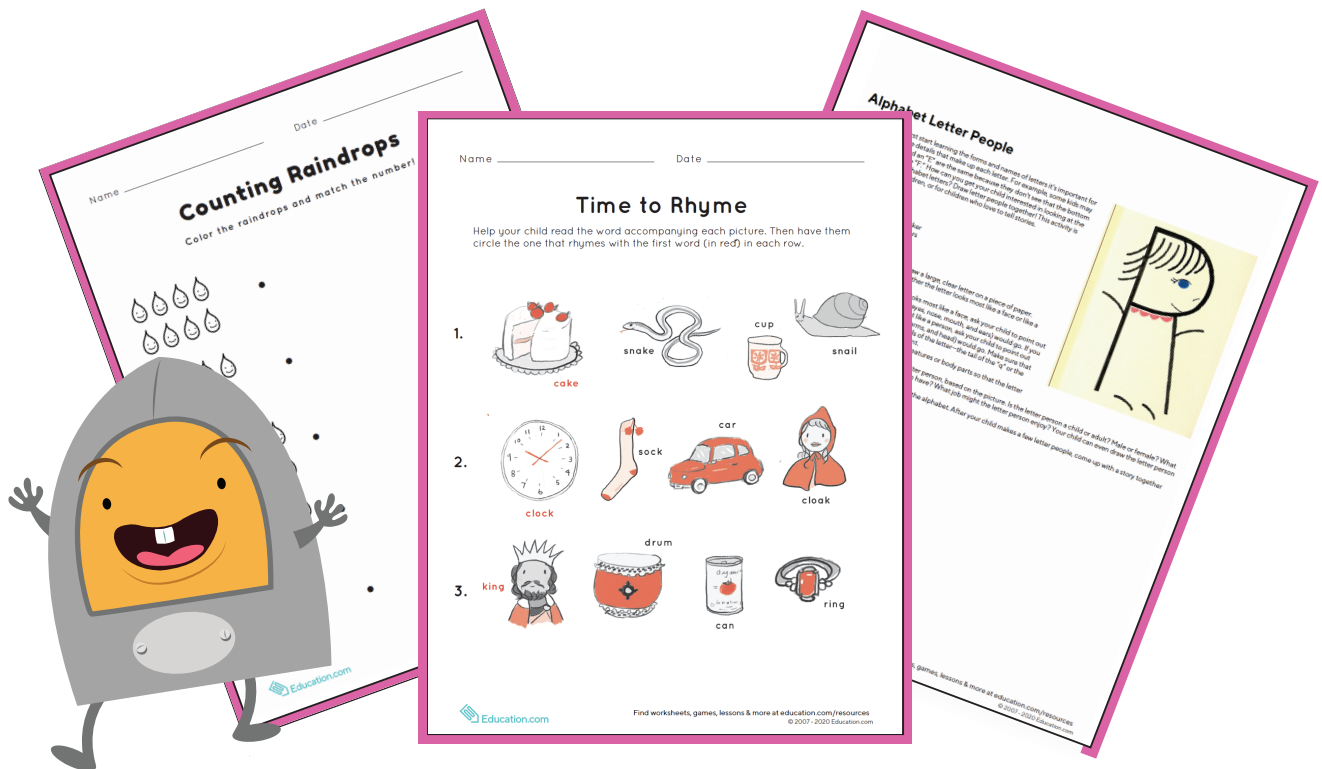


Week 3

P
Preschool

Independent Study Packet

 Education.com



**5 MORE Days of
Independent Activities in
Reading, Writing, and Math**

Helpful Hints for Students and Families

Materials You Will Need:

- Pencils
- Extra paper or a notebook/journal (everything can go in one place)
- Colored pencils, markers, or crayons for some of the activities





Directions & Tips



- You may complete the activities in any order.
- Check off each of the activities when you finish them on the menu.
- Make sure an adult signs the activity menu page before you bring it back to school.

Activity Menu


	Day 1	Day 2	Day 3	Day 4	Day 5
Reading 	Read for 15 minutes each day and choose one activity from your Reading Log to do.				
Writing 	Tracing Letters: A	Alphabet Practice: B	Get Ready for Reading: All About the Letter C	Tracing Diamonds	ABC Fill in the Blank
Literacy 	Sound Out Letters	Color the Letters!	Make Alphabet Monster Cards	Alphabet Letter People	Time to Rhyme: Matching Rhymes #1
Math 	Learning the Concept of Zero	Counting Raindrops	Learning to Count: Sports Balls	Cut It Out: Patterns #1	My Room
Other Fun Stuff 	Rocket Like Mae Jemison	Our Family's Belonging Branch	Cardboard Box Collages	Make a Sensory Cloud	Mindfulness: Guide to Feelings Cards

Parent/Guardian Signature: _____

Reading Log

Choose one of the ideas and talk about it with a grown up. Draw about your book. Remember, not all of the questions make sense for every book.



<p>How did the story end?</p>	<p>Who is your favorite character?</p> 	<p>Is this book like any other book you have read? Which one?</p>
<p>How does the main character feel in this book?</p>	<p>What surprised you in the book?</p>	<p>Where does the story happen?</p>
<p>What is your favorite part of the story?</p>	<p>What friend or family member might like this book?</p>	<p>What is your favorite picture in the book?</p>

Day 1

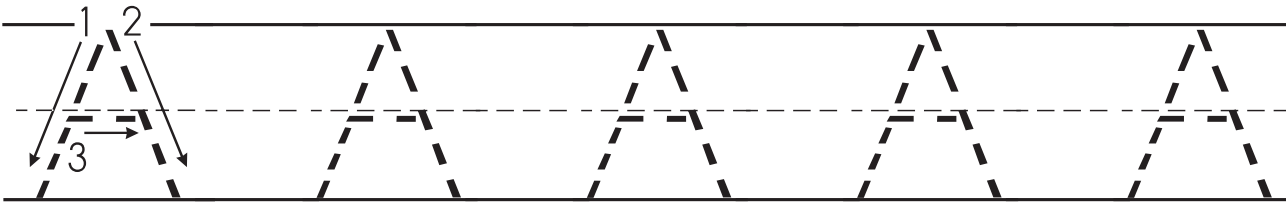
Reading	Read for 15 minutes and complete your reading log.
Writing	Learn all about the letter A by tracing, writing, and coloring the letter A!
Literacy	Which picture starts with a different sound?
Math	Learn about zero!
Fun Stuff	Make a rocket!



