



EXTENDED INSTRUCTIONAL ACTIVITIES

Supporting Students at Home

Preschool and Pre-K

Overview

This guide provides grade-level, content-specific instructional activities to help keep students intellectually active while at home when schools are closed for inclement weather or other unexpected events. The tasks that students complete at home will not be used as assessment or counted toward any part of the students' final quarter grade. Each instructional area has a "choice board" of task options. Please help your child select a variety of tasks from each instructional area "choice board" daily including language & literacy, mathematics, physical well-being and motor development, science, and social studies.

Additional Online Resources, General Development

- [PreK Family and Community Resources \(https://hcpss.instructure.com/courses/34453/\)](https://hcpss.instructure.com/courses/34453/)
- [Creative Connections: Young Children and the Arts \(https://earlychildhood.marylandpublicschools.org/system/files/filedepot/2/creativeconnectionscompanion.pdf\)](https://earlychildhood.marylandpublicschools.org/system/files/filedepot/2/creativeconnectionscompanion.pdf)
- [Launch Into Learning: Talk With Me, Read with Me • Howard County, and ReadyRosie \(https://www.hcpss.org/launch-into-learning/\)](https://www.hcpss.org/launch-into-learning/)
- [Healthy Beginnings Activity Calendar \(http://pfs.cte.jhu.edu/pf/pfs/healthy-beginnings\)](http://pfs.cte.jhu.edu/pf/pfs/healthy-beginnings)
- [Howard County Library Kindergarten Readiness \(http://hclibrary.org/kindergarten-readiness/\)](http://hclibrary.org/kindergarten-readiness/)
- [Ready at Five Parents Matter Overview Page \(https://www.readyatfive.org/for-parents/parents-matter.html\)](https://www.readyatfive.org/for-parents/parents-matter.html)

Language and Literacy

<p>Play a rhyming game while tossing a ball back and forth with a partner (e.g., cat, hat, bat). How many rhyming words can you and your partner think of?</p>	<p>Play “I Spy” with a partner while on a walk around your house or in your neighborhood. Look for letters on buildings, signs, and cars. Point to a letter, say the letter, and ask your partner to find a letter like yours.</p>	<p>Have an adult write letters on the sidewalk using chalk. Identify the letters of the alphabet by stomping on the letter that is called out. Start with letters in your name.</p>	<p>Create a “personal” ABC book using pictures of your friends and family (i.e., Ahmed, Bryce, Cali, etc.) Ask an adult to help write the letters and then you can add a picture of the special person to each page.</p>	<p>Read your favorite stories and then act them out using dolls or stuffed animals. You can also make your own puppets to act out the story!</p>	<p>Go into a room in your house. What do you see? Tell an adult and work with them to write each thing down on a piece of paper. Tape those words on the items in the room.</p>
<p>Find a book with no words or only a few words. Make up your own words and “read” it all by yourself or to someone.</p>	<p>Use uncooked spaghetti noodles, string, ribbon, or yarn to make letters. Can you spell your name? (An adult can write the letters so you can lay the noodles on top).</p>	<p>What word rhymes with cat? Mouse? Sheep? Fish? Read or listen to a book with rhyming words such as <u>Chicka Chicka Boom Boom</u> or <u>Brown Bear, Brown Bear, What Do You See?</u></p>	<p>Use playdough to make letters to spell your name. Or use shaving cream in the bathtub and practice making letters in the shaving cream.</p>	<p>Try different story games at PBS Kids. Visit https://pbskids.org/games/story/.</p>	<p>Write your name in big letters on a piece of paper. Under each letter, draw pictures of things that start with the same letter.</p>
<p>Clap out the number of words in different sentences such as:</p> <ul style="list-style-type: none"> ● The sun is yellow. ● I see a plane. ● A cat says meow. ● A fish swims in water. ● My hat is blue. 	<p>Fill a bag with a variety of objects and toys. Close your eyes and pick something out of the bag. Come up with words - real and silly - that rhyme with the object.</p>	<p>After watching your favorite show or listening to your favorite story, discuss the characters’ emotions. Find images of the same emotions in magazines or books, or draw your own.</p>	<p>Look through family pictures. Pick your favorite and talk about what happened in the picture. Include lots of details! Ask an adult to write down the story and reread it together.</p>	<p>Help an adult make a simple snack such as crackers and cheese. Talk about the steps needed to make the snack. Make the snack together. Can you tell someone else how to make the snack?</p>	<p>Have an adult write the names of your family members on notecards. Close your eyes and pick a card. Can you read the name? Can you say the letters in the name? Pick a new card.</p>
<p>Take turns talking like a robot. Pick an object in your home. Have an adult say the sounds of the object like a robot: /h/ /a/ /t/ (hat!). Try with other words.</p>	<p>Read or listen to <u>The Gingerbread Man</u>. Use brown paper to make your own gingerbread man. Take turns hiding the gingerbread man. Use words like in, under, or behind to describe the hiding place.</p>	<p>Try some ABC games at PBS Kids. Visit https://pbskids.org/games/abc/.</p>	<p>Have an adult help write each letter of your name on pieces of paper. Pick a letter from your name and trace it on a partner’s hand. Can they guess the letter? Practice the sound. Take turns tracing letters from your name.</p>	<p>Make a bookmark to use with your favorite books. Use paper, markers, stickers, and/or stamps to decorate your bookmark. Use it to mark your place in the books you read with your family.</p>	<p>Clap to count the number of syllables in words such as:</p> <ul style="list-style-type: none"> ● Sun ● Yellow ● Bat ● Banana ● Apple

