Pre-K 4, week 25: the letter f and above or below

This week your learner will hear the f sound, use the words above and below, and feel the difference between sun and shade. 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 F and a small f on a sheet of paper.
- Pick a soft toy for the above and below game, and look for a shady spot outside.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, a soft toy, a table. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter f	Letter f page, Fan sound card
Tuesday	Math	Above and below page, Above and below card
Wednesday	Explore	Sun and shade page, Sun and shade walk card
Thursday	Make and move	Fly the kite page, Fish and frog 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.

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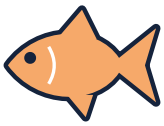
Safety

- 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.

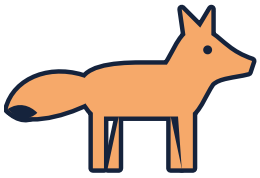
Letter f

Say: "F says fff, like a fan blowing. Fish, fox, flower." Your learner traces the big F and the small f, then colors the pictures that start with f.





fish



fox

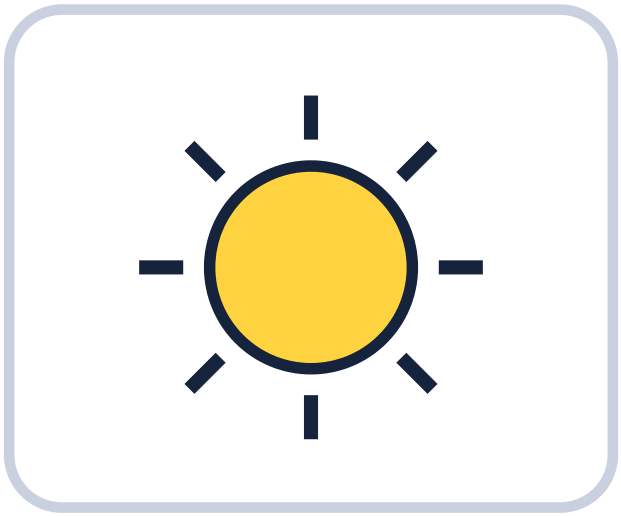


flower

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

Above and below

Say: "The sun is above the house. The house is below the sun." Your learner points to the picture above and the picture below, says where each one is, and colors them.

