Pre-K 4, week 22: the letter h and longer or shorter

This week your learner will hear the h sound, compare which things are longer and shorter, and name the parts of a plant. 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 H and a small h on a sheet of paper.
- Gather 6 to 8 socks and find a plant, or a carrot with its top on.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 6 to 8 socks, a plant or a carrot. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter h	Letter h page, Huff and puff card
Tuesday	Math	Longer or shorter page, Sock snakes card
Wednesday	Explore	Parts of a plant page, Plant parts look card
Thursday	Make and move	Hop over the hills page, Hop and hold 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 h 2
Printable: Longer or shorter 3
Printable: Parts of a plant 4
Printable: Hop over the hills 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.

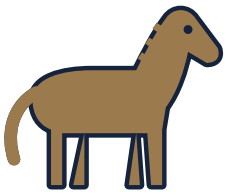
Letter h

Say: "H says h, h, h, like a little puff of air. Hat, horse, house." Your learner traces the big H and the small h, then colors the pictures that start with h.

H h



hat



horse

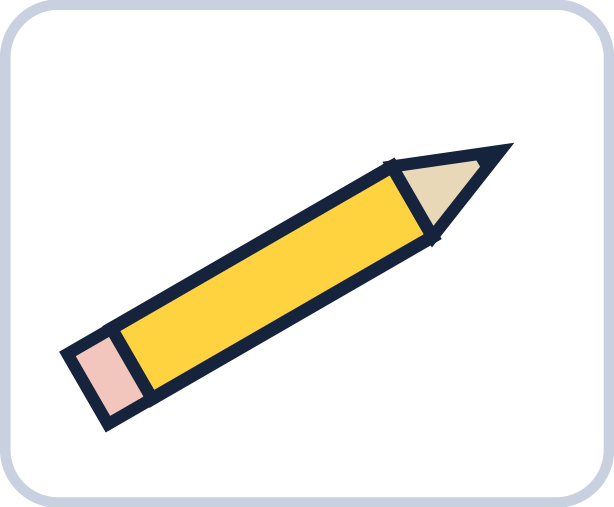


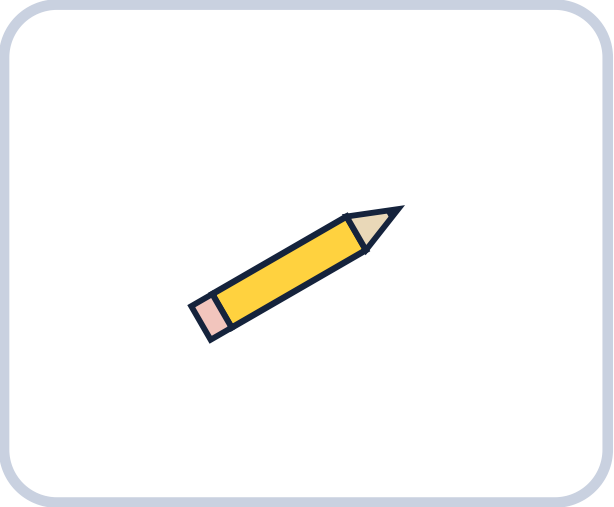
house

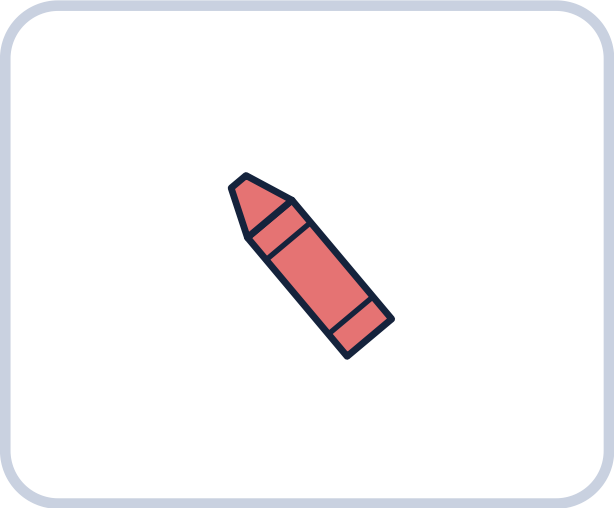
No supplies swap. No printer? Make an h with two fingers and one arm, then say "h, h, hat".

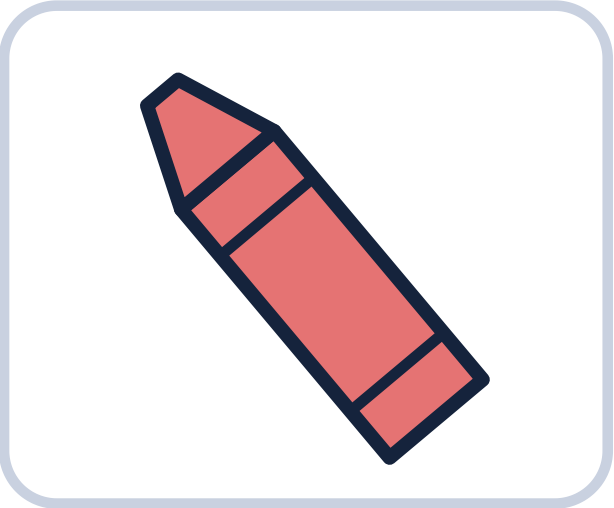
Longer or shorter

Say: "Look at the two pencils. Which one is longer?" Your learner colors the longer picture in each row, then points to the shorter one.





