

**PRESCHOOL EDUCATION – KINDERGARTEN  
FOR FOUR- AND FIVE-YEAR-OLDS**  
Week of June 8, 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.**

# How Many Are Hiding?

## Information for students

Do you like to play hide and seek? Today, you're going to play a hiding game with some of your little toys. You will need to ask an adult to play this game with you.

## Instructions

- Gather between 5 and 10 small items, depending on your child's age and ability. (It is always best to start with a smaller number and work your way up.)
- Show your child all of the items and ask them to count how many there are.
- Hide one item in your hand or under a cup and ask your child, "What if I hide one under my cup? How many can you see?"
- Hide two items under the cup and ask the question again.
- Do this until your child understands the concept.
- Now, secretly hide some of the items under the cup and ask your child to tell you how many you are hiding. Remind them that this is not a guessing game, they should use what they know to count and think about how many items are hidden.
- If your child struggles with this, start with as few items as three. Try to reverse the roles and guess how many items your child is hiding. Sometimes, using different items can help your child visualize things better. For example, if you use two dried red kidney beans and one dried navy bean, the different colours may be helpful. Another way to help your child is to give them the same number of items as you and to have them do it with you.

## Materials required

- Small items (e.g. dried beans, little toys, coins, buttons)
- Something opaque to hide the items under (e.g. cup, napkin, your hand)

## Information for parents

### About the activity

Children could:

- choose the items they want to play with
- count the number of items
- take turns hiding and guessing

Parents should:

- help their child understand the concept, keeping in mind that this is the beginning of subtraction
- help their child learn by trying different methods if the child struggles
- be patient and give the child multiple opportunities to play the game, since it is possible that the child may not catch on right away

## Appendix – How Many Are Hiding?



# Tell Me a Story

## Information for students

Don't you love it when someone reads you a story? Did you know that when someone is reading a story, they are reading the words that they see printed on the page? But what happens when there are no words on the page? How can you read a story without words? I know you can do it! Ask someone to help you follow the link below to wordless picture books. You will see that there are no words on the page! You will have to use your imagination to tell the story by looking at the pictures. You'll see, it's lots of fun!

## Instructions

- Follow the link below and click on either "Read Online" or "Download Free PDF."
- Choose any of the stories that interests your child.
- Look through the pages and ask your child to notice what's happening in the pictures. Help your child to put words to the images, using rich vocabulary.
- Look through the story again. This time, ask your child to tell you the story. If they are struggling with this, you can support them by acting it out.
- Once your child is familiar with the story, invite them to tell the story to another family member. Maybe you could contact someone online that they haven't seen for a while, so the child can share their story with them.

## Materials required

- Website: <https://freekidsbooks.org/subject/wordless>

## Information for parents

### About the activity

Children could:

- choose the story they would like to read
- tell their parents about the pictures on the pages
- tell the story in order, from beginning to end

Parents should:

- help their child follow the link to the website
- talk to the child about the story they are reading, filling in any words that the child might not know
- act out the story as needed
- listen to the child as they tell the story
- encourage their child to tell the story to multiple people to practise the skill



# Squirty Sidewalk Chalk

## Information for students

Art is fun, but squirty art outside is awesome! Grab some squirt bottles and some simple ingredients and you are ready to paint the neighbourhood!

## Instructions

- Step 1: Fill each squirt bottle roughly  $\frac{2}{3}$  of the way with corn starch and baking soda. Exact measurements are not necessary, but use roughly the same amount of each.
- Step 2: Add a few drops of food colouring to each bottle.
- Step 3: Fill the rest of the bottle with water and stir. It will be very thick at first, but after a little mixing it will loosen up.
- Step 4: Put the caps on the bottles and give them a good shake.
- Step 5 (optional): Fill another bottle with vinegar.
- Step 6: Head outside and start squirting the paint on the sidewalk to make pictures. You can then squirt some vinegar on the art and watch the magic happen! If you do not want to use vinegar, you will still have a lovely piece of art.

## Materials required

- Corn starch
- Food colouring
- Water
- Squirt bottles
- Baking soda
- Vinegar (optional)



## Information for parents

### About the activity

Children could:

- help mix the ingredients to make the paint
- give the bottles a good shake
- paint the sidewalk or driveway with the squirt bottles
- squirt the vinegar on to their art

Parents should:

- help with the mixing of the ingredients
- supervise the child outside, if necessary

For more information, visit the following website:

[https://www.growingajeweledrose.com/2013/06/summer-fun-with-sidewalk-chalk.html#\\_a5y\\_p=1680176](https://www.growingajeweledrose.com/2013/06/summer-fun-with-sidewalk-chalk.html#_a5y_p=1680176)

## Appendix – Squirty Sidewalk Chalk

Information for students

