

15 Daily Home Activities for Prekindergarten Students

Simple Daily Schedule for a Pre-K Student

- Take advantage of breakfast, lunch, snack, and dinner time to have conversations with your child.
- Try at least 2 activity ideas throughout each day.

Note: (There are video and resource links in this document, but you do not need internet access for many of these activities if you simply save or print this document.)

- Find time to play outside for at least 30 minutes twice a day.
- Read a story to your child before bedtime.

Day 1

Book Connection	<i>I went Walking</i> by Sue Williams: https://www.youtube.com/watch?v=UeqvHhLSq6U
Activity 1	<p>Nature Walk: Collecting and Sorting Objects Materials: A bag to place the items you collect Collect:</p> <ul style="list-style-type: none"> • Walk around outside in your neighborhood. • As you walk, ask your child to pay attention to things they see on your walk. Example: things in the sky, things on the ground, the noises they hear • Collect items that are <u>safe</u> for your child to bring home and observe. Example: rocks, sticks, leaves, etc. • When you get home, empty the bag and have your child name the items he/she found. <p>Sort:</p> <ul style="list-style-type: none"> • Separate the items you collected into groups. Ask your child how he/she would like to group the items. (Big rocks, little rocks, brown leaves, green leaves, pinecones, etc.) • Then make a list for your child of the items found and how many of each. Example: Big Rocks = 10, Little Rocks = 12 • Your child may be able to write certain letters for the start of the word. Help your child sound out the word and with writing as needed. • Take a picture of your work together and celebrate the learning of your nature walk! <p>Example of Lesson with Pictures: Collecting and Sorting things in Nature</p>
Activity 2	<p>Writing About My Nature Walk:</p> <ul style="list-style-type: none"> • Ask your child to draw a picture of what they found on the nature walk. • Help your child label the picture with letters/words. • Write a sentence together. (Example: We had fun on the nature walk.) • Have your child help you write a word he/she knows or a letter for a sound they hear in the words.
Activity 3	<p>Don't Let It Fall! Balloon Fun Materials: a few blow up balloons or a light ball such as a beach ball</p> <ol style="list-style-type: none"> 1. Blow up a balloon. 2. Toss the balloon back and forth to your child. 3. The goal is to not let the balloon drop and see how long you can keep it in the air. 4. Add math by helping your child count how many times you were able to keep it up in the air. 5. Next time try to beat that number! <p>Note: Make sure to properly throw away the plastic from popped or deflated balloons for the safety of infants, toddlers, and pets.</p>

Day 2

Activity 1	Baking or Cooking! <ul style="list-style-type: none">• With your child, decide on something you can cook or bake together.• As you bake or cook together, talk to your child about the items you are using to make the food. Example: “This is a mixing bowl, and this is a whisk. We need it to stir the pancake mix.”• Ask your child to repeat the words he/she is learning. Example: “Say whisk. Say mixing bowl.”• Talk to your child about the measurements and tools you are using. Example: “It says here to add 1 cup of _____.”• Allow your child to mix and pour ingredients as you bake or cook.• Point out how the ingredients change as you mix them. Example: “First the flour was dry and powdery. When we mix it with the eggs, milk, and oil it starts to turn into liquid.”• Always make sure to supervise your child when using hot surfaces like the stove or oven.
Activity 2	Let’s do Jumping Jacks! Materials: Number Cards 1-10 or Create Number Cards for 1-10 on Note Cards <ol style="list-style-type: none">1. Mix the number cards and lay them face down so the number doesn’t show.2. Have your child choose a card and name the number. Help your child read the number if needed.3. Then, jump that number of jumping jacks. For example, if your child chooses the number 3 then you and your child would do 3 jumping jacks4. Count out loud with your child as you exercise and have fun!

