

Pre-K Snow Day/COVID-19 Packet

In this packet you will find a list of many activities from which to choose to do with your child at home during this time of school closures due to COVID-19. For the second week of the closure, please choose at least 1 activity from EACH of the domains below (i.e. social emotional, language and literacy, etc.) to complete with your child and record on the corresponding Snow Day Packet Day Form. When the packets are returned to school, each form should have at least one activity listed in each domain for each day of the closure along with the parent signature.

***Also, here are a couple of suggested individualized activities from the following lists that you might choose to complete with your child.

Child's Name: _____

Individualized activities:

Social Emotional

- Encourage independence in every day routines and activities. Help your child be the helper at home. Assign him or her a job, praise and talk about what a big help they are to the family. Acknowledge his or her efforts. This will really make him feel important and helpful to his family.
- At home, discuss the importance of using a tissue so that you do not spread germs and make others sick. Talk with your child about when it is important to wash their hands as well as other things they can do to help prevent the spread of germs.
- Look through magazines and books you have at home and talk about the emotions on the faces of the people in the pictures and characters in the books. Talk with your child about why those people are feeling that way and about what makes your child happy, sad, scared, excited, etc.
- Sometimes every child needs to be reminded to share and take turns. Playing simple turn taking games at home can help encourage the importance of taking turns. Think of a game of activity that your child likes to play and encourage him or her to take turns and praise and acknowledge his or her attempts at turn taking.
- Pre-K children often enjoy working in the house area in the classroom. With supervision, allow your child to help you set the table, or wash the dishes, or care for a pet, or fold laundry. This will help your child feel a role in the family.
- Have your child work on her social skills by letting him or her practice ordering his or her own food when playing restaurant. Then talk about how they could do this the next time you go out to eat in a real restaurant. This will help your child get over any shyness towards strangers.
- Using Puppets, talk with your child about conflicts they may have experienced in social situations and help them think about solutions to those conflicts that would be appropriate and healthy. Puppets are a great way to talk with your children about feelings and sometimes children will talk to the

puppets about their feelings. Puppets can also help children talk about challenges they have experienced.

- Make paper plate feelings masks with your child. When completed, have them tell a story about times when they have experienced each feeling and encourage them to talk about appropriate ways to express difficult feelings.
- Play "Simon Says" with your child. Games like "Simon Says" encourage self regulation and build listening skills.
- Have your child draw a picture of one of their friends. Talk with them about their friend and ask them to tell you what they like about their friend and why. List the qualities they tell you their friend possesses that make them such a good friend. Talk with them about what they do in return that they think make them a good friend too.
- Have your child draw a picture of them doing something kind for someone else. Talk with them about what it means to be kind and what other things they could do for someone to show kindness.
- Using post it notes or small pieces of paper, find a place in your home to start a "kindness board" where you and your child can start writing down things that happen each day that show kindness and love. For instance, if your child takes his or her plate to the sink, you could acknowledge their help by writing that down and posting it on the kindness board. Include manners and good behaviors exhibited on this board.

Language and Literacy

- Your child needs practice writing his or her name. Using different writing tools, work with your child to write their names and the names of others. Talk about the letters that are in each name, talk about how some of the letters in their name are the same as some letters in other's names and talk about how some letters have straight lines and curvy lines.
- Read a book with your child. Talk with them about the pictures in the book and then go back through the book and talk about what they remember from the story.
- PreK students like dramatic play. Read your child a story and let him or her dress up in clothes and act the part of one of the characters.
- Make a "Get Well" card for someone you know who is sick or hurt. Encourage your child to draw a picture on the card and be sure to sign their name. Also, if they are ready and able to do so, encourage them to write the words "Get Well".
- Have your child draw a picture to be sent to your local nursing home or personal care home. Have them tell you about what is happening in this picture and write down what they say. Ask them what they could say to a person who is sick or elderly to make them smile. Write that down and mail it to the home with a note explaining why you are sending it. Talk with your child about what you are writing on the envelope and in the note so he or she can see how addressing an envelope works and how mail is a great form of communication. Also, always have your child sign their artwork!!
- Recite the rhyme "Hickory, Dickory, Dock" with your child. Replace some of rhyming words with silly words and encourage your child to think of words that sounds the same. For example: "Hickory, dickory, dat. The mouse ran up the cat. The clock struck 2. The mouse tied his shoe. Hickory dickory day."
- Go through the kitchen and talk with your child about his or her favorite snacks. Get out the boxes of those foods and encourage your child to make