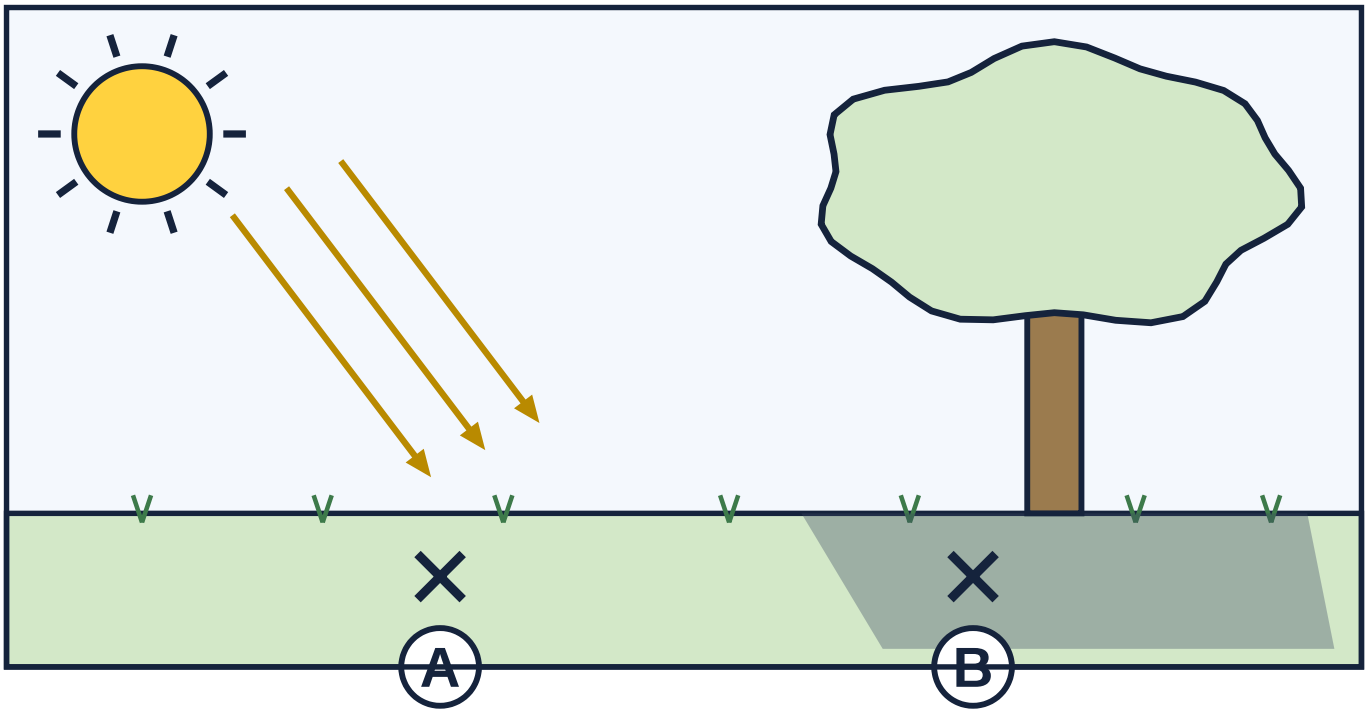




No supplies swap. No printer? Hold a toy above your head, then below the table, and ask "Where is it?"

Sun and shade

Say: "Spot A is in the sun. Spot B is in the shade. Where is it cooler?" Your learner points to the sun, the tree and the shade, then colors the picture.



No supplies swap. No printer? Look out a window and find a sunny spot and a shady spot.

Fly the kite

Say: "The wind blows the kite across the sky. Start at the green dot." Your learner traces each path from left to right: straight, curved and pointed.



No supplies swap. No printer? Lay out three pieces of string, straight, curved and bent, and run a finger along each one.



Fan sound

Time: 5 minutes · **You need:** A sheet of paper

1. Say "fff" and feel the air on your hand.
2. Fold the paper back and forth to make a fan.
3. Fan each other and say f words: fan, fish, fox, feet.

Easier: Just say "fff" and feel the air. **Next step:** Ask "Does fish start with f? Does dog?"

Say this: "Fff, fan. Fan starts with fff."

No supplies: Blow "fff" on your hand, no paper needed.

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

cut here



Above and below

Time: 10 minutes · **You need:** A soft toy and a table

1. You put the toy above the table, then below the table.
2. Your learner says where it is: "above" or "below".
3. Swap: your learner moves the toy and you say where it is.

Easier: Use "up high" and "down low" first. **Next step:** Use your bodies: hands above your head, feet below your knees.

Say this: "The bear is below the table."

No supplies: Use your hands: one hand above the other, then switch.

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



Sun and shade walk

Time: 10 minutes · **You need:** A sunny day, a safe place outside with an adult

1. Stand in the sun for a moment. How does it feel?
2. Move into the shade of a tree or a wall. How does it feel now?
3. Touch a step or a bench in the sun and one in the shade.

Easier: Just feel the sun, then the shade. **Next step:** Look for your shadows. Where do they point?

Say this: "The shade is cooler. We play in the shade when the sun is strong." Never look straight at the sun, and use your usual sun care.

No supplies: Do it at a window: put your hand in the sunlight, then out of it.

Builds: Science: sun, clouds, rain, day and night · Stay close and keep small objects away from mouths.

cut here



Fish and frog moves

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

1. Swim your arms like a fish.
2. Squat down and leap like a frog.
3. Say "f, f, f" on every move.

Easier: Swim with your arms only. **Next step:** Do 3 frog leaps in a row, then freeze.

Say this: "Fish swim, frogs leap, f, f, f."

No supplies: Needs nothing but space.

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

Song of the week: Up in the sky

Up in the sky, the sun is high,
Above the house and the trees nearby.
Down below, the shade is cool,
F, f, f, a fan for you.

Actions: Reach up on "above", crouch low on "below", and wave a hand like a fan at the end. **Try next:** Sing it again and point to things above and below you in the room.

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 f sound	☐	☐
Finds f on a page	☐	☐
Uses the words above and below	☐	☐
Tells that the shade is cooler than the sun	☐	☐

Next: week 26 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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