



	Monday, July 26 th	Tuesday, July 27 th	Wednesday, July 28 th	Thursday, July 29 th	Friday, July 30 th
Literacy	<p><u>Kindergarten Diary</u> Explain that a diary is used to document thoughts on paper. Have your child write a pretend entry in her diary of what the “perfect” first day of school would be like for her. Encourage her to illustrate.</p>	<p><u>Look Out Kindergarten, Here I Come!</u> Ask your child to retell the story, focusing on the sequence of events in the story. “What did Henry have to do before he went to kindergarten?”</p>	<p><u>Off to Kindergarten</u> Talk about all the rhyming words in the story. See if your child can identify them all: sand/hand/grand wings/sings/swings luck/tuck/truck hair/bear/chair</p>	<p><u>The Night Before Kindergarten</u> Help your child find the rhyming words, then isolate the beginning sound and blend them together to re-construct the word. Here are some words to try: b-ed, bed; d-oor, door. c-are, care.</p>	<p><u>Kindergarten Rocks!</u> Talk about how Dexter worried about things before he went to kindergarten, but then it all turned out well. Discuss what your child is excited and worried about as she starts school.</p>
Phonological Awareness	<p>Play <i>What’s that Sound?</i> with your child. Go outside, get comfortable, be perfectly still, quiet, and close your eyes. See who can identify the sounds you hear, using only your ears.</p>	<p>Sing to the tune of <i>London Bridge</i>, “What’s the first sound that you hear? That you hear? That you hear? What’s the first sound that you hear, in: turtle, Tom, and toy?” Child answers “/t/” ~Repeat using another letter</p>	<p><u>Willaby Wallaby Wednesday</u> Help your child make up rhyming words for his name and the names of other family members. You can also try to rhyme some summertime vocabulary words.</p>	<p><u>I Say, You Say</u> Lead your child in this chant: “I say /B/...you say /each/ /B/ - /each/ /B/ - /each/ Where do we play in the sand? We go to the beach!” Repeat with other summertime words.</p>	<p>Help your child learn this summer tongue twister: She sells seashells by the seashore. The shells she sells are seashells, I’m sure. So, if she sells seashells on the seashore, then I’m sure she sells seashore shells.</p>
Music & Movement	<p><u>Let’s Go Swimming</u> <u>Banana Dance</u> <u>Count to 10</u></p>	<p><u>A-B-C...Easy As 1-2-3</u> <u>Fresh Start Fitness</u> <u>Dance with Shapes</u></p>	<p><u>Pump Up the Pattern</u> <u>Calm Body Calm Mind</u> <u>Move It To the Sounds</u></p>	<p><u>The Rules Rap</u> <u>Animal Freeze Dance</u> <u>Boom Chicka Boom</u></p>	<p><u>Handwashing-Baby Shark</u> <u>The Clapping Song</u> <u>Shake it Like a Duck</u></p>
Math & Science	<p>Make a peanut butter and jelly sandwich, then ask your child to describe in order the actions that took place. See if she can describe the sequence of events that took place in the day, in a movie, or in a story you read.</p>	<p>Instruct your child to pick up a specific number of objects while cleaning up as you count out loud. Your child can also practice counting the number of steps he takes to pick up and describe the shapes of the items he is tidying up.</p>	<p>Work on a puzzle! Putting puzzles together is a great way to develop important visual discrimination skills (the ability to recognize the similarities and differences in shape, form, pattern, size, position, and color).</p>	<p>Make a back-to-school count down out of paper rings counting down the days until school begins! Have your child remove one ring each day. Each day ask your child, “How many more days until school starts?” before removing the ring.</p>	<p>Draw a large shape on paper. Demonstrate placing a piece of yarn along the outline. Talk about curvy and straight lines. Draw a new shape and invite your child to make the outline. Discuss the similarities & differences of the shapes.</p>
Motor Skills	<p>Play “Find it, Tag it” to review a variety of skills. Tell your child to find something and tag it. For example, “Find and tag something blue,” or “something that starts with /s/.”</p>	<p>Instead of playing a real soccer game, let your child enjoy kicking a ball (maybe a beach ball) and aiming it toward a goal or a large cardboard box or laundry basket turned on its side.</p>	<p>Encourage independence with dressing and toileting routines. Make a pictorial list of your child’s morning school routine. Practice getting up and driving to school so the first day will not be a complete surprise.</p>	<p><u>Jump the River</u> Lay out two jump ropes, or draw two chalk lines to represent a river, and have your child try to jump over it. Try making it wider in spots and narrower in others for a few levels of challenge.</p>	<p>Ensure that your child can open and close her backpack and pack/unpack supplies that will come home each day from school. Also, practice opening and closing a water bottle independently.</p>
Social & Emotional	<p>Talk to your child about feelings and explain to her that it is ok to feel sad, mad, or scared. Talk about ways to handle these feelings. It is important to teach her to communicate how she feels.</p>	<p>Use a timer for screen time activities (TV or computer) so your child becomes familiar with the concept of time and how long different units of time last. He will start to develop an understanding of the passing of time.</p>	<p>Practice <u>melting</u> away that icky frozen feeling you get when you are scared, frustrated, or angry. Little by little, begin to melt...soften until you become a puddle on the floor.</p>	<p><u>Llama Llama Misses Mama</u> Talk with your child before the first day about how you will drop him off, how he might feel on the first day, and about ways to feel better if he feels sad or scared.</p>	<p><u>Calm Down Yoga</u> Help your child learn how to relax and regulate her emotions through calming yoga poses.</p>

Post pictures of you and your child learning together using #gaprekathome