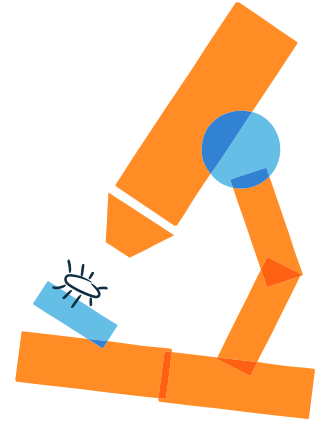
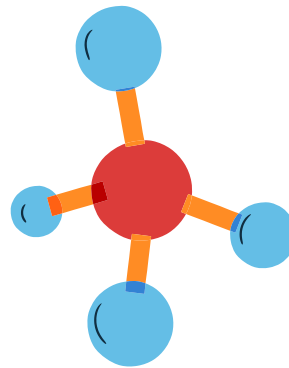


At-Home Summer Guide for Preschoolers and Prekindergarteners (3 and 4 years old)

Week of July 20, 2020

This week continues **Spectacular Science**, a theme that covers a variety of science topics through conversation, observation, and exploration. Whether you've returned to your center or you're still learning at home, these activities will help you and your child unleash the scientist within!



This week is a great time to start thinking about and discussing changes **your whole family** can make to decrease the amount of garbage they produce. Though these activities are best suited for your younger learners, the conversations, solutions, and commitments to change can include **everyone** in your family!

This week's activities are similar to those taking place in our prekindergarten classrooms and are focused on how we can care for **nature and the planet**. The activities begin by helping your child understand what nature is. Over the week, the learning continues with activities to help your child learn about how to reduce, reuse, and recycle, and how these actions can decrease the amount of garbage we produce.



Learning Adventures

are small-group enrichment programs in our centers designed to give children experiences in cooking, STEM, phonics, and music. One activity in this guide is adapted from these programs for your use at home. It's a great way to dig deeper into areas that may interest your child.

This Week's Theme:

Spectacular Science

What you'll find in this guide. . .

We've provided activities similar to what your child would be learning in their center. You and your child can choose your own adventures and do the activities in any order, repeating and revisiting them as often as you want! Click on the icons below to discover more...



LET'S CREATE

What is Nature?

Your child learns what nature is and then uses that knowledge to create a nature drawing.



LET'S EXPLORE

Nature Rubbings

Your child explores how a rubbing can be used to show the texture of an object.



LET'S CHAT

Reduce, Reuse, Recycle

Your child learns about the three R's of being Earth-friendly: Reduce! Reuse! Recycle!



LET'S CHAT

What Can We Recycle?

You and your child work together to sort materials into what is or is not recyclable.



LET'S SING

"Help, Help, Helping Out"

Your child sings a song to help remind them of the ways that they can care for the planet.



GAME TIME

I Spy

Put your child's observations skills to the test with a fun game of I Spy!



LEARNING ADVENTURES: PHONICS ADVENTURES

Pots and Pans Read-Aloud

All sorts of silliness ensues when you're making dinner with Pop!



VIRTUAL FIELD TRIP

Forests of Finland

Take a virtual walk through the forests of Finland.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020

Getting Ready for the Week: Materials to Gather

What is Nature?:

- Crayons, markers, or colored pencils
- Paper

Nature Rubbings:

- Crayons
- Magnifying glass (optional)
- Natural materials that can be used for rubbings, such as leaves, flowers, and tree bark
- Paper

Reduce, Reuse, Recycle:

- Crayons, markers, or colored pencils
- Paper
- [Reduce, Reuse, and Recycle symbols](#)

What Can we Recycle?:

- Boxes (2)
- Marker
- Paper
- Tape
- Variety of materials that can be recycled, such as cardboard boxes, newspapers, clean milk jugs, and aluminum cans
- Variety of materials that cannot be recycled, such as plastic silverware, aluminum foil, fabric scraps, paper cups, and resealable plastic bags

“Help, Help, Helping Out”:

- [“Help, Help, Helping Out” lyrics](#)

Pots and Pans Read-Aloud:

- [Video link](#) to the book *Pots and Pans* by Lyssa Horvath, illustrated by Krista Martenson
- Scrap paper
- Pencil

I Spy:

- [I Spy picture](#)

Tip: At the beginning of your week, gather materials and place them in a container so you're ready to go!



At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020



Let's Create: What is Nature?

Your child learns what nature is and then uses that knowledge to create a nature drawing.



