



Preschool

Suggested Engagement Activities--Week 1 (3/18/20 - 3/20/20)

These are suggestions to keep your child engaged while they are at home. It will be helpful to keep a consistent schedule while you are staying at home. Some children will find a visual schedule helpful to minimize the stress that comes from unpredictable days. Let's start by reading this social story together:

[Coronavirus Social Story](#)

Consider engaging your child in the following Week 1 activities:

Content area	General Guidelines	Suggested Activities/Objectives
Literacy	<p>It is recommended you spend at least 15 minutes a day reading with your child</p> <p>Continue to reinforce your child writing and tracing their names, rhyming, and letter sense</p> <p>Don't forget our writing strokes: Tall line down, c curve, sleeping line across, sliding line. More information on letter formation can be found here: Uppercase Letters Lowercase Letters</p>	<p>When reading a story:</p> <ul style="list-style-type: none">- Look at the cover and make predictions- Look at facial expressions, how are they feeling?- Let students draw their own picture and you write the words describing their picture. This shows that words have meanings! <p>Name Writing</p> <ul style="list-style-type: none">- Go outside and use chalk to write your child's name. Let them use a spray bottle/wet paint brush to trace their names <p>Play Rhyming Games</p> <ul style="list-style-type: none">- "I spy" something that rhymes with green- "I am thinking of something that you sleep in and rhymes with the color red"
Math	<p>Use everyday activities and household items to work on the following skills: counting, matching, shapes, sorting, patterns, number identification, 1-1 correspondence</p>	<ul style="list-style-type: none">- Count the socks in your drawer. Use the socks to play a matching game. Sort by color to graph which color is the most popular- Find ten of a certain item (ten animals, ten cars, etc.) Sort them from smallest/largest or shortest/tallest- Count using stickers. On a piece of paper make squares with numbers at the top of each square. Place that many stickers in the box

<p>Fine Motor</p>	<p>This is not the time to worry about being too messy!</p> <p>Please see the fine motor website and blog section for more information and ideas that also include sensory motor and self regulation activities: HPS OT Website</p>	<ul style="list-style-type: none"> - Use homemade playdough or store bought. Roll it with rolling pins and use cookie cutters - Pressed Legos into it to make designs or form letters. - Roll the playdough into snakes, see how long you can make it before it breaks. Can you use the snake to form a number? Then roll that many balls of playdough. - Stick a skewer or even a piece of spaghetti into a pile of playdough then give your child beads, or Cheerios and let them make a tower on the skewer. - Make bracelets with beads and pipe cleaners... make a color pattern or a rainbow.
<p>Communication</p>	<p>Label, label, label! For children who are working to increase their vocabulary knowledge and use, name everyday items throughout the day, in a natural manner (when playing, going to bed, brushing teeth) and look at picture books. Point to and name the objects and actions and have your child identify them by pointing when you name them.</p> <p>Strategies to Help Your Child Communicate</p>	<p>How to reinforce communication at home:</p> <ul style="list-style-type: none"> - Repeat- repeat verbatim what your child has said. Place stress on the correct word. - Rephrase- use the appropriate grammatical forms and sentence structures. - Recast- repeat what your child has said and add one more word. - Make Comments- use more sentences than questions. - Wait- pause and give your child time to respond. - Parallel Talk- talk out loud about what your child is doing. - Self-talk- talk out loud about what you are doing. <p>Game suggestions include:</p> <ul style="list-style-type: none"> - Hide an item in different locations. Have your child ask questions including "Is it in the toy bin?, under the blanket, etc." Take turns hiding the item and asking questions. - Play 20 questions. Hide an item in a bag. Practice asking questions by category, color, size, shape, etc. - For older children- play games such as Hedbanz™ and practice asking questions by category, size, color, etc.

Arts and Crafts	As much as possible, spending time outside to complete arts and crafts is recommended. During inclement weather, indoor activities can be used as well	<p>Outdoor Chalk:</p> <ul style="list-style-type: none"> - Trace your child's body. Have them add facial features, clothing, etc. identifying body parts as they go (what do we use our nose for?) If the weather does not permit...do this on paper inside. <p>Vertical Painting:</p> <ul style="list-style-type: none"> - Set up an easel or paper taped to the wall and let your child paint standing up (it's fun to use two primary colors and let them experiment with mixing colors to make a new color)
Gross Motor	Movement and gross motor development are an important part of your child's day. Not only does it strengthen their bodies so they're better prepared for learning, but movement is one way we reinforce instruction	<p>Make an inside obstacle course</p> <ul style="list-style-type: none"> - Work on jumping over things, crawling under things. Finding an object and having them either stand on top of it, beside it, in front or behind, if walking with multiple children or people in your family, work on different positions in the line (who is first, who is last, place yourself 3rd, etc.) also do different types of walks-walk sideways, backwards, on toes, on heels - Practice galloping, skipping, hopping (play Simon Says or take turns choosing who gets the pick the movement)
Social Emotional	While it's important to work on your child's continued development, ensure that their emotional health is considered as well. Ensure them that they are safe and loved! Here are some strategies you can use to further develop your child's social/emotional skills while they are away from peers.	<ul style="list-style-type: none"> - Play "Invisible Feelings" (guess the emotion expressed by your child) using only facial expressions, or close eyes while your child uses only voice to express an emotion. - Play "Feelings Detective"-select pictures of people from magazines and books and answer: How do you think the person is feeling? What clues tell you that? Why do you think he/she feels that way? What do you think happened?
Online Resources	Here, the preschool team has provided additional online resources for literacy, movement, fine motor, and more to use at home!	<p>HPS OT Website</p> <p>YouTube often has read alouds for stories you may not have in your library (please preview anything you have your child watch)</p>

		<p>Online Literacy Resources</p> <p>A list of education companies offering free subscriptions</p> <p>Kids Yoga— there is a great Frozen themed sequence.</p> <p>San Diego Zoo(videos, activities, and games):</p>
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This document is a group effort between the preschool staff, including our Occupational and Speech and Language therapists. If you have any questions or concerns, feel free to reach out to the preschool team at any time via your child's classroom teacher or the specific service provider. Stay safe, healthy, and happy.

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