Home Activities for Preschoolers
From the teachers at University Synagogue Pre-School

LANGUAGE

MAT MAN

From Miss Ginette

The Mat Man activity helps us learn body awareness: such as names and functions, and allows the children to be creative with the items they use.

Play the song and have fun building the Mat Man!

Copy and paste this YouTube link into your browser and follow along

https://m.youtube.com/watch?v=ec7J57YewxQ
**PAPER BAG PUPPETS**

From Miss Julia

Paper bag puppets are fun and easy to make!

Gather sandwich bags, scissors, glue, colored papers, markers or crayons, yarn and anything else you would like to use to decorate your puppet and have fun!

Have your child make up and act out a story with their puppet or make a puppet to match a character in your child’s favorite book or song!
Water is always available, and fun to explore – there are many ways to discover and explore the liquid-while at the same time learning about “density” as a preschooler. Many preschoolers automatically assume that if one object sinks than they all will sink. This is a way to discover that some objects are lighter and some are heavier than water. The objects that are heavier will sink and the ones lighter will float!

Fill a sink, large bowl, bathtub or sensory tub with water (always stay close by!)

Ask your child to hold various familiar objects in their hand and guess if they will sink or float – then drop each one in separately and observe what happens.

WHAT YOU’LL NEED FOR A SINK OR FLOAT ACTIVITY

* waterproof toys and household items (see suggested items below or photo above)
* a container to do the experiment in i.e. plastic tub, basin, pot, bucket etc

SUGGESTED ITEMS FOR A SINK OR FLOAT EXPERIMENT:

ITEMS THAT SINK

* metal utensils
* coins
* stones
* toy car/truck
* keys
* glass gemstones or marbles (not suitable for toddlers)

ITEMS THAT FLOAT

* Duplo/Lego
* stick or popsicle stick
* corks
* bathtub toys
* foam shapes
* crayon
* rubber ball
SENSORY BOTTLES

From Miss Sue

Pour some water into a clear container- an empty water bottle or small clear cup- fill half way with water and add vegetable oil and watch what happens!

If you have a lid for the bottle, add a few drops of food coloring to the water - seal it tight, give a strong shake and watch what happens
PLAY DOUGH

From Miss Heidi

This is easy to make with your child, and have them measure, stir and knead the dough. If you do not have glycerin, just leave it out.

For the first day, making the playdough and molding with it, is perfect. When the novelty of play dough wears off, add cookie cutters, pizza cutter and a garlic press.

Other fun additions are twigs, buttons, glitter worked into the dough, fragrances from essential oil (if your child is not allergic to it) and herbs.

Best Ever No-Cook Play Dough Recipe

1. 2 cups plain flour (all purpose)
2. 2 tablespoons vegetable oil (baby oil and coconut oil work too)
3. 1/2 cup salt.
4. 2 tablespoons cream of tartar.
5. 1 to 1.5 cups boiling water (adding in increments until it feels just right)
6. gel food colouring (optional)
7. few drops glycerine (my secret ingredient for stretch and shine!)
SENSORY “GOOP”

From Miss Natalie

For an easy at home sensory experience just follow the recipe and enjoy!

1 cup cornstarch
1 cup water
(You may adjust as needed for different consistencies)
Mix together and watch the magic happen!

This is fun for kids (and adults😊) to mold and play with. It hardens and melts at the same time! You must try it! Best of all it’s non-toxic and surprisingly very easy to clean up. Just wash away with a wipe or water.

Enjoy!!
Fizzing Color Experiment!

Supplies:
Baking Soda
Vinegar
Eye/medicine dropper
Food coloring or watercolor

Put baking soda in a bowl or spread along a baking sheet. Then put droplets of coloring on top of the baking soda. Then take the eye dropper and fill with vinegar. Drop vinegar on top of the coloring and...FIZZZ...BUBBLE!! Enjoy!
Estimating is enjoyable and important for kiddos because it is a reasoning skill used in real life!

For younger kiddos, their guesses will be all over the map and that is OK! Four-year-olds and older will begin to understand if their guess is reasonable. Is it close to or around a practical amount compared to the visual that they are estimating?

Instead of correcting your child or saying, “That’s too high, guess lower”, try to allow them to experience the learning process—“Do you think it LOOKS like that many?” Let them stick to their answer then count. Overtime and with exposure to estimation practice, their guesses WILL become more reasonable!

You’d be surprised how often they get it right too!
GRAPHING

From Miss Mindy

Graphing is collecting, counting, sorting, categorizing and lining up like objects. When items are organized in a graph, it opens up more mathematic conversations for kids like more vs. less and most vs. least.

Engage your children in this activity by going on a NATURE WALK whether it’s in your backyard or around the neighborhood. Once you’ve collected your leaves or nature items, sort them, discuss what you found then categorize and line them up. What is your graph telling you?
FINE MOTOR

FINE MOTOR ACTIVITIES FOR HOME

Transfer Water to Ice Cube Trays
Insert Pipe Cleaners into Holes of a Box
Use Dot Markers on a White Board
Cut Straws and Make a Necklace
Press Items to Sticky Paper
Place Buttons on Drawn Lines
Transfer Blocks to a Muffin Tin
Use a Hole Punch with Paper
Push Sticks Through Holes
Color on Sandpaper
Press Pasta in Playdough
Clip Clothespins to Cardboard
Wrap Rubber Bands Around Cans
Transfer Pom Poms into Cups of an Egg Carton
String Buttons on Pipe Cleaners
Peel Masking Tape from a Table
Wrap Toys in Paper
Create a Pouring Station
MAKING a MAZE

From Miss Sylvia

What You’ll Need:
- Cardboard
- Sharpie
- Ruler
- Straws
- Scissors
- Glue or hot glue
- ball or marble

Draw lines/maze with your ruler, glue straws on the lines, Have fun!
CUTTING
From Miss Daniella

Cutting Lines

Supplies:
Paper
Marker
Scissors

Draw lines such as curved, straight, zigzag, loop, etc. then cut! You can use the cut pieces and collage or draw a picture with them. So fun working on our Fine Motor Skills!
GROSS MOTOR
CUP BUILDING
From Miss Sheila

The possibilities are endless when building with cups.
Create towers, walls, forts, obstacle courses, games and so much more!