# Pre-K 4, week 30: the letter w and making 5

This week your learner will hear the w sound, find different ways to make 5, and push and pull toys to see how things move. 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 W and a small w on a sheet of paper.
- Gather 5 small toys too big to fit in the mouth, a bowl, a toy car and a book for a ramp.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

**Household supplies:** Paper, crayons, 5 toys, a bowl, a toy car, a book, a string, a cup of water. No supplies? Every card has a swap.

## The week at a glance

| Day | Focus | Pieces |
|---|---|---|
| Monday | Letter w | Letter w page, Water w card |
| Tuesday | Math | Make 5 page, 5 in a boat card |
| Wednesday | Explore | Push or pull page, Push and pull card |
| Thursday | Make and move | Roll the ball page, Wiggle and 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.

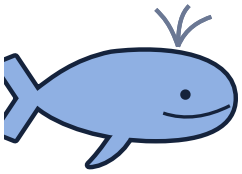
# Letter w

Say: "W says w, like when you blow out: w, w, water. Whale, window, wolf." Your learner traces the big W and the small w, then colors the pictures that start with w.

W w



water



whale

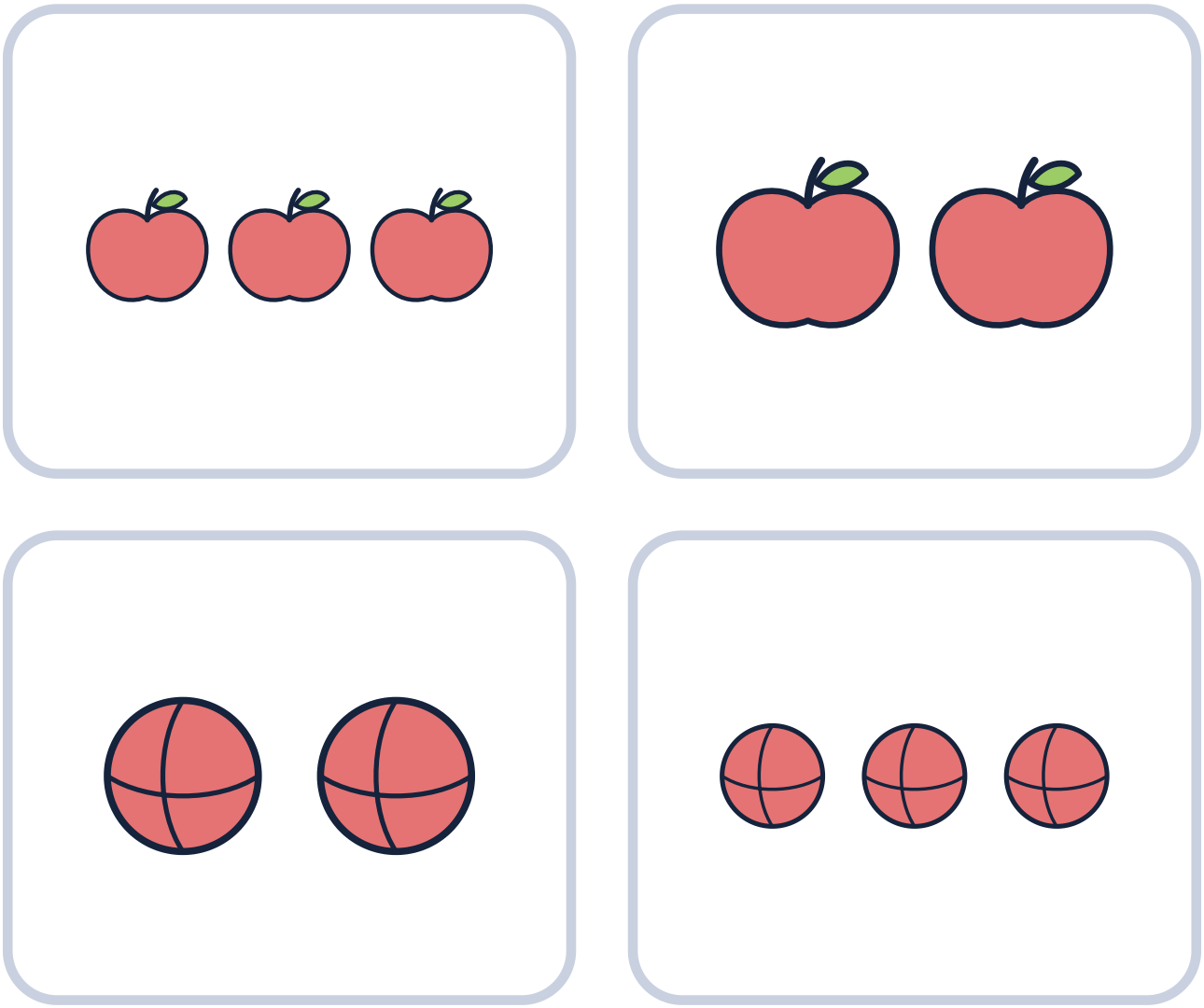


window

**No supplies swap.** No printer? Make a W with three fingers on each hand and say "w, w, water".

# Make 5

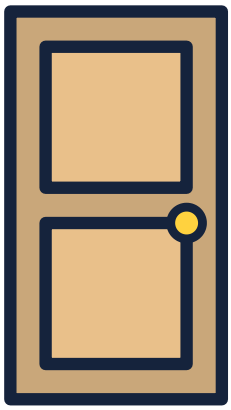
Say: "Count each box. 3 apples and 2 apples. How many all together?" Your learner counts both boxes in each row and says how many make 5 all together.

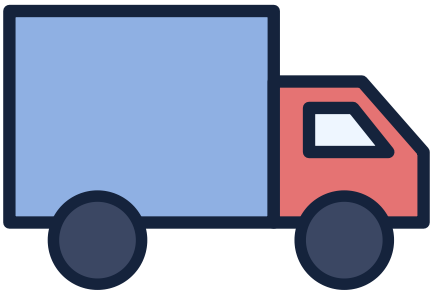


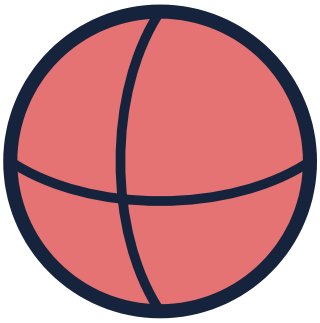
**No supplies swap.** No printer? Hold up 3 fingers on one hand and 2 on the other. Count them all.

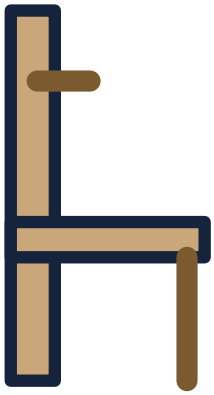
# Push or pull

Say: "Do we push it or pull it? Show me with your hands." Your learner says push or pull for each picture, acts it out, and colors it.









**No supplies swap.** No printer? Push a chair in and pull a door open together, saying each word.

# Roll the ball

Say: "Help the ball roll down to the end. Start at the green dot." Your learner traces each path from left to right: straight, curved and pointed.



**No supplies swap.** No printer? Roll a ball along the floor and trace its path with a finger.



## Water w

**Time:** 5 minutes · **You need:** A cup of water

1. Say "w, w, water" and round your lips.
2. Say a word. If it starts with w, your learner takes a sip of water.
3. Try: water, sun, wind, window, cat, wave.

