

Parent Resource: Suggested At-Home Learning for Preschoolers



Activities for All Preschoolers



Learning Around the House:

- Read to your child every day - repetition of books helps children learn cadence, expand vocabulary, and love of books!
- Play music - have a dance party and sing-along, makeup songs
- [Make playdough](#) or slime - roll balls, snakes, use cookie cutters or cut with child-safe scissors
- Paint with fingers, brushes, Q-tips, plastic dinosaurs, matchbox cars, etc.; try pudding or shaving cream in the tub or on a table
- Color/draw with markers, crayons, chalk - ask your child to tell you about their picture; write down what he/she says to share with the family
- Cook w/your child - measure, stir, pour; Let them help you find ingredients and plan the menu; bake and eat your creations
- Make popsicles and eat them outside
- Play dress up; have a tea party or picnic
- Use your imagination to build with blocks, cardboard boxes, Legos – a “spaceship” or “castle” anything their young mind can think of
- Play puzzles, matching or memory games
- Let your child help with housework – sort laundry, match socks, dust, or vacuum
- Play *Simon Says; Head, Shoulder, Knees & toes*
- Play in the bathtub – provide different containers and measuring spoons to fill/pour
- Trace the hands or feet of everyone in your family and compare sizes
- Cookie Cutter Stamping - dip cookie cutters in paint and stamp on paper.
- Make an obstacle course or fort out of blankets and boxes; pretend to camp in your living room or backyard
- Count the doors, windows, lights, in your house
- Watch your favorite movies together and talk about the characters and plot (beginning, middle, and end)
- Let your child decide on the schedule for a day - discuss what comes first, second, next, last

Take the Learning Outside:

- Blow bubbles or [make your own](#)
- Take a walk or hike - give your child a bag/bucket to collect leaves, rocks, sticks, etc., talk about your surroundings (colors/shapes/similarities/differences), count things in nature
- Ride bikes/trikes (remember your helmet)
- Draw with chalk or use sticks to draw shapes, letter, number, or designs in the dirt/sand
- Kick, throw, bounce, catch a ball, toss beanbag
- Plant seeds or flowers they need soil, water, air, sun to grow
- Weed the garden, water plants or grass, wash away pollen
- Sweep the porch or driveway
- Make a bird feeder and observe what happens
- Find shapes in the clouds and watch the sunset
- Rainbow Reaction – baking soda on a plate, add drops of food coloring, drip vinegar on top to create the fizzing reaction

Religion: Share your Faith

- Pray together as a family; Grace before meals
- Talk about how much God and Jesus love us and how they are always with us.
- Make the Sign of the Cross – The Holy Trinity: God the Father, God the Son, God the Holy Spirit
- Read from a Children’s Bible
- Say [Children’s Prayers](#)
- Learn about our [Catholic Saints](#)
- Celebrate St. Patrick’s Day and read [The Story of Leprechaun](#) by Katherine Tegen
- Read [Benjamin's Box](#) – A Resurrection story. “When Jesus comes to Jerusalem, Benjamin decides to follow him and find out who he really is and the good news he brings.”
- Cut strips of paper to make paper chains to count down to Easter
- Decorate Easter eggs - For Christians, the Easter egg is symbolic of the resurrection of Jesus Christ.



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Activities for your Two-Year-Old:

- Fingerplays: *Itsy Bitsy Spider*, *Twinkle Little Star*
- String beads or pasta on pipe cleaners or shoestrings
- Build towers with blocks, Duplo, or boxes and count how high they are stacked then knock them down
- Peel the backs off stickers and create a collage
- Paint with watercolors on coffee filters and Q-tips on aluminum foil
- Create a [sensory bag](#), box, or bottle using beans, rice, or pasta
- Use painter's tape on the floor/carpet to create roads for matchbox cars
- Colors and Shape Game - draw shapes in various colors on paper (be sure to fill in the shapes); tape to the floor and ask children to hop to the color or shape that you name. Say, "Find the blue triangle or walk across the paper stepping only on the green shapes"