- you a grocery list by copying the words or the items from the boxes. Talk about the letters they can recognize in the labels of their favorite snacks.
- Ask your child what he would like to be when he grows up. Ask him to draw a picture of what he wants to be and tell you a story about it. Write down what your child says, word for word. Send it to school to share with his teachers.
 - Pour salt in the bottom of a cookie sheet or cake pan. Help your child practice writing the letters of his name in the salt.
 - Play, "I'm Going on a Picnic" and everything you take has to start with the same letter. For example "p", You might say, "I'm going on a picnic and I'm going to take pie". Your child has to repeat what you said and add something else. She might say, "I'm going on a picnic and I'm going to take pie and peaches". Then you might say, "I'm going on a picnic, and I'm going to take pie, peaches, and pizza. Try other letters also.
 - Your child is doing well writing their name but here's a fun way to practice at home. Using shaving cream on the table allow your child to practice writing his name. Encourage him to write his name with one capital letter, and rest lowercase letters.
 - Encourage your child to write his or her name and the names of other family members using different writing tools like markers, chalk, paint, pens etc. Also, most of the class is ready to work on writing their last names as well, if they have not already mastered that.
 - Work on letter and number sorting either using flash cards, magnetic letters or just letters and numbers written on post it notes. Sort them with letters in one pile and numbers in the other pile. Sort them by characteristic (ex. Letters with only straight lines, letters with curvy lines, letters with both straight and curvy lines). Then have your child practice writing the letters he or she has identified.
 - Letter match. Put post it notes all over the house one letter on each note. Then provide your child with letter cards or another set of post it notes with letters written on them and work with your child to match the letters.

This could be done with one set of letters being upper case letters and one set lower case or both sets the same.

- Work with your child to cut out pictures from a magazine and paste them to another paper. Instruct your child to make up a story related to the pictures he or she cut out. Write down what he or she dictates to you and invite them to sign their work as the author and illustrator of their story.
- Read a Rhyming book and go through the book and work with your child to identify the words that rhyme.

Math and Science

- While folding laundry, allow your child to help you match socks. You may also roll the pairs in a ball and allow them to toss the sock balls into a basket and count how many times they "score".
- Another simple activity for counting at home is to have your child to go around the house and collect items that she would like to count. Encourage her to count one item at a time. Repeat this as much as she would like. Then encourage her to line them up and compare the lengths they create when lined up (like a bar graph).
- Encourage your child to start learning his or her phone number. Once your child does this encourage him or her to practice writing those numbers as well.
- Make a telephone book with your child with the names and phone numbers of friends and relatives. They could even draw a picture of their family members with their telephone numbers to practice identifying and writing names and phone numbers.
- Make play dough with your child using the following recipe. Allow them to help you measure and mix the ingredients. Talk with them about what happens when the dry ingredients are mixed with the wet and talk about being safe when cooking and using boiling water.

CautionThere is hot water involved in this recipe. Be careful!

Ingredients:

2 cups plain flour (all purpose)

2 tablespoons vegetable oil

1/2 cup salt

2 tablespoons cream of tartar

Up to 1.5 cups boiling water (adding in increments until it feels just right)

food coloring (optional)

Directions:

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
 - Add food coloring TO the boiling water then into the dry ingredients (color optional)
 - Stir continuously until it becomes a sticky, combined dough
 - Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency!*
 - (If it remains a little sticky then add a touch more flour until just right)
- Play dough can be used for so many things.
 - Counting small balls of play dough (math)
 - pinching it for fine motor work (fine motor)
 - talking about the changes of state when making the play dough (science)
 - cutting play dough with scissors for fine motor practice (fine motor)
 - writing letters in play dough (literacy)
 - making letters with pieces of rolled play dough (literacy)
 - And many more
 - While your child is eating a snack have him or her count out groups of 10 or less. If he or she eats 2, how many are left? If he or she eats 4, how many are left? For example: I have 6 small cookies. I ate 2 now I have _____. I have 9 goldfish crackers. I ate 4, now I have_____.
 - Practice cutting simple shapes such as squares, rectangles, circles, and triangles, out of paper. Be sure to hold the scissors correctly (thumb UP). Then paste the shapes on another piece of paper to make a picture if you'd like.
 - Encourage your child to work on his fine motor skills and counting by counting pennies. Encourage him or her to pick up one penny at a time and place it in a cup.
 - Using a deck of cards, put all cards of the same suit together or match the numbers together.
 - Sink and float- Using. Large container filled with water, play "sink or float" with your child. Have them gather items to put in the water and make

