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| Preschool & Pre-K Week of 5/18-5/22**We hope the attached activities help to keep your children busy, learning and engaged at home. Please remember to send us pictures. We love seeing them**. On My Own**Sensory Bin****You will need a box or container, sensory items like dried pasta and lentils/beans, rocks, beads, and measuring spoons and cups.**1. **Add the sensory items to the box or container.**
2. **Encourage your child to explore by using the measuring cups and spoons to scoop and pour the items.**
3. **If possible, add some tongs or tweezers so that your child can work on their fine motor skills as they try to grasp the smaller items.**

Moving My Body **Keep It Up****You will need a balloon and wooden spoon**1. **Fill the balloon and tie it off with a knot**
2. **Give your child a large space to move around**
3. **Encourage your child to use the wooden spoon like a paddle to keep the balloon up in the air.**
 |  | Helping at Home**Planning Our Meals****You will need paper and pencil** 1. **Children are more likely to eat when they have a say in the meal planning. Together, sit down and talk about some of the meals they love to eat.**
2. **If possible, allow your child to plan one meal per week.**
3. **Help your child to write down the planned meals for that day or week so they know what to expect.**
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| With My Family **Family Hands****You will need paper, pencil, crayons, or makers, glue and scissors.** 1. **Have each member of your family trace the outline of their hand and then cut it out**
2. **Decorate your hand**
3. **After they have been decorated, lay the hands on top of each other, largest on the bottom and smallest on top, and glue them onto each other.**
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