This is the letter A.



Trace the letter A.



Say the name of each picture. Write the letter A next to the pictures that start with the letter A.



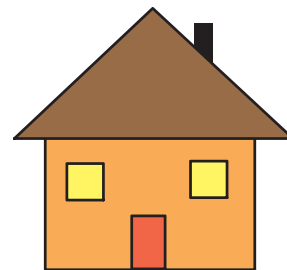
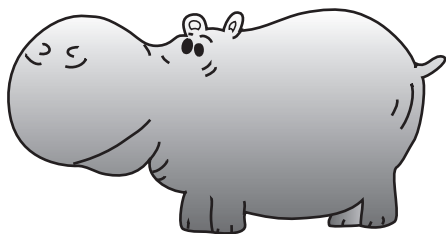
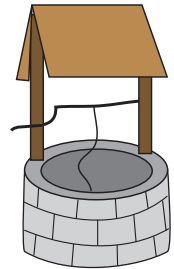
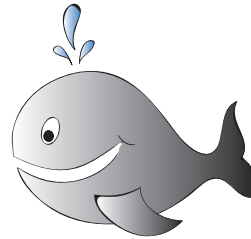
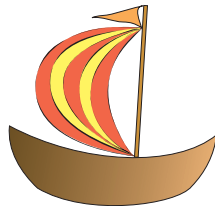
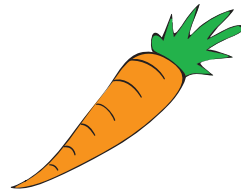
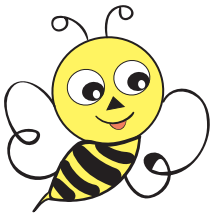
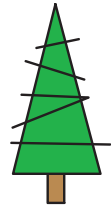
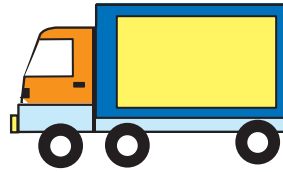
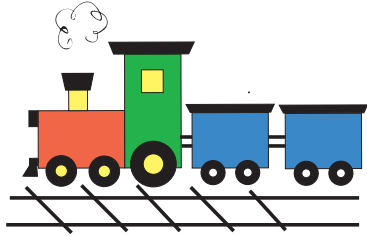
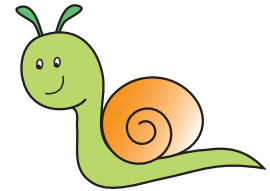
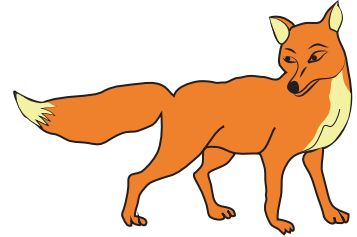
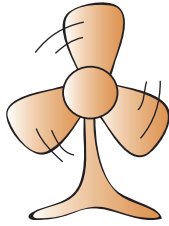
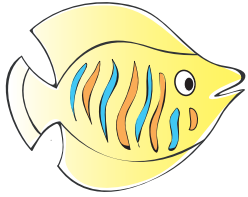






Sound it Out

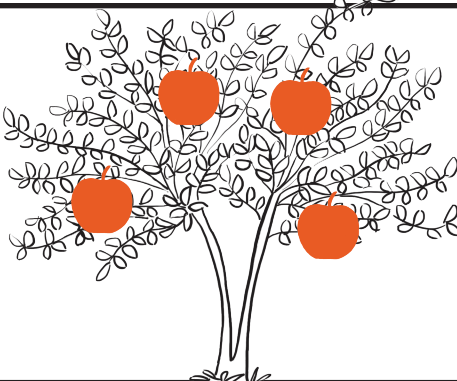
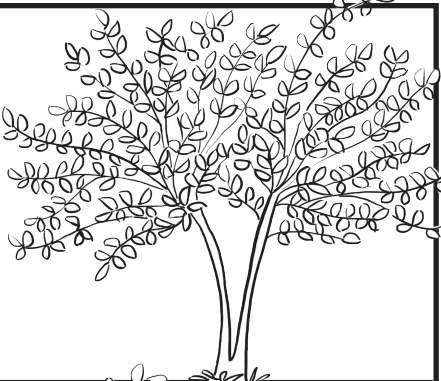
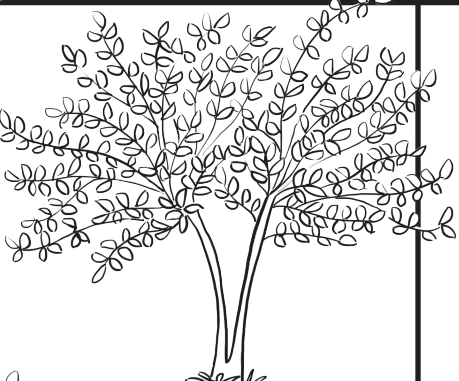
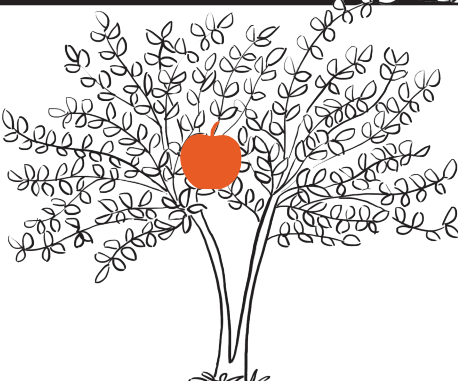
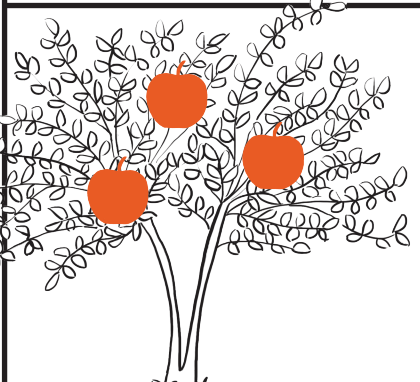
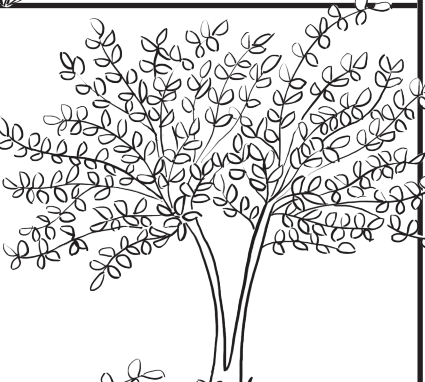
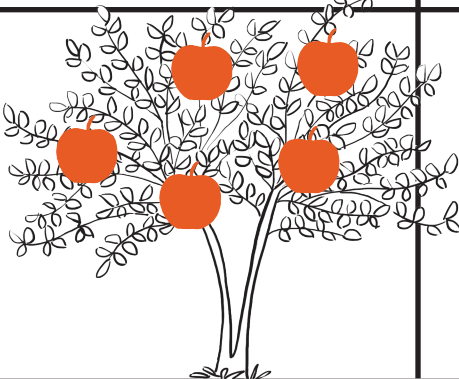
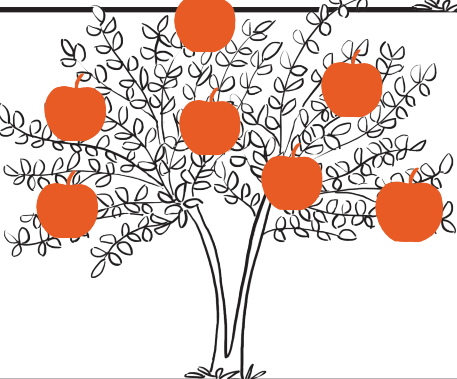
Say each word. Listen to the beginning sound. One word sounds different from the others. Can you find it?



