Pre-K 3, week 2: my family and one for each

This week your learner will name the people in the family, give one thing to each person and use the five senses. Each activity takes about 5 to 10 minutes. Print the pages, or do them with things you already have at home.

5-minute prep

- Find a few family photos, on paper or on a phone.
- Gather 4 cups and 4 large spoons.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 4 cups, 4 large spoons, family photos if you have them. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Talk and listen	Who is in the family? page, Family photo talk card
Tuesday	Math	One for each page, Set the table card
Wednesday	Explore	My five senses page, Five senses walk card
Thursday	Make and move	Big circles page, Playdough 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

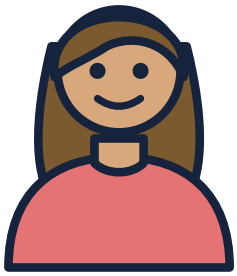
Printable: Who is in the family? 2
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Safety

- 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).

Who is in the family?

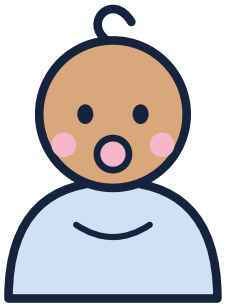
Say: "Who is this? Is it a baby or a grandma?" Your learner points to each person, says who it is, and colors the people who live in your home.



