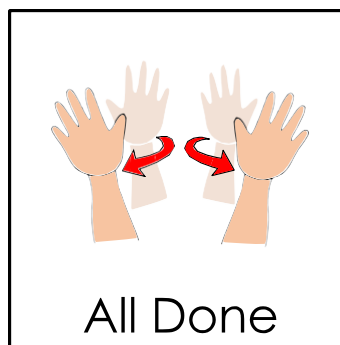
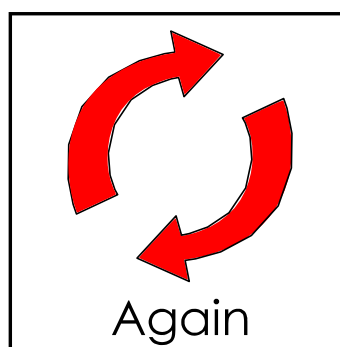
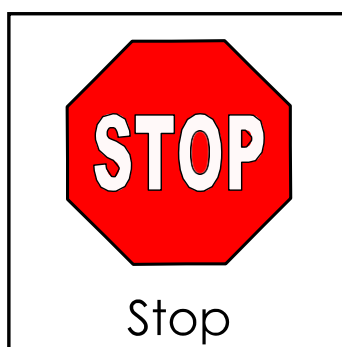
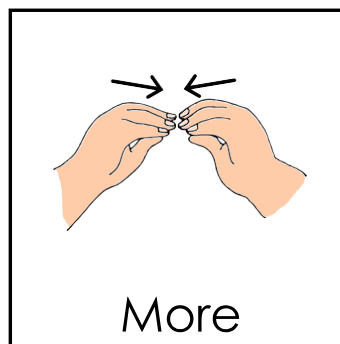
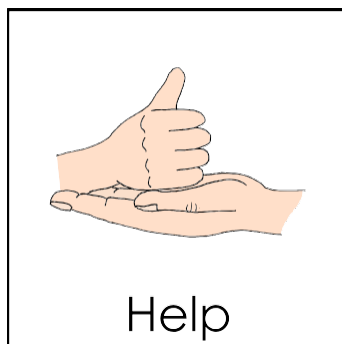
Turn off water

5.