Name _____ Date _____

Learning the Concept of Zero

Directions: How many apples are on each tree? Write the number in the box. Circle the trees that have 0 apples.

 <input type="text"/>	 <input type="text"/>
 <input type="text"/>	 <input type="text"/>
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 <input type="text"/>	 <input type="text"/>

Rocket Like Mae Jemison

Rocket like Mae Jemison by crafting a paper rocket! Learn about Mae Jemison with a book or worksheet, and then have your child create a paper rocket with their picture inside. Help them imagine reaching for the stars, just like Mae, in their very own rocket. Perfect for young learners in preschool through second grade, this activity highlights both math and non-fiction comprehension skills.

Mae Jemison was the first African American woman to enter space. She is a doctor, researcher, and dancer. After becoming a doctor, she joined the Peace Corps and served in Africa. Later, she joined NASA and became a crew member of the space shuttle *Endeavour*. After her travels in space, she left NASA to start companies and continue researching how to get to a new star.

What You Need:

- Picture of your child with their face cut out
- Assortment of construction paper
- Scissors
- Glue
- Scrap paper for notes about what your child says
- Tape (optional)
- [Pictures](#) of Mae Jemison in space
- [Video](#) of an astronaut floating in space
- Book about Mae Jemison, like [Ready-to-Read - You Should Meet: You Should Meet Mae Jemison](#) or [Astronaut Mae Jemison](#) (optional)
- [Who Is Mae Jemison?](#) worksheet (optional)



What You Do:

1. Ask your child to share things they know about space. Feel free to jot down some notes based on what they say.
2. Read a book to your child about Mae Jemison, or use the worksheet Who Is Mae Jemison? for ideas. Discuss the questions in the worksheet with your child.
3. Ask your child what they think it would be like to travel to space. Show them [pictures](#) of Mae in space and pictures of space itself. They can also see a [video](#) of an astronaut floating in space.
4. Ask your child to point out things they notice about space so far. Feel free to jot down some notes based on what they say.
5. Explain to your child that Mae Jemison is trying to figure out how to go to a new solar system. Tell them that solar systems are filled with planets that orbit, or travel around, a star.
6. Tell your child to imagine Mae Jemison was successful finding out how to get to another star and they are an astronaut on the rocket traveling to that star. Have your child create a paper rocket ship. They can cut:
 - a long rectangle for the body of the ship
 - a triangle for the top of the ship
 - little circles or squares for the windows
 - two rhombuses for the fins at the bottom of the rocket
 - wavy flames for the exhaust
7. Have your child glue all the pieces of the rocket as seen in the picture.
8. Ask your child to cut out their face from the picture to add to one of the windows of the rocket. If they want to bring family along with them, have them add more people to each window.
9. Finish the activity by asking what your child wonders about space. Write some notes about their thoughts to guide future activities and read-aloud books.

This activity is perfect for Black History Month or International Women's Day. An extension for this activity is to create a rocket that can soar in the air and then discuss the distance the rocket travels. The ideas for scientific extension are endless!

Day 2

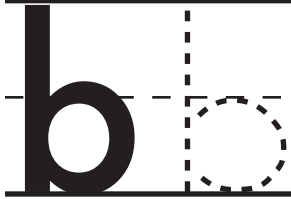
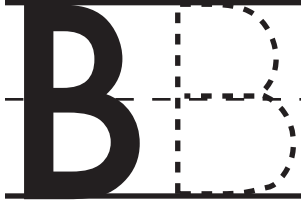
Reading	Read for 15 minutes and complete your reading log.
Writing	Practice writing the letter B and drawing pictures of things that begin with B!
Literacy	Identify letters and find the hidden picture!
Math	How many raindrops are in each box?
Fun Stuff	Create a shared piece of art as a family to learn more about one another!



LETTERS of the ALPHABET



Practice writing the letter B.



Draw and label 2 objects that begin with the letter B.



Name: _____

Date: _____

Color the Letters!



Color the boxes with uppercase A's **red**, the boxes with the uppercase B's **blue**, and the boxes with the uppercase C's **yellow**. Can you spot the hidden picture?

Bonus: Find all of the lowercase letters and color them **green**.