Mathematics

<p>Use sidewalk chalk to draw large shapes on the pavement (e.g., circle, square, triangle). Practice actions with those shapes such as, “Stand inside the square”, or “Put one foot inside of the circle.”</p>	<p>Sort the laundry. Sort by items (e.g., socks, shirts, pants) or by family members. Identify which pile has more or less. Now match the socks!</p>	<p>Make numeral cards for the numerals 0 to 5. Hide them in your home and go on a hunt. Did you find one that shows how old you are? One that shows how many fingers and toes you have? Or how many people are in your family?</p>	<p>Cut a circle, square, triangle, and rectangle from paper. Pick a shape and walk around your home. Can you find something that looks like that shape? Repeat with other shapes.</p>	<p>Sing songs and practice counting with your hands. Sing “5 Little Monkeys Jumping on the Bed,” “5 Little Alligators,” “One, Two, Buckle My Shoe,” and other favorites.</p>	<p>Find objects that are rectangular and triangular prisms, cylinders, and spheres. Use a piece of cardboard and some books to make a ramp. What shapes slide? What shapes roll?</p>
<p>Put small items such as legos or crayons in a bag. Grab a handful and count them. Grab another handful and count them. Compare how many in each handful.</p>	<p>Go into a room to find something that is red. Can you find something else that is orange? Yellow? Green? Blue? Purple?</p>	<p>Make growing towers! Gather blocks and make one tower with one block. Make the next tower with two blocks. How many blocks in the next tower? How high can you build and count?</p>	<p>Put three small items in your hand and show them to a partner. Put your hands behind your back and remove one of the items. Show your hand again. How many are left? Try with other combinations.</p>	<p>Count and clap. Clap one time and say the number one. Clap two times and say the number two. What comes next? How high can you count and clap?</p>	<p>Pick three of your favorite toys and arrange them in a group. Have your partner look carefully and close their eyes. Remove a toy and have them open their eyes. What is missing? How do they know? Play again!</p>
<p>Try some numbers and counting games at PBS Kids. Visit https://pbskids.org/learn/numbers-counting.html</p>	<p>Create a number book. Write numerals 1 to 5. Make fingerprints (with paint or ink pads) to represent the quantity on each page. Add eyes, legs, etc, and let your fingerprints come alive!</p>	<p>Count body parts on yourself or a doll. How many eyes? How many fingers? How many legs? How many toes on each foot? Altogether?</p>	<p>Set the table for a meal. How many people are in your family? Do you have enough plates? Then place one fork, spoon, and cup beside each plate. How many in all?</p>	<p>Use marshmallows and toothpicks to create designs and shapes. Can you make a long line? Can you make a short line? Can you make a square? Can you make a triangle?</p>	<p>Go for a walk in the neighborhood with an adult. Look at the numerals on the houses or other buildings. Can you find a number that is the same as your age?</p>
<p>Get a group of toys. Find things that are the same and put them together -- cars with cars, blocks with blocks. Now mix them up and start again. Can you find things that are the same color? Same size? Same shape?</p>	<p>Have an adult trace your foot, then find family members and trace their feet. Compare the footprints. Who has the biggest? Smallest? Are any the same? Can you arrange them biggest to smallest?</p>	<p>Find a “piggy bank” or have an adult make one by cutting a rectangular slot in a small plastic container. Count each penny as you drop it into the bank one by one.</p>	<p>Try some shapes games at PBS Kids. Visit https://pbskids.org/games/shapes/</p>	<p>Look up pictures of rectangular and triangular prisms, cylinders, and spheres. Pick a shape and walk around your home. Can you find something that looks like that shape? Try with a new shape.</p>	<p>Use or make numeral cards for the numerals 0 to 5. Working with a partner, take turns selecting cards and move that number of times in different ways. For example, clap 4 times, jump 2 times, stomp 1 time.</p>

