Pre-K 4, week 5: the letter t and numbers 0 to 5

This week your learner will hear the t sound, find t in their world and match the numbers 0 to 5 to groups of things. They will also name four feelings on faces. 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 T and a small t on a sheet of paper.
- Write the numbers 0 to 5 on six scraps of paper, and gather 5 blocks or toy cars.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 5 blocks or toy cars, a mirror if you have one. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter t	Letter t page, Tap and say card
Tuesday	Math	Numbers 0 to 5 page, Number match card
Wednesday	Explore	Feeling faces page, Mirror faces card
Thursday	Make and move	Train track trace page, Tiptoe turns 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

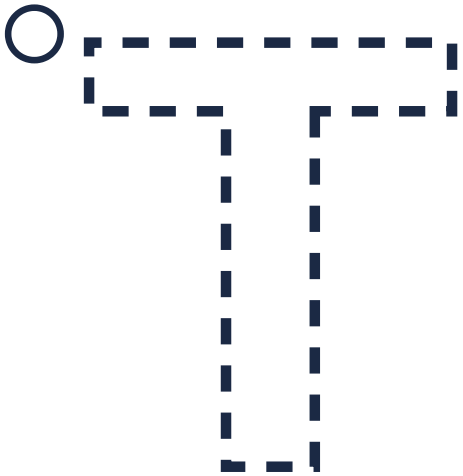
Printable: Letter t 2
Printable: Numbers 0 to 5 3
Printable: Feeling faces 4
Printable: Train track trace 5
Activity cards 6
Song of the week and parent notes 8
More from UpOnly Learning 9

Safety

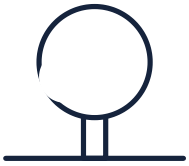
- Use objects too big to fit in your learner's mouth, and stay close during any counting with real objects.
- Child-size scissors only, with an adult watching. Hand scissors over handle first.
- Choose crayons, markers and paint labeled for young learners (look for the AP seal).
- Adults handle anything hot or sharp.

Letter t

Say: "T says t, t, t, like a ticking clock. Tree, turtle, train." Your learner traces the big T and the small t, then colors the pictures that start with t.



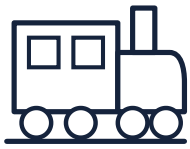




tree



turtle



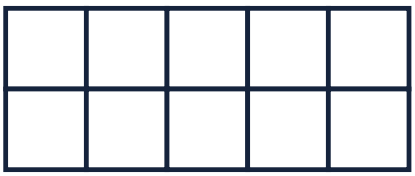
train

No supplies swap. No printer? Draw a t in the air, then on your learner's back with one finger.

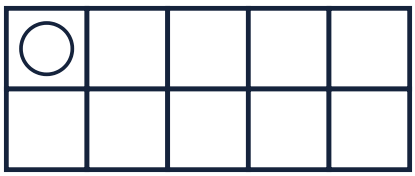
Numbers 0 to 5

Say: "Count the dots in each frame. Zero means none at all." Your learner counts the dots in each ten frame, touches the number above it and says it out loud.

