Pre-K 4, week 9: the letter n and circles

This week your learner will hear the n sound, find circles around the house and learn the steps of washing hands with a new song. 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 N and a small n on a sheet of paper.
- Find 3 round things in the kitchen, like a plate, a lid and a cup.
- Print pages 2 to 5, or skip printing and use the no-supplies swaps.

Household supplies: Paper, crayons, a plate, a lid, a cup, soap and water, a large soft ball. No supplies? Every card has a swap.

The week at a glance

Day	Focus	Pieces
Monday	Letter n	Letter n page, Nose hum card
Tuesday	Math	Find the circles page, Circle hunt card
Wednesday	Explore	Wash your hands page, Wash, wash, wash card
Thursday	Make and move	Bubble path page, Roll the ball 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 n

Say: "N says nnn. Feel your nose hum. Nose, nail, notebook." Your learner traces the big N and the small n, then colors the pictures that start with n.

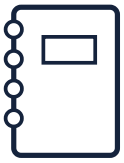




nose



nail

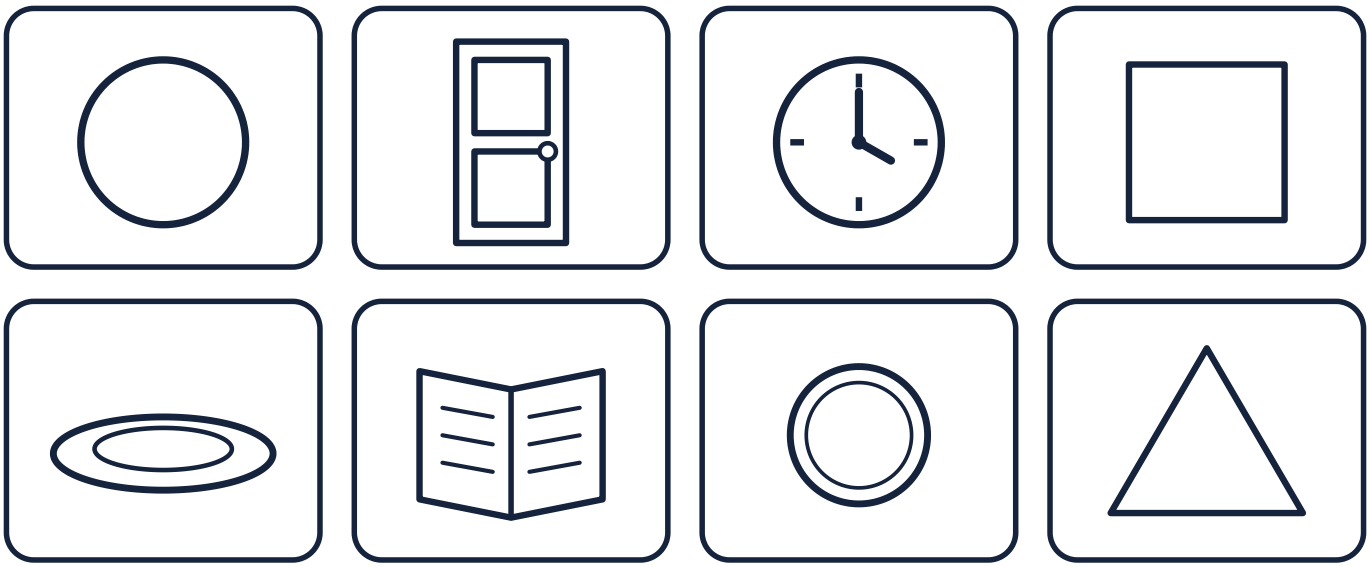


notebook

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

Find the circles

Say: "A circle is round with no corners. Find the circles." Your learner traces around each circle with a finger, then colors only the round things.



No supplies swap. No printer? Trace around a cup on any paper and color the circle.

Wash your hands

Say: "First water, then soap and scrub, then rinse. Show me." Your learner tells you each step, acts it out with dry hands and colors the pictures.



No supplies swap. No printer? Act out the steps with pretend water.

Bubble path

Say: "Float the bubble to the end. Start at the green dot." Your learner traces each path from left to right with a crayon, holding it with fingers and thumb.



No supplies swap. No printer? Trace the paths in the air with one finger.



Nose hum

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

1. Touch your nose and hum "nnn" together. Feel it buzz.
2. Say a word. If it starts with n, your learner touches their nose.
3. Try: nose, cup, nap, sock, nest, nut.

Easier: Use only nose and cup. **Next step:** Your learner says an n word for you.

Say this: "Nap starts with nnn. Touch your nose."

No supplies: Needs nothing.

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

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Circle hunt

Time: 10 minutes · **You need:** A plate, a lid and a cup

1. Trace around the edge of the plate with a finger: round and round.
2. Walk around the house and find more circles: a clock, a button on the stove, a bowl.
3. Count the circles you find together.

Easier: Find 2 circles. **Next step:** Ask "Does a circle have corners?"

Say this: "The clock is a circle. It is round all the way."

No supplies: Draw circles in the air with your whole arm.

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



Wash, wash, wash

Time: 5 minutes · **You need:** Soap, water, a towel, a step stool if needed

1. Turn on the water. Your learner wets their hands.
2. Add soap and scrub the palms, the backs, between the fingers and the thumbs while you sing the song once through.
3. Rinse and dry. Wash before meals and after using the toilet.

Easier: Do the scrub with your hands over your learner's hands. **Next step:** Your learner tells you the steps in order.

Say this: "Palms, backs, fingers, thumbs. Rinse and dry."

No supplies: Practice the steps with pretend water at the table.

Builds: Physical: health and safety · Stay close and keep small objects away from mouths.

cut here



Roll the ball

Time: 5 minutes · **You need:** A large soft ball

1. Sit on the floor facing each other with legs apart.
2. Roll the ball to your learner.
3. Your learner rolls it back. Count each roll.

Easier: Sit closer together. **Next step:** Sit farther apart, or roll it around a chair.

Say this: "A ball is round like a circle. Roll it to me."

No supplies: Roll a rolled-up pair of socks.

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

Song of the week: Wash, wash, wash

Wet my hands and add the soap,
Palms and backs and in between.
Rub my thumbs and fingertips,
Rinse and dry, and now they're clean.

Actions: Act out each part of washing as you sing. **Try next:** Sing it while you really wash your hands before lunch.

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 n sound	☐	☐
Finds a circle around the house	☐	☐
Tells the steps of washing hands	☐	☐
Rolls a ball back and forth	☐	☐

Next: week 10 of 36. If you have concerns about your learner's development, talk with your pediatrician.

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