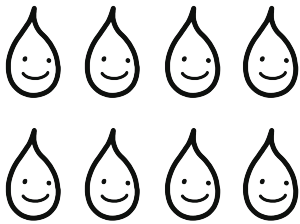
b	a	c	A	b	c	a
a	c	A	B	A	b	c
c	B	b	A	a	C	b
B	C	B	a	C	A	C
b	B	a	c	b	C	a

Name _____

Date _____

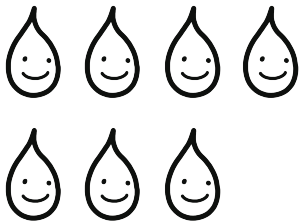
Counting Raindrops

Color the raindrops and match the number!



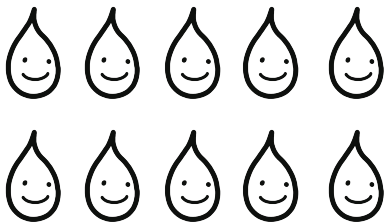
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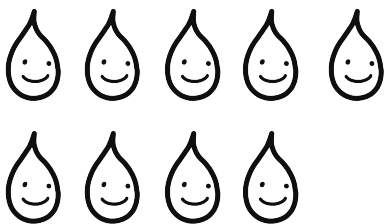
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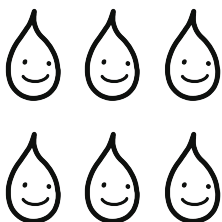
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• 6

Our Family's Belonging Branch

Cultivating a community of love, support, and trust in your family is important. Use this heartwarming activity to connect, have fun, and support your child's social emotional health. Geared towards preschool aged children, Our Family's Belonging Branch is a great project for the entire family to enjoy! First, as a group discuss what it means to "belong," and then go outside to find the perfect branch to use for this activity—this branch represents this special memory you're creating with your family. Once the project is complete, hang it up for all to see!

What You Need:

- A branch found from a nature walk with your family
- Tempera paint (a variety of colors)
- Paint brushes
- Styrofoam trays or paper plates to hold paint
- Brown packing paper or various colors of construction paper
- Newspaper to protect the surface where you paint
- Twine or thread
- Scissors
- Hole punch



What You Do:

1. Bring your family together in a comfortable space.
2. Discuss what it means to "belong" somewhere. Explain to your child that when we belong, we feel safe, loved, and heard.
3. Explain to your child that you are going to create a very special belonging branch today.
4. Get out the branch you found during your nature walk.
5. Explain that the branch is important because it helps you remember a special memory you had with your family.
6. Cover a flat surface (e.g., table or floor) with newspaper and place the following materials on the newspaper: branch, tempera paint, paint brushes, trays, and brown packing paper.
7. Allow your child to choose their favorite colors to paint the branch.
8. As the branch dries, help your child paint their hand with the paintbrush and tempera paint and create their handprint on the brown packing paper.
9. Do the same with every member of your family. Assist your child in washing their hand(s).
10. As the branch and handprints dry, cut out varying sizes of string. Encourage your child to help cut the string if they are able to do so safely. This improves their fine motor development. Guide your child.
11. Once the branch and handprints are dry, allow your child to help write the names of the family members on the handprints.
12. Cut the handprints out and use a hole puncher to create a hole at the top of each handprint.
13. Encourage your child to assist you as you put the twine through the handprints. Tie knots to keep the handprints in place.
14. Next, hang the handprints on the branch.
15. After your belonging branch is complete, discuss some of your favorite things about each member of your family (e.g., Harper is kind, mommy makes me laugh, etc.).

Extension Ideas:

Get creative. Have your child thread beads and add them to the belonging branch. If you have access to a small drill, a grownup can drill through old bottle caps and wine corks. Next, you can assist your child in threading these items to hang as well.

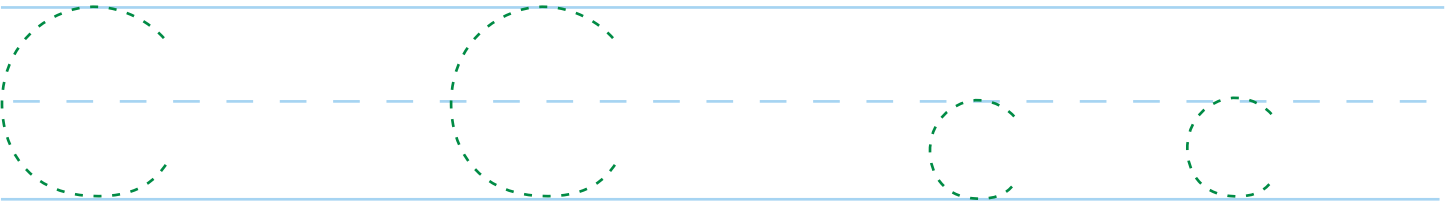
Day 3

Reading	Read for 15 minutes and complete your reading log.
Writing	Learn all about the letter C!
Literacy	Make alphabet monsters!
Math	Count the different kinds of balls.
Fun Stuff	Make a box collage!

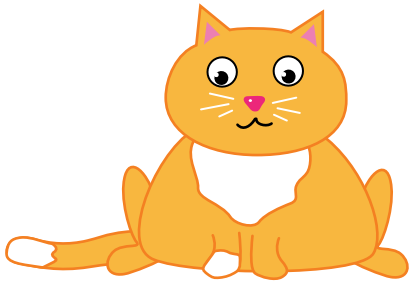




Trace the dotted lines on the letter **C**. Then write your own **C** next to it! Repeat.