Physical Well-Being and Motor Development

Place a balloon between your knees and waddle across the room. Try to go around obstacles such as a chair, couch, etc. If you drop the balloon, start over!	Can you move like an animal? Hop like bunny, gallop like a horse, scamper like a squirrel, and “fly” like a bird! What other animals can you imitate?	Have an adult place several strips of tape a foot apart on the ground. How far can you jump? Keep track of how far you can jump. Add more tape strips as you get better.	Place a tissue on your head and your partner’s head. When the music starts playing, everyone starts dancing. If the tissue falls off your head, start over!	Hit a balloon into the air, and don’t let it touch the ground. How many times can you hit it before it drops? See how high you can go! Can you keep more than 1 balloon in the air?	Find things in your house that have zippers. Practice zipping and unzipping. Now find things with snaps. Practice snapping and unsnapping. Now find things with buttons!
Try some fitness games & activities with Arthur at PBS Kids. Visit https://pbskids.org/arthur/health/fitness/	Wait for a rainy day, then put on your boots to jump in the puddles. Can you make footprints? How many footprints can you make?	Stand facing a partner and copy how they move. They may reach up and stretch to the sky, do 10 jumping jacks, run in place, or act like a T-Rex. Take turns and have them copy you.	Make some “islands” across the floor using pillows, stuffed animals, books, etc. Jump from one “island” to the next without falling into the “water” where the “hungry alligators” hide.	Stretching is good for you! Sit on the floor and touch your feet. Stand up and bend to each side. Bend down to touch your toes. Reach up to the sky. Try holding stretches and count to 5.	Can you find some insects around your neighborhood? Practice jumping like a cricket, fluttering like a butterfly, or buzzing like a bee. How else could you move?
Turn on some music and have a “dance party”. Dance to music that is loud, then dance to music that is soft. Try fast and slow.	Choose an action (i.e., hopping) and then roll the dice. Hop that many times, counting out loud. Roll the dice again and choose another action (i.e., stomping, clapping, bending, stretching, etc.).	Go on a “bear hunt” around the room. Use words like over, around, and under as you go on an adventure (e.g., “The bear is UNDER the table; Let’s go AROUND the bed).	Turn on some music and have everyone start dancing. Whenever the music is paused, everyone freezes in place. Can you freeze standing on one leg or making a silly face?	Play "Simon Says" and take turns being the leader. Remember, you only follow the direction if the leader says, "Simon says," before giving a direction! If not, freeze and wait for the next direction with "Simon says."	Have a talent show. Think of things you are good at doing, like singing or dancing. Let everyone with you perform their talent. Make sure to applaud after each person shares their special talent!
Play ball with a partner. After rolling the ball back and forth on the floor several times, cover one eye before rolling the ball. What happened? How was your aim? Experiment by covering the other eye and comparing results.	Throw scarves or feathers into the air or blow bubbles into the air, and watch them fall and/or catch them as they fall to the ground.	Play limbo with your family! Ask an adult to help set up a limbo stick. Walk, crawl on hands and feet, crawl on hands and knees, army crawl, and crab walk underneath.	Try some music games & activities at PBS Kids. Visit https://pbskids.org/games/music/	Have an adult fill a resealable bag with hair gel, paint or shaving cream. Seal tightly and securely close using tape to avoid or reduce mess. Trace letters, numbers, and shapes.	Sing favorite movement songs like Ants Go Marching . Follow along to the movement of the song (e.g., crouch low to go “down to the ground”).