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

**Say this:** "Wave starts with w. Sip."

**No supplies:** Wave a hand instead of taking a sip.

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

cut here



## 5 in a boat

**Time:** 10 minutes · **You need:** 5 small toys, a bowl for a boat

1. Put 5 toys in the boat.
2. Take some out and hide them behind your back.
3. Your learner counts what is left and figures out how many are hiding.

**Easier:** Use 3 toys. **Next step:** Tell a story: "4 ducks in the boat. 1 more jumps in. How many now?"

**Say this:** "3 in the boat. 2 hiding. That makes 5."

**No supplies:** Use fingers: show 5, fold some down, count what is left.

**Builds: Math: making 5 · Stay close and keep small objects away from mouths.**



## Push and pull

**Time:** 10 minutes · **You need:** A toy car, a book for a ramp, a string or a belt

1. Push the car across the floor.
2. Tie a string to the car and pull it back.
3. Lean a book on a cushion to make a ramp and let the car roll down.

**Easier:** Push and pull the car on the floor only. **Next step:** Make the ramp higher. Does the car go farther?

**Say this:** "You pushed it away. Now pull it back." Keep strings short, and put them away after play.

**No supplies:** Push a pillow across the floor, then pull it back.

**Builds: Science: push and pull · Stay close and keep small objects away from mouths.**

cut here



## Wiggle and walk

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

1. Walk slowly, then wiggle.
2. Walk fast, then wiggle.
3. Say "w, w, w" each time you wiggle.

**Easier:** Walk and stop. **Next step:** Walk on tiptoes, then wiggle.

**Say this:** "Walk, walk, wiggle, wiggle."

**No supplies:** Needs nothing but space.

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

# Song of the week: Push and pull

Push it, push it, far away,
Pull it, pull it, back to play.
Wheels go round and water flows,
W, w, off it goes.

**Actions:** Push your hands out on "push" and pull them in on "pull". **Try next:** Count to 5 on your fingers at the end.

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 w sound | ☐ | ☐ |
| Finds w on a page | ☐ | ☐ |
| Tells how many make 5 | ☐ | ☐ |
| Shows a push and a pull | ☐ | ☐ |

Next: week 31 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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**Dr. Evan J. Hasson, founder**

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