Pre-K 4, week 15: the letter c and how many to 10

This week your learner will hear the c sound, as in cat, answer "how many?" for groups up to 10, and talk about people who help us and how to say thank you. 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 C and a small c on a sheet of paper.
- Gather 10 toys that are too big to fit in the mouth and a basket.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 10 toys, a basket. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter c	Letter c page, Cat or car card
Tuesday	Math	How many page, Tidy up to 10 card
Wednesday	Explore	People who help page, Thank you, helpers card
Thursday	Make and move	Thank-you picture page, Crab 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.

Contents

Printable: Letter c 2
Printable: How many? 3
Printable: People who help 4
Printable: Thank-you picture 5
Activity cards 6
Song of the week and parent notes 8
More from UpOnly Learning 9

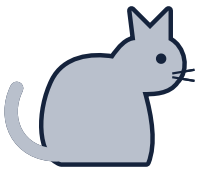
Safety

- 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.

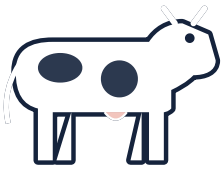
Letter c

Say: "C says c, c, c, like cat. Cat, cow, car." Your learner traces the big C and the small c, then colors the pictures that start with c.

C c



cat



cow

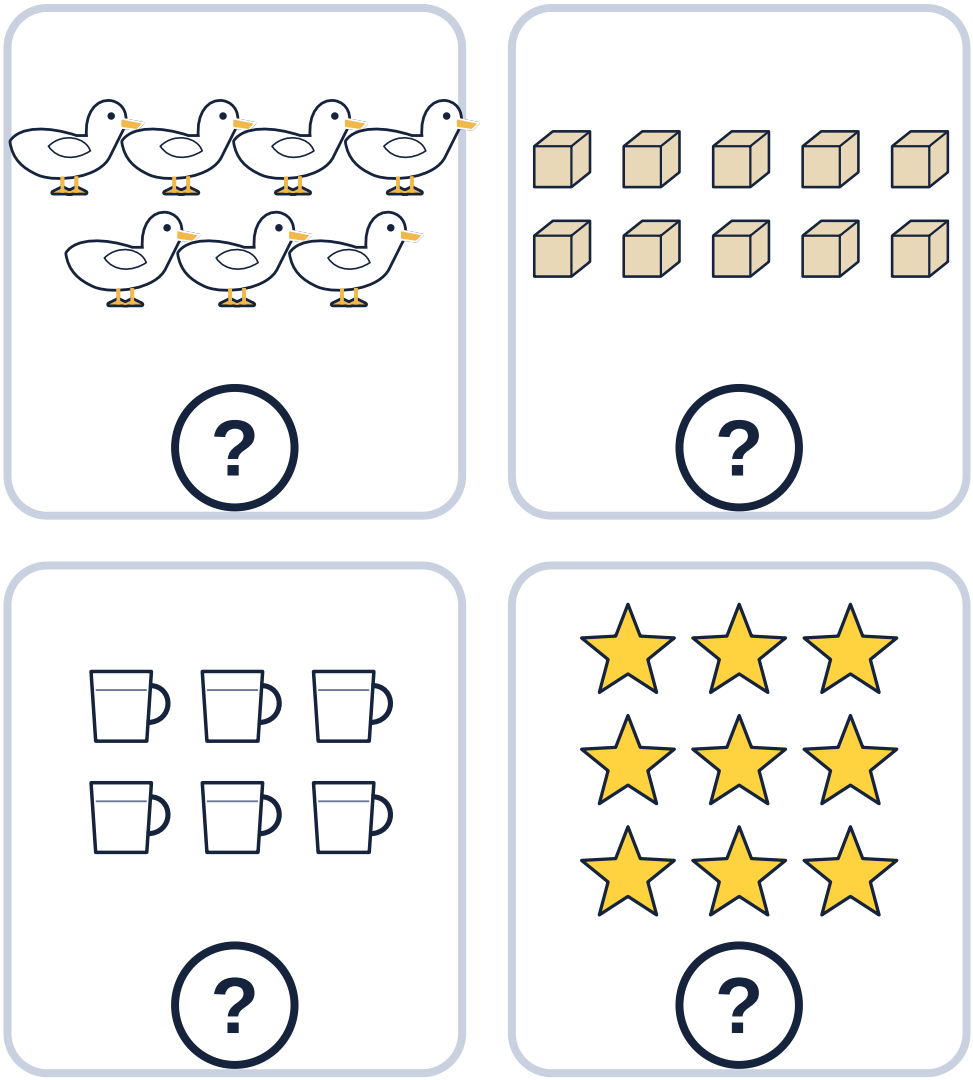


car

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

How many?

Say: "Count each group. How many are there?" Your learner counts each group, touching each picture, then says the number. Write it in the circle for them to trace.



No supplies swap. No printer? Put up to 10 toys in a row and ask "How many?"

People who help

Say: "Who helps us in our neighborhood? Point and tell me." Your learner names each helper or place, tells how they help and colors the pictures.



teacher



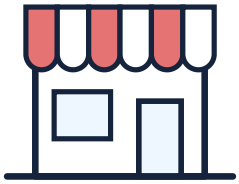
police



fire station



hospital



store



library

No supplies swap. No printer? Talk about helpers you saw this week.

Thank-you picture

Say: "Draw a picture for someone who helps you. We can give it to them." Your learner draws a picture for a helper in the frame. Write "thank you" at the bottom together.

No supplies swap. No printer? Draw on any paper, or say thank you to a helper in person.



Cat or car

Time: 10 minutes · **You need:** Nothing

1. Say "c, c, cat" together.
