

Home Activities for School Readiness

Monday	Tuesday	Wednesday	Thursday	Friday
Phonological awareness <p>Say or read poems that have the same ending words to your child. Remember some from your childhood and teach them to your son/daughter. Say them over and over if your child is interested. Examples: Hickory Dickory Dock. Three Blind Mice, etc</p>	Alphabet book <p>Gather items from around the house and make an alphabet book with your child. E.g. keys (trace a key on the page with the letter K) (Ball on B, etc.)Add letters of items that you and your child might choose together. (A-Z)</p>	Science: Exploring with our senses <p>Talk with your children about the size, taste texture, and color of foods. Help him recognize the differences between rough and smooth surfaces, salty or sweet tastes, and the odors of certain foods.</p>	Reading <p>Talk with your child about opposites: big and small hard and soft sweet and sour tall and short big and small near and far heavy and light Write down the words on blank paper and read them to your child.</p>	Math: measuring <p>Create a growth chart on a door using pieces of cardboard or by adding pieces of paper. Mark numbers on it as if it is a measuring tape. Measure your child and keep track of his/her height. Show him or her how he/she has grown. You can measure other members of the family and compare sizes.</p>
Language development <p>Have a pet at home? Sing "Mary Had a Little Lamb" but swap out the name and animal with your child's name and the type of pet you have at home. <u>David</u> had a little <u>dog</u> its fleece was white as snow. Every where that <u>David</u> went, the <u>dog</u> was sure to go.</p>	Physical Development <p>Use a string, or a piece of yarn to create a number line on your driveway or living room where your child can easily exercise. Write numbers from 1-20. Ask your child to run, skip, or jump on the line between the numbers; encourage him to count out loud.</p>	Letter recognition <p>Mark a box or a big rectangle on the floor with tape. Write the letters from A to Z inside. Next, have your child stand at the beginning or end of the rectangle. Call out a letter and ask him/her to hop to that letter and shout out the name of letter when he/she lands on it.</p>	Telling stories as they move <p>Tell your child that you are going to tell a story. Tell him to act it out as you tell it. Begin a story that involves moving in different ways, such as walking on the beach, I saw a bear...rolling in the sand, or swimming in the ocean. Pause every time you say a sentence.</p>	Science: liquid to solid <p>Fill a container (could be a pot or small bucket) with water, drop in animals (or other small items), and freeze until solid. Show your child the container of ice with the items frozen in it. Say, "Here are some toys that are trapped in ice. What are your ideas to free them?"</p>
Reading <p>Read with your child his favorite book. Engage him during the reading by asking questions: "What will happen next?" Ask your child to draw pictures in sequence: the beginning of the story, the middle and the end.</p>	Phonological awareness <p>Sing rhymes to promote phonological awareness: "Five little monkeys jumping on the bed One fell off and bumped his head Mama called the doctor and the doctor said, "No more monkeys jumping on the bed!"</p>	Count objects in everyday contexts. <p>Count the buttons on your child's shirt, the fruit you put in the grocery bag, the forks needed to set the table. Start with small numbers (no more than ten) and add a few as your child is ready for a challenge.</p>	Fine motor development <p>Make a "booklet" with your child. Help him cut out magazine pictures and paste them on paper—a "house book" or "animal book." Use other suggestions from your child. Take dictation as they tell the story.</p>	Phonological awareness <p>Play phonological games to increase phonological awareness in your child. E.g.: "Red fox inside a box, went to the mailbox and encountered an ox" "The cat chat with the rat while they both sat on a mat".</p>