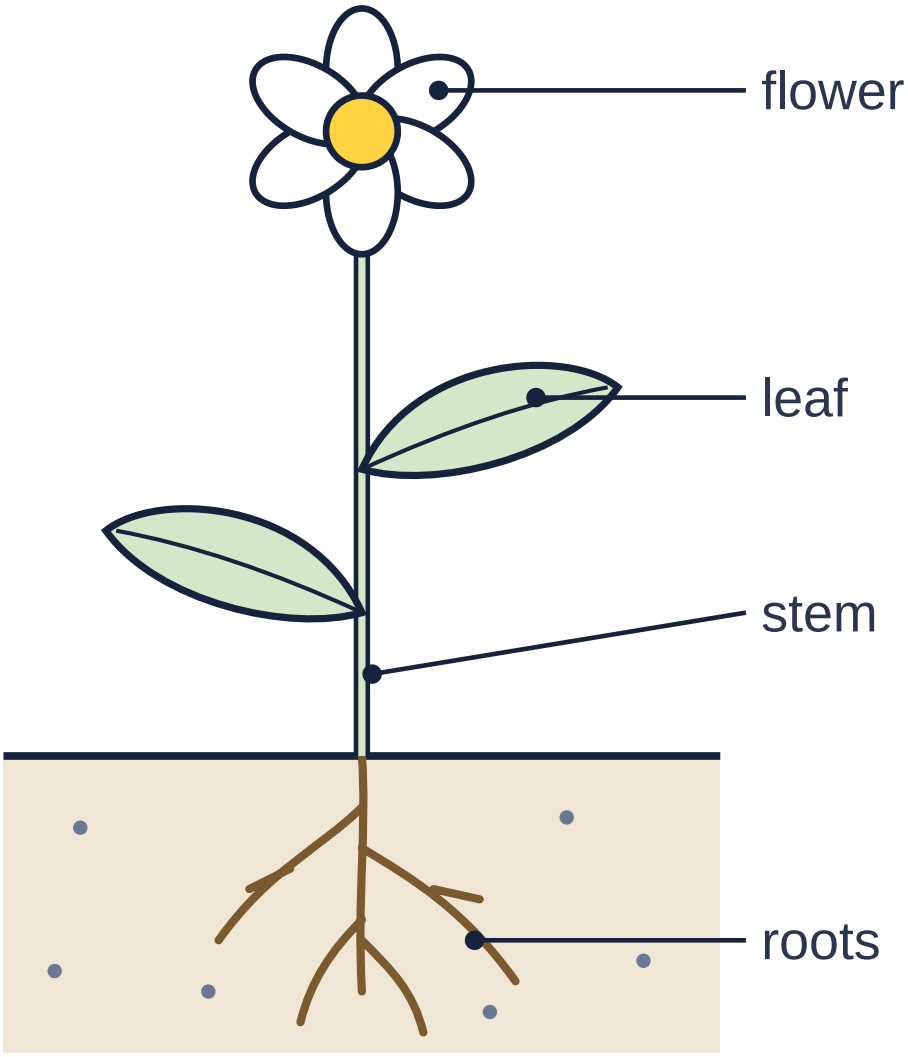




No supplies swap. No printer? Lay two spoons side by side and ask which one is longer.

