Pre-K 3, week 11: rest, sleep and counting to 5

This week your learner will talk about bedtime, count up to 5 things and move in different ways. Each activity takes about 5 to 10 minutes. Print the pages, or do them with things you already have at home.

5-minute prep

- Choose a calm book for bedtime this week.
- Gather 5 stuffed animals or toys too big to fit in the mouth.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 5 stuffed animals or toys, a book. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Talk and listen	Bedtime page, Bedtime story order card
Tuesday	Math	How many? page, Toys to bed card
Wednesday	Explore	Move my body page, Fast and slow card
Thursday	Make and move	Draw my bed page, Pillow squeeze card
Friday	Story and review	Song of the week, Parent notes page
Every day	Read aloud, sing, play outside	Read any picture book together, sing the song of the week, and do a feelings check-in.

Contents

Printable: Bedtime 2
Printable: How many? 3
Printable: Move my body 4
Printable: Draw my bed 5
Activity cards 6
Song of the week and parent notes 8
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Safety

- Use objects too big to fit in your learner's mouth, and stay close during any counting or sorting with real objects.
- Water play only with an adult within arm's reach the whole time, even in a small tub.
- An adult handles anything hot or sharp, knives, and rocks or heavy objects.
- Dry beans and seeds only with an adult watching closely, and not with a learner who still puts things in their mouth.
- No scissors needed: tear paper instead. If you do use scissors, use child safety scissors with an adult right there.
- Choose crayons, markers and paint labeled for young learners (look for the AP seal).

Bedtime

Say: "What do we do at bedtime?" Your learner points to each picture and tells you about bedtime.



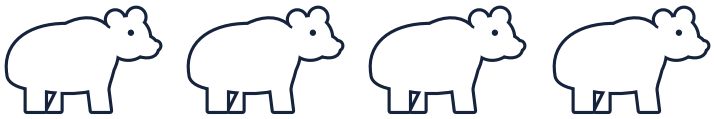
No supplies swap. No printer? Walk through your bedtime routine together.

How many?

Say: "Count each row. Color one dot for each one." Your learner counts each row, touching each picture, and colors that many dots.







No supplies swap. No printer? Count stuffed animals into bed.

Move my body

Say: "Can you run? Can you dance?" Your learner points to each picture and does the move.



No supplies swap. No printer? Play "Can you do this?"

Draw my bed

Say: "Draw your bed. Who sleeps with you?" Your learner draws their bed and a toy any way they like.

No supplies swap. No printer? Make a pretend bed for a toy with a towel.



Bedtime story order

Time: 5 minutes · **You need:** Nothing

1. Say the steps: bath, pajamas, teeth, book, sleep.
2. Your learner acts out each one.
3. Ask "What comes next?"

Easier: Do 3 steps. **Next step:** Your learner tells you the steps.

Say this: "First teeth, then a book."

No supplies: Needs nothing.

Builds: Language: sequence words · Stay close and keep small objects away from mouths.

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Toys to bed

Time: 5 minutes · **You need:** 5 stuffed animals or toys, a towel

1. Your learner puts each toy to bed under the towel.
2. Count them as they go.
3. Say goodnight to all 5.

Easier: Use 3 toys. **Next step:** Ask "How many are sleeping?"

Say this: "Goodnight one, two, three, four, five."

No supplies: Count fingers going to sleep.

Builds: Math: counting and cardinality · Stay close and keep small objects away from mouths.



Fast and slow

Time: 5 minutes · **You need:** Space to move

1. Walk fast together.
2. Walk slow like a sleepy bear.
3. Your learner calls "fast" or "slow".

Easier: Hold hands. **Next step:** Add tiptoe and stomp.

Say this: "Slow, slow, sleepy bear."

No supplies: Do it sitting with your arms.

Builds: Physical: gross motor · Stay close and keep small objects away from mouths.

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Pillow squeeze

Time: 5 minutes · **You need:** A pillow

1. Your learner hugs the pillow tight.
2. Let go and flop.
3. Do it 3 times, slowly.

Easier: Do it once. **Next step:** Use it before sleep to relax.

Say this: "Squeeze tight. Now let go."

No supplies: Hug yourself instead.

Builds: Social-emotional: calming down · Stay close and keep small objects away from mouths.

Song of the week: Sleepy time

The moon is up, the sun is down,
It's sleepy time all over town.
Close your eyes and rest your head,
Goodnight, goodnight, it's time for bed.

Actions: Rock your arms like a cradle. **Try next:** Sing it to a toy at bedtime.

Original UpOnly Learning words, say or sing it in any rhythm

Parent notes: what did you see this week?

This is not a test. Tick what you noticed, and practice the rest next week. Keep this page; it stays with you.

I saw my learner…	Seen it	Not yet
Tells 2 bedtime steps in order	☐	☐
Counts 5 toys with help	☐	☐
Walks fast and slow when asked	☐	☐
Squeezes and relaxes	☐	☐

Next: week 12 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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