Length of activity:
25 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** Medium



Level of Prep Required: Low



What you need:

- Crayons, markers, or colored pencils
- Paper

What your child is learning:

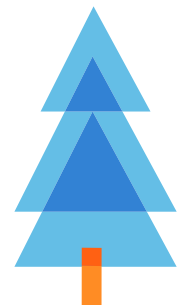
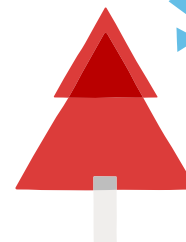
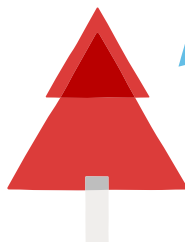
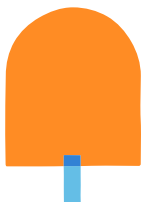
- A beginning understanding of the natural world
- How to communicate and share ideas and experiences with others
- How to use different tools and materials to create two-dimensional art

About the Activity: If possible, have this conversation outdoors where your child can see and hear nature. This can be done in your yard, while out on a walk, or when at the park. If a safe outdoor space is not available, consider spending some time viewing the virtual field trip of the [forests of Finland](#) with your child prior to this conversation.

Begin by asking your child what they know about nature. Explain that *nature* is everything in the world that is not made by people. Trees, grass, bushes, flowers, animals, soil, and the water in rivers and lakes are all part of nature. Have your child look around and share what they can see that is a part of nature. If you viewed the forests of Finland, talk about what you saw in the videos.

For your preschooler and your prekindergartener:

Give your child paper and drawing tools. Invite them to draw a picture using what they learned about nature. They can draw what they can see outside, what they remember from the virtual field trip, someplace they remember, or use their imagination to create their drawing. When they're finished, invite them to share their drawing and describe the different parts of nature they included.



At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020



Let's Explore: Nature Rubbings

Your child explores how a rubbing can be used to show the texture of an object.



Length of activity:
20 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Medium

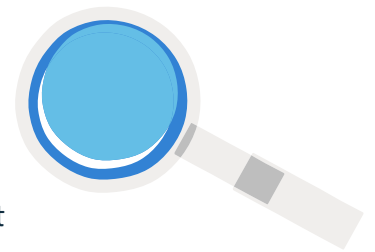


What you need:

- Crayons
- Magnifying glass (optional)
- Natural materials that can be used for rubbings, such as leaves, flowers, and tree bark
- Paper

What your child is learning:

- A beginning understanding of the natural world
- How to make observations and comparisons
- How to use different tools and materials to create two-dimensional art



About the Activity:

If you're able to do this activity outside in a space where it is safe for your child to place paper on trees to do rubbings, that is ideal.

Begin by showing your child the nature materials you collected, or if you're outdoors, the nature materials that are surrounding you. Invite your child to make observations about what they notice about each material. How does it look? How does it feel? Is it smooth or are there bumps or ridges? If a magnifying glass is available, have them look at the materials through it. How is what they see through the magnifying glass different than what they see with the naked eye? Then tell them they're going to use these materials to make nature rubbings. Ask them if they've made a rubbing before. If so, what did they create rubbings of? How did they create the rubbings? If they haven't made a rubbing before, share that rubbings are made by placing paper on top of an object that has texture, such as a leaf or tree bark, and coloring on the paper with crayon to transfer the texture of the object onto the paper.

For your preschooler and your prekindergartener:

Give your child paper and crayons and have them select one of the nature materials to use to create a rubbing. Have them place their paper on top of the material and use the crayon to color back and forth. What do they notice as they color? Can they see the outline or texture of the material they selected? What details can they see? Encourage them to create additional rubbings on the same sheet of paper and to explore how using different colors makes some details more noticeable than others, such as the difference between a rubbing from a yellow crayon compared to a rubbing from a brown crayon.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020



Let's Chat: Reduce, Reuse, Recycle

Learn about the three R's of being Earth-friendly: Reduce! Reuse! Recycle!



Length of activity:
25 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** High



Level of Prep Required: Low



What you need:

- Crayons, markers, or colored pencils
- Paper
- [Reduce, Reuse, and Recycle symbols](#)

What your child is learning:

- Ways we can care for our environment
- How to communicate and share ideas and experiences with others
- Different ways of communicating information, such as through art

About the Activity:

Show your child the [symbols](#) for *reduce*, *reuse*, and *recycle*, reading the words and pointing to the symbols. Ask them if they know what the symbols or what the words mean. Share that these words and symbols are reminders of how we can help take care of the planet and care for nature when it comes to the trash we produce.

