

A Pre-School Curriculum

Gross Motor Skills

- play (indoor/outdoor)
- music/movement
- sports skills

Fine Motor Skills

- reading, writing, art
- manipulative math

<u>Reading</u>	<u>Writing</u>	<u>Math</u>	<u>Science</u>	<u>Social Studies</u>	<u>Art</u>	<u>Health</u>
ABCs	ABCs	kitchen	kitchen	art, music	journal	music/movement
storytime	journal	counting	outings	outings	colors	outings/play
sequencing		patterns	videos	devotional		skills practice/fitness
role play		shapes	reading	holidays		journal
concepts		comparison	gardening	family time		grooming
numbers		goodguessing	weather	reading		safety rules
		calendar	senses	singing		builders' skills
		clock	categorize	skills practice		sports skills
		money	block builds	family rules		
		budget	fort builder	sportsmanship		
		charts/graphs				

One way to fit it all in the day:

Wake-up stretch, sing Head, Shoulders, Knees & Toes or another action song (physical health)

Private Prayer (emotional health)

Check weather out the window to decide what to wear (science) and calendar (math)

Choose clothes by the day's color (optional)—ie on red day, wear red (art)

Breakfast (count everything, notice how mixing, adding liquids, & cooking changes things: math & science)

Choose foods by the day's color (opt—ie on red day strawberry jam/yogurt w/toast or pancake)

Choose foods by the day's shape (optional—ie use cookie cutter to cut heart shape toast, pancake, egg)

Doing the dishes: water observations, what sinks/floats, etc.—motor skills & science

Opt. sing as you wash dishes (health & social skills—helping w/chores)

Brush teeth, etc—health

Sort laundry—math, social skills—helping with chores

family devotional—read a scripture or uplifting thought/story, sing, pray (emotional health, music, reading)

color and/or shape of the day activity

ABC of the day activity

Manipulative Math activity (count, compare, make/find patterns, make groups of things . . .)—math & science

Music & Movement time—experiment with music, dance to different kinds of music each day

or take a walk or outing (notice nature science, reading signs, counting & shapes math, etc.)

Rest, educational video, or free play

Lunch (kitchen math & science, social skills, health)

opt. colors/shapes—ie tomato soup or salad w/cookie cutter shape sandwich)

Mom reads aloud storytime—color/shape of the day, concept book, counting, social science or skills, classic literature, etc

role play, sequencing, art, or other way of responding to one of the stories

Rest/nap, free play, or help with chores or outing

Dinner (kitchen math & science, social skills, health, etc.)

puzzles, family time, educational video . . . winding down time

Bedtime routine (grooming, bathtub air & water science, family scriptures/prayers, bedtime story, songs, . . .

draw a picture and dictate a sentence or paragraph for journal, private prayer, off to sleep)

Colors activities:

- each day focus on a color
- grocery shopping: choose food by color day (for example red foods on red day)
- driving to and fro: play “I Spy” or “I see . . .”, naming or pointing to things, cars, signs, of particular color
- at home find everything of that color from the frig, pantry, bedroom, closet, or whatever
(could be a contest to see who can gather most in certain amount of time)
- cut pictures of foods, flowers, clothes, or décor from ads, food labels, seed & other catalogues
(with these you can make a collage, or food cards [glue picture of food item on index card & label; opt. laminate]
which can be kept and later used for sorting, categorizing)
- cut pieces of several colors of felt, cloth, cellophane, different types of papers (like construction, printing, wrapping, etc)
add buttons, trims, yarn, sparkles and other small items. Choose the one that are that day’s color to make a
collage or paper “quilt” or kaleidoscope (explore patterns)
- color with pencils, crayons, markers, paint; use stamps, stickers, stencils
- read stories that go with the day’s color, such as
Red Riding Hood, or The Little Red Hen
Curious George (yellow)
Green Eggs and Ham
Blueberries for Sal
Harold and the Purple Crayon, etc.
- sing or make up songs or rhymes about the color
- dress and eat with the day’s color
red day: red drink, red jello, tomato soup or salad, strawberry whatever, red cookies or frosting, red salt dough
- play color games
red day: Red Light Green Light, Red Rover, Red team, Red tag, Freeze when you see Red, Twister, Candyland,
use red dice to count, red cards, Uno or other games—extra points for red
- sort food or animal cards by color
- sort toy cars/trucks, buttons, laundry, etc. by color

Shape activities:

- each day focus on a shape
- driving to and fro: play “I Spy” or “I see . . .”, naming or pointing to the day’s shape you see
- adapt ideas for color activities
- cookie cutter shapes: sandwiches, jello, cookies, salt dough
- trace stencils, patterns, cookie cutter shapes . . .

Math activities:

- adapt ideas for colors and shapes
- use dice, spinners, dominoes, playing cards, etc to count, order, compare . . .
- count down with the kitchen timer, count with the clock
- count as you do calisthenics, dance, aerobics, martial arts moves, use the curling iron
- count everything as you cook and set or clear the table (count to 60 as you stir something one minute)
- explore addition, subtraction, fractions, multiplication (groups of things), division by cutting apples, potatoes, pizza,
cake, cupcake, pie, cookies, candy, etc.
- count pennies, and other coins . . . sort, categorize coins, buttons, etc.
- garden math
--pour water (opt. colored), flour, candies, marbles, from one measuring cup to another and into other containers
practice estimating and counting how many in each container—jars, glasses, boxes, etc.
- count the days until . . .
- check out the math of music: sound patterns, rhythm, note values (whole, half, quarter)
- use all kinds of things to make patterns of shapes, colors, etc.
- use buttons, coins, candies, spaghetti, etc. to make shapes (ie put 3 in the shape of a triangle, use 4 to make a square)
- at the store, count everything
- measure with sewing measuring tape, rulers, builder’s tape measure

Science activities:

- kitchen science—observe boiling, freezing, steam, dissolving (dissolve salt, dissolve sugar—taste the water)
- observe oil & vinegar, egg floating in salt or plain water,
- dissolve the sugar in the water, then add the powdered drink mix and observe how differently they affect the water
- watch what happens when you cook an egg, a pancake, etc.
- overcook the syrup and allow it to crystallize
- smell different seasonings and foods
- notice what happens when things are cooked or frozen
- observe different textures in the kitchen, fabric, workshop
- practice making sound with metal, glass (fill glasses part-way with water), wood, rubber bands, etc.
listen through the air, water, table . . .
- experiment with flashlights, rainbows, shadows, magnets, magnifying glass, mirrors, etc.
- experiment with air: balloons, ziplock baggies, feathers, pinwheels, paper airplanes, handheld fans, etc.
(make a race of blowing cotton balls . . .)
- collect rocks, leaves, flowers, etc.
- observe bugs, pets, and all creatures and plants on nature walks
- feel the wind, rain, snow, etc.
- sprout wheat, pinto beans, or other seeds
- note the different parts of plants that we eat and use
- read books and watch videos about our world
- sort animal cards in different categories (mammals, insects, etc.; animals with claws, wings, tails, etc.;
animals that live in the water, forest, desert, etc. . . .)
- family field trips to the zoo, aquarium, science museums, river, mountain, ocean, lake, . . .

Social Studies activities:

- books and videos about people, holidays, cultures, history, social skills, etc.
- try out all kinds of art and music (including different time periods and peoples)
- use art and music to learn about others, kindness, etc.
- use mealtime and family time to practice social understanding and skills
- use family time to learn about and practice living by rules (laws); discuss fairness and kindness
(as in the Pledge of Allegiance), and the Golden Rule
- take family field trips to various work places, cultural events, museums, historical sites, etc. . . .