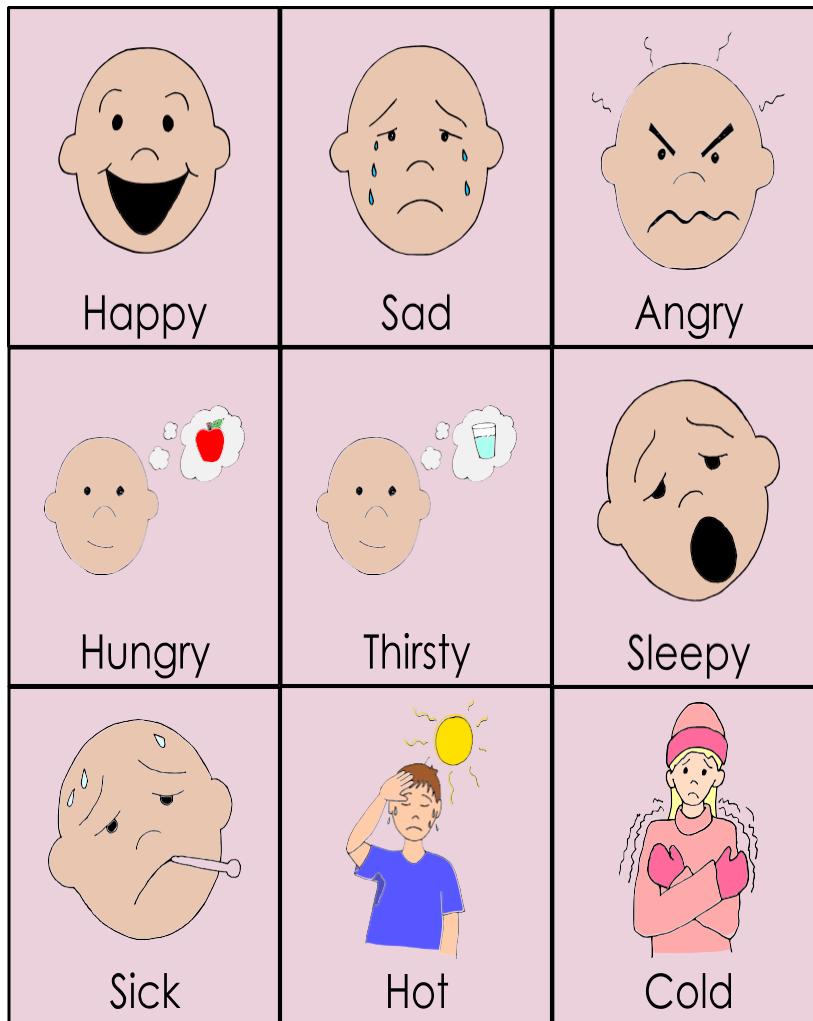


Dry hands

Functional Words



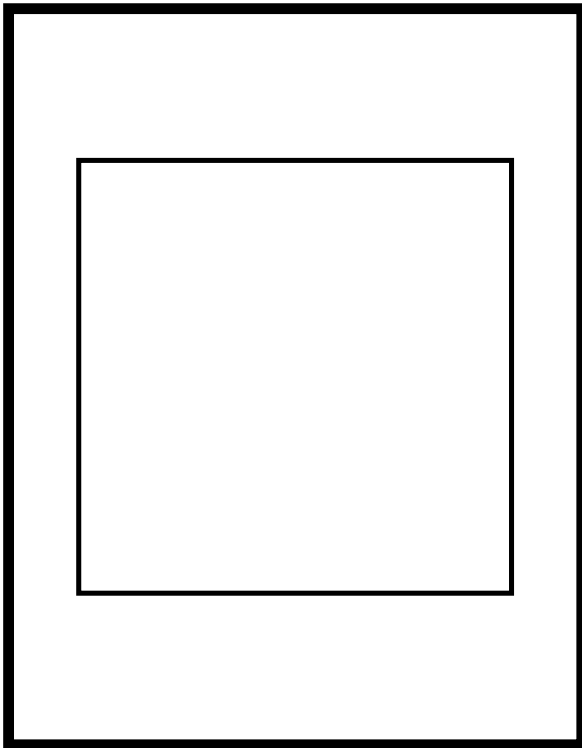
Feelings Words



Feelings Words

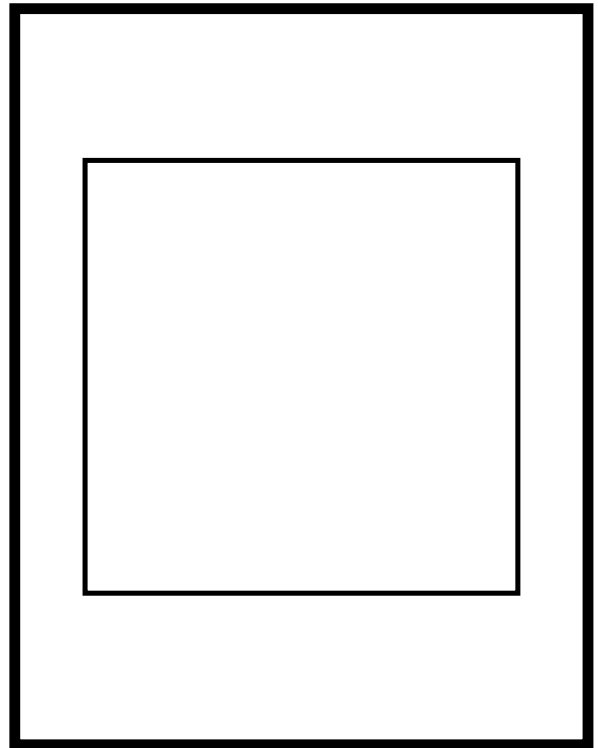
©2018 LessonPix, Inc - All Rights Reserved