- **Reduce** means to make something smaller or to use less of something. We can help take care of the Earth by reducing how much garbage we create. For example, if we use a cloth lunch bag instead of a paper one that we then throw away each day, we're reducing the amount of paper trash we create.
- **Reuse** means to use something again instead of throwing it away. For example, instead of throwing away a plastic container, we can reuse it by putting something else in it, such as crayons or game pieces.
- **Recycle** means to make something new from something we already used, instead of throwing it away. For example, when we recycle paper by taking it to a recycling center, it can be made into new paper, paper towels, or cardboard boxes.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020

For Your Preschooler:

Give your child paper and drawing tools and ask them to create their own signs that can be posted in your home to help remind your family to reduce, reuse, and recycle. As they're creating their signs, talk about places where their signs could be posted to be helpful reminders. For example, you might post a "Reduce" sign inside the cabinet door where disposable plates, utensils, and bags are kept. Or you can post a "Recycle" sign on your garbage can, when possible, to encourage others to recycle something instead of throwing it away.

For Your Prekindergartener:

Ask your child to think about what they do in a day and what materials they use. What do they do that creates trash that is thrown away? Help them think of one way they can reduce their waste, one way they can reuse something, and one way they can recycle something. Then have them draw pictures of these things that they can post as reminders. For example, if they say they will reduce the amount of paper they use by drawing on both sides of the paper, they can post their reminder drawing next to the paper and drawing tools.



Reduce



Reuse



Recycle

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020



Let's Chat: What Can We Recycle?

You and your child work together to sort materials into what is or is not recyclable.



Length of activity:
20 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: High



What you need:

- Boxes (2)
- Marker
- Paper
- Tape
- Variety of materials that can be recycled, such as cardboard boxes, newspapers, clean milk jugs, and aluminum cans
- Variety of materials that cannot be recycled, such as plastic silverware, aluminum foil, fabric scraps, paper cups, and resealable plastic bags

What your child is learning:

- Ways we can care for our environment
- How to sort objects according to a specific attribute
- How to communicate and share ideas and experiences with others

About the Activity:

It's recommended that you do this activity after you've done the Reduce, Reuse, and Recycle activity. Familiarize yourself with the recycling programs available in your community, or what can go in your recycling bin if you have curbside recycling.

Collect a variety of materials that can and cannot be recycled. Write the word "Recycle" on one sheet of paper and the word "Garbage" on another sheet. Tape each sheet to a box. Place the boxes about two feet apart with the materials you gathered placed between them.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020

Ask your child to recall what it means to recycle. If needed, remind them that to *recycle* means to make something new from something we already used, instead of throwing it away, and that recycling is one way we can create less garbage and help care for Earth.

Show your child the materials you gathered and the two boxes. Read the label on each box aloud and share that the two of you will sort the materials into the two boxes. One at a time, talk with your child about each material and help them determine whether or not it can be recycled. Have them place the material in the appropriate box.

For Your Preschooler:

After the materials have been sorted, review the items in the box labeled “Garbage” and ask your child to think of ways to decrease the use of these materials. For example, using containers with lids instead of resealable plastic bags, or using metal utensils instead of disposable plastic utensils. Remove these materials from the box. Have your child look at the materials left in the box and compare them to the pile of materials from the beginning of the activity. Tell them that all of these materials can be placed in the garbage, but when we recycle and reduce our use of one-time-use or disposable materials, we can decrease the amount of garbage we produce.

For Your Prekindergartener:

After the materials have been sorted, review the materials in the box labeled “Garbage” and ask your child if they can think of ways to reuse any of them. For example, a sour cream container may not be recyclable, but it can be used to hold small toys or game pieces. Remove these materials from the box. Then ask your child to think of ways to decrease the use of any remaining materials. For example, using containers with lids instead of resealable plastic bags, or using metal utensils instead of disposable plastic utensils. Remove these from the box as well. Have your child look at the materials left in the box and compare them to the pile of materials from the beginning of the activity. Tell them that all of these materials can be placed in the garbage, but when we recycle, reuse materials, and reduce our use of one-time-use or disposable materials, we can decrease the amount of garbage we produce.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020



Let's Sing: "Help, Help, Helping Out"

Your child sings a song to help remind them of the ways that they can care for the planet.



Length of activity:
10 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Low



What you need:

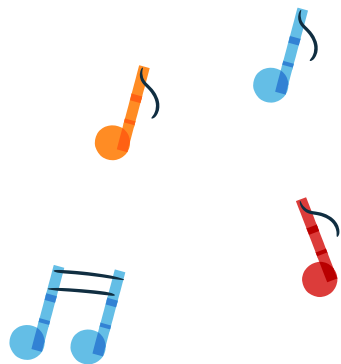
- "Help, Help, Helping Out" lyrics (below)

What your child is learning:

- How to add creative movement to songs
- Different ways of communicating information, such as through a song
- How to apply what they've learned to new situations

About the Activity:

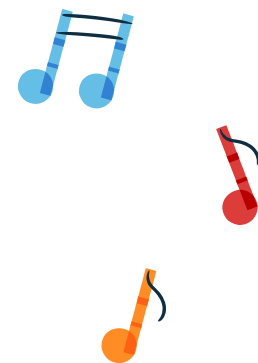
Familiarize yourself with the song, "Help, Help, Helping Out." Ask your child to share ways they can decrease the amount of garbage they create and help care for the planet and take care of nature. If needed, remind them that reducing, reusing, and recycling are all ways to decrease the amount of garbage we create. Tell them you have a short song about how we can help out by doing these things.



