

Jersey City Public Schools Early Childhood Department

Preschool Plan- Day 13

<p>Language Arts: ABC Memory Game</p> <p>Materials:</p> <ul style="list-style-type: none"> ● Pencil/Marker/Crayon ● Paper in small squares or index cards cut in half ● Write one letter of the alphabet on each card or paper square, making 2 sets of each letter. <p>Beginning: Tell your child that you are going to teach them how to make a matching game, and sometimes it is called a Memory Game.</p> <p>Middle:</p> <ol style="list-style-type: none"> 1. Start the game by using only 8 cards (for example 2 A's, 2 B's, 2 C's, and 2 D's) 2. Line the cards up so that your child can see all the letters. Talk about the letters, asking them to name the letters. 3. Turn over the 8 cards so that the letters can't be seen, and then mix them up. 4. The first person in the game turns over 1 card and names the letter, and then turns over 1 more card, naming the letter. If they match, those cards are removed. If they are different, they are turned back over for the next person to go. 5. Keep taking turns until all matches are made. 6. Choose different sets of letters for the next round. Also, increase the number of sets (8, 10, 12) as you feel your child ready. <p>End: Play a few rounds so that the game stays interesting and fun for the next time you play.</p> <p>Younger Students: Use letters in their name which may be easier to identify. Instead of making letters, you can make cards that have colors or shapes for children to identify/match.</p> <p>Older Students: If your child is starting to recognize some simple words, you can make word cards for the matching game.</p>	<p>Gross Motor: Gross Motor Go-To List</p> <p>Read and decide with your child which 3 gross motor activities to do as a family. Click on the list provided on the link below from this website. Document is titled 'Gross Motor Go-To List.'</p> <p>https://www.handsonaswegrow.com/wp-content/uploads/GROSS-MOTOR-GO-TO-LIST.pdf</p> <hr/> <p>Social-Emotional: Fun Emotional Expression Activity</p> <p>Get some index cards or cut pieces of paper into the size of index cards and write one feeling on each piece of paper. Examples of feelings are: glad, excited, joyful, cheerful, happy, calm, confident, safe, relaxed, sad, unhappy, annoyed, irritated, grumpy, grouchy, mean, disappointed, ashamed, mad, frustrated, angry, annoyed, impatient, afraid, scared, frightened, and anxious.</p> <p>Next, take turns to pick a card and act out or make a face of what the emotion looks like. It's ok to be extra dramatic to emphasize the emotion and to have fun. The adult will need to read the card for the child and if the child doesn't know the feeling, adults can teach that feeling to them.</p> <p>This activity can help children have fun, build a better relationship/bond with parents, help decrease stress for parents and children, and develop coping skills to better deal with challenging feelings. This can also help your child improve conflict resolution and problem solving with friends/classmates/ family because he/she can put feelings into words and not tantrum or hit to express emotions.</p>	<p>Health: Visit to the dentist- Prepare child of what to expect when visiting the dentist</p> <p>Materials Needed: Computer, tablet or phone with internet, paper and crayons</p> <p>Beginning: Ask your child, <i>Do you know what a dentist does?</i> Explain to the child- the dentist is a special doctor who will help your child take care of their teeth and there is no need to be afraid of the dentist.</p> <p>What happens when you visit the dentist:</p> <ol style="list-style-type: none"> 1. Will check your teeth 2. Count your teeth 3. Clean your teeth 4. Take a picture of your teeth-called an x-ray 5. Talk about fluoride and good dental habits <p>Middle: Watch youtube video -a child's visit to the dentist A Child's Visit to the Dentist - An educational video for kids</p> <p>End: Ask your child what they observed during the video and recap the information the video provided. Have your child draw something they saw in the video.</p>
<p>Math: How many spoons?</p>		

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Materials:

- Bowl of water
- 1 teaspoon and 1 tablespoon
- 2 cups of the same size
- Paper divided into 2 columns
- Writing utensil

Beginning:

Hold up each measuring spoon, tell your child what it is called, and explain what they are used for. Say, **I wonder how many tablespoons it takes to fill this cup?** Model how to measure correctly. Allow your child to fill one of the empty cups, counting together the number of spoons it takes to fill the cup. Write the number on your paper in the large-spoon column.

Middle:

Say, **I wonder how many teaspoons it will take to fill the cup?** Repeat the activity using the second empty cup and the teaspoon. Write the number of teaspoons it took to fill the second cup under the small-spoon column. Allow the child to empty the cups back into the bowl and repeat the activity if they want to.

End:

Together, review the numbers on the chart. Discuss why it took more of the teaspoon and less of the tablespoon. Together, clean up.

Younger Children:

Your child may need assistance filling the spoon and pouring it into the cup. They may be interested in playing with the water.

Older Children:

The activity can be expanded to use other measuring spoons ($\frac{1}{4}$ teaspoon, $\frac{1}{2}$ tablespoon, etc.)

Social-Emotional: Share a Story In a New Way

Materials: Any children's book

Beginning:

Read a story book to your child that shows characters who experience an emotion (e.g., sad, happy, scared, worried, confused, etc.). Stop on a page where the character is showing the expression. Ask your child "What do you think he is feeling?", "Why is he feeling that way?", or "Look at her face, how can you tell that he is ___?"

Middle:

Other questions could be child specific and raise awareness of your child's emotions: "Have you ever felt _____. What makes you feel that way?" or "What will happen next?" or "What should he do?" Do not pause too long on one page and only continue the discussion as long as your child shows an interest.

End:

Play Make a Face with your child. You start the game by saying, "I am going to make a face, guess what I am feeling by looking at my face." Then, make a face showing a feeling. When your child guesses the feeling word, respond by saying "That's right! Do you know what makes me feel that way?" Follow by describing something simple that makes you feel the emotion (e.g., a fluffy kitten makes me happy, I feel sad when it rains and we can't go to the park). Please note, this is not the time to discuss adult circumstances that are linked to your emotions. Then say to your child, "Your turn, you make a face and I will guess what you are feeling." Don't be surprised if your child picks the same emotion that you just displayed, it will take time before s/he can be

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creative with this game. Once you guess, ask your child to name what makes him/her have that emotion. Keep taking turns until your child shows you that s/he is not interested in continuing the game.

[Teaching Emotions: Activity Ideas to Share with Families](#)