

**PRESCHOOL EDUCATION – KINDERGARTEN  
FOR FOUR- AND FIVE-YEAR-OLDS**  
Week of June 15, 2020

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# Suggestions for Activities

Preschool education focuses on the overall development of all children. At 4 and 5 years of age, children develop in all five global areas at the same time: physical and motor, emotional, social, language and cognitive.

The aim is to offer suggestions for ideas, actions and activities to be carried out that allow children to:

- move (big and small movements)
- dance, etc.
- express what they're feeling; what they can do, etc.
- participate, cooperate, etc.
- talk, listen, sing, invent, etc.
- think, ask questions, look for answers, etc.

## About the activities

The most important thing is to set up a routine that corresponds to your family's situation. A simple routine that is adapted to your child's age and needs is reassuring and can help maintain a pleasant atmosphere at home and prevent tantrums.

The morning routine (breakfast, brushing teeth, etc.), lunch, nap, dinner and the bedtime routine (bath, brushing teeth, story, etc.) are stable reference points that help children to situate themselves in time, encourage them to collaborate and help them to control their emotions and feel at ease.

**PLAY is a child's main learning strategy. A child who plays is a child who learns.**

# Card Games

## Information for students

Playing cards can be so much fun! All you need is a deck of cards and a family member and you're all set.

### Instructions

- Choose one of the games below and familiarize yourself with the rules.

### Materials required

- Deck of cards

## Information for parents

### About the activity

Children could:

- set up the cards for the game (remove any unnecessary cards and deal them)

Parents should:

- read the rules to their child and help them understand how to play the game
- help them shuffle and deal the cards

# Appendix – Card Games

## Information for students

### Card bingo

This card game is suitable for a small group (two to three people). You will need two decks of cards. Remove the face cards from both decks.

### Instructions

1. Each player is dealt 16 cards. They must place the cards facing up in a 4 x 4 array.
2. The rest of the cards are placed face down in a pile in the middle.
3. One player takes on the role of the caller. That player flips a card over from the pile in the middle and calls out the number of the card, e.g. 6.
4. If the card called out matches one in the player's array, that player turns that card over so it is facing down. It doesn't matter what the card's suit is.
5. The first player to turn 4 cards over in a row, either horizontally, vertically or diagonally, is the winner.

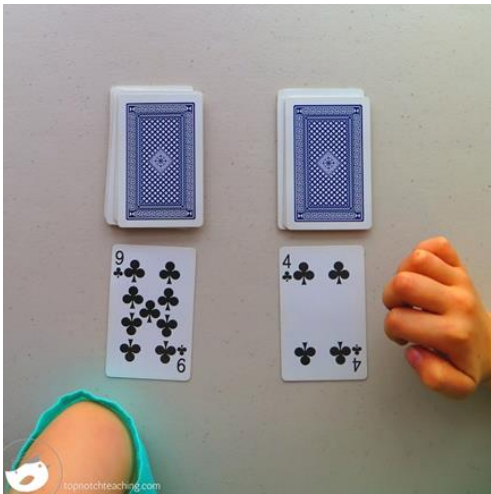


## Counting\_on\_card\_game

This card game is for 2 players. You will need a deck of cards with the face cards removed (Jack, Queen, King, Joker). The ace can be used as a 1 in this game.

### Instructions

1. Separate the cards into two piles, one with the cards: ace, 2, 3 and 4 and the other pile with the cards 5-10.
2. Shuffle each pile so they're in a random order and place them face down on the playing surface.
3. Players take turns turning over the top two cards. They add the two numbers using the counting on strategy: count on from the larger number, and count on the smaller number. For example, if the two cards turned over are 9 and 4, they would start with 9, count on, adding 4: "10, 11, 12, 13."
4. If players count correctly, they get to keep both cards.
5. If they count incorrectly, they put the cards back under the pile, face down.
6. Continue playing until the piles run out of cards.
7. The winner is the player with the most cards at the end of the game.
8. To make this slightly more challenging, shuffle all of the cards and separate them randomly. This will mean that you must decide which card to start counting on from (the greater of the two).
9. For an added challenge, add the face cards to the pile. Jack=11, Queen=12, King=13, Joker=14



\*Remember: counting the symbols on the cards or using fingers to count is ok! You can even give your child small items to help them count, such as bingo chips, dried beans, or little building blocks.