"Help, Help, Helping Out"

(sung to the tune of "Row, Row, Row Your Boat")

Help, help, helping out,
That is what we do.
Reducing, reusing, recycling,
And you can do it too!



For your preschooler and your prekindergartener:

Invite you child to join you in singing the song, with you singing it first and then inviting them to join you when they're familiar with the words. As you sing, invite your child to march with the tune or create movements to go along with the lines of the song.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020



Pots and Pans Read-Aloud

All sorts of silliness ensues when you're making dinner with Pop!



Length of activity:
15–20 minutes*

* Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** High



Level of Prep Required: Low



What you need:

- [Video link](#) to the book *Pots and Pans* by Lyssa Horvath, illustrated by Krista Martenson
- Scrap paper
- Pencil

What your child is learning:

- To identify the name and shape of uppercase and lowercase *O* in print
- To say the /o/ sound and hear it in words
- About the word family *ot* and /ot/ as the ending sound in consonant/vowel/consonant words
- How to build words using a word family
- How to begin to read words

About the Activity: Watch the read-aloud [video](#) with your child, then follow the directions below depending on your child's age.

For Your Preschooler:

With your child watching, write an uppercase and lowercase letter *O* on a piece of paper (your child can do this, if they already know how). Explain that the letter *O* makes the /o/ sound, like the sound at the beginning of the word *octopus*. "Let's touch our throats while we say /o/. The vibration you feel is your vocal cords working to make the sound!"

Watch the video again, pausing it on each page of the book and helping your child find the words with letter *o* and the /o/ sound in them. See how many different words your child can find that have the /o/ sound in them.

If your child is ready, you can mute the audio while you play the video and take turns reading every other page.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020

For Your Prekindergartener:

With your child watching, write *ot* on paper. Explain that when the letters *o* and *t* are put together, they make the /ot/ sound. The /ot/ sound is made up of two smaller sounds, /o/ and /t/. Show your child how to blend the two sounds together by sweeping your finger under the letters from left to right and saying /ooottt/.

Explain that *ot* is a word family. "Word families are groups of words that have the same ending sound, like the ending *ot*." See how many different words your child can think of that end with the /ot/ sound.

Watch the video again and if your child is ready, mute the audio and have your child do the reading!



At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020



Game Time: I Spy

Put your child's observations skills to the test with a fun game of I Spy!

Using the [picture](#) on the next page, play a game of I Spy with your child. Look at the picture and select one object to provide clues about. Have your child look at the picture and provide them with an "I spy" clue. Keep providing clues until they've named the object you selected. Here's one set of clues to get you started!

Clues for the 4-spot dice:

- I spy with my little eye something with four circles.
- I spy with my little eye something white.
- I spy with my little eye something with a square face.
- I spy with my little eye something you roll.

At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020

I Spy



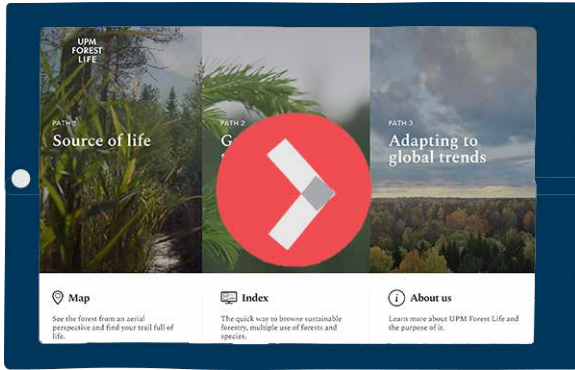
At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 20, 2020



Virtual Field Trip: Forest of Finland

Take a virtual walk through the forests of Finland.



[UPM Forest Life virtual tours](#) invite you to explore different paths through the forests of Finland and introduce you to different species of flora and fauna along the way! Throughout your virtual tour, small circles will appear on the screen with the name and an image of a species. You can click on the image to pause your tour and learn more. Please note that many of the speakers in the videos are speaking Finnish, but the subtitles are available in English for you to read to your child.