Pre-K 4, week 23: the letter b and heavier or lighter

This week your learner will hear the b sound, feel which things are heavier and lighter, and find the seeds inside fruit. 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 B and a small b on a sheet of paper.
- Gather a shoe, a sock, a book and a spoon, and pick a fruit with seeds for snack day.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, a shoe, a sock, a book, a spoon, a fruit with seeds. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter b	Letter b page, Bouncing b card
Tuesday	Math	Heavy or light page, Heavy hands card
Wednesday	Explore	Food from plants page, Seed hunt at snack time card
Thursday	Make and move	My bean plant page, Bear 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.

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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.

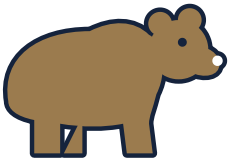
Letter b

Say: "B says b, like a bouncing ball. Ball, bear, banana." Your learner traces the big B and the small b, then colors the pictures that start with b.

B b



ball



bear

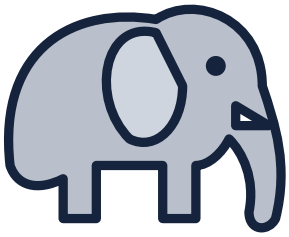


banana

No supplies swap. No printer? Bounce a ball or pat your knees and say "b, b, ball" on each bounce.

Heavy or light

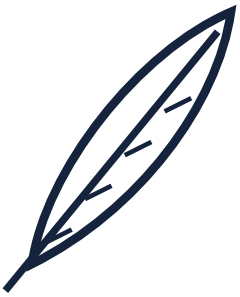
Say: "An elephant is heavy. A mouse is light. Which one is heavier?" Your learner colors the heavier picture in each row, then points to the lighter one.

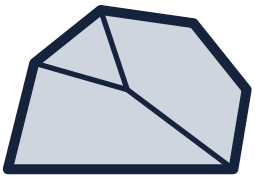


heavy



light

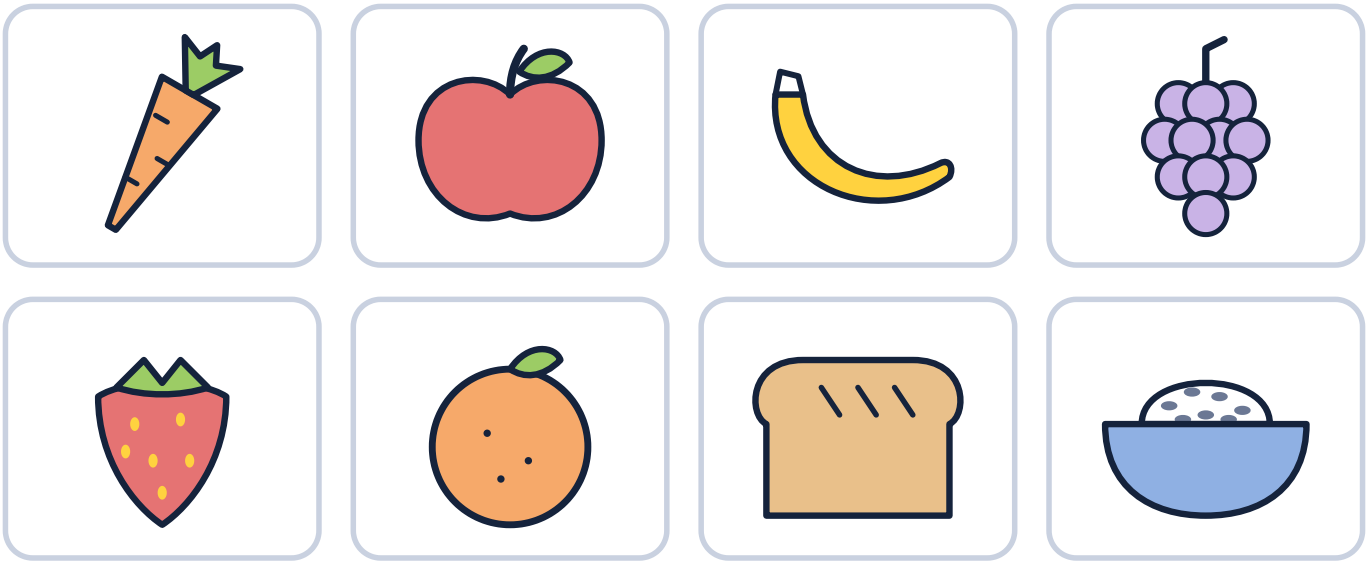




No supplies swap. No printer? Hold a shoe in one hand and a sock in the other. Which one is heavier?

Food from plants

Say: "All of these foods come from plants. Which ones have seeds inside?" Your learner names each food, colors it, and tells which ones they have tasted.



No supplies swap. No printer? Look in the kitchen together for foods that come from plants.

My bean plant

Say: "Draw your bean. Show me the roots and any leaves you see." Your learner looks at their bean in a cup and draws it in the frame. Count the roots or leaves together.

No supplies swap. No printer? Draw on any paper, or tell the bean's story out loud.



Bouncing b

Time: 5 minutes · **You need:** A soft ball (optional)

1. Say "b, b, ball" together.
2. Say a word. If it starts with b, your learner bounces the ball or pats their knees.
3. Try: ball, bear, sun, bus, cat, banana.

Easier: Use only ball and sun. **Next step:** Your learner says a b word for you.

Say this: "Bus starts with b. Bounce."

No supplies: Pat your knees instead of bouncing a ball.

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

cut here



Heavy hands

Time: 10 minutes · **You need:** A shoe, a sock, a book, a spoon

1. Your learner holds one thing in each hand.
2. Ask "Which hand feels heavier?"
3. Swap one thing and try again.

Easier: Use a shoe and a sock, which feel very different. **Next step:** Put 3 things in order from lightest to heaviest.

Say this: "The book is heavier than the spoon."

No supplies: Lift a pillow and a chair cushion, or pick up two toys.

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



Seed hunt at snack time

Time: 10 minutes · **You need:** An apple, an orange or a tomato, a plate

1. An adult cuts the fruit open.
2. Your learner finds the seeds and counts them.
3. Talk about it: "Seeds can grow into new plants."

Easier: Just find the seeds and point. **Next step:** Compare two fruits: which had more seeds?

Say this: "An apple seed can grow into an apple tree." An adult does the cutting, and the seeds go in the trash after.

No supplies: Look at pictures of fruit in a book and point to the seeds.

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

cut here



Bear walk

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

1. Put hands and feet on the floor and walk like a bear.
2. Say "b, b, bear" as you walk.
3. Stop and growl softly, then walk again.

Easier: Crawl on hands and knees. **Next step:** Bear walk backward a few steps.

Say this: "Big bear, b, b, b."

No supplies: Needs nothing but space.

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

Song of the week: Bean in the box

B, b, a bean in a box,
Bounce like a ball and tap your socks.
Big and heavy, small and light,
B, b, b, goodnight.

Actions: Bounce on "bounce", tap your feet on "socks" and rest your head on your hands on "goodnight". **Try next:** Change the last line to another b word your learner picks.

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 b sound	☐	☐
Finds b on a page	☐	☐
Tells which of two things is heavier	☐	☐
Finds seeds inside a fruit	☐	☐

Next: week 24 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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