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Week 3



**Early childhood programs and services provided by
Genesee Intermediate School District's
Center for Countywide Programs.**



**This packet is compliments of
Genesee Intermediate School District
to support your learning at home!**



GENESEE INTERMEDIATE SCHOOL DISTRICT
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2413 West Maple Avenue
Flint, Michigan 48507-3493
(810) 591-4400

www.geneseeisd.org

At Home Learning for Preschoolers

Week 3 – Monday

Math Fun

Count the squirts of soap and then count to 20 while your child washes their hands. Now count to 20 as they dry their hands, you'll reinforce counting knowledge and thorough hand washing!



Language and Literacy

Say the following words with the break between the beginning sound and the rest of the word.

Ask your child to guess the word you are saying.

m-ilk f-ork p-ig pl-ate sp-oon,
d-og c-at r-ock s-ock ph-one
f-ox r-un h-at s-ing g-oat

Reading

Read your child's favorite book or feel free to follow the link below which takes you to The Rainbow Fish read by Ernest Borgnine.

<https://www.youtube.com/watch?v=r9mryuEKkKc&feature=youtu.be>



Moving and Grooving

The adult is the "traffic light." Have your child stand in one spot as the adult calls out colors.

Red Light: stand still.

Yellow light: walk slowly in place.

Green light: jog in place.

Add new colors and motions as child learns the game.

Purple Light: Skip in place

Orange Light: Frog jumps, etc.



Fingerplay of the Week

I saw a little bird go hop, hop, hop

I asked that little bird to stop, stop, stop

I ran to the window and said,

"How do you do"

The little bird waved his tail

and then away he flew

At Home Learning for Preschoolers

Week 3 – Tuesday

Math Fun

Using positional words helps develop spatial relationship skills. Offer opportunities for children to use any small item to place it near, inside of, under, on, behind, next to, between, etc. an object.



Language and Literacy

Reading Challenge: Have your child choose a book and then take the book to a new setting. Let children pick where they would like to go. Fun places might be under a table, in the bathtub (no water of course), under a tree outside, etc.

Fine Motor

Journaling

Have your child draw a picture of something that makes them happy. Talk with your child about what they drew. Label some parts of the picture, let your child sound out parts of their picture and write the word. It is important not to spell the word for them or correct their spelling. This is the time for child to make good guesses about sounds and letters. Correct spelling will come later in life.



Science and Exploration

Give children a piece of aluminum foil to look at and explore. Ask them to describe what they see. Ask children if they can sculpt their foil into something. Offer children more foil when needed. Join them in this exploration. Twist your foil into different shapes.



At Home Learning for Preschoolers

Week 3 – Wednesday

Math Fun

Ask your child number questions throughout the day such as: how many steps to the sink for handwashing, how many blocks will fit in the truck, or how many more plates do you think we need?



Language and Literacy

Draw a few letters of the alphabet on individual sheets of paper. Choose music to dance to. Invite your child to pick one of the letters. Discuss the letter name and sound. Play the music and model things children might do with their chosen letter, such as dance with the letter in front of their body, hold the letter high or place the letter on the floor and jump over it.

Creative Arts and Imaginative Play

Start making a scrapbook of different things you did during the quarantine.

Foods you ate, games you played,
new stuff you tried.

Add to it regularly. It will be a good
keepsake!



Outdoor Exercise

Think of easy exercises, stretches or yoga poses that you can do with your child. Practice these moves and then go on a brisk walk together.

At Home Learning for Preschoolers

Week 3 – Thursday

Math Fun

Using a muffin tin or ice cube tray, roll a dice and place that many objects in the tray.

Roll 4, place 4 objects in the tray.

Children can visually “see” what the amount of 4 looks like.



Language and Literacy

Walk around the house and name objects.

For each object that is named, focus on the beginning sound of the object.

Emphasize that beginning sound.

Fine Motor

Help your child practice drawing shapes and lines such as the following:

| - o /

+ x T <



Music and Movement

Sing “Old McDonald Had a Farm”.

Have your child fill in the animal name and then move like that animal.

Preschool Home Connections

Week 3

Social Emotional Learning

Creating Your Little Rules Together

The 3 Big Rules of our program are “Be Safe, Be Responsible, and Be Respectful.”

They are also known as “The 3 Bees.”

Why are our rules important?