Parts of a plant

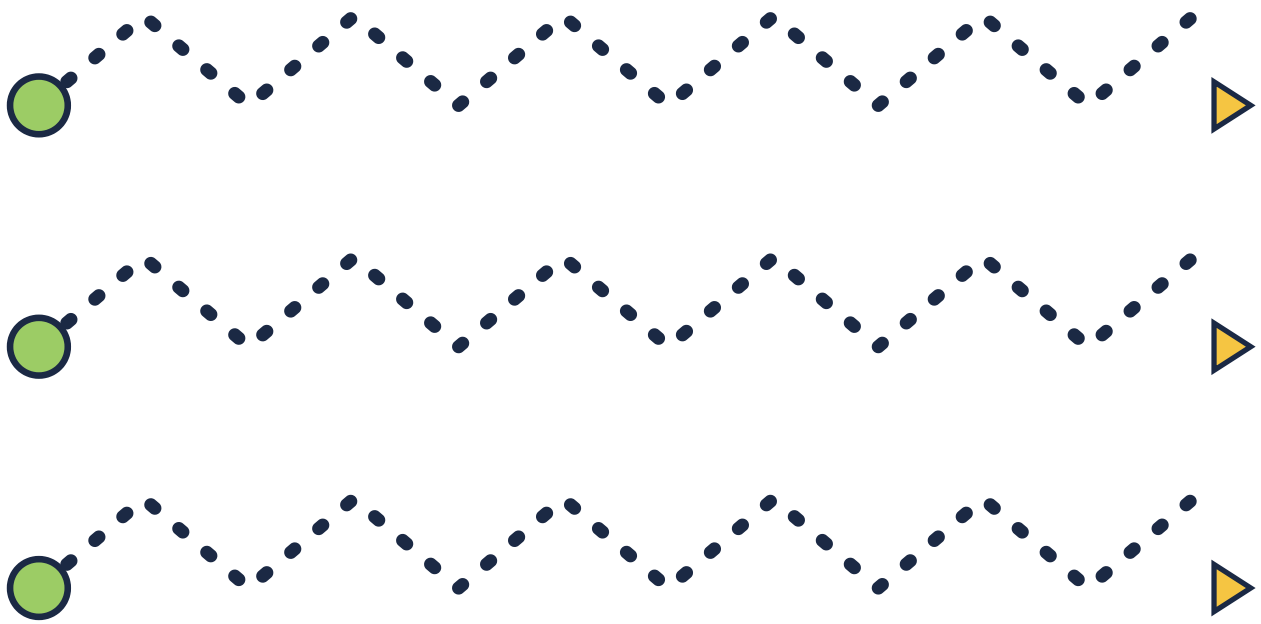
Say: "A plant has roots, a stem, leaves and a flower. Point to the roots." Your learner points to each part as you say its name, then colors the plant.



No supplies swap. No printer? Look at a real plant, or a carrot with its top on, and name the parts.

Hop over the hills

Say: "Hop up and down the hills. Start at the green dot." Your learner traces each zigzag from left to right.



No supplies swap. No printer? Make zigzags with a finger in a tray of flour or salt.



Huff and puff

Time: 5 minutes · **You need:** A small piece of paper

1. Hold your hand in front of your mouth and say "h, h, h". Feel the puff of air.
2. Your learner tries it too.
3. Put a scrap of paper on the table and puff "h" to make it move.

Easier: Just feel the puff on your hand. **Next step:** Say h words: hat, hop, hand, happy. Puff on each one.

Say this: "H is a puff of air. H, h, hat."

No supplies: Feel the puff on your hand, no paper needed.

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

cut here



Sock snakes

Time: 10 minutes · **You need:** 6 to 8 socks

1. Lay socks end to end to make two snakes on the floor.
2. Make one snake with more socks than the other.
3. Your learner walks along each snake and says which one is longer.

Easier: Use one sock in one snake and four in the other. **Next step:** Make a third snake and put all three in order.

Say this: "This snake is longer. It has more socks."

No supplies: Compare arm lengths, or two of your learner's toys.

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



Plant parts look

Time: 10 minutes · **You need:** A house plant, a weed from outside or a carrot with its top

1. Look at the plant together.
2. Find the roots, the stem and the leaves.
3. Ask "What do the roots do?" They drink water from the soil.

Easier: Find just the leaves and the roots. **Next step:** Look at the bean from last week. Does it have roots yet?

Say this: "Roots hold the plant and drink the water."

No supplies: Look at plants through a window and name the parts you can see.

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

cut here



Hop and hold

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

1. Hop on two feet 5 times.
2. Freeze and hold still like a plant.
3. Try hopping on one foot, then hold.

Easier: Hop on two feet only. **Next step:** Hop on one foot 5 times, then switch feet.

Say this: "Hop, hop, hop, and hold."

No supplies: Needs nothing but space.

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

Song of the week: Happy hat

H, h, a happy hat,
Hop like this and hop like that.
Huff a puff of air for me,
H, h, h, one, two, three.

Actions: Hop on the word "hop" and puff on the word "huff". **Try next:** Clap 3 times at the end instead of saying the numbers.

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 h sound	☐	☐
Finds h on a page	☐	☐
Points to the longer of two things	☐	☐
Names 2 or more parts of a plant	☐	☐

Next: week 23 of 36. If you have concerns about your learner's development, talk with your pediatrician.

More from UpOnly Learning

Free Pre-K now, and a clear path into kindergarten.

Free Pre-K 4, week by week

Parent plans, printables, activity cards and original songs for ages 4 to 5. Free, with no caps and no ads.

Free kindergarten readiness checklist

A calm parent check of the skills many students have by age 5, with what to practice next.

Prepare for Kindergarten: Math and Literacy

Two printable summer workbooks of 8 short units each: counting, shapes and patterns; letters, sounds and rhyming.

Free resources

Free lessons, samples and guides for parents, teachers, tutors and homeschool families.

Membership from kindergarten

On-screen lessons, practice and progress reports from kindergarten to 8th grade. Month to month. Cancel anytime.



“Every student deserves what I want for my own kids: clear lessons, one step at a time.”

Dr. Evan J. Hasson, founder

Visit

uponlylearning.com/pre-k.html

Scan to open this week online and see every Pre-K week