Activities for your Three-Year-Old:

- Fingerplays: *Where is Thumbkin?*, *5 Little Ducks*, *5 Green and Speckled Frogs*; *Open Shut Them*
- Read and act out nursery rhymes
- Play "I Spy" with colors, shapes, and letters in their name
- Count with your fingers - Ask your child to show you how old he/she is, how many apples there are in a basket, etc.
- Build with Legos or other blocks; Talk about the shapes, patterns, colors
- Push pipe cleaners through holes of a colander
- Sort pompoms, buttons, Legos by color and size
- Use tongs to pick up small items (cotton balls)
- Give small toys a bath by brushing them with a toothbrush and soap
- Create Free art w/toilet paper rolls, paper towel rolls, paper plates, plastic cups, etc.
- Tear, crumble, cut paper and paste to create art
- Color mixing with paint or food coloring—make green with yellow and blue, make orange with red and yellow, make purple with red and blue

Activities for your Four/Five-Year-Old:

- Toss a tennis ball back and forth
- Play the "20 Questions" game
- Play balloon volleyball or soccer
- Run, skip, gallop inside or outside
- Place 2 pieces of painters tap a-ways apart on the ground. Children run, jump, crawl, etc. between the tape
- Alphabet letters or magnets – talk about the letters and sounds each letter makes
- Rhyme with your child. Make a game out of it. You say a word, he/she says a word that rhymes with it. Let him/her use silly or nonsense words too
- Sing familiar songs and then change the initial consonant i.e., Happy Birthday to you => Sappy Sirthday so soul
- Practice tongue twisters or make up silly sentences with your child that has the same sound throughout i.e., Silly Sarah sank seven ships on Sunday
- Point out letters or words on signs as you are driving. Play a game by "hunting" for specific letters
- Play "I Spy" - Say, I spy something that begins with the letter t." Give other clues if necessary
- Go on a number hunt with your child at home, in the car, at the grocery store; practice counting with your child
- Have fun with estimating. Before opening a bag of M & M's, estimate with your child how many are in the bag and then count them and compare the number with your estimate
- Talk about direction (left, right, up, down, North, South, East, West)
- Talk about shapes and how to make them. Go on a shape hunt. See how many triangles are in your house. Squares? Circles?
- Play mind reader - Say, "I am thinking of a shape with four sides." Continue giving clues until they guess the correct shape
- Look for and create patterns
- Play Candy Land, Go Fish or Connect Four
- Play Hopscotch or Hula Hoop

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Online Educational Resources:

Websites:

[PBS Kids](#)

[Starfall](#)

[ABCya](#)

[Unite for Literacy](#)

[Seussville](#)

[Switch Zoo](#)

[National Geographic for Kids](#)

[Preschool Art Ideas](#)

[Sensory Play Ideas](#)

Free Apps:

[ABC Alphabet Phonics](#)

[Endless Numbers](#)

[Animal Math](#)

[GoNoodle](#)



Computer Usage for Preschoolers:



The American Academy of Pediatrics recommends that preschoolers ages 2 to 5 should have **no more than 1 hour** of screen time each day.

Research suggests that the keys to beneficial screen time, are ***interactivity and adult participation***, whether the child is on a computer, using an iPad app, or watching TV.

“A parent needs to be present to help the child grasp the overall concepts, so the child doesn’t get stuck on the exciting graphics and the fast pace of some programs. Good apps or games should facilitate conversation between parents and children during this play, not get in the way of it.”

[Commonsense Media](#) is an organization that offers parents information on kids and media. It offers useful guidelines for determining the educational value of apps for kids.

Compiled by Diocese of Raleigh Early Childhood Educators at

- St. Michael Preschool
- St. Raphael Preschool
- St. Francis Preschool
- St. Andrew ECC