2. Say a word. If it starts with c, your learner meows like a cat.
3. Try: cat, dog, cup, sun, cow, car.

Easier: Use only cat and dog. **Next step:** Say the sounds c, a, t slowly. Your learner says the word: cat.

Say this: "Cup starts with c. Meow."

No supplies: Needs nothing.

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

cut here



Tidy up to 10

Time: 10 minutes · **You need:** 10 toys, a basket

1. Spread the toys on the floor.
2. Your learner puts them in the basket one at a time while you both count.
3. Ask "How many toys are in the basket?"

Easier: Tidy up to 6. **Next step:** Ask "How many more to make 10?" when there are 8.

Say this: "Ten toys. The floor is clear. Thank you."

No supplies: Count 10 steps across the room.

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



Thank you, helpers

Time: 10 minutes · **You need:** A toy or a hat for pretend play

1. Talk about people who help: a teacher, a nurse, a firefighter, a store worker.
2. Take turns pretending to be a helper while the other says thank you.
3. Plan one real thank you this week: a wave, a picture or a kind word.

Easier: Pretend to be one helper. **Next step:** Your learner tells how the helper helps.

Say this: "Thank you for helping us."

No supplies: Pretend with no props.

Builds: Social-emotional: relationships with others · Stay close and keep small objects away from mouths.

cut here



Crab walk

Time: 5 minutes · **You need:** Space on the floor

1. Sit down, put your hands behind you and lift your tummy.
2. Walk sideways like a crab and say "c, c, crab".
3. Count 10 steps, then rest.

Easier: Scoot on your bottom instead. **Next step:** Crab walk forward and backward.

Say this: "Crab walk, crab walk, ten steps."

No supplies: Needs nothing but space.

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

Song of the week: Thank you, c

C, c, cat, and c, c, cow,
Count to ten, I can do it now.
Helpers help us every day,
Thank you, thank you, we all say.

Actions: Wave on "thank you". **Try next:** Name a helper and sing the last line to them.

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 c sound in cat	☐	☐
Finds c on a page	☐	☐
Answers "how many?" after counting up to 10	☐	☐
Names a helper and says thank you	☐	☐

Next: week 16 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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