



# AAUW PRESCHOOL

## HOME ACTIVITIES



### DAILY ACTIVITIES

- Converse with your child regularly (around the dinner table, while running errands) about what they see, what they're doing, etc.
- Read to your child daily. Include a variety of fiction, non-fiction, and picture books.
- Play with your child. Let your child lead the play.
- Limit screen time to 1 hour per day of high-quality programming. This includes television, computers, video games, and other electronic gadgets.
- Children learn best with hands-on, direct experiences - play! Flash cards or drill-and-practice methods are not recommended for early childhood.

### ACTIVITIES AT HOME

- Read a book
- Draw with crayons, pencils, markers
- Play a board game
- Dance to your favorite music
- Set up an obstacle course
- Make and play with playdough
- Play "I Spy"
- Act out a favorite story
- Plant a small garden
- Have a picnic in the back yard

- Fly a kite
- Throw or kick a ball around the yard
- Build a blanket fort
- Blow bubbles in the yard
- Have a scavenger hunt around the house or yard
- Have a tea party
- Cook or bake following a simple recipe
- Count bugs on the sidewalk
- Play make-believe (store, doctor, etc.)
- Cut out pictures from an old magazine or newspaper, glue onto paper and create a story or book
- Play dress-up
- Draw on sidewalk with chalk
- Sensory play with rice, beans, corn, flour, or cornmeal in a plastic bin with scoops, cups, funnels
- Count birds in the backyard
- Do a simple science experiment such as baking soda and vinegar "volcanoes"
- Create 3-D art with tape and recyclables such tubes, tubs, & boxes

### MORE IDEAS AND SHARING EXPERIENCES

- Join AAUW Preschool's closed Facebook group AAUW Preschool - Waukegan IL to see and share ideas

### ACTIVITIES AWAY FROM HOME - "FIELD TRIPS"

- Take a nature walk through your neighborhood, park, or forest preserve
- Take a drive around town and talk about local sites and signs you see

### VIRTUAL FIELD TRIPS

- Zoos
  - o <http://www.zooview.tv/>
- Aquariums
  - o <http://www.aquariumofpacific.org/onlinelearningcenter>
- National Parks
  - o <https://matadornetwork.com/read/best-national-parks-webcams/>
- Museums
  - o <https://www.kohlchildrensmuseum.org/home-zone-steam-childrens-museum-activities-for-home/>

### TALK... READ... PLAY! (REPEAT)



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