Write the letter **c** in the space below.



a t

Circle all the letter **c**'s in the words below.

car

cup

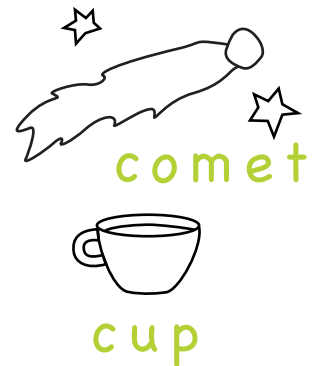
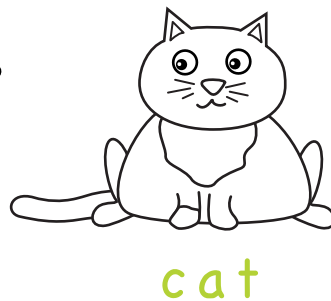
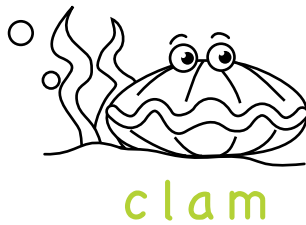
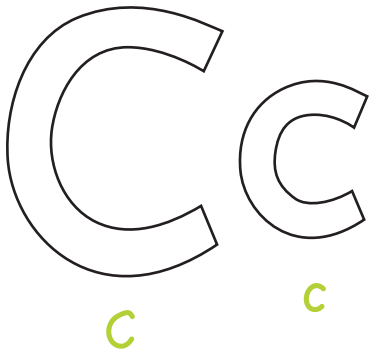
cow

cake

cat

can

All these objects have the letter **c** in their name. Circle the **c** in the name, then color in the object.



Make Alphabet Monster Cards

Letter recognition is a key preschool skill. Give your preschooler a head start on reading by helping them get to know the letters of the alphabet. Make your own personalized set of letter flash cards to get them thinking about the alphabet while boosting their fine motor skills in the process.

What You Need:

- 26 unlined index cards
- Thick bold marker
- Various art supplies such as markers, colored pencils, crayons, or stickers

What You Do:

1. Write one letter of the alphabet on each index card with the thick marker.
2. On the other side of the index cards, ask your child to create an alphabet monster or creature by drawing the letter and adding eyes, a nose, a mouth, ears, fangs, etc. with the art supplies.
3. After they finish each letter monster, invite them to give their creature a name that starts with the same letter. For example, for a T monster, they might name it "Thomas the Terrible". Write each monster's name on its card.
4. Now decorate the cards with 2-3 everyday things that start with each letter. For the D card, for example, they could draw a dog and a dolphin. Give them ideas if they have trouble thinking of things on their own.
5. Label each picture with its name.



That's it! Help your preschooler learn the alphabet by showing them the side with just the letter and asking them what letter it is. If they have trouble, give them hints by naming the monster or one of the pictures on the other side.

Let's Count!

Count each kind of ball and fill your answers in below.



How many  ? _____

How many  ? _____

How many  ? _____

How many  ? _____

Cardboard Box Collages

Help your child tap into their creative side by offering them an artistic and sensory-based activity where they create their own cardboard box collages using natural paint brushes! Ideal for preschool aged children, kids will use small sticks, leaves, and rubber bands to create homemade paint brushes—a wonderful way to combine art and nature. Once the boxes are dry, use the magazine cut-outs, ribbon, gems, stickers, petals, and more to decorate the collages. This activity provides a full sensory experience and fine motor skill development, all while allowing your child to let their artistic side shine! The messier the activity, the better!

What You Need:

- Small sticks
- Large or small cardboard box (even better, multiple boxes of varying sizes)
- Leaves
- Rubber bands
- A tray to hold paint
- Tempera paint
- Glue
- Regular paint brushes
- A variety of creative materials such as wrapping paper, magazine cut-outs, ribbon, gems, stickers, petals, and glitter



What You Do:

1. Support your child in creating paint brushes using the small sticks, leaves, and rubber bands. See the picture for inspiration.
2. Next, help your child paint the large box with the natural paint brush using tempera paint.
3. Discuss how the naturally made paint brush is a much different experience than a plastic brush. You can keep a regular paint brush on hand for your child to explore the difference. Ask your child to think about how the natural paint brush feels on their hand and the size/shape of the brush strokes.
4. Let the box dry overnight.
5. The next day, bring a variety of materials outside.
6. Allow your child to glue, paint, organize, and touch the materials.

This activity provides a full sensory experience and fine motor skill development, all while allowing your child to let their artistic side shine! The messier the activity, the better!

Day 4

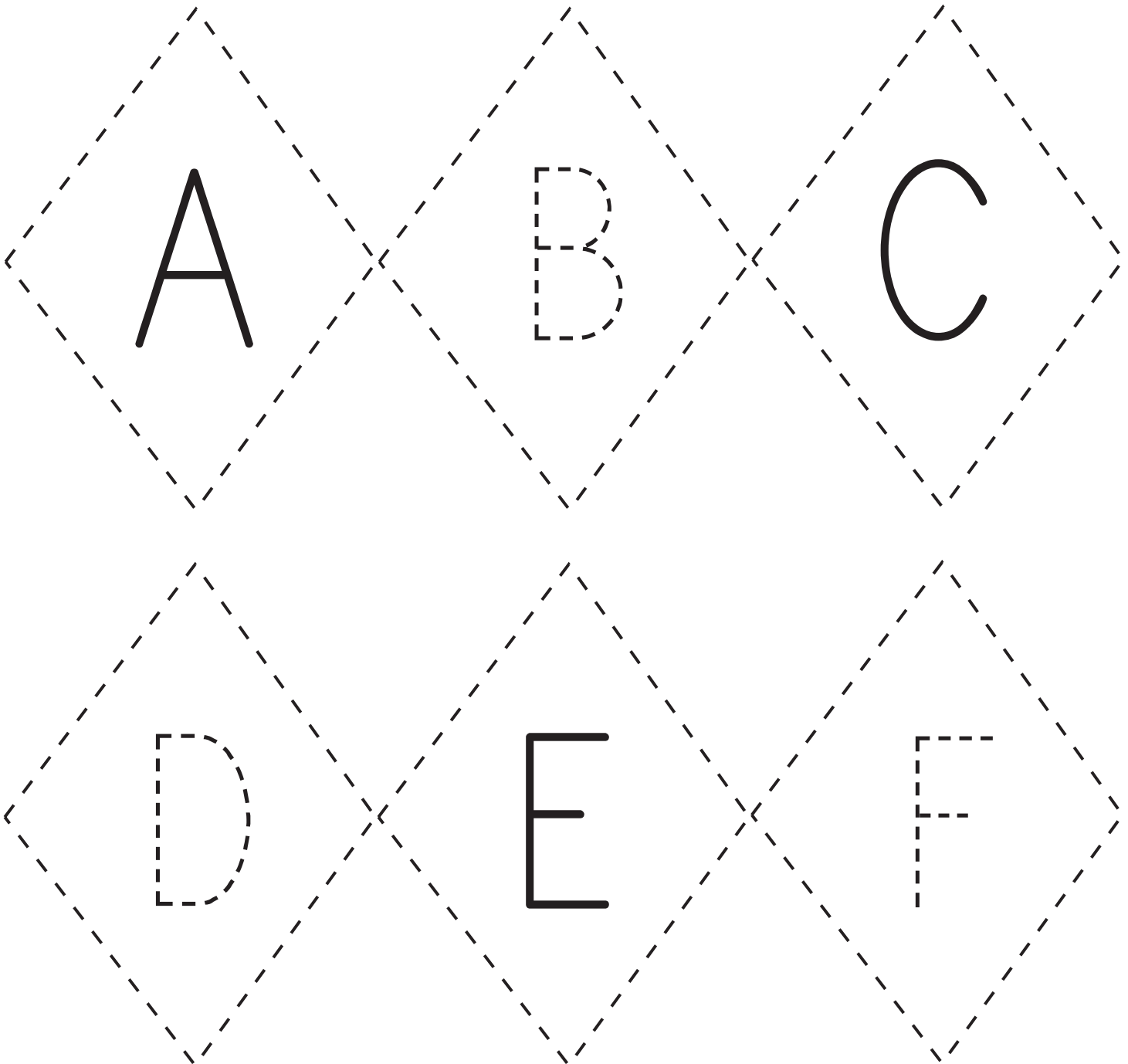
Reading	Read for 15 minutes and complete your reading log.
Writing	Practice writing and tracing letters and shapes.
Literacy	Make letter people.
Math	Cut out the pictures and finish the pattern.
Fun Stuff	Make a sensory cloud.