Day 3

Activity 1	Read a Story Materials: A children’s book you have at home. (If you have internet connection, find a story on https://www.storylineonline.net) <ul style="list-style-type: none">• Before reading the book, read the title of the book to your child.• Look at the pictures in the book and ask your child what is happening in the pictures.• Begin to read the book. Stop and ask questions as you read. Example: “What is happening here? What do you think will happen next? What did you learn from this page?”• When you finish reading the book you can ask, “What was your favorite part? Or What did you learn from this book?”• Ask your child to draw his/her favorite part of the book or something they learned.• Help your child label his/her picture using the letter sounds they know. Help them as needed.
Activity 2	Snack Time: Learning About Serving Size <ul style="list-style-type: none">• Read the nutritional label and find the serving size for the snack your child will be eating.• Example: If your child is eating goldfish crackers the nutritional label will tell you how many crackers equal one serving size.• Help your child count out the serving size. Pre-K students can usually count to at least 10. Provide help with the rest as needed.• If the snack is no longer in its original container, simply help your child count out an appropriate amount of food for his/her snack.
Activity 3	Exercise with Your Child! <ul style="list-style-type: none">• Teach your child simple exercises and do them in sets of 10.• 10 jumping jacks• 10 arm circles for each arm• Jog in places for 20 seconds• 10 simple squats• 10 side to side to side arm stretches• Jog in place for 20 seconds

Day 4

Activity 1

Making Playdough! -

Ingredients/Materials: 1 cup of flour, ½ tablespoon of vegetable oil, ¼ cup of salt, ¼ cup of warm water, food coloring (optional), 2 mixing bowls, cutting board or wax paper, plastic baggie

1. Add the ¼ cup salt and 1 cup of a flour in a mixing bowl. Mix.
2. In another mixing bowl, add the ¼ cup of warm water (not boiling, just hot enough), ½ tablespoon of vegetable oil, and about 4 drops of food coloring. Mix.
3. Add the salt and flour mix to the bowl of liquids and mix.
4. Take out some wax paper, sprinkle a little bit of flour on it.
5. Take out the playdough mix, place it on the wax paper, and knead the playdough until it thickens.

Note: As you do this activity, talk to your child about the ingredients and tools you are using. Ask your child to repeat words that may be new such as mixing bowl, teaspoon, wax paper, etc.

[Click Here to Watch a Video on How to Make Playdough](#)

Activity 2

Make a Book about Experiences!

Materials: Paper, Colors, Pencil

If you made the playdough, make a book about the steps you took to make the playdough with your child.

- Get 2 sheets of paper. Fold them in half.
- Leave the front-page blank to add a title later.
- Write one sentence on a page for each step you took to make the playdough.
- Help your child write a simple sentence and draw a picture that goes with the sentence.

Example: First, we took out all the materials. Then, we mixed all the ingredients in bowls. Third, we mixed the liquids in another bowl. We mixed a lot. Finally, we took out the playdough and rolled it.

- Don't forget to go back and add a title!

Note: As you make the book, ask your child to help you write the letter sounds they know in the words. Preschool children should be able to hear the first sound in words and write the letter. Some preschoolers may be able to hear more sounds in the words and write those letters. Allow your child to do what he/she can and help as needed.

[Click Here to See a Making a Book Example](https://www.prekinders.com/pre-k-bookmaking/) - <https://www.prekinders.com/pre-k-bookmaking/>

Activity 3

Exercise Fun! - Play an exercise game with your child.

Materials: Paper, pencil

- Have your child use different movements to get from one side of a room to another.
- Ask your child to write the number of movements it took to get from one place to another.

Examples:

- How many hops from the living room to the kitchen?
- How many long steps from the kitchen back to the living room?
- How many side steps from the living room to your bedroom?
- How many jumping jacks from your room back to the living room?

Day 5

Activity 1

Rhyming Pictures

Materials: pictures from a magazine that rhyme

Find pictures from magazines and place them in a bag, as you pull one picture/object name it.

Then pull another picture and ask your child if those words rhyme:

Clock and sock, do they rhyme?

Can and cat, do they rhyme?

Can and pan, do they rhyme?

When you are finished pulling all the pictures out of the bag, have your child match up all the pictures that rhyme together.

