Pre-K 3, week 26: the f sound, day and night

This week your learner will hear the f sound in fish and frog, play an under game and talk about day and night. Each activity takes about 5 to 10 minutes. Print the pages, or do them with things you already have at home.

5-minute prep

- Write a big F and a small f on a sheet of paper.
- Find a table or chair your learner can crawl under, and a blanket.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, a blanket, a table or chair, a flashlight. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Talk and listen	The f sound page, Fff fan card
Tuesday	Math	Under the umbrella page, Under the table card
Wednesday	Explore	Day and night page, Day and night tent card
Thursday	Make and move	Fish path page, Frog jumps 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: The f sound 2
Printable: Under the umbrella 3
Printable: Day and night 4
Printable: Fish path 5
Activity cards 6
Song of the week and parent notes 8
More from UpOnly Learning 9

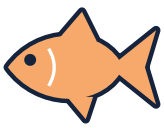
Safety

- 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).

The f sound

Say: "Fff, like a fan. Fish, frog and flower start with fff." Your learner traces the big F and small f with a finger, then colors the pictures.





fish



frog



flower

No supplies swap. No printer? Blow "fff" softly on your hand.

Under the umbrella

Say: "Draw rain on top and a person under the umbrella." Your learner draws in the box: rain at the top, something under.

No supplies swap. No printer? Hide a toy under a cup.

Day and night

Say: "The sun comes in the day. What comes at night?" Your learner points to each picture and says day or night.



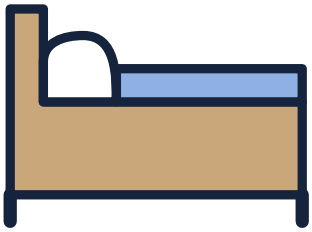
day



night



stars



bed

No supplies swap. No printer? Close the curtains and pretend it is night.

Fish path

Say: "Help the fish swim. Start at the green dot." Your learner traces each wavy line from left to right.



No supplies swap. No printer? Swim your hand like a fish.



Fff fan

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

1. Blow "fff" on your hand.
2. Say f words: fish, fan, foot.
3. Blow "fff" for each one.

Easier: Just blow "fff" together. **Next step:** Ask "Does foot start with fff? Does sun?"

Say this: "Fffish. Fish starts with fff."

No supplies: Needs nothing.

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

cut here



Under the table

Time: 5 minutes · **You need:** A table, a few toys

1. Put a toy under the table.
2. Your learner crawls under and gets it.
3. Say "under" each time.

Easier: Put the toy in plain sight. **Next step:** Say "on the table" or "under the table".

Say this: "Under the table. You found it."

No supplies: Put a toy under a pillow.

Builds: Math: position words · Stay close and keep small objects away from mouths.



Day and night tent

Time: 10 minutes · **You need:** A blanket over a table, a flashlight

1. Make a tent with the blanket.
2. Inside, it is "night": turn on the flashlight.
3. Outside, it is "day".

Easier: Leave one side open. **Next step:** Talk about what we do in the day and at night.

Say this: "Now it is night. Time to sleep."

No supplies: Close your eyes for night, open for day.

Builds: Science: day and night · Stay close and keep small objects away from mouths.

cut here



Frog jumps

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

1. Squat low like a frog.
2. Jump forward with both feet.
3. Say "ribbit".

Easier: Small jumps holding hands. **Next step:** Jump over a line of tape.

Say this: "Jump, frog, jump."

No supplies: Jump in place.

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

Song of the week: Fff, fish

Fff, fff, fish in the sea,
Fff, fff, frog jumps free.
Fff, fff, flower in the sun,
Fff, fff, f is fun.

Actions: Blow "fff" on each line. **Try next:** Add a line about feet.

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
Says "fff" for f words	☐	☐
Gets a toy from under the table	☐	☐
Says day or night for a picture	☐	☐
Jumps forward with both feet	☐	☐

Next: week 27 of 36. If you have concerns about your learner's development, talk with your pediatrician.

More from UpOnly Learning

Free Pre-K 3 now, and free Pre-K 4 next year.

Free Pre-K 3, week by week

Parent plans, printables, activity cards and original songs for ages 3 to 4. Free, with no caps and no ads.

Free Pre-K 4 for next year

Letters and sounds, name writing, counting to 20, shapes and patterns for ages 4 to 5, week by week.

Child development guide

Milestones, sleep and behavior for ages 3 to 5, and when to talk with your pediatrician.

Free resources

Free lessons, samples and guides for parents, teachers, tutors and homeschool families.

Membership from kindergarten

On-screen lessons, practice and progress reports from kindergarten to 8th grade. Month to month. Cancel anytime.



“Every student deserves what I want for my own kids: clear lessons, one step at a time.”

Dr. Evan J. Hasson, founder

Visit

uponlylearning.com/pre-k.html

Scan to open this week online and see every Pre-K 3 week