Pre-K 4, week 1: my name and counting to 3

This week your learner will find the letters of their own name, count up to 3 things and name parts of the body. Each activity takes about 10 minutes. Print the pages, or do them with things you already have at home.

5-minute prep

- Write your learner's first name in large letters on a strip of paper (capital first letter, then lowercase).
- Gather 3 spoons, 3 socks and a few crayons.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 3 spoons, 3 socks, a mirror if you have one. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	My name	Name page, Name hunt card
Tuesday	Math	Count to 3 page, Spoon count card
Wednesday	Explore	My body card
Thursday	Make and move	Trace the path page, Move 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 with real objects.
- Child-size scissors only, with an adult watching. Hand scissors over handle first.
- Choose crayons, markers and paint labeled for young learners (look for the AP seal).
- Adults handle anything hot or sharp.

My name

Say: "This is your name. Let's find the first letter." Your learner traces the dotted lines, then colors the box with the first letter of their name.

First letter



No supplies swap. No printer? Write the name in big letters and let your learner trace it with a finger.

Count to 3

Say: "Touch each one and count with me." Your learner touches each picture, counts out loud and colors the matching dots.









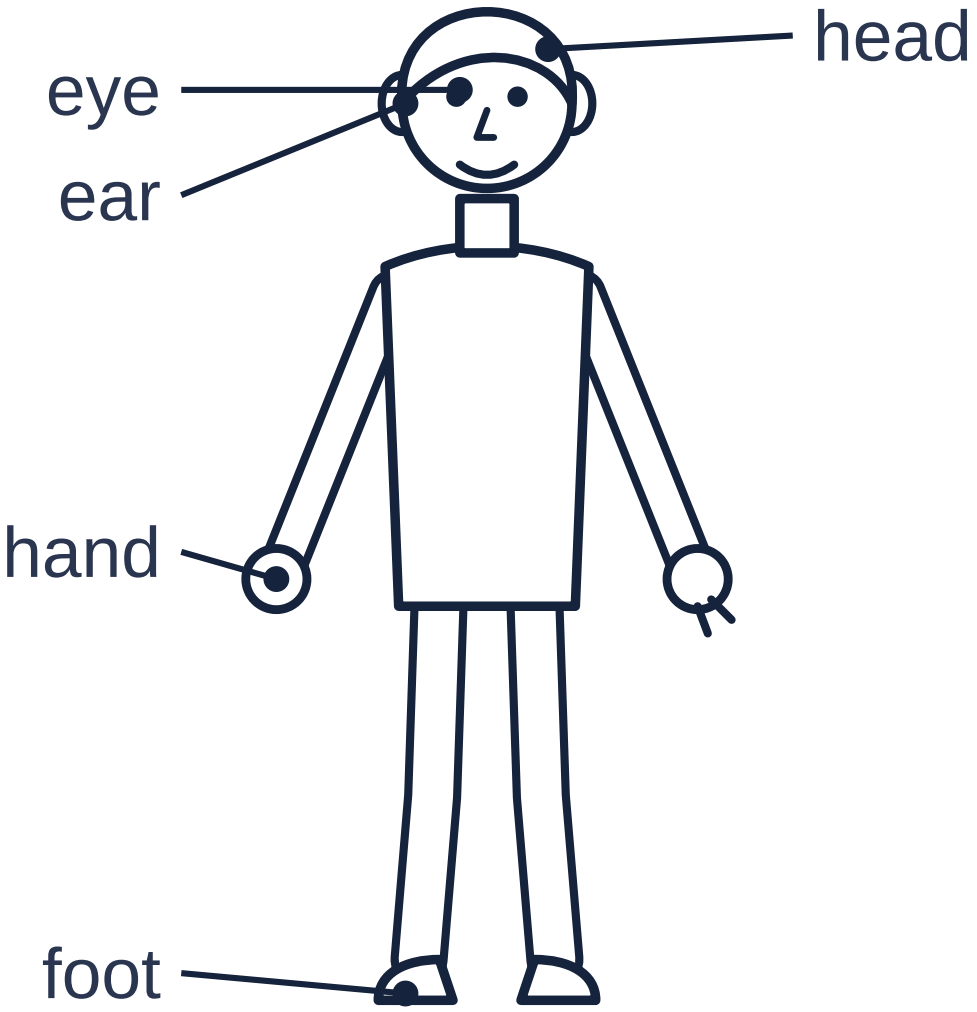




No supplies swap. No printer? Count 1, 2 and 3 spoons on the table.

My body

Say: "Point to your eyes. Now point to the eyes in the picture." Your learner points to each body part and colors the picture.



No supplies swap. No printer? Play "touch your nose" with a mirror.

Trace the path

Say: "Help the ball roll to the box. Start at the green dot." Your learner traces each line from left to right with a crayon, holding it with fingers and thumb.



No supplies swap. No printer? Draw the lines in a tray of flour or sand with one finger.



Name hunt

Time: 10 minutes · **You need:** Your learner's name on a strip of paper, a few books or cereal boxes

1. Show the name strip and say each letter.
2. Look for the first letter of the name in books or on boxes.
3. Each time your learner finds it, they point and say the letter.

Easier: Look only for the first letter. **Next step:** Look for a second letter of the name.

Say this: "You found it. That letter is in your name."

No supplies: Use any print in the house: a cereal box, a shirt, a sign.

Builds: Literacy: print and alphabet knowledge · Stay close and keep small objects away from mouths.

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Spoon count

Time: 5 minutes · **You need:** 3 large spoons, a cup

1. Put the spoons on the table.
2. Your learner drops one spoon at a time into the cup.
3. Count together, one number for each spoon: 1, 2, 3.

Easier: Use 2 spoons. **Next step:** Use 5 spoons.

Say this: "How many spoons are in the cup? Three."

No supplies: Count claps, jumps or toes instead.

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



My body

Time: 10 minutes · **You need:** A mirror (optional)

1. Stand in front of the mirror together.
2. Name a body part: eyes, ears, nose, hands, feet.
3. Your learner touches it and says the word.

Easier: Name 3 body parts. **Next step:** Ask "What do we do with our eyes?"

Say this: "We see with our eyes. We hear with our ears."

No supplies: No mirror? Take turns touching each other's shoulders and knees.

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

cut here



Move like me

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

1. You do a move: clap, stomp or reach up high.
2. Your learner copies it.
3. Take turns being the leader.

Easier: Do one move at a time. **Next step:** Do two moves in a row: clap, then stomp.

Say this: "Your turn to lead. I will copy you."

No supplies: Needs nothing but space.

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

Song of the week: My name song

I have a name, a name, a name,
I have a name, and it is mine.
Clap it out and say it slow,
Now you know my name, hello.

Actions: Clap once for each part of your learner's name. **Try next:** Clap the names of family members too.

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
Points to the first letter of their name	☐	☐
Counts 3 objects, touching each one	☐	☐
Names 3 body parts	☐	☐
Holds a crayon with fingers and thumb	☐	☐

Next: week 2 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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