

Pre-K Choice Board

<p>Coloring</p> 	<p>Sensory</p> 	<p>Numbers</p> 
<p>Shapes</p> 	<p>Reading</p> 	<p>Letters</p> 
<p>Labeling</p> 	<p>Gross Motor</p> 	<p>Fine Motor</p> 
<p>Calendar</p> 	<p>Weather</p> 	<p>Sorting</p> 
<p>Music</p> 	<p>Play Center</p> 	<p>Life Skills</p> 

Use the Choice Board to select activities each weekday.

See the descriptions of each choice on the following pages.

Coloring:

Directions:

- Choice 1: Download the free Kidlo Coloring Book app. Follow directions in the app.
- Choice 2: Color a picture you have at home or one in this packet

Sensory:

Directions:

- Choose one of the following:
 - Hide little household items or toys in the following:
 - Rice, dried beans, pasta, or sand
 - Play-Doh Recipe #1
 - MATERIALS
 - 2 cups all-purpose flour
 - 3/4 cup salt
 - 4 teaspoons cream of tartar
 - 2 cups lukewarm water
 - 2 Tablespoons vegetable oil (coconut oil works too)

(OPTIONAL: FOOD COLORING)

INSTRUCTIONS

1. Stir together the flour, salt and cream of tartar in a large pot. Next add the water and oil. If you're only making one color, stir in the color now.
2. Cook over medium-heat, stirring constantly. Continue stirring until the dough has thickened and begins to form into a ball. Remove from heat and then place inside a bowl, gallon sized bag or onto wax paper.
3. Allow to cool slightly and then knead until smooth. If you're adding colors after, divide the dough into balls (for how many colors you want) and then add the dough into the quart sized bags. Start with about 5 drops of color and add more to brighten it. Knead the dough, while inside the bag so it doesn't stain your hands. Once it's all mixed together, you're ready to PLAY.

4. Store the play dough inside the bags to keep soft. If stored properly it will keep soft for up to 3 months.

- Play-Doh Recipe #2

- MATERIALS

- 1 cup flour
 - 1/4 cup salt
 - 3/4 cup of water minus 3 tablespoons
 - 3 tablespoons of lemon juice
 - 1 tablespoon cooking oil
 - 2 packets kool-aid (optional for fragrance and coloring)

- INSTRUCTIONS

- 1. Measure the water and lemon juice into a heatproof, microwavable 2-cup measuring cup. Heat in the microwave until just boiling, about three minutes.
 2. Meanwhile, mix together the flour and salt.
 3. If using Kool Ai d for the fragrance, slowly (and I mean s-l-o-w-l-y, because the mixture will foam a bit) pour the kool-aid packets into the HOT water and lemon juice mixture and add additional food coloring to intensify the color if desired.
 4. Slowly pour the liquid into the flour and salt mixture, and stir with a wooden paddle until it just barely begins to form a dough.
 5. Drizzle the tablespoon of cooking oil over the dough and stir again until it forms a ball. At this point, you may want to knead the dough with your hands.
 6. It may feel a bit sticky, too, but DO NOT add more flour. As the dough cools it will thicken and become less sticky. (Just like how gravy turns to sludge once refrigerated).
 7. Now, once the dough is completely cooled, you may add flour a tablespoon at a time until it is the perfect consistency.
 8. Allow the dough to cool a bit on a sheet of aluminum foil, parchment or wax paper. By the time you finish the next batch of playdough, the first will be cool enough to store.

- Slime

- Recipe #1

- 2 (4-ounce) bottles washable school glue, such as Elmer's (see note for variations)
 - 1 to 2 drops liquid food coloring (optional)
 - 1/4 cup glitter (optional)
 - 1 teaspoon baking soda
 - 2 to 3 tablespoons saline solution (i.e., contact lens solution), divided

INSTRUCTIONS

1. **Color the glue (optional):** Pour the glue into a medium bowl. Stir in the food coloring and glitter, if desired. This mixture doesn't need to be homogeneous, as you'll mix it even more after adding the baking soda.

2. **Add the baking soda:** Add to the glue mixture & stir until smooth.
3. **Add the contact lens solution:** Pour in 2 tablespoons of the contact lens solution and stir slowly. The mixture should begin to harden, becoming stringy.
4. **Mix until a ball forms:** Continue mixing slowly until a ball of slime forms.
5. **Knead by hand:** Pick up the slime and work between your two hands, until smooth. If the slime is particularly slimy, work in another 1/2 tablespoon of contact lens solution as needed.
 - **Hidden Figures:** Fold small figures or cars into the slime and ask your children to find them.
 - **Polka-Dot Slime:** Fold 10 to 15 soft pom-poms into clear slime (no coloring, no glitter)
 - **Cut-and-Measure Slime:** Provide your kids with a metal or plastic ruler and kid-safe scissors. See who can stretch their slime the furthest. Or practice counting and cut the slime into 10-inch pieces.

Recipe #2

To make the slime, you'll need shampoo of any type -- though the thicker, the better -- and cornstarch. Here's how to make it:

1. Put 1/2 cup shampoo and 1/4 cup of cornstarch in a bowl.
2. Mix well.
3. Add 3 drops of food coloring (optional).
4. Add 1 tablespoon of water and stir. Slowly add 5 more tablespoons of water, stirring well after each one.
5. Knead the slime for around 5 minutes. If you find that your slime is still sticky after kneading it for a while, keep adding cornstarch to the slime and knead it in until you get a good consistency.

- Bubbles

- **Recipe #1: Dura-Bubbles**

- 2 cups hot water
 - 1/4 cup dish soap
 - 1 (.25 oz) packet gelatin
 - 2 tablespoons glycerin

- Unlike basic dish soap, these professional grade bubbles may leave a little sugary residue behind when (or if) they land, so you probably don't want to use these indoors.