Activity 2	<p>Rocking and Rolling</p> <p>Materials: Materials from around the house that can roll down a ramp and some that won't roll, cardboard or a cutting board</p> <ul style="list-style-type: none"> • Build a ramp with your child, you can use a card box or a cutting board • Put something underneath to elevate the ramp in an angle. • Using the selected items have your child predict which ones will roll down the ramp and which ones will not roll down the ramp. Some objects may slide or not move at all. • After making predictions, try it out! Place one item on the ramp at a time to see if it will roll or not. • When finished, have your child draw and label the objects that rolled down the ramps and those that didn't. • Allow your child to draw their own picture and write their own words. Help him/her listen to as many sounds in the word to attempt to label his/her pictures. <p>Extension: Measure how far objects go using a string, tape or paper clips to compare distance.</p>
Book Connection	<p><u>From Head to Toe by Eric Carle</u></p>
Activity 3	<p>Body Part Riddle.</p> <p>Have your child solve a riddle about a body part. I am thinking of a body part we use to smell, a body part we use to walk, etc.</p> <p>Use the book From Head to Toe as a reference for the riddle.</p>
Day 6	
Book Connection	<p><u>The Very Hungry Caterpillar by Eric Carle</u></p>
Activity 1	<p>Materials: Story, paper and crayons for the food sequence</p> <p>Read the Very Hungry Caterpillar with your child and ask him to draw the different foods the caterpillar ate before building the cocoon.</p> <ol style="list-style-type: none"> 1. Read the story. 2. Use the sequence to recreate the story on paper. 3. Talk about the cycle from an egg on the leaf to a little caterpillar to a cocoon, then a beautiful butterfly. 4. You can use a coffee filter, watercolors (water with food coloring), and a clothespin to make a butterfly. <u>Butterfly Craft</u>
Activity 2	<p>From Seed to Plant with Mr. Sun</p> <p>Materials: Six seeds (beans or peas), one cup, soil, water, paper, pencil</p> <p>Time to be a scientist! Plant three seeds (beans or peas) in one cup or container.</p> <p>Help your child make predictions about the growth of the seed over time. Example: How long do you think it will take for the seed to sprout? How tall do you think the plant will grow?</p> <p>Take the time to observe the plant grow each week and have your child draw a picture to record the progress. Don't forget to water it!</p>
Activity 3	<p>Number Fun- Catching and Tossing a Ball or Beanbag.</p> <p>Materials: Dice, a small ball, or a beanbag (you can make one with a Ziploc baggie and beans)</p> <ul style="list-style-type: none"> • Roll a dice and ask your child how many dots he sees • Then, position yourself six feet away from your child. • Toss the ball or beanbag back and forth to each other based on the number your child rolled. • Continue playing the game! <p>Challenge: You can use two dice and have your child count the dots on both dice to add them.</p>

Day 7

Book Connection	Mouse Shapes by Ellen Stoll Wash
Activity 1	I Spy Shapes Materials: Household, food items, or toys with different shapes (a lid for a circle), paper, and crayon <ul style="list-style-type: none">• Go around the house or out for a walk and play the I Spy Game looking for shapes.• Say: "I spy with my little eyes a shape that has three corners. It is red and on top of the house. It's called a roof! What shape is that roof? Yes, a triangle!" Or "I spy something that tells time and is up on our wall. Yes, a clock! What shape is the clock? Yes, a circle!"• If time allows, have your child draw the shapes they saw on the walk or around the house. Challenge: Have your child tell you what they spy. You guess. Then ask your child to tell you the shape of the object they had you spy.
Activity 2	Dance, Dance, Dance Have fun dancing with your child to his favorite tunes! You can find dance move songs on the Go Noodle Channel
Activity 3	Anytime is Story Time Materials: A favorite story, paper and crayons <ul style="list-style-type: none">• Read or listen to a story with your child.• As you read, talk about the problem of the story and how the characters are feeling.• You and your child can draw a picture of his favorite part of the story, change the story by adding him as a character, or write a new ending to the story. There are many great free stories available at Harris County Public Library

Day 8

Book Connection	Alphabet Mystery by Bruce Wood
Activity 1	Picture Collection: Make a Letter! Materials: Paper, scissors, magazines and or newspapers, glue, marker Have your child choose a letter he/she would like to make. It may be the first letter in his/her name or your name. Write the letter on a piece of paper using a marker. Next, look for pictures in the magazines and newspapers that start with that letter sound. Have your child glue the pictures forming the shape of the letter with the cutouts. As your child glues the picture, have him/her say the name of the picture and the beginning sound. Example: "Yes, that is a baker. Baker starts with b-b-b like Brianna."
Activity 2	Art with Shapes Materials: Construction paper, paper, scissors, glue <ul style="list-style-type: none">• Draw shapes of different sizes on construction paper. Examples: Circles, triangles, squares, rectangles• Ask your child to help you cut the paper shapes of different colors and sizes.• Have your child use the cut-out shapes to create anything he/she wants.• Hang the art creation somewhere so that your child feels a sense of pride about the work!

