Pre-K 4, week 35: the letter q and numbers 0 to 10

This week your learner will hear the kw sound of q, put the numbers 0 to 10 in order, and practice asking for help, a big school skill. 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 Q and a small q on a sheet of paper.
- Write the numbers 0 to 10 on 11 scraps of paper.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, a jacket, a lunch box or bag. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter q	Letter q page, Quack for q card
Tuesday	Math	Numbers 0 to 10 page, Number cards 0 to 10 card
Wednesday	Explore	How do I feel? page, Ask for help card
Thursday	Make and move	Quiet waves page, Quick and quiet 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 q

Say: "Q and u say kw together, like quack, quiet and question." Your learner traces the big Q and the small q, then colors the question mark and asks you a question.



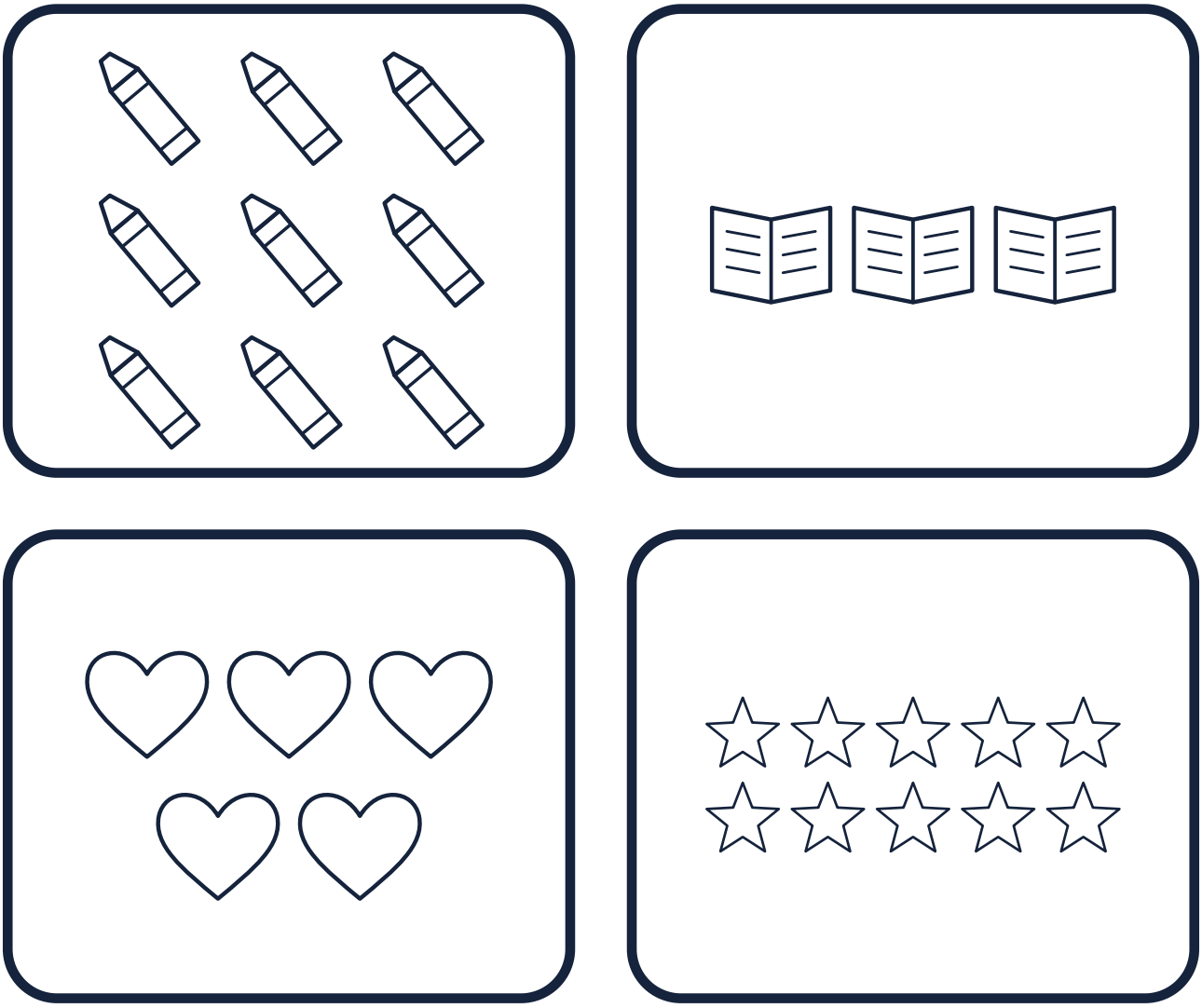


question

No supplies swap. No printer? Quack like a duck and draw a q in the air.

Numbers 0 to 10

Say: "Count each box. Then show me that many fingers." Your learner counts each group, says the number and shows it with fingers.



No supplies swap. No printer? Show a number with fingers and your learner counts them.

How do I feel?

Say: "On the first day of school, how might you feel? Point to the face." Your learner names each feeling, points to how they might feel, and colors the faces.



No supplies swap. No printer? Make faces in a mirror: happy, sad, scared, calm.

Quiet waves

Say: "Trace the waves very quietly. Start at the green dot." Your learner traces the wavy lines from left to right with a crayon.



No supplies swap. No printer? Make quiet waves with your hand in the air.



Quack for q

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

1. Say "kw, kw, quack" together.
2. Say a word. If it starts with q, your learner quacks.
3. Try: quack, sun, quiet, cat, queen, question.

Easier: Use only quack and sun. **Next step:** Your learner asks you a question that starts with a q word.

Say this: "Queen starts with kw. Quack."

No supplies: Needs nothing.

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

cut here



Number cards 0 to 10

Time: 10 minutes · **You need:** 11 scraps of paper, a crayon

1. Write the numbers 0 to 10 on the scraps.
2. Mix them up. Your learner puts them in order.
3. Point to a number; your learner claps that many times.

Easier: Use 0 to 5. **Next step:** Your learner writes or traces one number.

Say this: "Put 7 after 6. Clap 7 times."

No supplies: Count fingers from 0 to 10.

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



Ask for help

Time: 10 minutes · **You need:** A jacket, a lunch box or bag

1. Pretend you are the teacher.
2. Your learner practices asking for help: "Can you help me open this, please?"
3. Practice other times to ask: "I need the bathroom." "I feel sad."

Easier: Practice one sentence. **Next step:** Take turns: you ask, your learner helps.

Say this: "Good asking. I can help you with that."

No supplies: Practice with a toy as the teacher.

Builds: Social-emotional: asking for help · Stay close and keep small objects away from mouths.

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Quick and quiet

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

1. Walk quickly across the room.
2. Tiptoe back very quietly.
3. Say "quick" or "quiet" and your learner switches.

Easier: Do quick, then stop. **Next step:** Add "slow" and "loud" too.

Say this: "Quick, quick. Now quiet, quiet."

No supplies: Needs nothing but space.

Builds: Approaches to learning: self-regulation · Stay close and keep small objects away from mouths.

Song of the week: Ask a question

When I don't know, I ask, I ask,
Help me, please, with this big task.
Quiet hands and quiet feet,
Q, q, q, and take a seat.

Actions: Raise a hand on "ask", then sit down at the end. **Try next:** Ask a real question after the song.

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 kw sound for q	☐	☐
Finds q on a page	☐	☐
Puts numbers 0 to 10 in order	☐	☐
Asks an adult for help in words	☐	☐

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

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