Pre-K 4, week 34: the letter z and numbers 6 to 10

This week your learner will hear the z sound, count and name the numbers 6 to 10, and practice the order of a school day. 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 Z and a small z on a sheet of paper.
- Write 0 to 10 on 11 sheets of paper for the number line.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, a marker, crayons, a book, a snack, a few toys, a timer. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter z	Letter z page, Buzzing z card
Tuesday	Math	Count 6 to 10 page, Number line jump card
Wednesday	Explore	My school day page, Practice school day card
Thursday	Make and move	Zigzag z page, Zigzag run 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

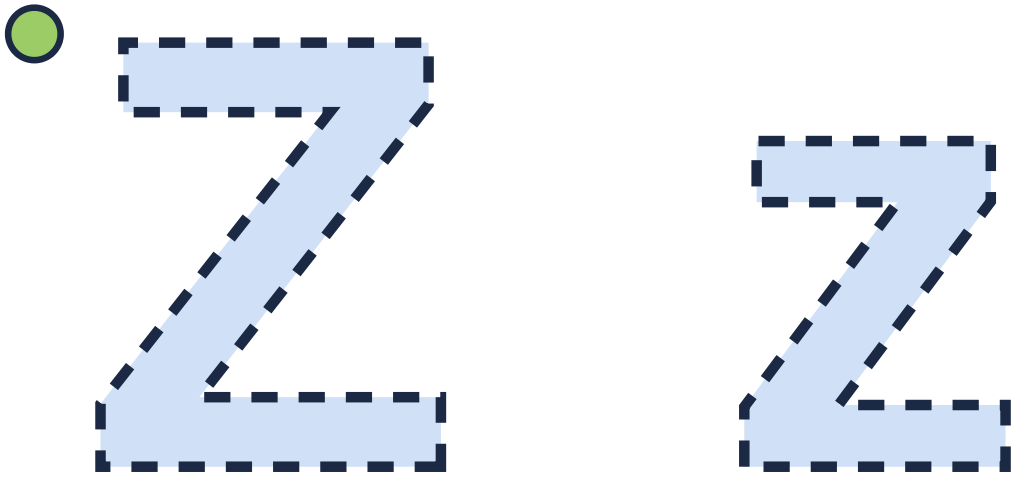
Printable: Letter z 2
Printable: Count 6 to 10 3
Printable: My school day 4
Printable: Zigzag z 5
Activity cards 6
Song of the week and parent notes 8
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Safety

- 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 z

Say: "Z says zzz, like a buzzing bee. Zoo, zip, zero." Your learner traces the big Z and the small z, then colors the zoo picture and buzzes "zzz".





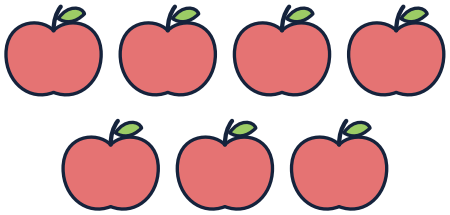
zoo

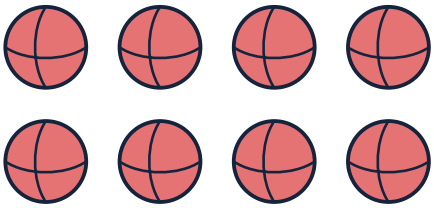
No supplies swap. No printer? Buzz like a bee and draw a z in the air.

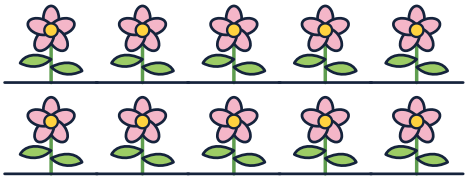
Count 6 to 10

Say: "Count each box. How many are there?" Your learner counts each group and says the number. You write the number beside it, and your learner traces it.









No supplies swap. No printer? Count out 6, 7, 8, 9 and 10 spoons or socks.

My school day

Say: "At school we have circle time, play, snack and story. What comes first?" Your learner names each picture and tells the order of a school day, then colors them.