Activity 3	I Can Help! Following Directions <ul style="list-style-type: none"> Throughout your day, give your child two to three step directions to with common chores. Explain to your child that he must do the steps in the order you say. You say: "Put your shirt in the top drawer, then put your socks in the next drawer ."; "Put your cup in the sink and then put your dolls away,"; "Put on your socks and then your shoes".
Day 9	
Book Connection	Maisy Goes Shopping (Click Link for Video) https://www.youtube.com/watch?v=DJqbNDz_7dU
Activity 1	Let's Go to the Grocery Store! We need a list! Materials: paper, pencil, store circular (optional) <ol style="list-style-type: none"> Talk with your child about items that you need to purchase at the grocery store Before writing the item on the shopping list, ask your child to listen to what sound the words begins with, for example: "Milk, /m/ milk. What sound does milk begin with?" Show your child how to write the letter m on a list. They can even draw a picture of a milk carton or milk jug! Continue with other items that you would like to put on your grocery list Have fun shopping with your grocery list! <p>*Variation: You can create the list and have your child copy the list Use the store circular to locate items to purchase and have your child copy the word.</p> <p>*Challenge: Sound out the word and help your child write as many letters of the word that they hear.</p>
Activity 2	Sorting: Materials: Grocery items purchased at the store Sort the items that you purchased at the store in various ways: <ol style="list-style-type: none"> Sort by color (Ex: "These items are yellow. These items are not yellow") Sort by characteristic (Ex: "These items are fruit. These items are not fruit.") Sort by items in a recipe. (Ex: "These foods are used to make Chicken soup. These items are not used to make Chicken soup.") Sort by place (Ex: These items go in the refrigerator. These items go in the pantry. These items go in the freezer. ")
Activity 3	Tossing and catching with Syllables: Materials: ball Syllables are smaller parts of words. When you say a word every time your jaw drops or your mouth opens, you are saying a syllable. For example, the word egg has 1 syllable; the word carrot has 2 syllables. <ol style="list-style-type: none"> Take the words that you wrote on the grocery list and say them slowly to hear the syllables in each word. Count the syllables with your child. Clap the syllable with your child Use a ball to bounce the number of syllables in the word Toss the ball back and forth with your child the number of syllables in the word (Ex: for spaghetti you would toss the ball 3 times- /spa/- /ghet/- /ti/ <p>*Variation: toss and catch or bounce syllable in words such as family names, words associated with Springtime, the Rodeo, or the Zoo, etc.</p>

Day 10

Book Connection	Z is for Moose by Kelly Bingham and Paul Zelinsky https://www.youtube.com/watch?v=yCdb2KVzhak&t=10s
Activity 1	What letter is this? Materials: Bag of Rice, Cookie Sheet, muffin tin or ice tray, spoon *Making Letters: <ol style="list-style-type: none">1. Put rice on a cookie sheet (or another flat pan).2. Ask your child to write the letters of his/her name in the rice.3. Ask your child to write the letters that represent the beginning sound of words you say (Ex: "Write the letter that TOY begins with? T-t-t toy.) *Cleaning up the Rice: <ol style="list-style-type: none">1. Pour the leftover rice into a bowl.2. Have your child scoop up the rice with the spoon to fill the plastic baggie with the rice. Count how many scoops it takes to put the rice in the baggie.3. Save the rice for another activity! Example: Writing numbers in rice, making shapes in rice, "drawing" objects in rice
Activity 2	Let's Play with Light! Materials: Flashlights (one for you and one for your child) <ul style="list-style-type: none">• Find a dark room.• Turn the flashlights off and on. Use words like off, on, light, dark, bright, and shine in your conversation with your child.• Teach your child how to use the flashlight properly. Have your child shine the light on the wall, ceiling, various pieces of furniture or fixtures in the room naming each one as you give directions (Ex: "Shine the light on the ceiling fan. Move the light to see (or illuminate) the couch.")• Talk about the shadows that are created when the light is shone on various objects.• Discuss how shadows become larger the closer the object is to the light and how they become smaller as they are moved farther away from the light.
Activity 3	Where Are You? Materials: flashlight and object to hide <ul style="list-style-type: none">• Hide some objects around a dark room. (Ex. toys, balls, shoes, etc.)• Tell your child how many objects you hid and ask them to use their flashlight to find them.• Count the objects before you hide them and after to ensure you've got them all!