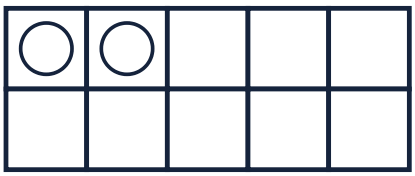
0



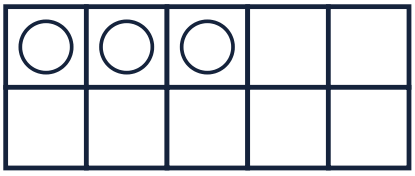
1



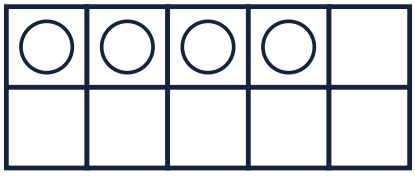
2



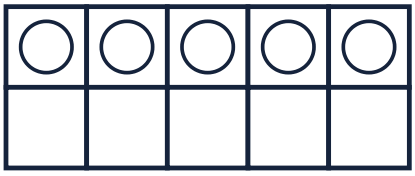
3



4



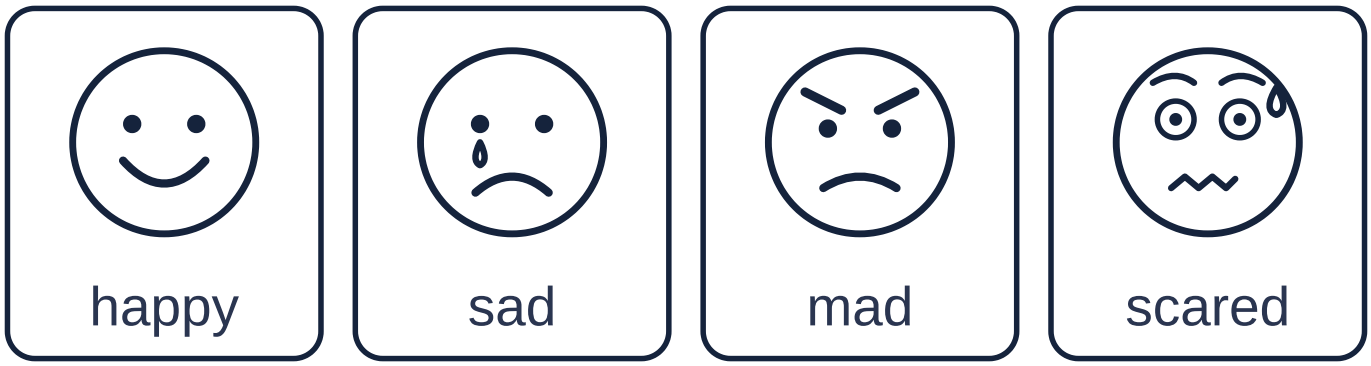
5



No supplies swap. No printer? Hold up 0 to 5 fingers and your learner says the number.

Feeling faces

Say: "How does this face feel? Can you make that face too?" Your learner names each feeling, makes the same face and colors the pictures.



No supplies swap. No printer? Take turns making a happy, sad, mad and scared face.

Train track trace

Say: "Drive the train along the track. Start at the green dot." Your learner traces each track from left to right with a crayon, holding it with fingers and thumb.



No supplies swap. No printer? Make a track with a finger in a tray of flour or sand.



Tap and say

Time: 10 minutes · **You need:** Nothing

1. Tap the table and say "t, t, t" together.
2. Say a word. If it starts with t, your learner taps the table.
3. Try: tree, sun, toes, ball, table, turtle.

Easier: Use only tree and ball. **Next step:** Your learner says a t word for you to tap.

Say this: "Toes starts with t. Tap, tap."

No supplies: Needs nothing.

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

cut here



Number match

Time: 10 minutes · **You need:** Number scraps 0 to 5, 5 blocks or toy cars

1. Put the number scraps in a row, 0 to 5.
2. Your learner puts the same number of blocks next to each scrap.
3. Point to 0 and ask "How many blocks go here?"

Easier: Use 0, 1, 2 and 3. **Next step:** Mix up the scraps and put them back in order.

Say this: "Zero blocks. None at all."

No supplies: Hold up fingers for each number instead of blocks.

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



Mirror faces

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

1. Sit in front of the mirror together.
2. Name a feeling: happy, sad, mad or scared.
3. Both make that face and look at your eyes and mouths.

Easier: Use happy and sad. **Next step:** Ask "What could make someone feel that way?"

Say this: "Your mouth goes up when you feel happy."

No supplies: No mirror? Look at each other's faces instead.

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

cut here



Tiptoe turns

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

1. You tiptoe across the room while your learner watches.
2. Say "Your turn" and your learner tiptoes back.
3. Keep taking turns: tiptoe, then tall and tiny steps.

Easier: Walk instead of tiptoe. **Next step:** Tiptoe and count each step out loud.

Say this: "My turn, then your turn. Tiptoe, tiptoe."

No supplies: Needs nothing but space.

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

Song of the week: Tap, tap, t

Tap, tap, t, tap on your toes,
Tap on the table, tap on your nose.
Tree and turtle, train on the track,
T, t, t, and tap right back.

Actions: Tap each body part as you say it. **Try next:** Tap once for each t word you can think of.

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 t sound	☐	☐
Finds t on a page	☐	☐
Matches the numbers 0 to 5 to groups	☐	☐
Names happy, sad, mad and scared	☐	☐

Next: week 6 of 36. If you have concerns about your learner's development, talk with your pediatrician.

More from UpOnly Learning

Free Pre-K now, and a clear path into kindergarten.

Free Pre-K 4, week by week

Parent plans, printables, activity cards and original songs for ages 4 to 5. Free, with no caps and no ads.

Free kindergarten readiness checklist

A calm parent check of the skills many students have by age 5, with what to practice next.

Prepare for Kindergarten: Math and Literacy

Two printable summer workbooks of 8 short units each: counting, shapes and patterns; letters, sounds and rhyming.

Free resources

Free lessons, samples and guides for parents, teachers, tutors and homeschool families.

Membership from kindergarten

On-screen lessons, practice and progress reports from kindergarten to 8th grade. Month to month. Cancel anytime.



“Every student deserves what I want for my own kids: clear lessons, one step at a time.”

Dr. Evan J. Hasson, founder

Visit

uponlylearning.com/pre-k.html

Scan to open this week online and see every Pre-K week