mom



dad



baby



grandma

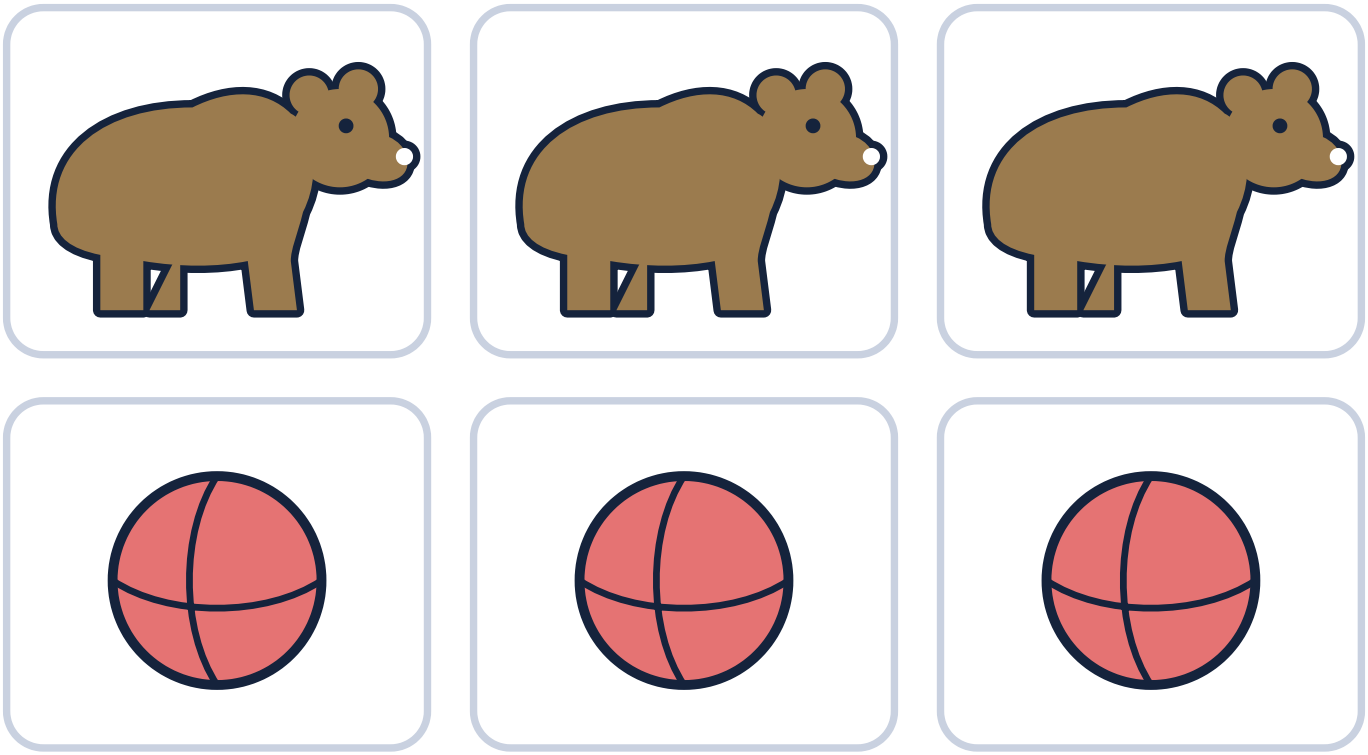


grandpa

No supplies swap. No printer? Look at family photos and name each person.

One for each

Say: "Each bear gets one ball. Draw a line from each one." Your learner draws a line from each animal to one ball, then counts the lines with you.



No supplies swap. No printer? Set the table: one spoon for each cup.

My five senses

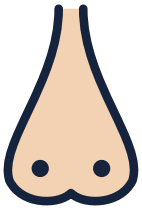
Say: "We see with our eyes. What do we hear with?" Your learner points to each picture and you say what it does: see, hear, smell, taste, touch.



see



hear



smell



taste



touch

No supplies swap. No printer? Point to each body part and say what it does.

Big circles

Say: "Round and round. Make a big circle like a ball." Your learner draws big round circles in the box with a crayon, as many as they like.

No supplies swap. No printer? Draw circles in the air, then on your learner's back with a finger.



Family photo talk

Time: 5 minutes · **You need:** Family photos

1. Look at one photo at a time.
2. Ask "Who is this?" and wait for an answer.
3. Add one word: "Yes, Grandma is laughing."

Easier: Name the person and let your learner point. **Next step:** Ask "Where is Grandma? What is she doing?"

Say this: "Who is this? Yes. What is he doing?"

No supplies: Talk about the people at your table today.

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

cut here



Set the table

Time: 5 minutes · **You need:** 4 cups, 4 large spoons

1. Put out the cups in a row.
2. Your learner puts one spoon in each cup.
3. Count the cups together, then the spoons.

Easier: Use 2 cups and 2 spoons. **Next step:** Ask "Are there enough spoons? How do you know?"

Say this: "One for this cup, one for that cup."

No supplies: Give one sock to each shoe by the door.

Builds: Math: one-to-one matching · Stay close and keep small objects away from mouths.



Five senses walk

Time: 10 minutes · **You need:** A safe room or a spot outside, with an adult

1. Walk slowly together.
2. Stop and ask "What do you see? What do you hear?"
3. Smell a flower or a piece of bread together.

Easier: Use only see and hear. **Next step:** Ask "Is it loud or quiet? Soft or bumpy?"

Say this: "I hear a bird. What do you hear?"

No supplies: Sit by a window and name what you see and hear.

Builds: Science: my senses · Stay close and keep small objects away from mouths.

cut here



Playdough squeeze

Time: 10 minutes · **You need:** Playdough labeled for young learners, or a soft ball

1. Your learner squeezes the playdough hard with one hand.
2. Roll it into a ball, then a snake.
3. Squish it flat with the palms.

Easier: Just squeeze and squish. **Next step:** Pinch tiny pieces with finger and thumb.

Say this: "Squeeze, squeeze, squeeze. Now roll it."

No supplies: Squeeze a sponge or a pair of rolled socks.

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

Song of the week: My family

Who loves me, who loves me?
My family, my family.
Big ones, small ones, one, two, three,
All together, you and me.

Actions: Hold up one finger for each person you name. **Try next:** Sing it with the names of the people in your home.

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
Names 2 or 3 family members	☐	☐
Gives one object to each cup	☐	☐
Says what we do with eyes and ears	☐	☐
Squeezes and rolls playdough	☐	☐

Next: week 3 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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