



Beginning of the Year Pre-Kindergarten Learning Choice Board

Week 4	Social Emotional	Literacy	Math	Physical/Gross Motor	Fine Motor
Objectives	Regulates own emotions and behaviors	Comprehends and responds to books and other kinds of text	Demonstrates an understanding of shapes	Demonstrates balancing and traveling skills	Demonstrates strength and coordination using fingers and hands
Monday	Have your child look in the mirror. Each time he/she looks in the mirror have them make a different face showing happy, sad, mad.	Read your child's favorite story. Ask him/her their favorite character.	Have your child look for and find 5 objects around the house that are in the shape of a circle. ○	Have your child move throughout the room or home 3 times. Each time he/she has to choose a different way to move (Crawl, hop, walk sideways)	Assist your child in stretching rubber bands or hair ties over an empty can or bottle.
Tuesday	Practice closing your eyes and being completely still for 1 minute. What did you notice?	Make a book with folded paper. Draw pictures, write letters. Tell a story to a family member or pet.	Name the shapes of your food at each meal and snack time.	Play freeze: dance or run, then stop when a family member says "FREEZE!"	Pick up cheerios or marshmallows with tweezers. Move them from one bowl to another.



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Wednesday	<p>Sing the song “If Your Happy and You Know It” using different emotions and body movements.</p>	<p>Act out your favorite Nursery Rhyme or Fairy Tale.</p>	<p>Use tape to make shapes on a table or floor. Have your scholar trace the shape with their finger. Try naming each shape.</p>	<p>Move around the room like different animals you would see at the farm, zoo, or forest. Make the animal sound too!</p>	<p>Stack as many cans on top of each other to make a tower.</p>
Thursday	<p>*See Play Dough recipe in Fine Motor. Have children help where it is safe to do so.</p> <p>Play dough is a fantastic activity for children to play within groups. Encourage your child to play with other family members and talk while they play. Ask them to describe what they are making, and doing while</p>	<p>‘I SPY’ Letter Sounds</p> <p>Look around and find an object in the room. Say, “I spy with my little eye something that starts with the sound “mm”</p> <p>“Yes, microwave! It starts with the sound mm.”</p> <p>Try not to drag the letter sounds out too much, make it quick. Repeat</p>	<p>Play Dough shapes</p> <p>Roll out play dough into long string pieces and use them to form familiar shapes: circle, square, triangle. You may have to model the shape first so that your child can create their own.</p>	<p>Build an obstacle course to get kids moving and give them a goal to accomplish. For an inside course, use furniture, pillows and blankets to create areas to crawl on, under and through. Outside, use things like hula-hoops to jump in and out of, jumping jacks, belly crawling, bear walking and other creative movements that challenge your child to balance, crawl, jump and run.</p>	<p>Play with Play Dough!</p> <p>1 cup white flour, 1 cup water, few drops of food coloring (optional), 1/2 cup salt, 1 teaspoon vegetable oil, 1/2 teaspoon cream of tartar.</p> <p>Combine ingredients in a pan and cook over medium heat while stirring. When the mixture sticks together, remove the</p>



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	they play.	the sound if needed instead of dragging them out. Search for sounds for a few minutes and then switch it up for colors or shapes.			pan from the stove. Let the dough get cool before playing. Store in a plastic bag or container.
Friday	<p>Draw a picture of how you are feeling today!</p> <p>Are you happy, sad, excited, etc. Use a paper plate to make your face.</p>	<p>Find your favorite book and have someone read it to you.</p> <p>Draw a picture to show your favorite part.</p>	<p>Find objects in your house that are square.</p> <p>□</p>	<p>Sing the song Head Shoulders Knees and Toes</p> <p>And follow along the routine.</p>	<p>Make a necklace out of uncooked noodles or cereal.</p>