- Rules help the children know what TO DO instead what you don’t want them to do. (talk quietly versus stop yelling)
- They are consistent and predictable. Children learn that they can expect the same thing time and time again.
- They help create structure, as rules are something you live by throughout your day.

More resources will be sent soon to help you create your rules at home.



Healthy Habits

Bedtime Routines

- * Stick to the same set bed time and wake up time each day.
- * Maintain a consistent bedtime routine. Establish calm and enjoyable activities 30 minutes before bedtime, such as reading a book to help your child wind down.
- * Stop electronic screen time at least 1 hour before bedtime.
- * Make sure the sleeping environment is quiet, cool, dark, and comfortable for sleeping.
- * A preschooler needs 10 to 12 hours of sleep a day, including naps.



Mindfulness at Home

For When You Are Feeling Frustrated

A popular mindfulness exercise known as S.T.O.P. can be helpful:

- ◇ Stop. Just take a momentary pause, no matter what you are doing.
- ◇ Take a breath. Feel the sensation of your own breathing, which brings you back to the present moment.
- ◇ Observe. Acknowledge what is happening, for good or bad, inside you or out. Just note it.
- ◇ Proceed. Having briefly checked in with the present moment, continue with what you were doing.

Nutrition Ideas

Nutrition Tips for Preschoolers

- Provide regular daily meal times. Include social interaction and demonstrate healthy eating behaviors.
- Involve children in the choosing and preparing of foods. They are more likely to try them.
- Parents are encouraged to limit children’s screen time to less than 2 hours daily. Instead, encourage activities that call for more movement. Make it fun!
- Offer water or milk to drink. Sweet drinks like juice are not needed.



Family Connections and Resources

Several families with young children are trying to figure out how to balance the demands of working and parenting/homeschooling from home, all while physically isolated from the peers and support circles we typically lean on. If you are feeling overwhelmed by all of this - please know that you are not alone. While we cannot control everything in our environments, especially right now, we can address our stress level to help us regain a sense of balance.

The most important thing you can do to take care of yourself is to make a plan to ensure you can get your most basic needs met. You will need to sleep, eat healthy food, and drink plenty of water. Another basic human need is social connection. Make sure you're texting or talking with people you care about, even if only for a few minutes. When you take care of yourself, you can better take care of your family. Below are some resources to cultivate a sense of calm during these uncertain times.

Teaching your own children at home is a new experience for most families. Even though we are providing the curriculum some families may need access to resources, such as the internet, to help them implement the curriculum. You will also find resources below to help guide you if you need assistance with the internet.

Resources

GISD Social Emotional Resource phone line 591-HELP (591-4357)

Students or parents can call this line and be connected with a licensed professional from the GISD (social workers, counselors, therapists) during the hours of 9:00 a.m. - 5:00 p.m., Monday - Friday. Callers are able to leave a message after hours and will receive a call back during open hours. The licensed professional answering the call may assist in the following areas: Provide support to assist students and parents dealing with stressful situations; Provide assistance in accessing resources and getting the help students/families need; Refer students/families to other local and county agencies for additional support.

Mindfulness - Crim Fitness Foundation Join the Crim team LIVE online for guided meditation, yoga, breathing, mindful movement and many other classes. You will also find Mindfulness Toolkits, audio practices and video practices. Please visit crim.org.

Genesee Health System: Our **Crisis Line** is available to anyone by calling 810-257-3740, 24 hours a day, 7 days a week. Alternatively, you can text FLINT to 741741 to connect to a counselor immediately. These services are completely free.

Comcast is boosting speeds and offering a free trial for its internet Essentials Program, its low-cost internet service for lower income customers. Sign-up at www.internetessentials.com or call 1-855-846-8376 for English or 1-855-765-6995 for Spanish.

AT&T is waiving internet data coverage for customers not already on unlimited home internet plans. Also, its Access program will continue to offer internet data to qualifying limited income households for \$10 per month. See: <https://about.att.com/pages/COVID-19.html>

Charter is offering Free Access to Spectrum Broadband and Wi-Fi for 60 Days for New K-12 and College Student Households and More. Installation fees will be waived for new student households. To enroll, call 1-844-488-8395.

CONTACT INFORMATION:

Pre-Kindergarten (3-5 year old): psscott@geneseeisd.org

Infant & Toddler (0-3 year old): tbully@geneseeisd.org