circle time



play



wash hands



snack



story

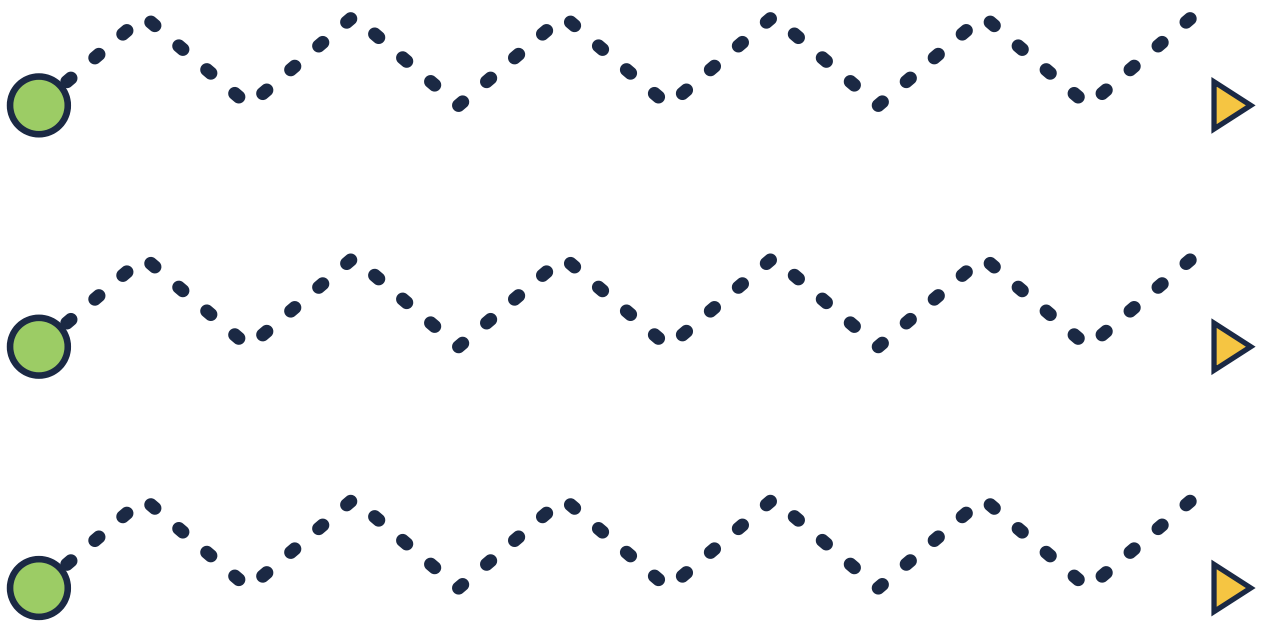


song

No supplies swap. No printer? Act out a school day: sit for a story, play, wash hands, eat a snack.

Zigzag z

Say: "Zig and zag, like a z. Start at the green dot." Your learner traces each zigzag from left to right.



No supplies swap. No printer? Run in a zigzag across the yard or the room.



Buzzing z

Time: 5 minutes · **You need:** Nothing

1. Buzz "zzz" like a bee together.
2. Say a word. If it starts with z, your learner buzzes.
3. Try: zoo, sun, zip, cat, zero, zebra.

Easier: Use only zoo and sun. **Next step:** Ask "Does zebra start with z? Does bee?"

Say this: "Zip starts with zzz. Buzz."

No supplies: Needs nothing.

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

cut here



Number line jump

Time: 10 minutes · **You need:** 11 sheets of paper, a marker

1. Write 0 to 10 on the sheets and lay them in a line.
2. Your learner jumps from 0 and says each number.
3. Call a number; your learner jumps to it.

Easier: Use 0 to 5. **Next step:** Ask "What number comes before 8?"

Say this: "Jump to 7. What comes next?"

No supplies: Count up the stairs, or step along floor tiles.

Builds: Math: numbers 0 to 10 · Stay close and keep small objects away from mouths.



Practice school day

Time: 15 minutes · **You need:** A book, a snack, a few toys, a timer

1. Circle time: sit together, sing the song and talk about the day.
2. Play time, then tidy up when the timer rings.
3. Wash hands, eat a snack, then end with a story.

Easier: Do circle time and snack only. **Next step:** Your learner is the teacher and leads circle time.

Say this: "First circle time, then play, then snack."

No supplies: Act it out with toys as the class.

Builds: Social-emotional: school routines · Stay close and keep small objects away from mouths.

cut here



Zigzag run

Time: 5 minutes · **You need:** Space to move, inside or outside

1. Run, walk or skip in a zigzag line.
2. Say "zig" at each turn, then "zag".
3. Freeze when you say "zero".

Easier: Walk the zigzag. **Next step:** Zigzag around 3 cushions or cones.

Say this: "Zig, zag, zig, zag, zero."

No supplies: Needs nothing but space.

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

Song of the week: Buzzy bee

Buzzy bee goes zip, zip, zoom,
Round the garden, round the room.
Zig and zag and count to ten,
Zzz, zzz, and home again.

Actions: Fly your hand like a bee and zigzag it through the air. **Try next:** Count to 10 on your fingers before the last line.

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 z sound	☐	☐
Finds z on a page	☐	☐
Counts and names numbers 6 to 10	☐	☐
Tells the order of 3 parts of a day	☐	☐

Next: week 35 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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