Fine Motor Skills Development

Practice drawing diamonds by tracing on the dotted lines. Then trace on the dotted letters to fill in the missing letters.



Alphabet Letter People

When children first start learning the forms and names of letters it's important for them to look at the details that make up each letter. For example, some kids may think that an "F" and an "E" are the same because they don't see that the bottom line is missing on the "F." How can you get your child interested in looking at the fine details of the alphabet letters? Draw letter people together! This activity is perfect for artistic children, or for children who love to tell stories.

What You Need:

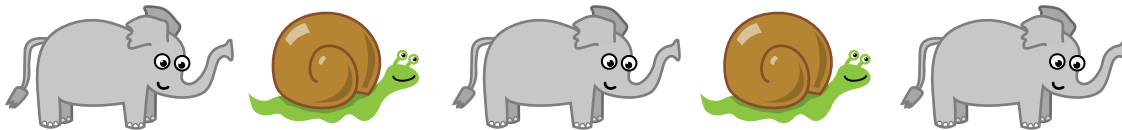
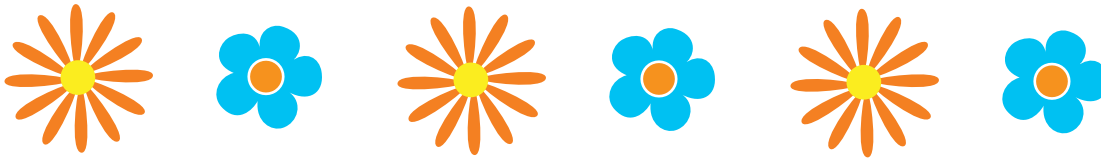
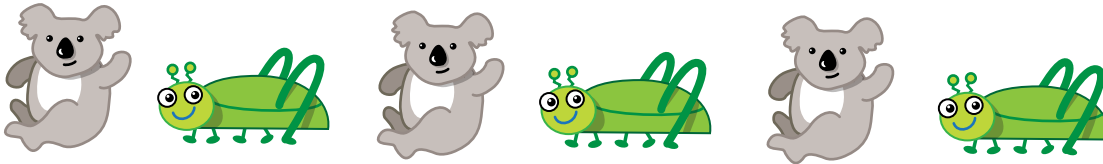
- Paper
- Black permanent marker
- Pen, crayons, or markers

What You Do:

1. Use the black marker to draw a large, clear letter on a piece of paper.
2. Discuss with your child whether the letter looks most like a face or like a person.
3. If you decide that the letter looks most like a face, ask your child to point out where each facial feature (e.g. eyes, nose, mouth, and ears) would go. If you decide that the letter looks most like a person, ask your child to point out where each body part (e.g. legs, arms, and head) would go. Make sure that your child is taking the small details of the letter—the tail of the "q" or the middle stub of the "G"—into account.
4. Encourage your child to add facial features or body parts so that the letter looks more like a person.
5. Ask your child to tell you about the letter person, based on the picture. Is the letter person a child or adult? Male or female? What personality traits does the letter person have? What job might the letter person enjoy? Your child can even draw the letter person doing a job.
6. Repeat this process with other letters of the alphabet. After your child makes a few letter people, come up with a story together that uses the letter people as characters!



Cut out the picture pieces from the bottom of the page. Paste each one next to the pattern it matches.



Make a Sensory Cloud

This is a great activity to stimulate your child's senses, and a fun item to add to a sensory table. If you don't have a sensory table, also known as a sand and water table, a big plastic bin does the trick. Bonus: the materials only take two seconds to throw together! Yes, this craft is a little messy, but the good news is that the lavender scent is extremely relaxing, so it's like aromatherapy, a room deodorizer, and a learning tool all in one. Just keep a vacuum on-hand and you're good to go!

What You Need:

- 4 Cups flour, or, 4 Cups baking soda
- ½ Cup vegetable oil
- 1-2 Drops of lavender essential oil
- Tempera paint powder or crushed chalk (optional, for color)

What You Do:

1. In a clean, dry container or bin mix all the ingredients together.
2. If adding color, use only a spoonful of tempera paint or powdered chalk to start and mix well. Continue adding spoonfuls to desired color intensity. Prepare chalk by putting some chalk in a baggy and using a sturdy object and/or hard surface along with firm pressure to grind the chalk into dust.
3. Once it's all mixed together the "cloud" is ready for kids to play with it.



Want to make a bigger or smaller cloud? Just remember it's a 1 to 8 ratio of vegetable oil to flour. So if you use 2 cups of flour it'd be about ¼ cup of vegetable oil. Or, if you wanted 8 cups of flour, you'd add 1 cup of vegetable oil.

