Pre-K 4, week 7: the letter i and the same number

This week your learner will hear the short i sound, as in fish and pig, and find groups that have the same number. They will also try three simple ways to feel calm. 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 I and a small i on a sheet of paper.
- Gather 10 blocks and a feather or a scrap of paper.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, 10 blocks, a feather or a scrap of paper. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter i	Letter i page, Itchy i card
Tuesday	Math	Same or not page, Two towers card
Wednesday	Explore	Calm body page, Flower and feather card
Thursday	Make and move	Slow wave trace page, Inchworm crawl 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

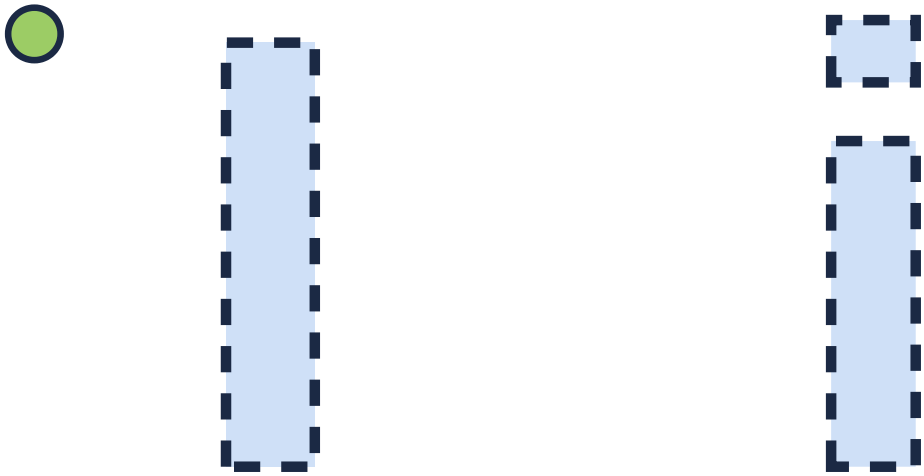
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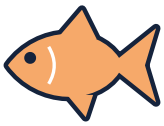
Safety

- 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 i

Say: "I says i, like in and itch. Listen: fiiish, chiiick, giiift." Your learner traces the big I and the small i, then says each picture word slowly and listens for the i sound in the middle.





fish



chick



gift

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

Same or not?

Say: "Count both boxes in a row. Do they have the same number?" Your learner counts both groups in each row. If they are the same, your learner colors both boxes.



No supplies swap. No printer? Build two block towers and ask "Same or not the same?"

Calm body

Say: "When big feelings come, we can help our body feel calm. Let's try." Your learner tries each idea with you: smell the flower, blow the feather and give a big bear hug. Then they color the pictures.



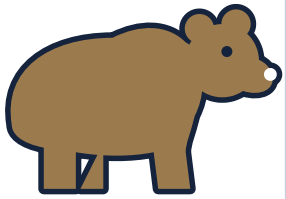
calm



smell



blow



hug

No supplies swap. No printer? Breathe in through your nose and out slowly through your mouth together.

Slow wave trace

Say: "Trace the waves slowly, like slow breathing. Start at the green dot." Your learner traces each wavy line slowly from left to right while breathing in on the way up and out on the way down.



No supplies swap. No printer? Draw slow waves in the air with one finger.



Itchy i

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

1. Say "i, i, itch" and scratch your arm together.
2. Say a word. If it starts with i, your learner scratches like an itch.
3. Try: itch, sun, in, mop, igloo, it.

Easier: Use only itch and sun. **Next step:** Say a word with i in the middle, like pig or fish.

Say this: "In starts with i. Itch, itch."

No supplies: Needs nothing.

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

cut here



Two towers

Time: 10 minutes · **You need:** 10 blocks

1. Build a tower of 3 blocks.
2. Your learner builds a tower with the same number.
3. Count both towers and say "same" or "not the same".

Easier: Use towers of 1 or 2. **Next step:** Build 4 and 5. Ask "How can we make them the same?"

Say this: "Three and three. They are the same."

No supplies: Hold up the same number of fingers as you.

Builds: Math: comparing groups · Stay close and keep small objects away from mouths.



Flower and feather

Time: 5 minutes · **You need:** A feather or a scrap of paper

1. Hold up a pretend flower and breathe in slowly through your nose.
2. Put the feather on your palm and blow it gently off.
3. Do it 3 times, then give yourselves a big hug.

Easier: Do only the flower breath. **Next step:** Ask "When could we use flower breaths?"

Say this: "Smell the flower. Blow the feather. Calm body."

No supplies: Blow on your fingers like candles instead of a feather.

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

cut here



Inchworm crawl

Time: 5 minutes · **You need:** Space on the floor

1. Put your hands on the floor and your feet behind you.
2. Walk your hands forward a little, then walk your feet up to them.
3. Inch across the room and say "i, i, inch".

Easier: Crawl on hands and knees. **Next step:** Inch slowly, then quickly.

Say this: "Inch, inch, inchworm."

No supplies: Needs nothing but space.

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

Song of the week: Itchy i

I, i, itch, I scratch my knee,
A fish, a chick, a gift for me.
Breathe in slow and breathe out too,
I, i, i, calm through and through.

Actions: Scratch gently on "itch", then breathe slowly on the last two lines. **Try next:** Sing it once loud, then once in a whisper.

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 short i sound	☐	☐
Finds i on a page	☐	☐
Tells if two groups are the same	☐	☐
Tries a slow breath when asked	☐	☐

Next: week 8 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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