Pre-K 3, week 12: review and show me

This is a review week with nothing new. Your learner plays games that bring back handwashing, the s sound, healthy food and counting to 5. Use the parent notes page to see what to practice next.

5-minute prep

- Gather 5 spoons or blocks.
- Pick 3 foods from your kitchen to talk about.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 5 spoons or blocks, a few foods. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Talk and listen	Healthy habits page, Pretend picnic card
Tuesday	Math	Count and match to 5 page, How many spoons? card
Wednesday	Explore	S or not? page, Germ busters card
Thursday	Make and move	Paths review page, Freeze shapes 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.

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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).

Healthy habits

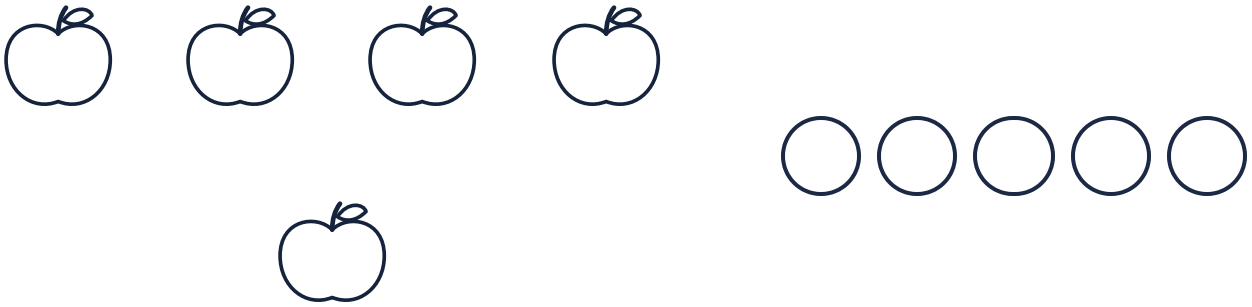
Say: "What keeps us healthy? Washing, eating, sleeping." Your learner points to each picture and says what it is.



No supplies swap. No printer? Act out washing, eating and sleeping.

Count and match to 5

Say: "Count each row and color that many dots." Your learner counts each row and colors that many dots.



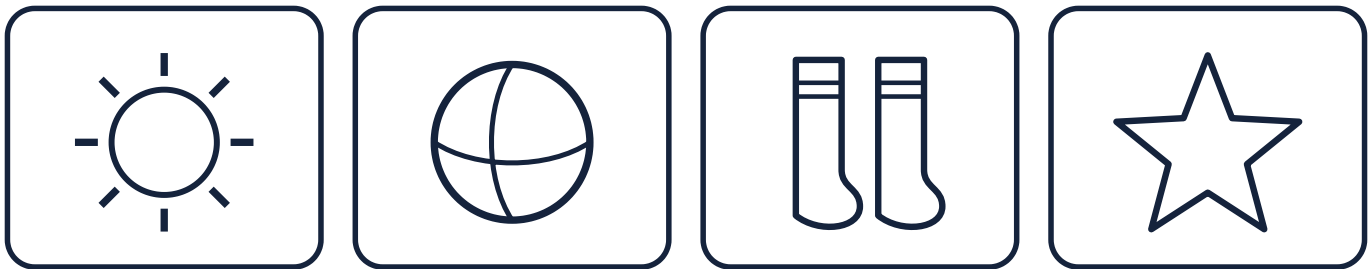




No supplies swap. No printer? Count spoons up to 5.

S or not?

Say: "Sun starts with sss. What about the others?" Your learner colors the pictures that start with sss.



No supplies swap. No printer? Say words and your learner says "sss" for s words.

Paths review

Say: "Trace each path. Start at the green dot." Your learner traces each path from left to right.



No supplies swap. No printer? Walk a path of pillows on the floor.



Pretend picnic

Time: 10 minutes · **You need:** Toy food or real fruit, plates

1. Set out a picnic.
2. Your learner serves one food to each guest.
3. Talk about the foods.

Easier: Use 2 guests. **Next step:** Count the foods on each plate.

Say this: "One apple for you, one for me."

No supplies: Pretend with no food.

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

cut here



How many spoons?

Time: 5 minutes · **You need:** 5 large spoons

1. Show some spoons.
2. Your learner counts them.
3. Change the number and count again.

Easier: Up to 3. **Next step:** Show 5 quickly and ask "How many?"

Say this: "Let's check: one, two, three, four, five."

No supplies: Count claps.

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



Germ busters

Time: 5 minutes · **You need:** Soap, water, a towel

1. Wash hands together and sing the song.
2. Talk about when we wash: before eating, after the toilet.
3. Your learner shows you the steps.

Easier: You lead. **Next step:** Your learner leads.

Say this: "Before we eat, we wash."

No supplies: Practice the rubbing with dry hands.

Builds: Health: hygiene · Stay close and keep small objects away from mouths.

cut here



Freeze shapes

Time: 5 minutes · **You need:** Music or your singing

1. Dance.
2. When the music stops, freeze tall, small or wide.
3. Start again.

Easier: Freeze any way. **Next step:** Freeze in the shape of a letter s.

Say this: "Freeze tall. Now small."

No supplies: Sing and stop.

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

Song of the week: Healthy me

I wash my hands, I eat my peas,
I run and jump and climb with ease.
I rest my head when day is through,
Healthy me, and healthy you.

Actions: Act out each line. **Try next:** Add a verse about brushing teeth.

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
Shows the handwashing steps	☐	☐
Counts 5 objects	☐	☐
Picks the s pictures	☐	☐
Freezes in a shape	☐	☐

Next: week 13 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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