predictions as to whether they will sink or float. Their predictions could be recorded on a chart to add a writing and data analysis aspect to this activity. This activity could also be played while in the bathtub.

- Magnet exploration- using a refrigerator magnet or another stronger magnet if you have one at your house, have your child make predictions as to what items around the house the magnet will stick to and then allow them to walk around and explore their predictions. Talk about why the magnet attracts to some things and not others.
- Measurement-
 - Using a liquid measuring cup, allow your child to put it outside to catch the rain on a rainy day to measure how much rain falls
 - Work with your child to trace each family member's feet with a pencil and paper and then measure each person's foot. Encourage them to make comparison of each foot size and place them in order from biggest to smallest.
 - Work with your child to measure how far they can jump from one line to the next from standing. They can then measure how far they can jump on one foot or backwards on two feet, etc. Compare the measurements and talk about why the measurements differ.
 - Any cooking activity with measuring with spoons or measuring cups can be educational. Talk with your child about measuring quantities in recipes you make together and encourage them to identify the numbers in the recipes or on the measuring tool.
 - Make a home made balance with a coat hanger. Tie a string to each end of the coat hanger and hang the coat hanger on a hook or door handle. Attach two small cups to each string and allow them to fill the cups with various items to try to make both sides balance. They can count the items they put in or talk about how certain items are heavier than others.
- Patterning

- Work with your child to make repeating patterns using objects found around the home such as pennies, candies, cereal, colors when drawing, and any other items they could line up to make a pattern.
- Talk about patterns they see in their environment such as in their clothes or wall papers etc.

Fine and Gross Motor

- Some of the above listed activities contain fine and gross motor elements as well.
- Build on your child's spatial awareness by playing limbo. Using a long stick, a broom handle works great. Decrease the space between the floor and the stick. Encourage your child to know where his or her body is in relation to the broom. Great game to play with the family.
- Using the play dough you made in the above activity, encourage your child to pinch and roll the play dough. Allow them to use scissors to cut the play dough. Encourage them to use the little fingers to do all sorts of things with the play dough to strengthen their "finger muscles".
- Play a simple game of "Simon Says". Many of the movements will likely use the gross motor muscle groups (jumping, stomping, hopping, marching, clapping, etc.)
- Encourage your child to make a collage with pictures from a magazine. They could search for items to cut out of a certain color or animals or people or food etc. After the pictures are cut, allow them to paste them to another paper and talk about the pictures they chose.
- Set up empty soda bottles and let Jack "bowl" by knocking them down with panty hose stuffed with newspaper or a rolled up sock.
- Paint one hand and make hand prints of all family members, pets can be included, on heavy paper using different color paints. After the prints dry, your child can cut them out and practice sorting them by size, smallest to largest, then largest down to smallest. Finally have your child glue them onto a heavy piece of paper in any design, place the paper in a frame and date it. You now have a keepsake for your wall.
- Give your child shirts or jackets with zippers and buttons and snaps. Have him or her work with the buttons and zippers and practice putting them together and taking them apart.
- Practice shoe tying with your child either on their own shoes or other's.

- Make a beaded bracelet using string and plastic straws. Colorful plastic straws make great beads for jewelry and they are great fun to cut into pieces. Using the cut pieces, your child can string patterns of beads to make bracelets or necklaces. Some dry noodles are also fun to string to create jewelry as well.
- Using tweezers, encourage your child to pick cotton balls or other small items and count them as they transfer them into another container.
- Add a clean empty spray bottle to bath time. The muscles used to spray a spray bottle can be strengthened for fine tuning writing and drawing.
- If you have internet access, here are a few really good gross motor songs/activities available on YouTube. Search for the following and there are others that will come up so please share any you find that your child really enjoys.
 - Cosmic Kids Yoga: Great stories told for the kids to listen to while they do yoga. There are Disney Frozen themed and Trolls and Dinosaurs...
 - Dr. Jean Cross the Midline: Some children have difficulty crossing the midline and developing this skill is important for brain development
 - Dr. Jean Alphabet Kickboxing
 - Dr. Jean Lettersize
 - Anything Jack Hartman: He has learning and movement to everything from counting to alphabet to crossing the midline too.