First



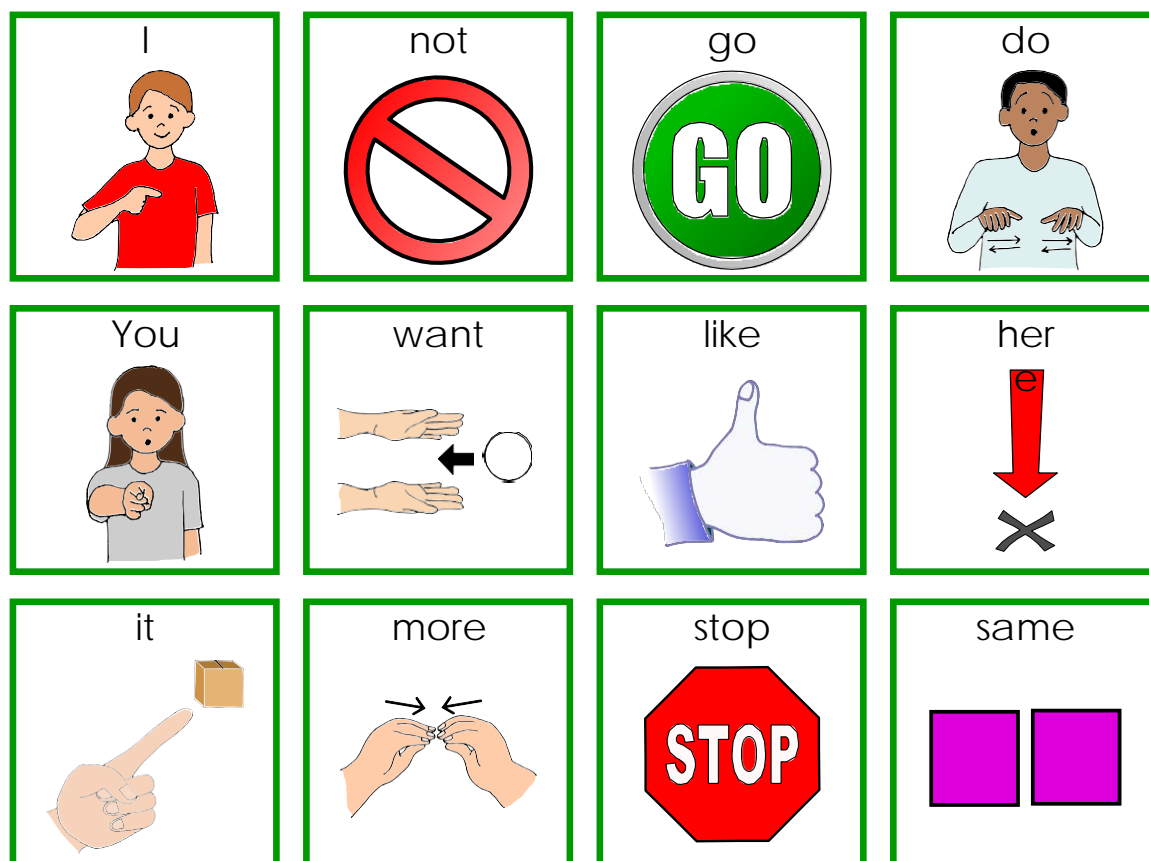
First Then Cards

Then



©LessonPix.com 2019, All Rights Reserved

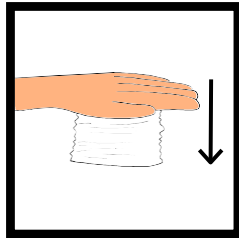
Communication Core Board



©2016 LessonPix, Inc - All Rights Reserved

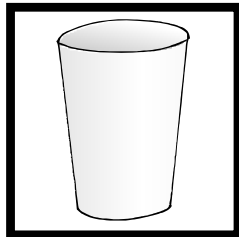
Banana Pudding Cookie Cups

1.



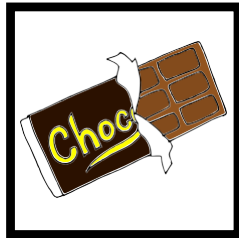
Crush the graham crackers.

2.



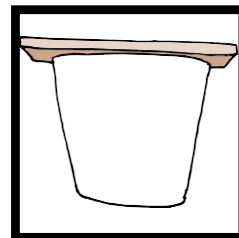
Put the crumbs in the cup.

3.



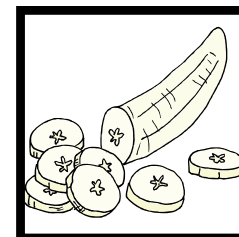
Put two pieces of chocolate in the cup.

4.