For an even simpler version, check out our [basic sensory dough recipe](#).

Day 5

Reading	Read for 15 minutes and complete your reading log.
Writing	Identify and fill in the missing letters of the alphabet!
Literacy	Practice rhyming with this fun worksheet.
Math	Map your room.
Fun Stuff	How are you feeling today?





Missing Alphabet

Cut out the letters below and paste them in the correct spots.

A		C	D	E	F
	H	I		K	L
M		O	P	Q	R
	S		U	V	
	W	X		Z	

	N	B	T	Y	J	G
--	----------	----------	----------	----------	----------	----------

Name _____

Date _____

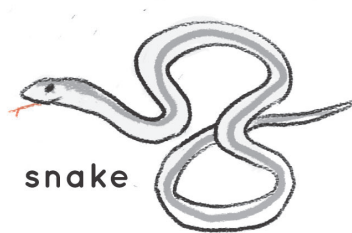
Time to Rhyme

Help your child read the word accompanying each picture. Then have them circle the one that rhymes with the first word (in red) in each row.

1.



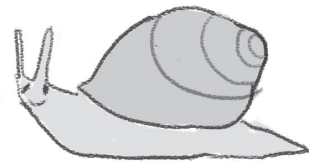
cake



snake



cup

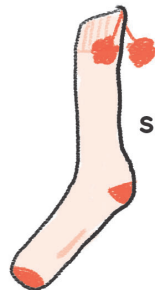


snail

2.

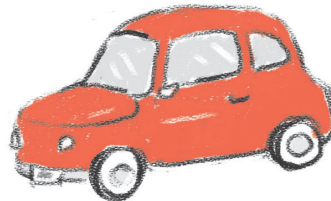


clock



sock

car



cloak

3.