Day 11

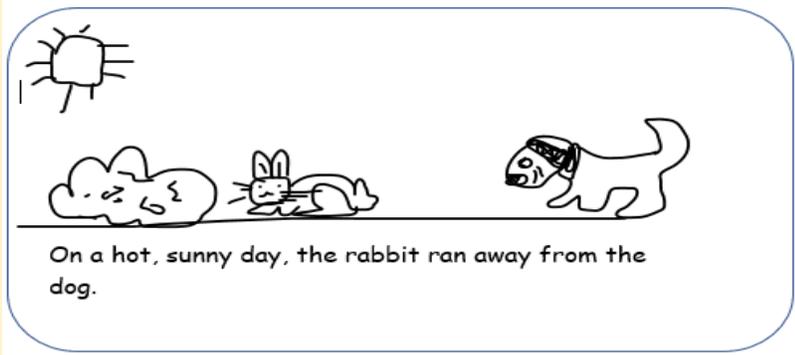
Book Connection	Harrold and the Purple Crayon by Crockett Johnson https://www.youtube.com/watch?v=35y8j6c3ecQ
Activity 1	Play Pretend: This is one of the easiest and best ways to develop your child's imagination. Imagination stimulates creativity and innovation. It will help your child succeed in the future with problem solving, reading and writing. <ul style="list-style-type: none">• Initiate pretend play with a scenario (Ex: "Pretend that we are frogs sitting on lily pads. We can only hop on the other lily pads (pillows) to get across the water." Pretend we are flying in an airplane. Where are we going? What are we seeing? What are you feeling?"• Let your child pick the scenario for Pretend play. Encourage creative thoughts, talking in complete sentences, and teach new vocabulary words as your play.

Activity 2	<p>Building with Blocks:</p> <p>Materials: blocks, Legos, other materials for pretend play; paper, pencil or crayons or markers</p> <ul style="list-style-type: none"> • Pretend to build a city with blocks (or other building materials) with your child. Talk about what buildings are being created (house, store, hospital, etc.) • Have your child use the paper and crayons to create a sign for each building writing down the letters of the sound that they hear in the word (Ex: str for store; hspitl for hospital)
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Activity 3	<p>Dance the Macarena https://www.youtube.com/watch?v=7eEbWc8e7-l</p>
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Day 12

Book Connection	<p>A Beautiful Oops by Barney Saltzberg https://www.youtube.com/watch?v= Wbj3Hux0jM</p>
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Activity 1	<p>Write a Story Together:</p> <p>Materials: paper and pencil</p> <ul style="list-style-type: none"> • Think about something that recently happened that you and your child would like to draw and write about. • Draw a picture of the event as you both are talking about what you remember happened. • When the picture is complete, ask your child to tell you a sentence about the picture to write down. <div data-bbox="375 974 1170 1329" style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;">  <p>On a hot, sunny day, the rabbit ran away from the dog.</p> </div> <ul style="list-style-type: none"> • Now it is your child's turn to draw and write about their own event. Talk about what they want to draw. Allow them to be creative with their picture (please do not draw for them) • Students can label their picture (Ex: dog, rabbit, bush, sun) and/or write a sentence about their picture.
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Activity 2	<p>Coupon Cutting-</p> <p>Materials: Store coupons from the mail or newspaper, store circular from various stores</p> <ul style="list-style-type: none"> • Have students practice cutting skills by cutting out coupons on the dotted lines. (The thumb should face up when cutting.) • Sort the coupons in various ways • Make sets of coupons (Ex: "Make a set of 3 coupons. Make a set of 5 coupons. Show me 2 coupons.") • Your child can also practice cutting skills by cutting out shapes from coloring books you can find at a dollar store.
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Activity 3**Yoga: Try These Yoga Poses****Sun****Tree****Star****Rain**

[Click to view Yoga for Kids](#)

<https://www.youtube.com/watch?v=4ZpkRAcgws4>

Day 13**Activity 1****Magnificent Memory Board**

Materials: family pictures, old magazines, crayons, markers construction paper, glue

1. Talk to your child about favorite family memories using family pictures from your phone or other source as prompts for discussion. Ask questions to prompt discussion such as: What do you remember about this event? What does this remind you of?
2. Have your child draw pictures or cut and paste pictures from magazines to represent the memories.
3. Your child can decorate the memory board using ribbon or other decorative items.
4. Display the memory board and add to it as new memories are made.