Add two teaspoons of pudding in the cup.

5.



Add two pieces of banana in the cup.

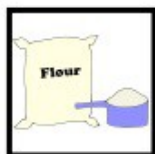
playdough recipe

☐

Playdough

☐

Mixing Bowl

☐

2 cups of Flour

☐

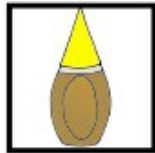
1 cup of Salt

☐

1 tsp. Vegetable Oil

☐

1 cup hot water

☐

add Food Coloring

☐

Stir it

©LessonPix.com 2017, All Rights Reserved

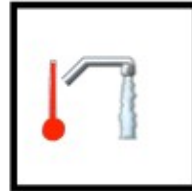
Calming Glitter Jar Recipe

1.



Put clear glue in the bottom of the jar

2.



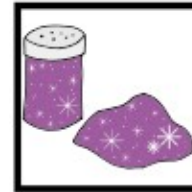
Add hot water

3.



Shake!

4.



Add glitter

5.





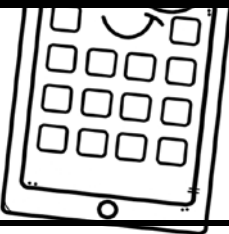



Add a drop of dish soap to the lid

6.



Shake!

At Home Learning using tech

Apps		
Starfall Learn about letters and sounds. 	Letter School Practice writing letters and numbers. 	
ABCYA Math, STEM, and literacy games. 	Go Noodle Dance-alongs, yoga, and more. Also, on YouTube. 	Vooks Brings books to life with no ads. (free for 1 month) www.vooks.com/parent-resources 

Websites & YouTube		
Fluency & Fitness Access to 60+ reading and math topics, plus a video library that incorporates learning & movement. (free for 21 days) https://fluencyandfitness.com/register/school-closures/	Brain Pop Jr. Educational website with videos and activities about science, social studies, literacy, arts, and music. (free for 30 days) https://jr.brainpop.com/	Scholastic Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video (20 days included). https://classroommagazines.scholastic.com/support/learnathome.html
Raz-Kids Mini readers at various levels and offers Spanish and French too. (free for 30 days) https://www.raz-kids.com/	PBS Kids Songs, activities, and videos that teach. https://pbskids.org/	Cosmic Yoga Yoga for kids. https://www.cosmickids.com/


YouTube	
Harry Kindergarten Fun songs that teach and help develop self-regulation.	Jack Hartman Fun songs that teach.
Learning Station Fun songs that teach.	Super Simple Songs Classic children's songs.
Dr. Jean Fun songs that teach.	Mr. B Letter and counting songs.



POCKET OF PRESCHOOL

READING CHOICE BOARD

PICK A SQUARE, DO THE ACTIVITY, AND COLOR THE SQUARE!

read a book with a flashlight	read a book you love	read a book under a blanket	read a book with a silly voice	read a book about zoo animals
read a rhyming book	read a fiction book.	read a book about bugs	read a book to your stuffed animals	read a short book
read a book on the couch	read a book outside		read a counting book	read a book about vehicles
build a fort then read inside the fort	read a book about a farm	read a book with your family	read a non-fiction book	read a book by your favorite author
read a book with a quiet voice	read an ABC book	read a book with superheroes in it	read a fairy tale	read a book in your room

QUESTIONS TO ASK:

Before reading: What do you think this book is about? How do you know?

During reading:

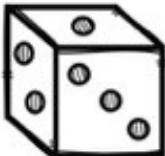
- Who are the characters? Who is the main character?
- What is the setting?
- What do you predict will happen next?
- What are the events in the story? What happened first, next, and at the end?
- How would you feel if you were the character?

After reading: What was your favorite part of the book?

- Were your predictions correct?

MATH CHOICE BOARD

PICK A SQUARE, DO THE ACTIVITY, AND COLOR THE SQUARE!

