

Activities for Preschoolers at Home – Issue #8

ASCY

**Affiliated Services
for Children & Youth**

MATH ACTIVITIES

Shapes Exploration-Composing and Decomposing Shapes

Items Needed:

- Lightweight scarves that can be laid flat
- Paper
- Scissors
- Pencil or Crayons

Exploring two-dimensional shapes supports the geometry strand of math learning.

Lay a scarf out flat on a hard surface such as the floor or a small table where your child can access all sides of the scarf easily. Talk about the shape of the scarf. Is it a square, a rectangle, a triangle? Talk about the number of corners and the number of sides of the scarf.

Encourage your child to fold the scarf to make another shape. Can they change the original shape to a smaller version of the same shape, or to a new shape? If needed, the adult can demonstrate one change with their own scarf. See if the child follows your lead and if so, you can encourage them to try to make a shape that you can follow. Each time a shape is made (composed), talk about the size, number of sides and number of corners.

Can you make a rectangle, a square, a triangle? Unfold (decompose) the scarf back to the original when needed.

Extensions:

Look for shapes in your home or outside that are the same shape as the ones you composed.

Can you find patterns with rectangles, squares, or triangles? (tiles, heat vent covers, etc.)

Draw the shapes that you composed on paper or with chalk on the sidewalk or driveway.

Use paper and scissors to cut shapes.

Start with a square. Make one straight line cut to make smaller rectangles, or triangles.

Start with a rectangle. Make one straight line cut to make smaller rectangles, squares or triangles.

Start with a triangle. Make one straight line cut to make smaller triangles.

PHYSICAL LITERACY ACTIVITIES

Roll the Dice!

- Roll a dice and use that number of body parts to balance on, or for the same number of seconds.
- Create a chart indicating which movement corresponds to the dice (example below)
 - 1 – hop on one foot
 - 2 – jump as far as you can on two feet
 - 3 – hold a tree pose for 3 seconds (or try too!)
 - 4 – crawl across the room on all fours
 - 5 – do five jumping jacks
 - 6 – your choice of any of the above

Obstacle Courses

- Create an obstacle course on the floor using painters tape (or chalk if outside), make various lines, straight, curved, dotted. Include shapes to jump in and out of, or to jump over.
- Using various pieces of furniture and / or items around the house set up opportunities for children to experience spatial awareness. Going under tables, blankets, over a bench or ottoman, climbing onto a chair, etc.
- Consider reading a book like 'Going on a Bear Hunt' or watching a YouTube video of it and then doing similar movements.

Using Music

- Freeze Dance
- Dancing with scarves, or ribbons
- Pretend to be dancing or moving like different animals, i.e.; a bear, a frog, a bird, a snake, etc.
- Listen to music with various tempos and speeds and move the way the music makes you feel

Copy Games

- Simon Says
- Follow the Leader
- Head and Shoulders

ART AND SENSORY ACTIVITIES

“Transient Art”

Items Needed:

- empty wood or plastic frame (no glass) or items to make a frame
- cardboard or construction paper
- scissors
- ruler and pencil
- Loose parts (see Preschool Issue #4) such as
 - buttons
 - rocks
 - shells
 - seeds
 - pieces of wool
 - spools
 - anything small that can be used in picture making

Ask your child to create a picture, design, or pattern using the frame as the space to work within.

Once complete, take a picture so that the child can save their work.

Items in the picture can be reused to make new pictures or patterns. This makes the materials transient; they can be used over and over.

Extensions:

Ask your child to draw what they have created.

Make a lunch or snack picture.

Create a picture on a plate using items such as dry cereals, pretzels, cut up fruit, cut up veggies.

Take a picture, and then eat your creation.

LITERACY AND MATH ACTIVITIES

- Play 20 Questions: think of an item and have your child ask you questions about the item, counting the questions as you go. Switch and have your child think of an item while you ask them questions about it. This activity is great for language acquisition and math development!
- Make books by folding and stapling a few sheets of paper together. Use to make stories, as notebooks, sketch books, etc.
- Make homemade greeting cards for family, friends and neighbours. Address them and drop them off if close by or put them in the mail.
- Make your own bingo cards
<http://www.dltk-cards.com/bingo/>
- Play card games like Old Maid, Snap, Go Fish.
- Make bookmarks for your books.
- Use large pieces of paper to do body tracing; label body parts and decorate.
- Make an abacus, using string, items with holes in them (like beads, Cheerios, etc.), paper and tape. String 10 items on each row, and then tape the ends of the string to the paper, ensuring you have enough room to still move the items on the string.
- Cut up old magazines and / or newspapers, and have children make words (even nonsense words) with the cut up letters. Encourage children to try to cut out letters or numbers themselves.