

**Jersey City Public Schools  
Early Childhood Department**

**Preschool Plan- Day 3**

<p><b>Language Arts: Writing Greeting Cards</b></p> <p><b>Materials:</b></p> <ul style="list-style-type: none"><li>• Paper</li><li>• Envelopes</li><li>• Markers/crayons</li></ul> <p><b>Beginning:</b> Have a variety of greeting cards on the kitchen table or floor for the child to browse through. Say, <b>What do you notice about the cards?</b> Point out the different types and why someone would give a person a card for any occasion. <b>Say, Birthday cards usually have a cake on it and maybe balloons. Get-well cards usually have a teddy bear with a thermometer. Thinking-of-you cards usually have sunshine on the cover. I have some paper and crayons for you to write a card to a family member or friend. When you are done, let's write the name of the person you are sending it to on the front of the envelope.</b> Give your child the paper and crayons.</p> <p><b>Middle:</b> Allow your child to look at the pictures and brainstorm what type of card he/she wants to make with the paper. Give your child time to draw, make letterlike formations, make letters, and write or copy words. Say, <b>Tell me what kind of card that you decide to create? How are you creating it? Tell me what do you want to write in the card.</b> Give the child time to give responses.</p> <p><b>End:</b> Let your child share the card he/she created with the materials. Tell them to get an envelope and write the name of the person the card was created for. Allow the child to give the person the card or mail it to a family member.</p>	<p><b>Math: Where's My Lid</b></p> <p><b>Materials:</b></p> <ul style="list-style-type: none"><li>• Clean and empty plastic containers or tupperware of all shapes and sizes</li><li>• Two containers one for all the lids and the other for all the containers</li></ul> <p><b>Beginning:</b> Tell your child you have a bunch of containers that got separated from their lids and are all jumbled up! Begin by modeling the activity for your child then ask for their help in matching the lid with its container.</p> <p><b>Middle:</b> As you work together talk about size and shape. Listen to your child's comments and extend their vocabulary and observations.</p> <p><b>End:</b> Ask them to count how many matches they were able to find.</p> <p><b>Younger children:</b> Let them use their containers to scoop and pour water in the sink or bath. How many scoops does it take to fill each size container?</p> <p><b>Older Children:</b> Let them trace the lids to build eye/hand coordination and make artwork. Have older children line up the containers size.</p>	<p><b>Health: Create a Nose Blowing Station at home.</b></p> <p><b>Materials:</b> Box of tissues, mirror, nose blowing sign, waste basket, small table</p> <p><b>Beginning:</b> Together with your child, find a convenient area in your home to set up a Nose Blowing Station. Allow your child to suggest places for the station, preferably not too far from a sink. Discuss with your child how using the nose blowing station will keep germs from spreading at home. Talk about how using the mirror will allow him/her to check that his/her face is wiped clean.</p> <p><b>Middle:</b> Get a tissue and demonstrate how to blow your nose gently. Wipe your nose and toss the tissue in the wastebasket. Check your face in the mirror. Wash your hands. Have your child practice these steps. Discuss how sneezing and coughing into a tissue can help keep germs from spreading to others. Talk about how wiping his/her nose helps to keep the entire family germ-free and healthy.</p> <p>Talk about washing any left over germs away by immediately going to the sink to wash his/her hands. Suggest your child make a sign for the Nose Blowing Station, and help your child hang the sign at the Station.</p> <p><b>End:</b> Have your child show the Nose Blowing Station to other family members, and allow him/her to demonstrate the steps.</p>
<p><b>Gross Motor: Bouncing Bed Sheet</b></p> <p><b>Materials:</b></p> <ul style="list-style-type: none"><li>• Popcorn</li><li>• Music - slow and fast paced</li></ul>		

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- Soft balls (nerf, bean bags, foam balls, cotton balls, socks, sponges, paper towel balls)

#### **Beginning:**

Make popcorn with your child. Together, talk about the steps to making popcorn and watch it pop together.

#### **Middle:**

Spread the bedsheet and ask your child to hold onto the edges. Ask your child to pretend the bedsheet is a giant popper. Throw in your “balls” and have them pop to the beat of the music.

#### **End:**

Use slower paced music to gather materials and clean up.

#### **Younger Students**

- shake fast, shake slow, shake with your arms high, shake with your arms low.

#### **Older students**

- use a paper plate instead of a sheet. Count how many shakes it takes until the end of the song.

#### **Social-Emotional: Exercise**

Practicing Tai Chi with your child every day:

- Can help add to a consistent daily routine.
- Helps build strength, conditioning, balance, and flexibility.
- Can provide a bonding activity which can help reinforce secure attachments with adults.
- Allows a time to be there and be calm with your child.
- Provides you with an opportunity to talk to your child about how the moves make you feel, how they make your child feel.
- Gives you an opportunity to listen to your child and follow your child's lead, giving them a feeling of mastery and control.

**Link:** [Top 10 Tai Chi Moves for Beginners](#)

#### **Steps:**

1. Dress comfortably.
2. Find a large enough space to allow for movement.
3. Watch the above video with your child to introduce the movements (8 minutes).
4. Repeat the video, this time participate and follow along. Do the movement to your own ability. Adapt the movements or time holding a pose if necessary. Do not strain or hurt yourself. Allow talk and mistakes. Have fun!
5. The following day, watch the video again. This time, try to not talk.
6. Practice, practice. Repeat daily. Enjoy!
7. As you and your child become more proficient, create your own movements and routines.

**Link:** [The health benefits of tai chi](#)

#### **Social-Emotional: Message Center**

Try having a “Message Center” at home to make your child feel special!

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**Materials:**

Crayons, markers, pencils, construction/wrapping paper, and other decorative items, paper, shoe box, small envelopes (optional)

**Beginning:**

What to Do: Invite your child to decorate the shoe box with you. The shoe box can be covered with wrapping paper, construction paper, or contact paper. Don't forget to cut a small opening in the lid so that family members and friends can drop their notes into the box.

**Middle:**

Set up the message center with art materials (e.g. pencils, crayons, markers) for writing notes and/or drawing pictures. Encourage your child to "write" and send greetings to you and other family members.

**End:**

Respond to each message to show that you care!

**Source Taken From:**

[www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES)