Pre-K 4, week 19: the letter u and AB patterns

This week your learner will hear the short u sound, as in up and under, find what comes next in an AB pattern and learn which animals live up in trees and under the ground. 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 U and a small u on a sheet of paper.
- Gather 6 spoons and 6 cups, or two kinds of blocks.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 6 spoons, 6 cups or two kinds of blocks, a table to crawl under. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter u	Letter u page, Up and under card
Tuesday	Math	What comes next page, Clap and stomp card
Wednesday	Explore	Up or under page, Bug look card
Thursday	Make and move	Worm paths page, Bird and worm moves 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

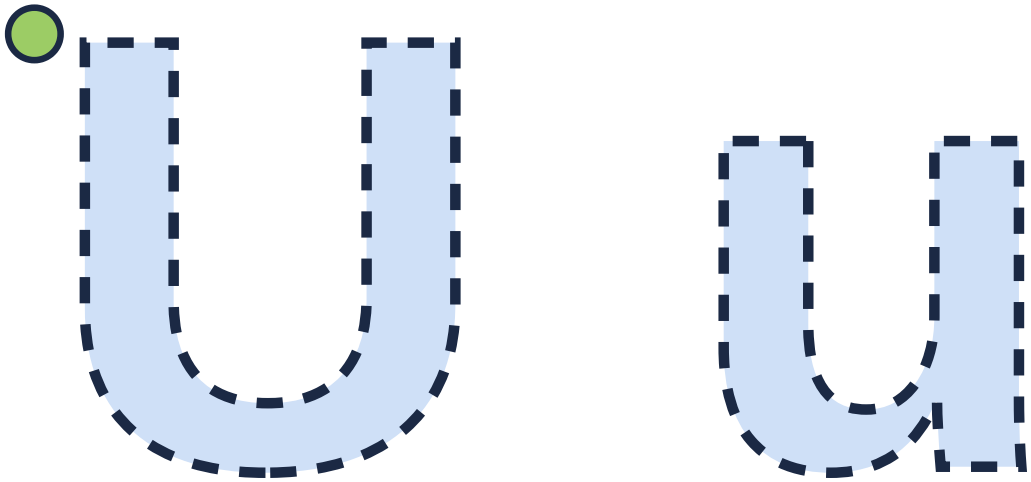
Printable: Letter u 2
Printable: What comes next? 3
Printable: Up or under 4
Printable: Worm paths 5
Activity cards 6
Song of the week and parent notes 8
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Safety

- 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 u

Say: "U says u, like up and umbrella. Listen for u in bus and duck too." Your learner traces the big U and the small u, then colors the pictures. Umbrella starts with u; bus and duck have u in the middle.

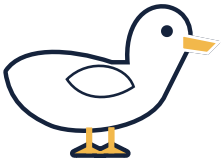




umbrella



bus



duck

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

What comes next?

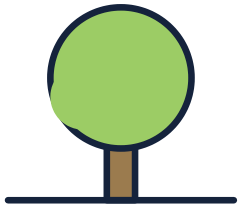
Say: "Cat, dog, cat, dog. What comes next?" Your learner says each pattern out loud, then draws or tells what goes in the box with the question mark.



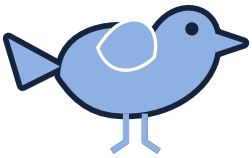
No supplies swap. No printer? Make a pattern with spoons and cups: spoon, cup, spoon, cup.

Up or under

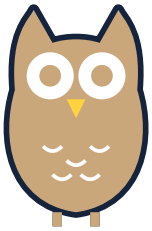
Say: "Some animals live up in trees. Some live under the ground." Your learner tells where each animal lives, up in a tree or under the ground, and colors the pictures.



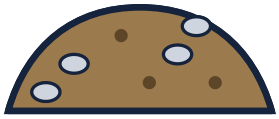
up in a tree



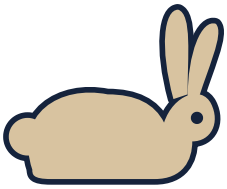
bird



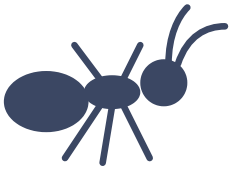
owl



under the ground



rabbit



ant

No supplies swap. No printer? Name an animal and your learner points up or down.

Worm paths

Say: "Help the worm wiggle to the end. Start at the green dot." Your learner traces each path from left to right with a crayon, holding it with fingers and thumb.



No supplies swap. No printer? Wiggle a finger along the table like a worm.



Up and under

Time: 10 minutes · **You need:** A table

1. Say "u, u, up" and reach up high.
2. Say "u, u, under" and crawl under the table.
3. Say a word. If it starts with u, your learner reaches up. Try: up, cat, us, sun, under.

Easier: Use only up and cat. **Next step:** Say the sounds s, u, n slowly. Your learner says the word: sun.

Say this: "Us starts with u. Reach up."

No supplies: Reach up and crouch down instead of crawling.

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

cut here



Clap and stomp

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

1. Clap, stomp, clap, stomp. Your learner copies the pattern.
2. Ask "What comes next?" and keep it going.
3. Make the same pattern with things: spoon, cup, spoon, cup.

Easier: Do the clap and stomp pattern only. **Next step:** Try an ABB pattern: clap, stomp, stomp.

Say this: "Spoon, cup, spoon, cup. What comes next?"

No supplies: Make patterns with your body only.

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



Bug look

Time: 10 minutes · **You need:** A safe outdoor spot, with an adult

1. Look up in a tree for birds or nests. Listen quietly.
2. You gently lift a rock or log while your learner looks under it for worms or ants. Look, don't touch.
3. Put the rock back gently and wash hands after.

Easier: Look up only. **Next step:** Count the bugs you see.

Say this: "The worm lives under the ground. Let's put its rock back."

No supplies: Look at animal pictures in a book.

Builds: Science: where animals live · Stay close and keep small objects away from mouths.

cut here



Bird and worm moves

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

1. Flap your arms like a bird. Wiggle on the floor like a worm.
2. Make a pattern: flap, wiggle, flap, wiggle.
3. Your learner leads a new pattern.

Easier: Do flap and wiggle slowly. **Next step:** Try flap, wiggle, wiggle.

Say this: "Flap, wiggle, flap, wiggle."

No supplies: Needs nothing but space.

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

Song of the week: Up and under

U, u, up, I reach up high,
Birds and owls up in the sky.
U, u, under, down below,
Worms and ants, wiggle slow.

Actions: Reach up on the first two lines and wiggle low on the last two. **Try next:** Sing it as a pattern: one line loud, one line soft.

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 short u sound	☐	☐
Finds u on a page	☐	☐
Says what comes next in an AB pattern	☐	☐
Tells an animal that lives up in a tree or under the ground	☐	☐

Next: week 20 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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