Pre-K 3, week 9: clean hands and counting to 4

This week your learner will practice washing hands, count up to 4 things and talk about bath time. Each activity takes about 5 to 10 minutes. Print the pages, or do them with things you already have at home.

5-minute prep

- Put a step stool by the sink if your learner needs one.
- Gather 4 large spoons or blocks.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, soap and water, a towel, 4 large spoons or blocks. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Talk and listen	Clean hands page, Handwashing steps card
Tuesday	Math	Count to 4 page, Four in a row card
Wednesday	Explore	Bath time page, Wash the toys card
Thursday	Make and move	Bubble path page, Squeeze the sponge 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

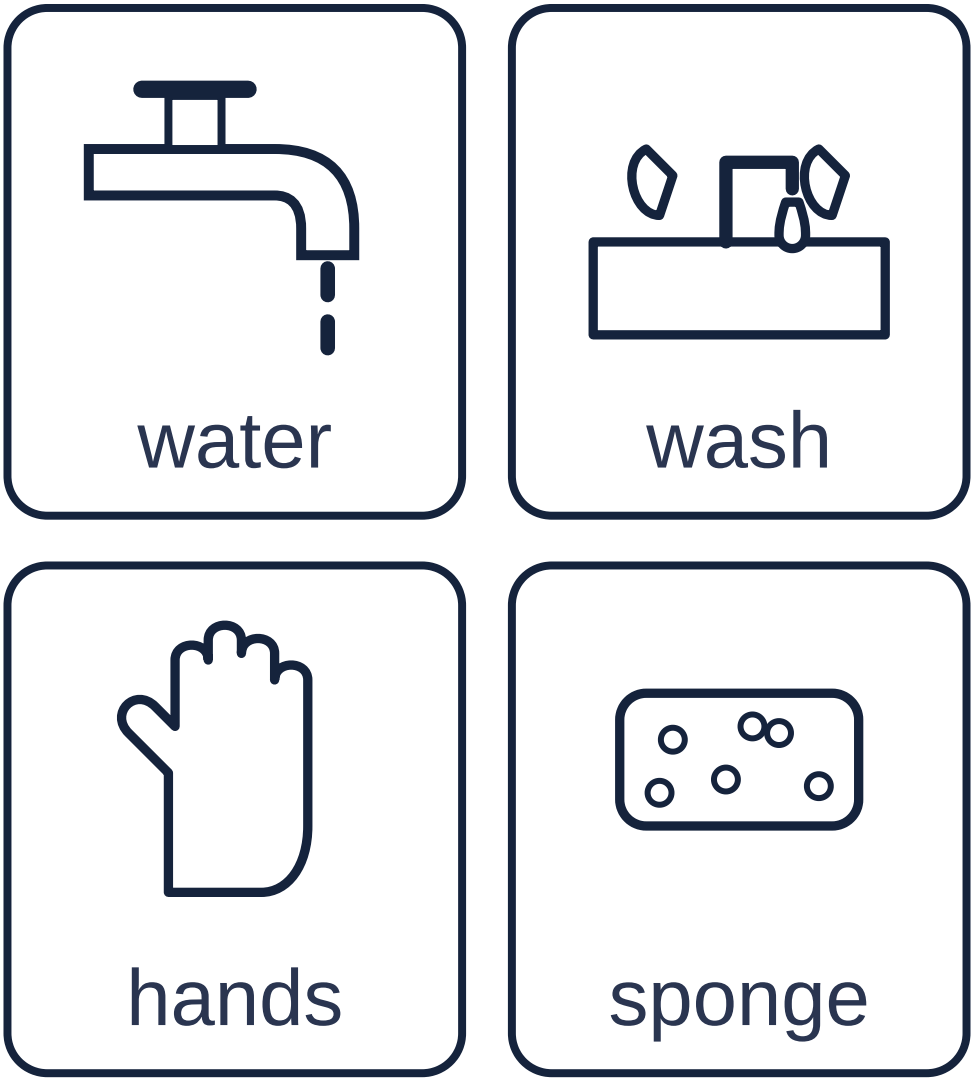
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Safety

- 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).

Clean hands

Say: "First water, then soap, then rub, rub, rub." Your learner points to each picture and says what it is, then colors them.



No supplies swap. No printer? Practice the steps at the sink.

Count to 4

Say: "Touch each one and count with me." Your learner counts each row, touching each picture, and colors one dot for each.







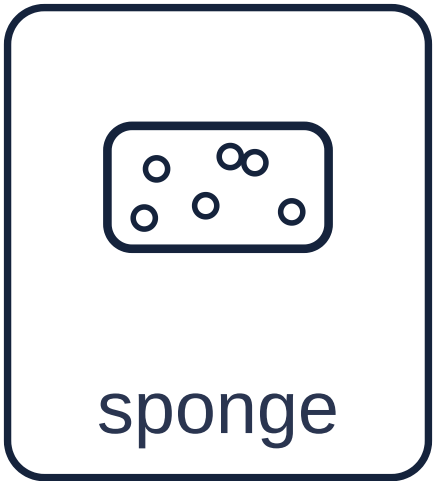
No supplies swap. No printer? Count 4 spoons, then 2, then 3.

Bath time

Say: "What do we use in the bath?" Your learner points to each picture and tells you about it.



bath



sponge



teeth

No supplies swap. No printer? Name things in your bathroom together.

Bubble path

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



No supplies swap. No printer? Trace a path with a wet finger on a dry towel.



Handwashing steps

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

1. Wet your hands together.
2. Rub soap on the fronts, backs and between the fingers while you sing the song.
3. Rinse and dry.

Easier: You do the soap. **Next step:** Your learner tells you the next step.

Say this: "Rub, rub, rub. Now rinse."

No supplies: Practice the rubbing with dry hands.

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

cut here



Four in a row

Time: 5 minutes · **You need:** 4 large spoons or blocks

1. Line up the spoons.
2. Count them together, touching each one.
3. Take one away and count again.

Easier: Count to 3. **Next step:** Ask "How many now?" without counting out loud.

Say this: "One, two, three, four. Four spoons."

No supplies: Count fingers up to 4.

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



Wash the toys

Time: 10 minutes · **You need:** A tub of water, plastic toys, a cloth, an adult within arm's reach

1. Fill a small tub with a little water.
2. Your learner washes the toys with the cloth.
3. Dry them on a towel.

Easier: Wash one toy together. **Next step:** Count the clean toys.

Say this: "Wash, wash, the duck is clean."

No supplies: Wipe toys with a damp cloth, no tub.

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

cut here



Squeeze the sponge

Time: 5 minutes · **You need:** A sponge, two bowls, a little water, an adult close by

1. Soak the sponge in one bowl.
2. Your learner squeezes it into the other bowl.
3. Do it again.

Easier: Use a dry sponge to practice squeezing. **Next step:** Squeeze with one hand, then the other.

Say this: "Squeeze. Drip, drip, drip."

No supplies: Squeeze a rolled sock.

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

Song of the week: Wash, wash, wash

Wash, wash, wash your hands,
Front and back and in between.
Wash, wash, wash your hands,
Now they're nice and clean.

Actions: Rub your hands as you sing. **Try next:** Sing it twice while washing.

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
Rubs hands with soap with help	☐	☐
Counts 4 objects, touching each one	☐	☐
Names 2 bath things	☐	☐
Squeezes a sponge	☐	☐

Next: week 10 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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