



# PRESCHOOL EDUCATION – KINDERGARTEN FOR FOUR- AND FIVE-YEAR-OLDS

Week of May 18, 2020

## Table of Contents

Make Ten (or Twenty!) .....	2
Appendix – Make Ten (or Twenty!).....	3
I Spy Sounds!.....	4
Sun Salutations.....	6
Appendix – Sun Salutations .....	7



# Make Ten (or Twenty!)

## Information for students

This is a fun game you can play with a partner or even on your own!

- Instructions
  - Using a plain deck of cards, begin by removing all of the face cards (jack, queen, king). Leave the aces as these will represent number one.
  - Once all of the face cards are removed, shuffle the cards and divide them evenly between the two players. If you are playing alone, just shuffle the cards and leave them face down beside you.
  - Flip the top four cards from your deck and place them face up in front of you.
  - The goal of the game is to “make” (or add to) ten, using any combination you can. This can be as simple as using the 10 card, or it could be done using two or three cards (e.g. 8 and 2, 4 and 6, 5 and 2 and 3). If you can make ten, show those cards to your partner and then put them to the side. Turn over new cards from your pile to replace the ones that you used to make ten. Then, it is your partner’s turn.
  - If you can’t make ten, then choose one of the cards that is turned face up and place it at the bottom of the deck. Take the top card to replace it.

## Materials required

- Deck of cards, face cards removed

## Information for parents

### About the activity

Children could:

- remove the face cards and deal them.

Parents should:

- model different ways to make 10.
- have children “make 15” or “make 20” to make the game more challenging. The higher the number, the more combinations players can make. Also, if children are ready for it, they can start using subtraction as well. In order to do this, they may need to use the face cards. If they do, the values would be: jack=11, queen =12, king=13, joker=14. The number of cards that players turn face up can also be increased to 6 or 7 cards to provide more options.
- follow the link provided in the Appendix for a printable version of mats to play on.



# Appendix – Make Ten (or Twenty!)

## Information for students

- Optional printable mats to play game:

<https://mamapapabubba.com/2016/06/28/make-ten-an-easy-card-game-for-kids/>



## Information for students

Have you ever played “I Spy” before? Today you are going to play “I Spy” but the first clue you give has to tell your partner what sound the word begins with! For example, “I spy with my little eye, something that starts with the sound luh”. Your partner may guess lamp, light, leg, lunch or something else. If you are feeling very smart, you can try to tell your partner the last sound of the thing you see: “I spy with my little eye, something that ends with the sound nnn”. It might be a crayon, a pen, or a phone! Give it a try!

## Materials required

- none

## Information for parents

### About the activity

- Start a game of “I Spy” with your child. Instead of telling them the colour of the object or its size, start with the beginning sound of the word (see example above). If that is not enough for them, you can add some more concrete details (e.g. it lights up a room; it’s tall; it is black and white, etc.)
- Encourage your child to try some for you to guess.
- By using the first (or last) sound of the word, you are encouraging your child to hear the sounds of words and this is an important piece in building a foundation for learning to read. In this game, you are isolating a sound.
- You can play this game in any language: it will still help your child to hear the sounds of words. So go ahead and play in English, French, or whatever language you are most comfortable with, as long as you are playing with word sounds.
- Remember, for this game there is no need to bring in letters or visuals to attach to the letter sounds. Just encourage your child to listen (closing their eyes might even help!).



Here are a few examples to get you started. Remember, the idea is not to say the first letter of the word but the **first sound**, for example: “fff” for *phone*. If this is too easy, try telling your child the **last sound** of the word. For an even greater challenge, tell your child the **middle sound!**

I spy with my little eye something that starts with the sound “sss”. I use it to cook dinner.

- It’s a stove!

I spy with my little eye something that starts with the sound “fff”. I use it to pick up my food.

- It’s a fork!

I spy with my little eye, something that starts with the sound “puh”. I use it to write letters.

- It’s a pencil!

I spy with my little eye something that starts with the sound “nnn”. It helps me bend my leg.

- It’s my knee!

I spy with my little eye something that ends with the sound “ul”. I sit at it to eat.

- It’s a table!

I spy with my little eye something that has the sound “ke” in the middle. It is blue and I see it outside.

- It’s the sky!

I spy with my little eye something that has the sound “oh” in the middle. I use it to wash my hands.

- It’s soap!



# Sun Salutations

## Information for students

Do you like to move your body? Do you find it feels good to twist and stretch? Why not start the day with some yummy stretches that will make you feel good all day long?

- Instructions
  - Follow the link and print out the Sun Salutations poster (or simply refer to it as needed)

## Materials required

- Sun Salutations Poses website or poster

## Information for parents

### About the activity

Children could :

- look at the visuals on the poster and try to follow them with their bodies.

Parents should :

- print out the poster or go to the website to refer to the poses.
- model for children how to do each pose properly so as not to injure oneself.
- optional: play relaxing music.









# Appendix – Sun Salutations

## Information for parents:

- Yoga poses are a great way to help your child get centered and ready for the day. They are great gross motor activities to build muscle strength as well as wonderful mental exercises to help your child feel calm, relaxed and grounded.

<https://georgewatts.org/2017/08/10/kids-sun-salutations-lesson-plan/>

Sun Salutation C			
 <p>Mountain [Tadasana]</p>	 <p>Upward Salute [Urdhva Hastasana]</p>	 <p>Forward Bend [Uttanasana]</p>	 <p>Lunge (right foot back) [Anjaneyasana]</p>
 <p>Plank [Kumbhakasana]</p>	 <p>Knees Chest Chin [Chaturanga Dandasana]</p>	 <p>Cobra [Bhujangasana]</p>	 <p>Down Dog [Adho Mukha Svanasana]</p>
 <p>Lunge (right foot forward) [Anjaneyasana]</p>	 <p>Upward Salute [Urdhva Hastasana]</p>	 <p>Forward Bend [Uttanasana]</p>	 <p>Mountain [Tadasana]</p>