

## Week 16: 30-36 Months

### Monday

#### Practical Life: [Handwashing](#)

- Objective: Handwashing
- Materials: Sink & soap
- Procedure: Take your child into the restroom and practice proper handwashing for 30 seconds

#### Sensorial: **Moon sand**

- Objective: Moon sand texture
- Materials: Moon sand
- Procedure: Allow your child to explore the unique texture of moon sand
- Notes: *Use the moon sand you made from the science section*

#### Language Art: [Letter sound](#)

- Objective: Letter sounds
- Procedure: Play a phonetic I Spy game with your child saying “ I spy something that starts with “Ah” (sound of the letter A)
- Notes: Your child should find something that starts with that sound Ex: Apple

#### Math: **Counting cheerios**

- Objective: Counting
- Material: Cheerios
- Procedure: Place a hand full of cheerios on a tray and allow your child to count them.

#### Science: **Making moon sand**

- Objective: Moon sand
- Materials: Flour and baby oil
- Procedure: [Moon Sand](#)

### Tuesday

#### Practical Life: **Slicing fruit**

- Objective: Slicing
- Materials: Banana, tray, butter knife
- Procedure: Offer your child a peeled banana, and allow them to make slices
- Note: Make them wash their hands before preparing

### Sensorial: **Stacking cheerios**

- Objective: Stacking cheerios
- Materials: Playdough, spaghetti stick, cheerios
- Procedure: Keep the dough as a base, place one spaghetti stick in it. Give your child a bowl of cheerios. Let them loop the cheerios into the spaghetti one by one.

### Language Arts: **Puppet Game**

- Objective: Puppet Game
- Material: if you have puppets you can use them or instead use dolls
- Procedure: create imaginary stories for your children oh and don't forget to use different tones of voice that will catch their attention.

### Math: **Zero game**

- Objective: Zero game
- Procedure: Ask your child to hop on one foot 5 times and then ask to hop on other foot Zero times. Or ask your child to put 6 oranges into your shopping basket then ask your child to put zero oranges in the basket. You can use this opportunity to discuss with your child that zero means nothing.

### Science: **liquid and solid**

- Objective: learn about liquid and solid
- Procedure: show your child how water turns into ice inside the fridge and then compare the water to the ice

## **Wednesday**

### Practical Life: Washing Windows

- Objective: Learn to wash a window
- Materials: Bowl or bucket of soapy water; sponge; squeegee; paper towels
- Procedure: Pick a window or pane of glass close to the floor. Show your child how to wash a window. 1) Place sponge in soapy water and wring out a little. 2) take the sponge and wash the window. 3) Take the squeegee and starting from top right, go down and work in columns until the window is now dry. 4) Use the paper towels to wipe the squeegee between columns. 5) Now it's your child's turn.

### Sensorial: **Warm vs. Cold**

- Objective: Warm vs. Cold
- Materials: Two water bottles
- Procedure: Fill one bottle with hot water and the other with ice-cold water.

- Note: Please make sure the hot water is at the appropriate temperature for children and seal the bottle.

#### Language Arts: **Opposites**

- Objectives: Opposites [opposite 1](#) [opposite 2](#)
- Procedure: Discuss opposites with your child
- Note: Big-Small, Tall-Short, Thick-Thin, etc.

#### Math: **Sorting by size**

- Objectives: Sorting by size
- Materials: Different size of pompoms, 3 cups
- Procedure: Offer your child different sizes of pompoms (or any materials at home) and help them sort it by small, medium and large.
- Observe your child sorting on their own.
- Notes: You can also use buttons or anything around the house.

#### Science: [Naming continents](#)

- Objective: Naming continents
- Materials: Teach your child names of the continents
- Note: Attached a link of the song

### **Thursday**

#### Practical life: **Brushing teeth**

- Objective: Brushing teeth
- Materials: Toothpaste, Toothbrush, Sink
- Procedure: Practice brushing teeth and tongue with your child
- Note: Communicate with your child how important brushing your teeth is.

#### Sensorial: **Playdough shapes**

- Objectives: Playdough shapes
- Materials: Playdough, Shape cookie cutters
- Procedure: Offer your child the play dough and cookie cutters on a tray. Allow them to make shapes out of it
- Note: They can also make geometric shapes like sphere, cylinder, cone,

#### Language Arts: **Alphabet matching**

- Objective: Letter matching [Letter/Number](#)
- Materials: Two sets of alphabet cards

- Procedure: Place both sets of cards on a rug and allow your child to find the matching letter

Math: **Number matching**

- Objective: Number matching
- Materials: Two sets of number cards
- Procedure: Place number cards on a rug and allow your child to match the numbers

Science: **Magnetic and non-magnetic**

- Objective: Magnetic and non-magnetic
- Materials: A group of magnetic, non-magnetic materials and a magnet
- Procedure: Give your child a magnet and ask them to touch each object to see which attracts the magnet and which does not.

**Friday**

Practical Life: **Folding**

- Objective: Folding socks
- Materials: Three pairs of socks
- Procedure: [https://www.youtube.com/watch?v=KZbV-\\_OFqq8](https://www.youtube.com/watch?v=KZbV-_OFqq8)

Sensorial: **Sorting**

- Objective: Sorting colors using a crayon
- Material: Crayons, tray
- Procedure: Offer your child different colors of crayons on a tray and allow your child to sort by colors.

Language Arts: **Letters**

- Objective: Letters in your child name
- Procedure: Review the letters in your child's name.
- Note: Can also count how many letters they have in their name

Math: **Rolling the die**

- Objective: Rolling the die
- Materials: Die
- Procedure: Roll the die on the rug and ask your child to count the number of dots it has on top.

Science: **Swim vs. Fly**

- Objective: Swim vs. Fly

- Procedure: Name different animals or insects and ask your child which ones swim and which ones fly.
- Notes: Ex- Do ladybugs fly or swim?