The Arts

- Encourage your child to draw pictures of the members of her family. Encourage him or her to add arms, legs, eyes, nose, and mouth!
- Your child really enjoys using markers and crayons. Encourage him to go around the house and find material that he can use to create a piece of artwork. Allow him to use old newspaper, magazines, and different items, such as boxes. Encourage him to create different shapes and letters. This will help him with his thinking skills as well as creativity.
- Create a picture using a variety of items around the house, beans, macaroni, cereal, rocks, buttons, etc. and glue. The only rule to this activity is she can only put one piece on at a time. What can you create?
- Sing songs with your child. Talk with them about what movements they could make to go with the song. Encourage them to perform their song in front of a friend or family member.
- Encourage your child to create a picture of what it looks like outside using a variety of different materials around the house. Glue, and sugar, flour or salt could make snow. Many other materials could be used to create the scene.
- Encourage your child to trace cookie cutters and color or paint the patterns. Try dipping the cookie cutters into paint and letting your child stamp out pictures.
- If possible, go outside and collect items to be glued to paper to create a nature collage.
- Provide household items like toilet paper rolls and cotton balls for your child to create works of art.
- Some of the above activities also have Art related elements too which can be listed here as well.

Snow Day #1

Child's Name: _____

Date: _____

Please use this form to record the activity you chose in each area and any notes on your child's progress during the activity. Remember, to receive credit for completion, one activity should be listed in each area on each day but some activities could also count for more than one area of development. For instance, making play-dough and using play-dough could count for Math and Science as well as fine motor and literacy if you find the play dough activities in those areas. Have fun!

Social Emotional Activity

Language and Literacy Activity

Math and Science Activity

Fine and Gross Motor Activity

The Arts Activity

Snow Day #2

Child's Name: _____

Date: _____

Please use this form to record the activity you chose in each area and any notes on your child's progress during the activity. Remember, to receive credit for completion, one activity should be listed in each area on each day but some activities could also count for more than one area of development. For instance, making play-dough and using play-dough could count for Math and Science as well as fine motor and literacy if you find the play dough activities in those areas. Have fun!

Social Emotional Activity

Language and Literacy Activity

Math and Science Activity

Fine and Gross Motor Activity

The Arts Activity

Snow Day #3

Child's Name: _____

Date: _____

Please use this form to record the activity you chose in each area and any notes on your child's progress during the activity. Remember, to receive credit for completion, one activity should be listed in each area on each day but some activities could also count for more than one area of development. For instance, making play-dough and using play-dough could count for Math and Science as well as fine motor and literacy if you find the play dough activities in those areas. Have fun!

Social Emotional Activity

Language and Literacy Activity

Math and Science Activity

Fine and Gross Motor Activity

The Arts Activity

Snow Day #4

Child's Name: _____

Date: _____

Please use this form to record the activity you chose in each area and any notes on your child's progress during the activity. Remember, to receive credit for completion, one activity should be listed in each area on each day but some activities could also count for more than one area of development. For instance, making play-dough and using play-dough could count for Math and Science as well as fine motor and literacy if you find the play dough activities in those areas. Have fun!

Social Emotional Activity

Language and Literacy Activity

Math and Science Activity

Fine and Gross Motor Activity

The Arts Activity

Snow Day #5

Child's Name: _____

Date: _____

Please use this form to record the activity you chose in each area and any notes on your child's progress during the activity. Remember, to receive credit for completion, one activity should be listed in each area on each day but some activities could also count for more than one area of development. For instance, making play-dough and using play-dough could count for Math and Science as well as fine motor and literacy if you find the play dough activities in those areas. Have fun!

Social Emotional Activity

Language and Literacy Activity

Math and Science Activity

Fine and Gross Motor Activity

The Arts Activity