Play Hi Low (aka war).	Sort toys or jewelry by color and size (ex: cars, bracelets, bows).	Make shapes with popsicle sticks, pipe cleaners, or stick pretzels.	Put a puzzle together with your family.	Make patterns with toys or jewelry (ex: cars, bracelets, bows).
Play roll and build. Roll a dice and count out the same number of blocks. Add the blocks to the tower.	Write numbers on post-its and put them in order to create a number line.	Make a counting book. Staple pages together to make a book. Write a number at the bottom of each page.	Sort the laundry. Match the socks.	Line up your stuffed animals from tallest to shortest.
Sort coins by kind and color. Which pile has the most/least?	Play a board game.		Bake a yummy treat. Use the recipe to measure the ingredients.	Play Go Fish.
Make patterns with beads, pom poms, or blocks.	Rainbow Number Write. Trace with every color in the rainbow.	Go on a shape walk either inside or outside. Find a shape, say what shape it is, and describe the shape.	Shaving cream write and draw. Draw numbers and shapes in shaving cream.	Count how many forks and spoons you have. Which pile has the most/least?
Snowball counting toss. Cut paper into fourths and write a number on each one, and crumble it up. Grab a snowball, say the number, crumble it up, and toss it again.	Make a number line. Write numbers in a long line. Match the dominos or count out objects to match each number.	Shape tap. Someone calls out a shape then walk around the room and tap all the things that are that shape.	Measure how tall each person in your family is with blocks or cans.	Find small treasures (buttons, gems, pom poms, pennies). Count each collection. Which has the most? Which has the least?

POCKET OF PRESCHOOL

BUILDING LETTERS & WORDS CHOICE BOARD



SET UP IDEAS! WRITE THE LETTER, NAME, OR WORD ON

- plain white paper (place in a page protector to use over and over)
- colored paper
- long paper (comes on a roll, tape it to the floor or wall)
- flash cards

POCKET OF INSPIRATION

Rainbow Marker Writel Trace each letter with every color in the rainbow.	Tiny Treasures! Find a small item to build the letter/word with (ex: gems, buttons, paperclips).	Tear Paper! Tear up paper into small pieces and glue it to make the letter/word.	Chalk! Go outside or use black paper. Write letters/words with chalk.	
Magnet Letters! Match the letter or build the name with the magnet letters.	Play Dough! Make the name with play dough (roll snakes or pinch small pieces).	Sticker It! Use small dot stickers or any small stickers to make the letter/word.	Q-tip Paint! Use Q-tips and paint to write or dot letters or words.	Shaving Cream! In the tub or on a tray, write the letter/word in shaving cream.
Pens! Write letters or words with pens. Try to fill up the whole page. Write different letters/words or all the same.	Cut Straws! Cut up a few straws then use their pieces to make the letters/words.	Block Letters! Put letters or write letters on blocks. Build words or put the letters in order.	Salt Tray! Put salt in the bottom of a tray or plate. Make the letter/word in the salt with their fingers.	Rainbow Crayon Writel Trace with every color in the rainbow.
Magazine Collage! Cut out letters from store ads or magazines. Match the letters or build a word with the letter.	Car Writing! Write the letters/words with tape on the floor or on a big piece of paper. Drive the car on the letters/words.	Stamp It! Use letter stamps or magnet letters as stamps to stamp matching letters or build words in paint or kinetic sand.	Puzzle It! Write the letters (ex: Aa) or word on a small piece of paper then cut up in pieces. Then put the puzzle together.	Mystery Writel Write the letters or names with a white crayon. Then paint over it with watercolor to make it appear.
FUN WRITING ACTIVITIES				
Family List! Make a list of everyone in your family with words and pictures.	Make a Card! Make a card for someone special using pictures and words.	Make a Book! Staple pieces of paper to make a book. Then use pictures and words to make the book.	Shopping List! Make a shopping list with pictures and words.	Make an ABC Book! Staple pages together to make a book. Then write the alphabet to make the book.

ART & SENSORY CHOICE BOARD


PICK A SQUARE, DO THE ACTIVITY, AND COLOR THE SQUARE!

