Pre-K 4, week 11: the letter d and triangles

This week your learner will hear the d sound, count triangles and other shapes, and put the steps of a bedtime routine in order. Each activity takes about 10 minutes. Print the pages, or do them with things you already have at home.

5-minute prep

- Write a big D and a small d on a sheet of paper.
- Gather 6 spoons and a stuffed toy.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 6 spoons, a stuffed toy, a pot and a wooden spoon. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter d	Letter d page, Drum the d card
Tuesday	Math	Count the shapes page, Spoon shapes card
Wednesday	Explore	Bedtime steps page, Toy bedtime card
Thursday	Make and move	Sleepy waves page, Shape stretch 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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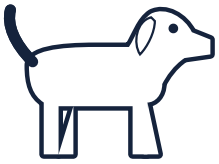
Safety

- 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.

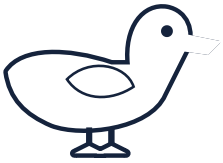
Letter d

Say: "D says d, d, d, like a drum. Dog, duck, drum." Your learner traces the big D and the small d, then colors the pictures that start with d.

D d



dog



duck



drum

No supplies swap. No printer? Draw a d in the air, then on your learner's back with one finger.

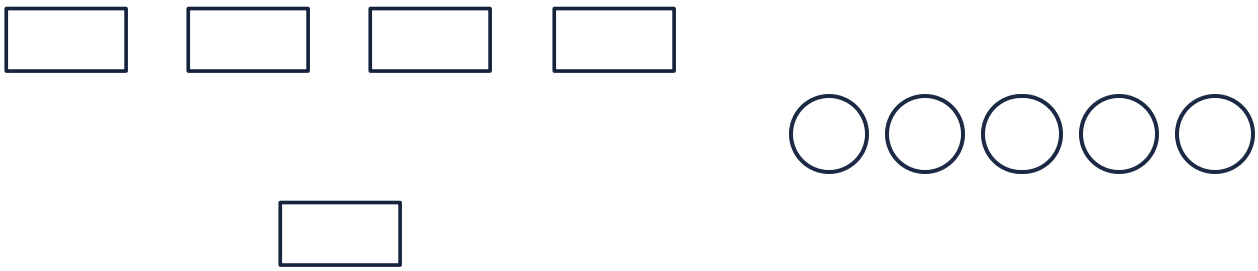
Count the shapes

Say: "Name the shape, then count them." Your learner names each shape, counts the row and colors the same number of dots.





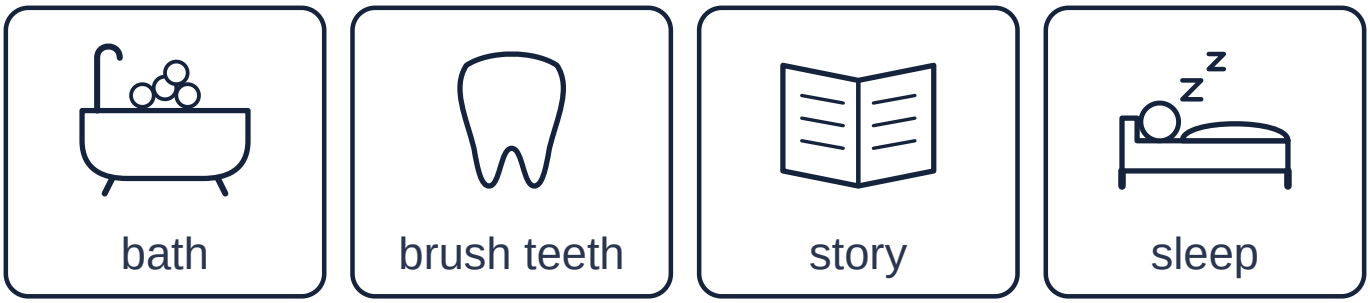




No supplies swap. No printer? Make triangles and squares with spoons and count the sides.

Bedtime steps

Say: "What do we do first at bedtime? What comes next?" Your learner tells the steps in order, points to each picture and colors it.



No supplies swap. No printer? Act out the bedtime steps with a stuffed toy.

Sleepy waves

Say: "Slow, sleepy waves. Start at the green dot." Your learner traces each wavy line slowly from left to right.



No supplies swap. No printer? Draw slow waves on your learner's back with one finger.



Drum the d

Time: 10 minutes · **You need:** A pot and a wooden spoon

1. Drum on the pot and say "d, d, d" together.
2. Say a word. If it starts with d, your learner drums once.
3. Try: dog, hat, dig, sun, door, duck.

Easier: Use only dog and hat. **Next step:** Say the sounds d, o, g slowly. Your learner says the word: dog.

Say this: "Dig starts with d. Drum."

No supplies: Drum on your knees with your hands.

Builds: Literacy: phonological awareness · Stay close and keep small objects away from mouths.

cut here



Spoon shapes

Time: 10 minutes · **You need:** 6 spoons

1. Lay 3 spoons on the table to make a triangle.
2. Count the sides: 1, 2, 3. Count the corners.
3. Your learner makes a square with 4 spoons.

Easier: Make only the triangle. **Next step:** Make a big triangle and a small triangle.

Say this: "A triangle has 3 sides and 3 corners."

No supplies: Make a triangle with your fingers and thumbs.

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



Toy bedtime

Time: 10 minutes · **You need:** A stuffed toy

1. Your learner puts the toy to bed with the same steps as their own bedtime.
2. Pretend bath, pretend teeth, a short story, then lights out.
3. Ask "What do we do first? What comes last?"

Easier: Do 2 steps: story and sleep. **Next step:** Your learner tells the steps without help.

Say this: "First a bath, then teeth, then a story, then sleep."

No supplies: Act out the steps yourselves with no toy.

Builds: Physical: health and safety · Stay close and keep small objects away from mouths.

cut here



Shape stretch

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

1. Stand with feet wide and hands together up high: a triangle.
2. Make a circle with your arms over your head.
3. Lie flat and long like a rectangle.

Easier: Do the triangle only. **Next step:** Call out a shape and your learner makes it fast.

Say this: "Make a triangle. Now a circle."

No supplies: Needs nothing but space.

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

Song of the week: Dum, dum, d

D, d, dum, I beat my drum,
Dog and duck, here they come.
Bath and teeth and story too,
D, d, d, goodnight to you.

Actions: Drum on your knees on each "d", then rest your head on your hands at the end. **Try next:** Sing it softly at bedtime.

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 the d sound	☐	☐
Finds d on a page	☐	☐
Names a triangle and counts its sides	☐	☐
Tells the bedtime steps in order	☐	☐

Next: week 12 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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