Pre-K 3, week 7: taking turns and color match

This week your learner will practice my turn, your turn, match six colors and learn a slow breath to calm down. 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 toy you can pass back and forth, like a ball or a drum.
- Get crayons in red, blue, yellow, green, orange and purple.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, 6 crayons, a ball or a drum, colored socks or blocks. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Talk and listen	My turn, your turn page, Pass the drum card
Tuesday	Math	Color match page, Sock colors card
Wednesday	Explore	Calm body page, Smell the flower card
Thursday	Make and move	Draw a friend page, Animal walk 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).

My turn, your turn

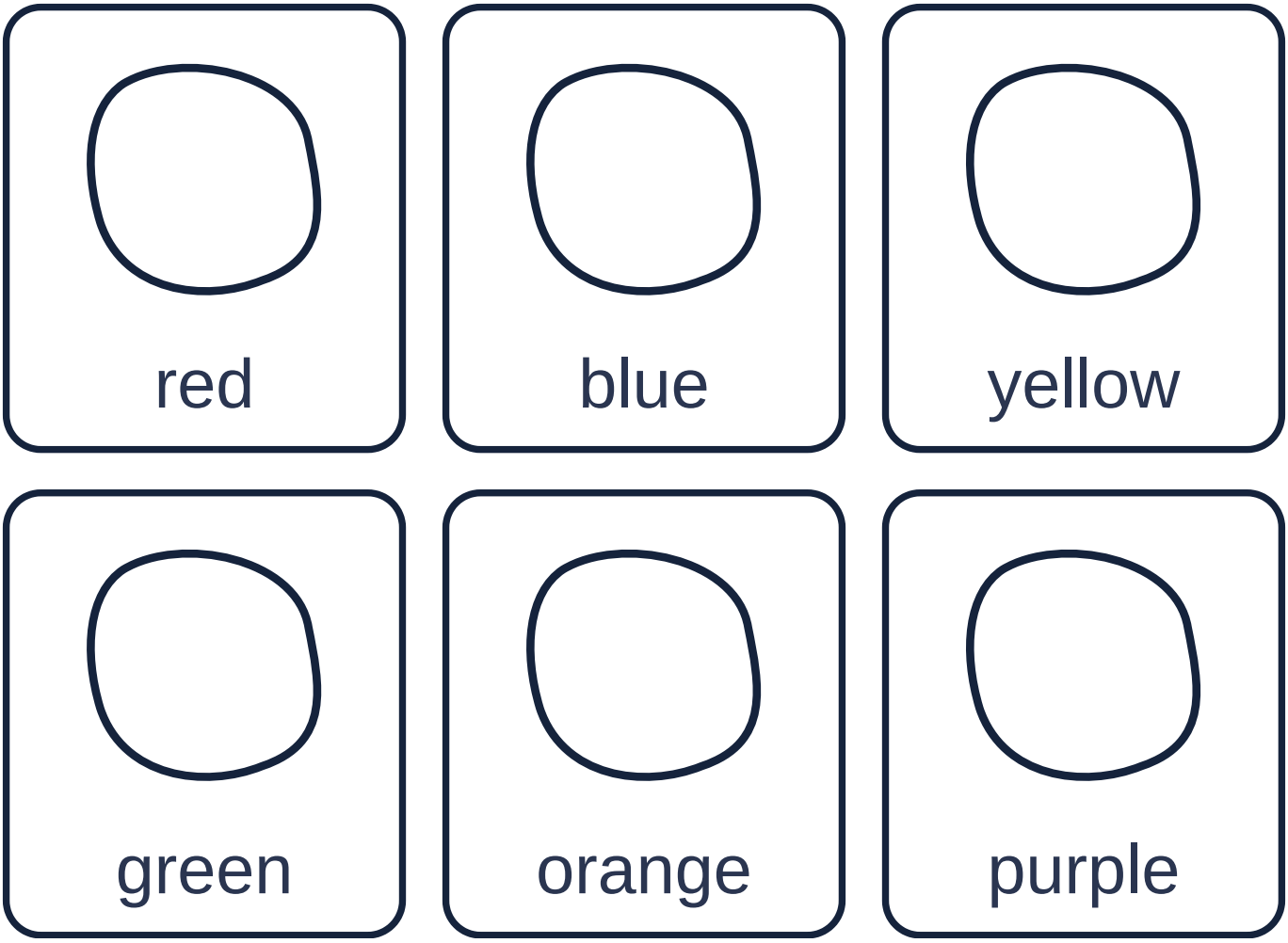
Say: "Who has the ball? My turn, now your turn." Your learner points to each toy and says "my turn" or "your turn" as you play.



No supplies swap. No printer? Pass a ball back and forth and say whose turn it is.

Color match

Say: "Find the crayon that matches this spot." Your learner matches a crayon to each spot and colors it.



No supplies swap. No printer? Match colored socks or blocks into pairs.

Calm body

Say: "When I feel mad, I take a slow breath." Your learner points to each picture and shows the calm way: breathe, hug, rest, read.



No supplies swap. No printer? Practice smelling a flower and blowing out a candle together.

Draw a friend

Say: "Draw a friend you like to play with." Your learner draws a friend any way they like and tells you about them.

No supplies swap. No printer? Tell a story about playing with a friend.



Pass the drum

Time: 5 minutes · **You need:** A drum, a pot and spoon, or a box

1. You tap the drum 3 times.
2. Pass it and say "Your turn."
3. Your learner taps and passes it back.

Easier: Hold the drum together. **Next step:** Copy each other's beat.

Say this: "My turn. Now your turn."

No supplies: Clap and pass the clapping.

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

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Sock colors

Time: 10 minutes · **You need:** Colored socks

1. Put out the socks.
2. Hold up one sock and say its color.
3. Your learner finds its partner.

Easier: Use 2 colors. **Next step:** Your learner names the color before matching.

Say this: "Blue and blue. A match."

No supplies: Match colors in a picture book.

Builds: Math: matching colors · Stay close and keep small objects away from mouths.



Smell the flower

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

1. Pretend to hold a flower and breathe in slowly through the nose.
2. Pretend to blow out a candle slowly.
3. Do it 3 times together.

Easier: Do it once. **Next step:** Use it when your learner feels upset.

Say this: "Smell the flower. Blow the candle."

No supplies: Needs nothing.

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

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Animal walk

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

1. Walk like a bear on hands and feet.
2. Hop like a bunny.
3. Take turns choosing the animal.

Easier: Walk like a duck, squatting low. **Next step:** Add a slow and a fast way.

Say this: "Your turn to choose the animal."

No supplies: Needs nothing but space.

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

Song of the week: My turn, your turn

My turn, your turn, back and forth,
Like a ball rolling north.
Your turn, my turn, that is fair,
Friends take turns and friends share.

Actions: Pass a ball on each "turn". **Try next:** Sing it while you build a block tower, one block each.

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
Waits for a turn with help	☐	☐
Matches 3 or more colors	☐	☐
Takes a slow breath when shown	☐	☐
Copies an animal walk	☐	☐

Next: week 8 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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