Blowing Paint Water down some paint in cups. Drip the paint on the paper and blow it with a straw.	Noodle Sensory Bin Place dry noodles in a sensory bin. Add measuring cups, tongs, and bowls to the tub.	Cereal Necklace Make a necklace with cereal then eat it as a snack.	Cutting Bin Make a cutting bin. Place strips of paper and ribbon in the bin and let them cut it up into tiny pieces.	Cutting Collage Make a collage with the tiny pieces from the cutting bin.
Play Dough Cookies Make pretend cookies with play dough. Put out a rolling pin, cookie cutters, and scissors.	Finger-Paint Place the paper on a tray or in a tub to contain the mess.	Make Oobleck Mix together one-part water and two-parts corn starch.	Block Zoo Build a zoo with blocks for your animals.	Car or Doll Wash Place water and soap in a plastic tub or bathtub. Add soap, sponges, and toothbrushes.
Homemade Watercolors Place a marker in a cup of water. Paint with the watercolors.	Giant Self-Portrait Get a big piece of paper or tape smaller papers together. Trace the child on the paper and color.		Bead or Straw Towers Place spaghetti noodles or skewers in play dough. Place the beads or cut up straws on the noodles.	Foil Art Paint or draw with sharpies on foil.
Frozen Paint Put paint in a ice cube tray with a stick in each cube. Once it's frozen, get it out and paint with it on paper.	Sensory Bin Make bean or cereal sensory bin. Place dry beans or cereal in a tub with vehicles or animals. Add bowls and tongs.	Monster Sculptures Make monster sculptures with play dough. Add eyes, arms, and legs.	Sensory Bottle Fill a plastic bottle half way with water and add a few drops of red food coloring. Fill to the top with vegetable oil. Tape the lid on.	Mask Paper Plate Cut holes for the eyes and mouth. Decorate with paint, markers, stickers, or paper.
Sensory Bag Put paint or hair gel in the bag with food coloring. Add glitter (optional). Zip it close. Tape it closed.	Paint with Kitchen Tools Paint with forks, mashers, whisk, spatulas, or other fun tool you have.	Shaving Cream Art Draw in shaving cream or whip cream. Place it in a plastic tub, tray, or do it in the bathtub.	Bracelets String beads or cut up straws on pipe cleaners or string.	Block City Build a city with blocks. Make houses, stores, and other places you like to visit.

POCKET OF PRESCHOOL

MOVEMENT CHOICE BOARD

PICK A SQUARE, DO THE ACTIVITY, AND COLOR THE SQUARE!

Tape or chalk maze! Make a maze on the floor with tape (inside) or chalk (outside) by making lines (ex: straight, zig zag).	Play hockey. Cut a pool noodle in half for the stick and use a laundry basket for a goal.	Do ocean animal walks around. Crawl like a crab, giggle like a jellyfish, swim like a fish. Move slow or fast.	Have a race. Run a race with someone special. Mark the starting and stopping points.	Have a spoon race. Place a cotton ball on a spoon and walk around the house balancing it on the spoon. Don't let it drop.
Ice skate with paper plates. Put a paper plate under each foot. Slide around and ice skate around the house.	Puddle jumps. Place blue paper on the ground. Jump over the puddles.	Set up an obstacle course. Jump over stuffed animals, go through a chair, or go around pots.	Have a parade. March around the house playing instruments. Use pots for drums.	Have a clean up race. Play some music and see how many songs it takes you to clean up.
Build a fort with pillows and blankets.	Letter musical chairs. Write letters on sticky notes and place on a chair. Play the music and when it stops say the letter you sit on.		Grab a deck of cards. Flip a card and move that many times. You can hop, stretch, jump, spin, stomp, skip.	Do yoga. Try moves like downward dog, star, and pyramid.
Put on a fashion show. Dress up in fun outfits, play music, and dance down the runway. Put towels on the floor for a runway.	Move like transportation. Fly like a plane, chug like a train, race like a racecar. Move fast or slow.	Have a feather or cotton ball race. Lay on your belly and blow the feather or cotton ball across the floor.	Draw a hopscotch on the ground with chalk or tape. Play hopscotch.	Ride your bike, scooter, or skateboard.
Have a dance party. Play your favorite music and dance to the beat.	Play soccer. Use a laundry basket as a goal. If inside use a beach ball instead of a soccer ball.	Go on a walk with someone special.	Do pet animal walks. Slither like a snake, hop like a bunny, gallop like a horse, pounce like a cat. Move fast or slow.	Play Red Light Green Light.

POCKET OF PRESCHOOL



Questions?

Contact us:

Beth Lackey
Early Childhood Supervisor
beth.lackey@knoxschools.org

Shelli Eberle
Preschool Special Education Supervisor
shelli.eberle@knoxschools.org