

## Preschool Choice Board

- Choose three to five activities from the board to do with your child each day.

Daily Living/Social	Math/Science	Language/Literacy	Art/Music	Fine Motor	Gross Motor
Put a shirt, jacket or pants on the floor and have your child practice zipping, buttoning or snapping. Use your clothing or an older child's clothing to have our child put them on by themselves, if they are still learning independence.	Have your child find things that are big and little in the house: big Lego, little Lego, big spoon, little spoon, big doll, little doll. How many big/little pairs can you find? Make tally marks on paper as you find them. Count the tally marks and try to write the numeral.	Practice full sentences by looking at pictures in a book and saying what is happening in the picture: i.e. "The boy is running" and have your child repeat the sentence using every word you said.	Make a robot or a type of transportation (car, bus, airplane, etc.) using recyclables – boxes, plastic jugs or bottles, scraps of ribbon, wrapping paper or cloth, bottle covers, tape or glue.	Make a journal with plain paper. Have your child draw a picture daily about a story they read, an experience they had or something they saw each day. Ask them to tell you about their picture and write their dictation. Ask them to write their first name and any words or letters they know.	Play an imitation game: make a movement (jumping, marching, standing on one foot, swinging an arm) and have your child imitate you. Let your child be the leader and choose the motion to repeat.
Let your child help with chores. Have them set the table, sort socks or wash dishes.	Review all the colors. Tell your child to hunt for a specific color and see how many things they can find. Can they tell you WHERE they found it?	Practice working on positional concepts by giving your child directions to put things under, in, on, off, between, on top, behind and in front.	Search Jack Hartman on YouTube and dance along to Exercise, rhyme and freeze! a rhyming exercise song.	Let your child cut a variety of materials (straws, wrapping paper, brown paper bags, construction paper or mailing fliers) with a pair of child-sized scissors.	Search "Yoga Time for Little Ones" on YouTube and do some yoga together!
Play a simple game together, such as Memory or Candyland, etc. Ask your child to tell you whose turn it is for each turn in the game.	Collect a variety of small items. Experiment to see if they sink or float in a sink of water. Sort them into two groups. Make a hypothesis on why they sink or float.	Read a book with your child and ask them to label pictures that you point to. Ask them who the characters are in the book?	Paint with Jell-O powder mixed with a little water. Have your child use a brush, their fingers or stamp with kitchen utensils like a potato masher or fork.	Practice strengthening fingers and hands by having your child use kitchen tongs or a spring clothespin to pick up small items around the house and drop the items into a bowl.	Create an obstacle course inside or outside. Have your child do a different action for different sections: crab walk, walk sideways, jump 3 times, crawl under or over an object, etc.
Build a fort together with blankets, cushions and chairs. Tell or read stories by flashlight in the fort.	Count, count, count! Count the steps in the house, the number of windows, silverware in the drawer, plates in the cupboard, etc.	Sing simple songs or nursery rhymes together. For song ideas search Mother Goose Club on YouTube.	Make a music shaker with beans or rice in a plastic Easter egg, a covered toilet paper roll or empty yogurt cup. Shake to music!	Squirt shaving cream onto a cookie sheet and have your child draw lines, shapes, faces and write their names or letters they know.	Play some games in the house: Ring Around the Rosie, The Hokey Pokey, Hide and Seek, etc.
Have your child sort fruits and vegetables after buying groceries and have them put them away in the refrigerator or cupboard.	Gather small items and make a pattern: penny, Lego, penny, Lego. Can your child continue the AB pattern? Can your child make a harder pattern – AABB or ABC?	Have a day centered around the first letter of your child's name. For example, P for Peter, eat pancakes, pizza, popcorn, paint a picture, do push-ups, learn more about penguins and watch Peter Pan.	Make an eye dropper painting with paint made from 10 drops of food coloring in ¼ cup of water. Drop water on paper towels and discuss color mixing! Use a tray under the paper towel.	Get out some preschool puzzles and see if your child can put them together without help. If you don't have puzzles, cut up a magazine picture into 8-12 pieces.	Go on a listening walk and note all the sounds you hear on your way. Count the number of animals you see on your walk.
<b>Technology</b> Try out some of the following free websites for preschoolers. Be sure to limit screen time and interact with your child while they are participating.					
<a href="#">Scholastic Learn at Home</a> – 20+ days of free educational stories and videos <a href="#">Storyline Online</a> – check out K-1 <sup>st</sup> grade level books read by actors <a href="#">Scratch Jr</a> - coding for older preschoolers		<a href="#">ABCya</a> – sign up for free plan, letters, numbers <a href="#">Duck Duck Moose</a> – games, songs and puzzles <a href="#">Starfall</a> – language arts and music for prek and kinder <a href="#">ABCmouse</a> – 30 days free preschool reading, math, science, art		<a href="#">PBSKids</a> – educational games and videos from PBS <a href="#">Go Noodle</a> – movement games, our favorites include Koo Koo Kanga Roo and Maximo stations <a href="#">Yoga Time for Little Ones</a> – yoga for preschoolers (on YouTube)	