

Greenfield 4K Home Learning Guide

4K is play-based learning with academics infused into that play. Think about these activities below as options for play that tie in academics. While your child is away from school, it is important to make time for play, rest and exercise everyday to support your child's well-being.

Literacy	
Letter Sounds	Letter Identification and Letter Order
<ul style="list-style-type: none"> • Make some binoculars using toilet paper tubes. What do you see outside? Try to say the sound at the beginning of each word and the letter that makes that sound. • Go on a scavenger hunt (inside or outside) to find letters or objects that begin with specific sounds. 	<ul style="list-style-type: none"> • Invite your child to practice writing his/her name and making letters. • Give your child paint brushes and a cup of water to "paint" their name and other letters on paper or cardboard. • Make play dough and have your child roll the dough to make letters.
Reading with Your Child	
<p>Set a time each day to read with your child. As you are reading, talk about the cover of the book. Read the title and ask your child what he/she thinks the story will be about and why. As you are reading, stop to ask questions and answer WH questions (who, what, when, where, why) and make predictions. Point out letters that they can make a connection to (such as "S is in your name and it is also in the title of the book," or "Your name starts with the same letter, what is that?"). Change up the routine by reading outside (weather permitting), reading in a blanket fort, and reading with flashlights. What other fun ideas can you come up with?</p>	

Math	
Counting	Shapes
<ul style="list-style-type: none"> • Count how many of the following you see: trees, mailboxes, garage doors, flowers, parked cars, etc. What else can you count? • Play card games and board games, such as Uno, Candyland, Chutes and Ladder, Memory. Use a regular deck of cards and see who turns over the bigger number, match the numbers in the card deck, or play Go Fish. • Measure and count as you cook and bake together. 	<ul style="list-style-type: none"> • Draw shapes in shaving cream, salt, paint. • Build shapes using Legos, Play-Doh, paperclips, or any small materials you have in your home. • Take a scavenger hunt in or around your home looking for shapes. • Make play doh and have your child roll shapes and identify and describe them.

Science and Inquiry	
Science Experiments	Curiosity Notebook
<ul style="list-style-type: none"> • Sink or Float: Get a bucket of water and have your child gather objects. Predict if objects will sink or float. Observe and talk about what happens. • Look for simple science experiments for young children and have your child participate (edible slime, making bubble solution, jelly bean science experiment, tornado, etc.) 	<p>When your child asks a question about the world around him/her, encourage your child (with your adult support) to write the question in a special notebook. Provide your child with books, resources, and experiences to help answer those questions. Prompt your child to draw pictures in the notebook that represent answers to the questions.</p>

**Children ask questions, seek information, and test out possibilities.
Children use observations to gather information.**

If possible, go on a walk or outside. Bring a bag to collect items that your child finds interesting (pine cones, sticks, rocks, etc.). When you get home, put them in a container or small box and talk about what was found. Write down your child's comments and questions. Have your child draw what they brought home and add detail. You can take this a step further and look for online answers to the questions.

Exercise

Obstacle Course

[Cosmic Yoga](#)

Use available materials to create an indoor or outdoor obstacle course, such as buckets, jump ropes, etc. Time yourself each time you go through the course. How fast can you go?

Included are yoga, mindfulness, and relaxation videos designed specially for kids aged 3+.

Gross Motor

Go outside as much as possible! Use **large** muscles to walk, climb, run, jump, ride a bike, throw a ball, etc.

Social-Emotional

- Work on skills, such as turn-taking, practicing patience, and being a good sport, while playing family board games.
- Make sure you have an area where your child can go to take a break (calm down corner) and encourage him/her to talk about his/her feelings.

Creativity

[Loose Parts](#)

Art and Imaginative Play with Recyclables

Collect a variety of objects around your home, such as buttons, sticks, milk caps, rocks, shells, yarn, etc. Click on the link above for more information.

Collect paper bags, paper tubes, plastic containers, and other clean recyclables. Invite your child to make puppets and artwork. Use crayons, markers, and other household items you can find to decorate.

Sample Schedule

You may want to include the following in your child's schedule to keep a routine in place. Think of the options as a menu to help you pick and choose ideas to have fun and design your days together.

- Breakfast
- Free Choice Play (Legos, imaginative play, etc)
- Exercise and/or Outdoor Play
- Literacy or Math Activity
- Lunch

- Rest Time
- Play with Purpose (ideas from above)
- Science and Inquiry
- Dinner
- Family Time