



MECK Pre-K
Pre-K Child Development Choice Boards
Literacy and Social Emotional Development

[North Carolina Foundations](#) (click on the link)

Parent Directions: Parents choose 3-6 activities per day to complete with your child.

<p style="text-align: center;"><u>Start at the beginning</u></p> <p>Read a book with a family member and draw/write about:</p> <p><u>Beginning:</u> what happened at the beginning of the story? What characters were introduced?</p> <p><u>Middle:</u> what happened next?</p> <p><u>End:</u> How did the story end?</p> <p>More Reading Activities (Linked here)</p>	<p style="text-align: center;"><u>Keep a Daily Schedule</u></p> <p>Work together as a family to make a daily schedule.</p> <p><u>Discussion Ideas:</u></p> <p>What is a schedule? Why is a schedule important? What is important for us to add to our schedule? What is our wake up time? What time should we go to bed?</p>	<p style="text-align: center;"><u>I Spy</u></p> <p>With a partner play a game of I Spy.</p> <p><u>Examples:</u></p> <p>In the kitchen, one might say “I spy something that begins with /Tt/. That’s right....table! <u>Or</u> In the living room, one might say, “ I spy something that begins with /Rr/. That’s right...rug!</p>
<p style="text-align: center;"><u>Journal Jotting</u></p> <p>Read with someone in your family for at least 15 minutes.</p> <p>Start keeping a journal about what you are doing at home. Playing games? Helping out around the house? Cooking meals? Include illustrations with your journal jottings.</p> <p>More writing at home activities (Linked here)</p> <p>More fine motor at home activities (Linked here)</p>	<p style="text-align: center;"><u>Alphabet rocks</u></p> <p>An uppercase and lowercase literacy activity can begin in the great outdoors. Wash the rocks and write an uppercase letter on one rock and the corresponding lowercase letter on another.</p> <ol style="list-style-type: none"> 1. uppercase/lowercase letter match 2. Children can find the rock that matches a letter sound <p><u>Materials:</u></p> <p>*52 rocks/pebbles (collected from outside)</p> <p>*Sharpie marker (use with an adult)</p>	<p style="text-align: center;"><u>Alphabet Sensory Play</u></p> <p>Have fun writing your letters. To really jazz it up, add sprinkles or other decorative items and your child can accessorize their letters.</p> <p><u>Materials:</u></p> <p>**Whip cream/sand/shaving cream/play doh</p> <p>*Letters on index cards/paper for children to use as a guide in forming their letters</p>



<p><u>Lets Go Shopping</u> We all have shopping to do! Work with your child to make your shopping list!</p> <p><u>Quick Tips:</u></p> <p>Discuss what a list may look like. Why a list can be helpful. Look, we can put numbers by the items. How could we organize our list (fruit, cleaning items....)?</p> <p><u>Bonus:</u></p> <p>Using the format your working on together, your child could create their own list using pictures and even their knowledge of letters to label pictures.</p>	<p><u>ABC Hunt</u> Go around your home and look for items that begin with the following letters:</p> <p>K M S T P L</p> <p>Draw and label the items that you collected. Read with someone for at least 15 minutes.</p>	<p><u>Rhyme Challenge</u> Play this game with a partner. One player will say a word and the other player thinks of as many rhyming words as possible. Take turns for as long as you would like to play the game!</p> <p>Read with someone for at least 15 minutes.</p>
<p><u>Start at the beginning!</u> Walk around your home with someone and find things that begin with the letter Bb. Continue on the search with the following letters:</p> <p>Nn Rr Dd Ff Hh Ww</p> <p>Read with someone for at least 15 minutes.</p>	<p><u>Who, What, Where, Why</u> Read one of your favorite books with someone. Try to answer these questions:</p> <p>Who was in the story? What was the story about? Where did the story take place? Why do you think the story ended the way that it did? Draw a picture of your story.</p>	<p><u>Category Blast Off</u> Print picture cards and follow directions to play category sorting games.</p> <p>Link to Category Blast Off cards and directions</p> <p>(Florida Center for Reading Research, VPK Activities)</p>

More Parent Resources:

More letter activities: ([Linked Here](#))

More reading activities: ([Linked Here](#))

More writing activities: ([Linked Here](#))

More fine motor activities: ([Linked Here](#))



MECK Pre-K
Pre-K Child Development Choice Board
Math, Science and Movement

[North Carolina Foundations](#) (click on the link)

Parent Directions: Parents choose 3-6 activities per day to complete with your child.

<p style="text-align: center;"><u>Pour, drip, let us Experiment</u></p> <p>Give your child containers of all shapes and sizes and let them pour, drip and measure using water (bathtime fun!)</p> <p><u>Questions to ask:</u> Describe the types of containers they have Which ones have more or less water? Which ones hold more or less water? Do certain containers or objects float or sink? Why?</p>	<p style="text-align: center;"><u>Shape Up!</u></p> <p>Go on a shape hunt around your home! How many squares can you find in your home? Circles? Triangles? Rectangles? Make tally marks for each object found.</p>	<p style="text-align: center;"><u>Let's Make a Pattern</u></p> <p>Patterns are all around us! Using items around the house, work with your child to make different patterns!</p> <p><u>Ideas:</u></p> <p>Legos Froot Loops Seashells</p>
<p style="text-align: center;"><u>Counting Collections</u></p> <p>Go around your home and collect 10 things in 5 different bags or cups. Once you have 5 different groups of 10 items dump them out on a flat surface. Count the objects. How many? Do you see objects with the same shapes?</p>	<p style="text-align: center;"><u>How High Can You Count?</u></p> <p>With a grown-up count as high as you can. Try to write down the number.</p> <p>Try to count again (later). How high did you get?</p> <p>1st try _____ 2nd _____</p>	<p style="text-align: center;"><u>I build, you build, let's build!</u></p> <p>Build an Obstacle Course together. An obstacle course is a great way to stimulate physical and mental coordination while also promoting healthy activities inside or out.</p>
<p style="text-align: center;"><u>Order Up!</u></p> <p>Write the following numbers in the correct order.</p> <p>1 3 4 5 2 6 8 7 9 10</p> <p>Draw 10 objects.</p>	<p style="text-align: center;"><u>I am on TOP of it!</u></p> <p>Take a walk around your home and find the following:</p> <p>An object on top of something An object beside the bed An object under something An object beside the table An object in front of the window</p>	<p style="text-align: center;"><u>Match Game</u></p> <p>Have an adult find and shuffle a deck of cards.</p> <p>Draw cards and collect cards in pairs (matching numbers).</p> <p>The person with the most pairs wins!</p>



<p><u>Bigger is better</u> Use a deck of playing cards. You will need a friend to play. Each player draws a card. The player with the bigger number gets to keep both cards. The player with the most cards at the end is the winner!</p>	<p><u>Rainbow Roll</u> Try this fun rainbow roll and cover math game for a fun way to learn numbers, counting, subitizing and addition. https://funlearningforkids.com/rainbow-roll-and-cover-math-game/</p>	<p><u>Give me a Hand!</u> Play this game with a grown up or a relative/friend. Using your math hands, show 1, 2, 3, 4, 5 Show 6, 7, 8, 9, 10...keep it going!</p>
--	---	--

More Parent Resources:

More Math at Home Activities: ([Linked Here](#))

Technology Parent Resources:

Create a account at www.vooks.com (1 month free trial for parents and 1 year free trial for teachers)

Download the Vroom App/or www.vroom.org (Free educational tips and science explanation for parents of children 0 to 5 available by app, text, and printables)