Science

<p>Use a hard, flat surface (a large book or board) to create a ramp. Try rolling different objects (ball, crayon, block) down the ramp. What rolls? What doesn't roll? What happens if you make the ramp higher or lower?</p>	<p>Line up floating toys in the water. Use a straw to blow a toy across the water. What happens when you blow on the toy? Experiment with blowing fast and slow. How do the toys move?</p>	<p>Use colorful markers to decorate a coffee filter. Lightly spray the coffee filter with water. Watch and see what happens. Do you see any new colors? Let it dry and hang on your window.</p>	<p>Put a variety of objects in a pillowcase or bag. Ask a partner to feel each object and guess what the item is without looking. Take turns guessing and hiding.</p>	<p>Help an adult bake a favorite recipe. Watch what happens when you stir together wet and dry ingredients. Talk about how the ingredients work together. How does the mixture change as it bakes?</p>	<p>Pick a variety of objects such as a piece of string, a tissue, and a toy car. Have a partner cover their eyes and slowly drag one of the items across the back of their hand. Can they guess which item was used? Take turns with each other.</p>
<p>Ask an adult to make play dough. Mix 2 cups of flour, 1/2 cup of salt, and 2 tablespoons of cream of tartar. Stir in 1 tablespoon of baby oil or cooking oil and food coloring. Slowly add 3/4 cup of very warm water - be careful!</p>	<p>Work with an adult to fill your sink with a few inches of water. Use foil to build a little boat. Does the boat <i>float</i> or <i>sink</i>? Put a penny or pebble in your boat. Does it still float? How many will it take to make your boat sink?</p>	<p>Observe a tree or plant near your house. How does it change each day? Describe or draw pictures to show the changes.</p>	<p>Play games and watch videos with Sid the Science Kid at PBS Kids. Visit https://pbskids.org/sid/</p>	<p>Fill a few glasses with different amounts of water. Take a fork or spoon and GENTLY tap the glass. Listen to the different sounds each glass makes! Do they sound the same or different?</p>	<p>Use magnets to explore cause and effect. Gather some magnets and items in your home. What things will attach to a magnet? What things will not attach to magnets?</p>
<p>How does the world around us change with the seasons? What different clothes do we wear when the seasons change? What different things do you see? How does the weather change?</p>	<p>Find crayons from the rainbow - <i>red, orange, yellow, green, blue, indigo, and violet</i>. Can you draw a rainbow? What else can you make with the rainbow colors?</p>	<p>Be a weather watcher. Look out the window, observe, and talk about the weather each day. Draw a picture to show each day's weather (e.g., sunny, rainy). At the end of the week, compare each day's weather.</p>	<p>Ask an adult to help you mix 1 part water with 2 parts cornstarch. Keep stirring until it has a gooey consistency. Grab a handful and squeeze it. Let it ooze through your fingers. Jab it, poke it, roll it. How does it feel?</p>	<p>Make a fort! Work as a family to design and build a fort with pillows, blankets, and chairs. Make sure to develop plans and test your plans as you go. Bring in flashlights to read books together at night.</p>	<p>Ask an adult to fill the sink or a bowl with water. Collect a variety of objects and predict whether the objects will sink or float. Test each object. Sort the results into two groups: "sink" and "float."</p>
<p>Ask an adult to mix ¼ cup very warm water with 3 tsp. of salt, and stir. What happens to the salt? Did it dissolve? Use a sheet of black paper and your "paint" to create a sparkling picture. Try adding food coloring for a colorful twist</p>	<p>With an adult, go on a nature walk. Listen for different sounds: bird calls, squirrel chirps, wind in the leaves, car horns, dog barking, train whistle, etc. Describe the sounds.</p>	<p>Gather boxes, books, cardboard, cans, blocks. Use the materials to make a bridge. Test your bridge using toy cars and/or animals. Can you make your bridge even better? What materials work best?</p>	<p>Recycle old materials by reusing them for new purposes. Can you build a barn for your toy animals using old boxes? What about a castle using paper towel tubes?</p>	<p>Play science games and activities. Visit PBS Kids. Visit https://pbskids.org/games/science/</p>	<p>With adult permission, collect objects such as rocks, leaves, and sticks from your yard. Lay a piece of paper on top of each object and rub a crayon on the paper. Can you match the objects to the rubbing when you are done?</p>