# Rhyming Book Scavenger Hunt

## Information for students

Do you know how to rhyme? If I said “can,” could you find a word that rhymes with it? Remember, a rhyming word is one that has the same middle and ending sound. YES! “fan,” “tan,” and “man” all rhyme with “can”! Well done! Ok... Let’s go on a rhyming scavenger hunt. This time, you will have to look through books to find the rhymes.

## Instructions

- Grab a bunch of books!
- Print the list provided below or just keep it open on the screen.

## Materials required

- Books
- List provided below

## Information for parents

### About the activity

Children could:

- choose the books they would like to look through
- look at the list and use the pictures to help them sound out the word
- try to find some rhymes on their own
- challenge a friend or family member to find some rhymes

Parents should:

- read the clues to their child
- encourage their child to find words or pictures that rhyme
- encourage their child to come up with their own rhymes

# Appendix – Rhyming Book Scavenger Hunt

## Information for students

- ❖ Find something that rhymes with *bee*



- ❖ Find something that rhymes with *moon*



- ❖ Find something that rhymes with *bear*



- ❖ Find something that rhymes with *rock*



- ❖ Find something that rhymes with *glue*

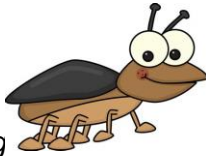




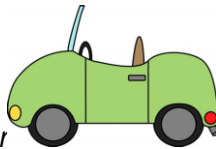
❖ Find something that rhymes with *hose*



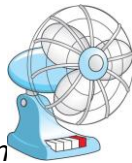
❖ Find something that rhymes with *tub*



❖ Find something that rhymes with *bug*



❖ Find something that rhymes with *car*



❖ Find something that rhymes with *fan*



❖ Find something that rhymes with *gum*





- ❖ Find something that rhymes with *fox*



- ❖ Find something that rhymes with *ten*

# Salt Painting

## Information for students

Doing art with glitter can be fun but also very messy! Did you know that glitter is actually bad for the environment, as well? Since it's made of plastic, all those little pieces of glitter end up in our water ways and then the fish eat them and it makes them sick. Here is a really fun alternative that you can do at home and that won't be harmful to anyone, and it will still sparkle like glitter.

## Instructions

- Draw a picture or design using liquid glue.
- Place the cardstock with the drawing in a shallow dish to catch the salt and keep it contained.
- Sprinkle salt over your glue drawing and then tip it to shake off the excess salt.
- Dip your paintbrush into your liquid paint and gently touch the paintbrush to the salt on your picture. You will see the colour spread in both directions! Be sure not to add too much colour or it will saturate the cardboard and you may lose the effect you were hoping for.
- Allow the picture to dry. It may take a day or two before it is completely dry.
- Sign your artwork and display it.

## Materials required

- Cardstock or some kind of cardboard surface. You can use cereal boxes, or other boxes cut up to make them flat. Just be sure the surface you work on is strong enough to withhold the weight of the glue. Regular paper is too thin.
- Liquid glue (in a small bottle easy enough for small hands to squeeze)
- Table salt
- Shallow dish or tray
- Liquid paint or diluted food colouring
- Small paintbrushes

## Information for parents

### About the activity

Children could:

- squeeze the glue to make a design or picture
- sprinkle the salt onto the glue and shake it off
- use the paintbrush to colour the salt

Parents should:

- help their child set up a space to do the art activity
- help the child to regulate the amount of salt and paint they add to their pictures

For more information, go to <https://artfulparent.com/raised-salt-painting/>.

# Appendix – Salt Painting

## Information for students

Here are some pictures to help you visualize the process.