king



drum



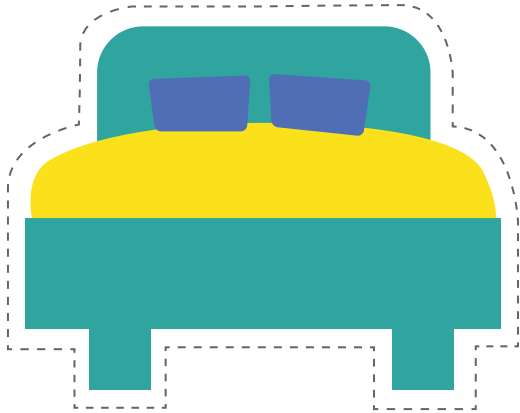
can



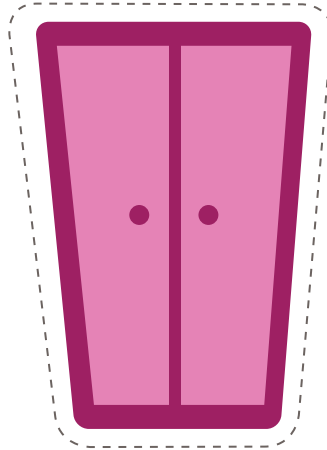
ring

MAP YOUR ROOM

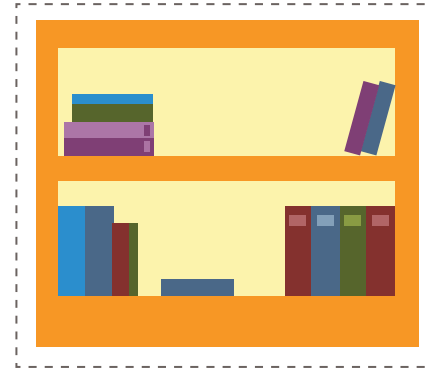
THINGS THAT GO IN YOUR ROOM



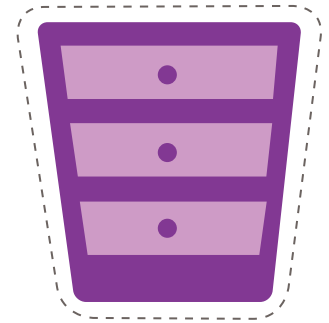
BED



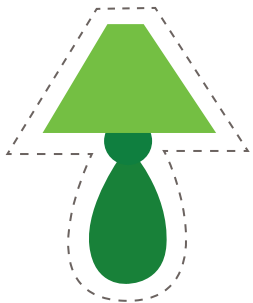
CLOSET



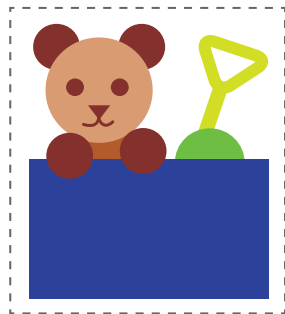
BOOKSHELF



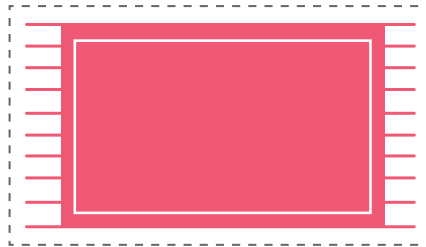
DRESSER



LAMP



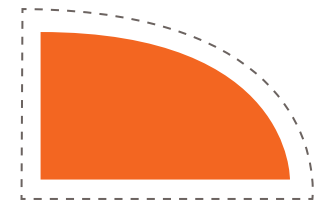
TOYS



RUG



WINDOWS

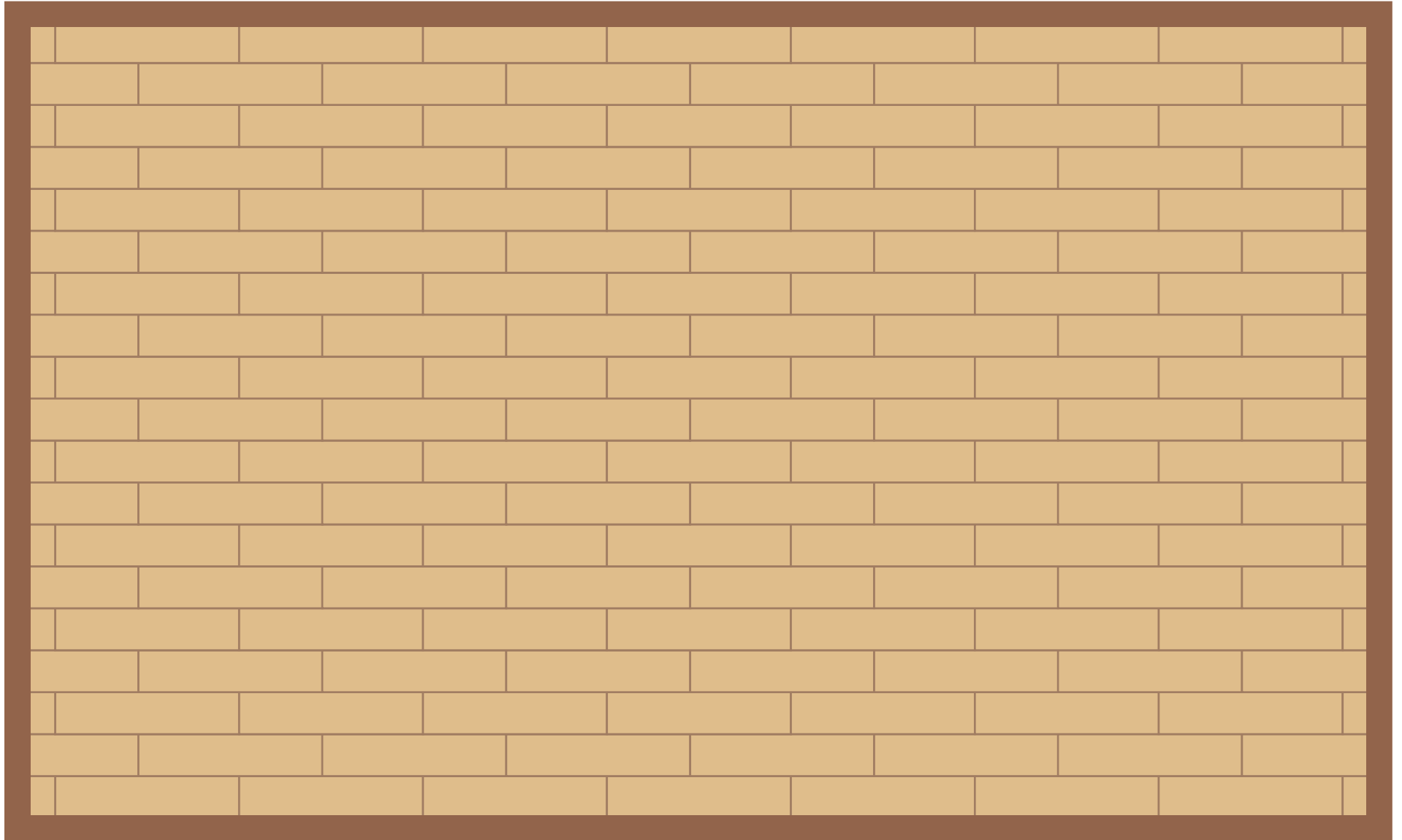


DOOR

INSTRUCTIONS

Cut out the items on page 1 and paste them where they go in your room!
Use colored pencils or crayons to draw in anything that's missing.

"YOUR ROOM"



Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Angry



Annoyed



Anxious



Bored

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Brave



Calm



Confident



Confused

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

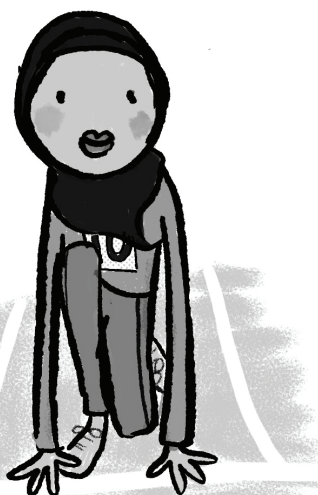
How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Creative



Curious



Determined



Embarrassed

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Excited



Focused



Frustrated



Gloomy

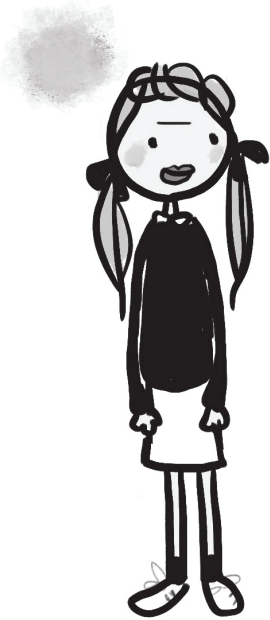
Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Grumpy



Grateful



Happy



Hopeful

Name _____

Date _____

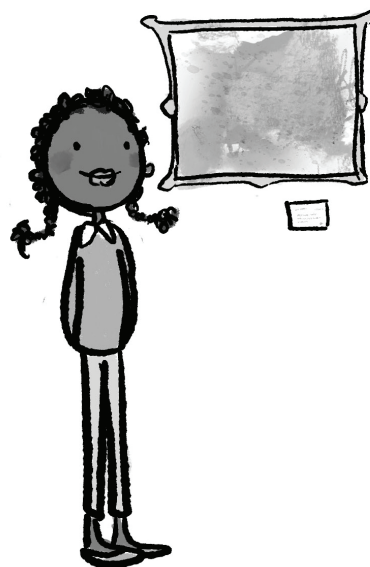
mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Hurt



Inspired



Lonely



Moody

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Nervous



Peaceful



Proud



Relaxed

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Sad



Shy



Silly



Stressed

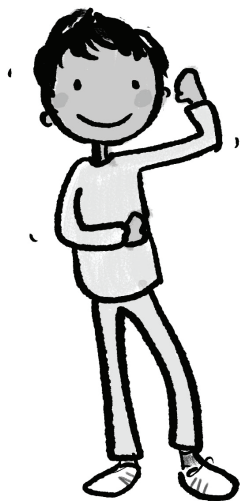
Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.



Strong



Tender



Tired



Worried

Name _____

Date _____

mindfulness series

GUIDE TO FEELINGS

How are you feeling today? Use these cards to explore emotions.
Use the blank templates to create additional feelings cards.