Social Studies

<p>With an adult, go for a walk. Take time to stop and talk about what buildings you see. What is their purpose? Do people live there or work there? What do they do?</p>	<p>Your home is a part of the neighborhood! Create your house using a variety of cut out shapes. Point out the shapes that you used (i.e. a triangle for the roof.).</p>	<p>Use small boxes and containers (e.g., cereal boxes, yogurt cups) to build a “neighborhood”. Paint or cover the boxes with paper, and use markers to add windows and doors.</p>	<p>Make a book of “People at Work.” Cut pictures out of magazines of community helpers (doctor, police, firefighter, chef, teacher, garbage collector, etc). Glue them into your book.</p>	<p>Firefighters keep our community safe. Practice how to STOP-DROP-ROLL and talk with an adult about when you would use it.</p>	<p>Get red and yellow sidewalk chalk. Draw flames on a sidewalk, and put out the “fire” with water like a firefighter.</p>
<p>Postal workers keep us in touch with our family. Draw a picture or “write” a letter to someone and put it in an envelope! Pretend to be a postal worker and deliver it to them.</p>	<p>Veterinarians help us care for our pets. Set up a stuffed animal clinic and pretend to be a veterinarian. Use band aids and bandages to take care of your animals.</p>	<p>Who do you call when you are sick or hurt? The doctor! Sing, “5 Little Monkeys,” and act it out. Pretend to jump, bump, and call the doctor. Talk about safe habits.</p>	<p>Find a bag that will be your doctor’s bag. Find cotton balls, band-aids, and tissues, etc. Put them in your “bag” and go find a patient (e.g., doll, parent).</p>	<p>Make your own library! Gather books, magazines, newspapers, and games. Use paper and markers to make library cards and bookmarks. Pretend to be a librarian and help a partner check out materials from your library.</p>	<p>Grocery stores are part of our neighborhood. Cut pictures out of your grocery store paper to make a picture list of 3 – 4 items that you can look for at the grocery store.</p>
<p>Many items at the grocery store come from farms. Farms and farmers are part of our community. Play farmer by planting, watering, and caring for a seed.</p>	<p>Chefs and cooks prepare food in restaurants and other places we go to eat. Help Bert and Ernie make salad at a diner! Visit https://pbskids.org/sesame/games/super-salad-diner/.</p>	<p>Turn your kitchen or play area into a pretend restaurant. Practice making food like a chef, setting the table, and taking “orders”.</p>	<p>Garbage collectors collect our trash and take it away. Collect the trash from all the rooms in the house like a garbage collector. Help take the trash outside so it can be collected.</p>	<p>Play school with a partner. Take turns teaching each other-- sing the ABC song, count to 5, read a book, check the weather, etc.</p>	<p>Learn about the roles of crossing guards and traffic signals through the game, “Red Light, Green Light.” Taking turns with a partner to take on the role of a crossing guard or traffic crosser.</p>
<p>Many children ride the school bus to school. Bus drivers help children get to school safely. Sing the song, “Wheels on the Bus,” and practice the motions as you sing.</p>	<p>Be a musician! Make rhythm sticks by filling paper towel rolls or toilet paper rolls with dry beans or uncooked pasta noodles. Have an adult help to tape or staple the ends shut. Decorate the outside. Shake them and make some music!</p>	<p>Artists help make our neighborhoods beautiful by creating art to share. Create your own artwork by painting or drawing what you’d like to be when you grow up!</p>	<p>Gather toy tools. Trace the tools on a piece of paper. Practice matching the tools to the shape. What is the purpose of each tool? How are they used? Who uses the tools?</p>	<p>Have an adult draw or print out pictures of community helpers, then cut the pictures into 8-10 pieces. Put the puzzle back together and talk about the jobs of the helpers.</p>	<p>Check on the neighborhood you built. Does it have all the community helpers you learned about? Make more buildings, if you need to. Add toy people and cars to make your town complete. Act out the roles of different people in the community!</p>