



PRESCHOOL EDUCATION - KINDERGARTEN FOR FOUR AND FIVE-YEAR-OLDS

Week of May 4, 2020

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Suggestions for Activities

Preschool education focuses on the overall development of all children. At 4 and 5 years of age, children develop in all five global areas at the same time: physical and motor, emotional, social, language and cognitive.

The aim is to offer suggestions for ideas, actions and activities to be carried out that allow children to:

- move (big and small movements);
- dance, etc.
- express what they're feeling; what they can do, etc.
- participate, cooperate, etc.
- talk, listen, sing, invent, etc.
- think, ask questions, look for answers, etc.

About the activities:

The most important thing is to set up a routine that corresponds to your family's situation. A simple routine that is adapted to your child's age and needs is reassuring and can help prevent tantrums and maintain a pleasant atmosphere at home.

The morning routine (breakfast, brushing teeth, etc.), lunch, nap, dinner and the bedtime routine (bath, brushing teeth, story, etc.) are stable reference points that help children to situate themselves in time, encourage them to collaborate and help them to control their emotions and feel at ease.

PLAY is a child's main learning strategy. A child who plays is a child who learns.



Outdoor Activities

Information for parents

About the activity

Go for a walk or look around your yard/entrance, and collect items found in nature (twigs, pebbles, etc.)

You could:

- sort the items in the collection (e.g. create groups of twigs, pebbles, pinecones).
- make a pattern with the items (e.g. pinecone, rock, pinecone, rock).
- describe the items using different senses (sight, touch and smell).
- use the items to form letters, numbers or shapes (*Can you use the pebbles to make a square? Can you make the first letter of your name?*); use the items for creative play indoors or outdoors (e.g. make a pretend soup with the items found in nature or add them to block or car play; *Is the pinecone a boulder on the road that your car must veer around or could it be a hedgehog or a hippopotamus?*)
- create an obstacle course with the items. For example, you could jump over a twig; then, in a circle of rocks, hop on one foot five times, then on the other. Next, toss a pinecone over another twig placed a certain distance away. Be creative and have fun!
- create a relay race with the items. Make two piles, side by side, each with five items (such as pinecones) at one end of the play area. One pile is for your child and one is for your child's opponent. Mark out an area at the opposite side of the play area. The object of the game is to carry one item at a time to the other side, leave it there in a new pile, run back, and get another item to bring back to the new pile. Continue until all five items are in the new pile on the opposite side of the play area. Your child will race against an opponent and the first one to get all five of their items to the other side wins. [Caution: Do not run with sticks.]



Let's Eat

Information for parents

About the activity

Since we can't go out to eat, why not make a restaurant at home? Do it for a family meal or at snack time with siblings.

You could:

- have your child help set the table for the right number of guests (*How many forks will we need if everyone in our family is eating?*).
- create a menu together of the food that will be served. Your child can draw pictures of the food, and may want to write familiar letters to provide labels for the pictures.
- have your child take everyone's order (provide a paper and pencil so your child can "write" down the orders using pictures, scribbles, numbers and/or letters).
- if possible, allow your child to help serve [after carefully washing their hands first!] (e.g. count out and serve two crackers to everyone; carefully carry a bowl of grapes; practice pouring a glass of water or milk).
- let your child "charge" guests for the meal. *How much does everything cost?* You could even make paper money together to be used to pretend to pay for the meal.
- have your child help wash some of the plastic dishes, or spoons and forks when the meal is over.

Listen to this silly song: *Do You Like Lasagna Milkshakes?*

<https://www.youtube.com/watch?v=13mftBvRmvM>

Have fun singing about your own silly food combinations.



Games

Information for parents

About the activity

You could:

- draw letters, numbers or shapes on your child's back with your finger, and have your child guess what it is. Now it's your child's turn to draw on your back.
- play **I Spy**. *I spy with my little eye something that is blue.* How about spying something that is a certain shape or that rhymes with another word? (For example, in the entrance area you might say, *I spy with my little eye something that rhymes with glue? You wear it on your feet. Can you guess what it is?*)
- play **Missing Object**. Place 5-10 small toys or household items on a tray, table, or even the floor. Give your child 10-15 seconds to look at the items and memorize them. Cover the items with a small towel or scarf. Without your child seeing, remove one object while pulling the towel off the remaining items. By looking at the objects that are left, can your child remember which item is missing?



Storytime

Information for parents

About the activity

You could:

- play **Pass the Story**. Begin by saying the first line of an imaginary story (e.g. *There once was a small dog, who was walking through the woods when all of a sudden...*). Have your child decide what the next line of the story will be. Keep passing the story along to other members of the family or back and forth between you and your child. This storytelling game can be played with friends or family over video chats or the phone.
- make simple puppets to retell favourite stories, nursery rhymes or fairy tales. Use paper, crayons, glue, tape, old buttons, scraps of fabric, or any craft material you have. Characters can be drawn on paper, cut out, and stuck to toilet paper rolls, popsicle sticks, or twigs found outside. A small paper bag or an old sock can be decorated and turned into a hand puppet. Have fun changing your voice to sound like the characters. If you have a digital device, you can record the performance and share it with friends or family members. A quick search of *Nursery Rhymes* or *Fairy Tales* on Google will provide songs and stories of favourite or forgotten classics.

How to make a simple puppet:

- Paper puppets: https://www.youtube.com/watch?v=-n4A_rabcwg
- Easy finger puppets: <https://www.youtube.com/watch?v=HXGtL2duhkl>
- Stick puppets: <https://www.youtube.com/watch?v=0vro-WPHrnU>
- Sock puppets: <https://www.youtube.com/watch?v=uu1qEum7XGU>