

Dear Preschool families,

We pray that this email finds you all safe and healthy and enjoying PLAYING with your amazing preschooler! I am sure you all are coming up with great activities to do with your children, but we know some of you may be looking for extra possibilities. If you try something your child isn't interested in, it is fine to put it away and try at another time.

Visual Schedule - I mentioned a visual schedule in my previous email and here is an example:

<https://teachingmama.org/visual-schedule-for-toddlers/>

Art/Creativity time

- At ACP, we like to use lots of different items for printing and painting. Use your imagination to find items around your house, even something you were going to throw away like the bottom of celery stalks! <https://theimaginationtree.com/printing-roses-with-celery-stalks/>
- **Lunch Doodles with Mo Willems.** The beloved author of the Elephant and Piggie books leads a drawing workshop! This is a nice calming activity, maybe for after lunch if you are transitioning to a quiet/nap time. Preschoolers will probably need some parent or older sibling help but some will really enjoy it. www.kennedy-center.org/education/mo-willems/

Movement - We know preschoolers are busy, busy little people. They need to move!

- Sing and Dance! Freeze dance is fun if things get too crazy. ;-)
 - <https://www.facebook.com/LaurieBerknerBand/> - "Dinosaur Romp!" was a favorite with my kids.
 - <https://www.youtube.com/watch?v=0MUC1ver4ww&list=PLNUq3RKxstWcqYeSW5aoO3udPuoNj4Alf&index=21> - "Five Little Monkeys" by Go Fish. They also have fun Christian music for kids!
- Yoga for Preschoolers - <https://youtu.be/xlg052EKMTk>

Alphabet practice - from You, Me, and the ABC's, by Michael J. Rosen

- Step-by-Step Letters
 - You can walk the letters of the alphabet like an acrobat on a tight-rope. Along the way, your whole body will get to know the shape of each letter.
 - 1. Draw a super-size letter with chalk on the sidewalk. Or scratch a letter in the sand with a stick. Or stretch some yarn or string on the floor. (Ask a grown-up to make the letters, if you'd like.)
 - 2. Stand with your feet at the top of one letter and start stepping. Trace the whole letter with your steps.
 - 3. Then skip to another letter. Try stepping on letters that spell a whole word! You can even say the sound of the letter as you shuffle along.
- Your Own ABC Album
 - You can save letters and pictures in a book with clear pages. It's just like keeping pictures in a photo album. Using old magazines and newspapers, you can make an alphabet book that changes each time you add something new. Sure, you can use an empty photo album. But you can also make a simple album with 26 plastic bags. (The quart-size kind that can be resealed are best.)

- 1. Have a grown-up staple all 26 bags together along the bottom of the bag (that's the side that doesn't open). Three staples should do it. (You could also sew or tape the bags together.) Each bag is for one letter of the alphabet.
- 2. Have a grown-up use a permanent marker to label each bag with a letter.
- 3. Cut out letters of different sizes and colors. Add words, too, and even magazine pictures or photos of things that start with that letter. (If you'd like, add a cover to your book: Just tape your pages inside a folded piece of cardboard.)

Virtual Field Trips and Activities For SPRING!

- <https://www.farmfood360.ca/#dairy-tile> - Virtual farm tours.
- <https://kidsgardening.org/lesson-plans/> – Lesson plans and hands-on activities centered around gardening.

Popular Learning Websites - Remember, look for things that are age-appropriate for your child and have realistic expectations for what they can do and how long their attention span is.

- <http://www.peepandthebigwideworld.com/en/kids/> - Recommended by NAEYC
- <https://www.highlightskids.com/> – Read, conduct science experiments, and play games.
- www.abcmouse.com. It is for Children Ages 2-8 and has a variety of activities in Reading, Math, Science, Art, Colors. They have a 30-day free trial.

If your child has a favorite game or activity they remember from school or want to share from home, let me know and it might be included in a future email for all to enjoy. ☺

Blessings,
Barbara