****Challenge:** Say the sounds of the word and have your child label the pictures!

Activity 2**Seed Sort**

Book Connection: [The Tiny Seed](#) by Eric Carle <https://www.youtube.com/watch?v=ls6wTeT2cKA>

Materials: Seeds – collected from fruits, vegetables, plants

1. Read or listen to the story titled, The Tiny Seed
2. Talk to your child about how seed grows and what it needs to grow
3. Using a variety of seeds, have your child sort them.
4. Ask questions such as:
 - a. How did you sort the seeds?
 - b. What other ways can you sort the seeds?

Challenge: Root a potato or avocado seed by placing toothpicks in the potato or avocado seed and suspending it in a cup of water. Watch it grow!

Activity 3

Act out the way a seed grows into a plant. Remember to sprout roots and leaves and look toward the sun!

Day 14

Book Connection	Chicka Chicka Boom Boom by Bill Martin Jr. https://www.youtube.com/watch?v=BPWk3SjKRAs
Activity 1	<p>“Eggcellent “Egg Match</p> <p>Materials: empty egg carton, plastic eggs, markers, small pieces of paper</p> <ul style="list-style-type: none"> ● Label 12 pieces of paper with uppercase letters. ● Label 12 pieces of paper with corresponding lowercase letters. ● Place uppercase letters at the bottom of an egg carton. ● Place each corresponding lowercase letter in a plastic egg. ● Hide eggs. ● Have children find eggs, open eggs, and place matching letter in carton. <p>Variation: Say a letter sound and have your child put the egg on top of the corresponding letter.</p>
Activity 2	<p>Insect Investigation</p> <p>Book Connection: Two Bad Ants by Chris Van Allsburg https://www.youtube.com/watch?v=5g3gupAbYXs</p> <p>Materials: magnifying glass if available</p> <ol style="list-style-type: none"> 1. Read or listen to the story titled, Two Bad Ants 2. Talk to your child about how the ants in the story acted. 3. Observe ants outside or use the video Children Learn About Ants https://www.youtube.com/watch?v=cXUCUvcscXs 4. Ask questions such as: <ul style="list-style-type: none"> How are the ants in the story different from real ants? How are they the same? What do you notice about how the ants look in the story and the video? <p>Challenge: Draw and label a picture of an ant. Look at other insects and compare them to ants.</p>
Activity 3	<p>To learn the parts of an insect sing the song Insect Body Song to the tune of Head, Shoulders, Knees, and Toes: Head, Thorax, Abdomen, Abdomen (repeat) and Eyes and Mouth and Antennae and Six Legs, Head, Thorax Abdomen, Abdomen</p> <p>Dr. Jean’s Insect Body Song</p>

Day 15

Book Connection	Owl Babies by Martin Waddell https://www.youtube.com/watch?v=TPQRiSTYFH0
Activity 1	<p>Dynamic Dictation</p> <p>Materials: paper, pen</p> <ol style="list-style-type: none"> 1. Have your child tell you a story. 2. Write down the story exactly as your child tells it. 3. Prompt with questions/statements such as: <ul style="list-style-type: none"> What happens next? Tell me more. 4. When finished, read story back to your child to see if they’d like to add more. 5. Read finished story aloud while family members act out story.

<p>Activity 2</p>	<p>Fishy Fun</p> <p>Book Connection: Swimmy by Leo Lionni https://www.youtube.com/watch?v=BDrR78REU8Y</p> <p>Materials: paper, markers, fish shaped crackers or candy</p> <ol style="list-style-type: none"> 1. Read or listen to the story titled, Swimmy 2. Talk with your child about the characteristics of fish. 3. Learn some facts about fish with your child using the video, Fish https://www.youtube.com/watch?v=u_Xv5BRnflA 4. Ask questions such as: Where do fish live? How are fish the same and different from animals like cats, dogs, and birds? What do you notice about the way fish look? <p>Activities: Draw and label a picture of a fish. Create a school of fish with fish shaped crackers or candy.</p>
<p>Activity 3</p>	<p>Play a game of animal charades! Write the names of several animals on slips of paper. Place them in a bag. Pick one out of the bag and act it out without making a sound! Everyone must guess what animal it is. Have fun!</p>