Pre-K 3, week 3: feelings words and counting to 3

This week your learner will name four feelings, count to 3 with dots and show what their body can do. Each activity takes about 5 to 10 minutes. Print the pages, or do them with things you already have at home.

5-minute prep

- Practice making a happy, sad, mad and scared face in a mirror.
- Gather 3 blocks or 3 small 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, a mirror, 3 blocks or toys. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Talk and listen	How do they feel? page, Feelings faces card
Tuesday	Math	Dots to 3 page, Block count card
Wednesday	Explore	What I can do page, Can you do it? card
Thursday	Make and move	Wavy road page, Tear and stick 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

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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).

How do they feel?

Say: "This face is happy. Can you make a happy face?" Your learner points to each face, copies it and says the feeling word with you.



happy



sad



mad



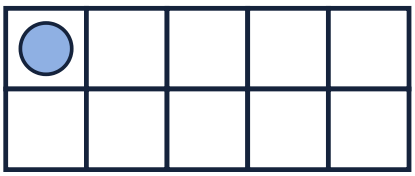
scared

No supplies swap. No printer? Make each face in a mirror and name it.

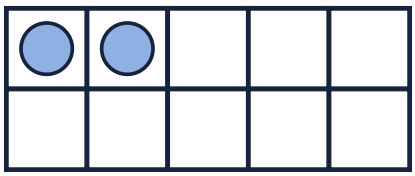
Dots to 3

Say: "Count the dots. One, two, three." Your learner counts the dots in each frame with you and colors one frame.

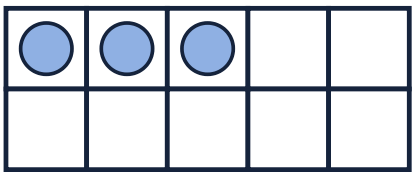
1



2



3



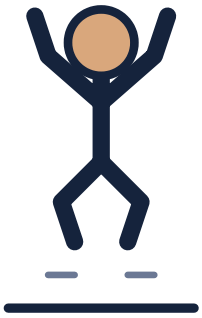
No supplies swap. No printer? Put 1, 2 and 3 blocks in a row and count each group.

What I can do

Say: "Can you jump? Show me." Your learner points to each picture and does the move.



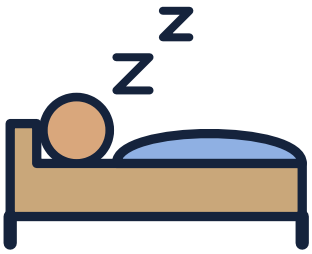
run



jump



eat



sleep

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

Wavy road

Say: "Drive the car on the wavy road. Start at the green dot." Your learner traces each wavy line from left to right with a finger, then a crayon.



No supplies swap. No printer? Drive a toy car along a wavy line of string.



Feelings faces

Time: 5 minutes · **You need:** A mirror (optional)

1. Make a happy face and say "happy".
2. Your learner copies it.
3. Do sad, mad and scared the same way.

Easier: Use happy and sad only. **Next step:** Ask "When do you feel happy?"

Say this: "I feel happy when we play. How do you feel?"

No supplies: Use your hands to show a big smile and a frown.

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

cut here



Block count

Time: 5 minutes · **You need:** 3 blocks

1. Put out 1 block, then 2, then 3.
2. Count each group together, touching each block.
3. Ask "How many?" after each group.

Easier: Count to 2. **Next step:** Hide one block and ask "How many now?"

Say this: "One, two, three. Three blocks."

No supplies: Count fingers on one hand up to 3.

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



Can you do it?

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

1. Say "Can you jump?" and jump together.
2. Try stomp, spin slowly and tiptoe.
3. Your learner picks the next move.

Easier: Do the moves holding hands. **Next step:** Do a move 3 times and count.

Say this: "Your body can do so much."

No supplies: Needs nothing but space.

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

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Tear and stick

Time: 10 minutes · **You need:** Scrap paper, a glue stick labeled for young learners, a sheet of paper

1. Show how to tear a strip with two hands.
2. Your learner tears paper into pieces.
3. Stick the pieces on the sheet to make a picture.

Easier: You start each tear. **Next step:** Tear a long strip, then a short one.

Say this: "Pinch and pull. Rip."

No supplies: Tear an old envelope or a paper bag, no glue needed.

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

Song of the week: Feelings

Happy face, happy face,
Smile so wide.
Sad face, sad face,
That's okay inside.

Actions: Make each face as you sing it. **Try next:** Add a verse for mad and scared: "Take a breath, take a breath."

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
Copies a happy and a sad face	☐	☐
Counts 3 dots, touching each one	☐	☐
Jumps with both feet	☐	☐
Tears paper with two hands	☐	☐

Next: week 4 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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