- **Recipe #2: Mile High Bubbles**

- 2 cups warm water
 - 1/3 cup dish soap
 - 1/4 cup corn syrup

Numbers:

Directions:

- Choose one of the following:
 - Count objects (Example: Goldfish, toys, puzzle pieces, books, leaves, rocks, etc.)
 - Measure household items with the ruler provided (Example: canned goods, spoons, forks, crayons, books, buttons, etc.)
 - Use your device to download one of the following free apps:
 - Match and Learn for Preschoolers
 - 123 Toddler Games

Shapes:

Directions:

- Choose one of the following:
 - Create a shape pattern from items found around your home
 - Forks, spoons, marshmallows, bowls, cups, canned goods, buttons, napkins, straws, pencils, crayons, books, etc.
 - Use your device to download the free "Shape Games for Kids Toddlers" app.

Reading:

Directions:

- Read books you have at home or You Tube has books that are read by different individuals.

Questions to Ask:

- Who are the characters?
- Where did the story take place?
- What happened in the story?
- What was your favorite part of the book?

Letters:

Directions:

- Look at “My Alphabet Chart”. Have students tell you each letter with their pictures and sounds (Example: D Dog duh).
- Your child can play the teacher and teach you each of the letters if they are able.
- Have your child write his or her name. Review the letters used. You can also write your child’s name and have them trace it.

Labeling:

Directions:

- Choice 1: Identify items in the living room, kitchen, bedroom, bathroom, etc. (couch, tv, table, chair, bed, bath tub, toilet, closet, etc.)
- Choice 2: Ask your child to put a stuffed animal in various locations around your house. Then, have your child label where the stuffed animal is. Use the following terms:
 - In
 - On
 - Below/Under
 - Above/Over
 - Next To

Gross Motor:

Directions:

- Choose one of following:
 - Walk up and down stairs
 - Jump 10 times
 - Hop on one foot 2-5 times (alternate feet)
 - Walk like a bear
 - Walk like a crab
 - Toss and catch a soft, small ball or beanbag

Fine Motor:

Directions:

- Choose one of the following:
 - Pick up coins using thumb and pointer finger and place in a cup
 - Clip clothespins to a box or other items around your house

- Make a macaroni necklace
- Practice cutting with scissors
- Create a craft

Calendar:

Directions:

- Count the number of days up to today. (Example: On Wednesday, April 8th, color the square yellow. Count to 8.)
- Color today's day on the calendar.
 - Mondays: Red
 - Tuesdays: Orange
 - Wednesdays: Yellow
 - Thursdays: Green
 - Fridays: Blue

Questions to Ask:

- Today's day of the week is _____.
- Today's month is _____.
- Today's day is _____.

Weather:

Directions:

- Look out the window. Choose the weather from the choices on your Weather Watcher Sheet.

Questions to Ask:

- What is the weather like today? (Example: Today, it is rainy and windy.)

Sorting:

Directions:

- Use items around the house to sort (spoons and forks, socks and pants, legos, and cars)
- Sort your snack items (Example: Goldfish group, pretzel group, etc.)

Music:

Directions:

- Visit the following channels on YouTube:
 - Super Simple Songs

- Pink Fong
- Cocomelon
- The Learning Station
- Jack Hartmann
- Dr. Jean
- Some suggestions:
 - Play with pots, pans, and spoons.
 - Dance.

Questions to Ask:

- What is the weather like today? (Example: Today, it is rainy and windy.)

Play Center:

Directions:

- Select one activity from the following choices to do today:
 - Puzzles
 - Choice 1: Do a puzzle you have at home.
 - Choice 2: Download the free Dino Puzzle Kid Dinosaur Games app or another puzzle app for your child to play.
 - Blocks and Legos
 - Cardboard Boxes
 - Toys

Life Skills:

Directions:

- Choose one of the following:
 - Set the kitchen table
 - Get dressed
 - Tie shoes
 - Work on potty training
 - Button shirt
 - Clean the table
 - Unload the dishwasher
 - Make your bed
 - Brush your teeth

Social/ Emotional:

Self-Regulation Wheel

Self-regulation is essential for social, emotional, academic, and life success. Help your children and family members recognize what they are feeling and then choose a breathing strategy.

Directions:

- Cut out each circle around the outer edge.
- Cut out the rectangle along the dotted line below the words **I Feel**.
- Cut out the hole in the center of both circles. Use a brad to attach the two circles.

This is a helpful tool for children to identify the feeling, even if they are not communicating it verbally.

Kindness Pizza

The Kindness Pizza is a silly, symbolic way to record kindness. Each time your children perform a kind act, note it by sticking a “pepperoni” on the Kindness Pizza. This helps you focus on kind acts, seeing the best in others, and practicing unity.

Directions:

- Cut out the pizza shape and the pepperoni circles.
- Attach a pepperoni to the pizza to represent each kind act.
- Celebrate acts of kindness.

Questions to ask:

- Did you notice anyone doing something kind today?
- Have you done anything kind for someone else?

Alphabet

CHART

Aa



Bb



Cc



Dd



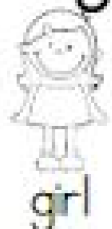
Ee



Ff



Gg



Hh



Ii



Jj



Kk



Ll



Mm



Nn



Oo



Pp



Qq



Rr



Ss



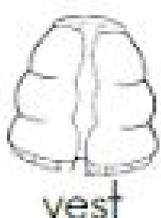
Tt



Uu



Vv



Ww



Xx



Yy



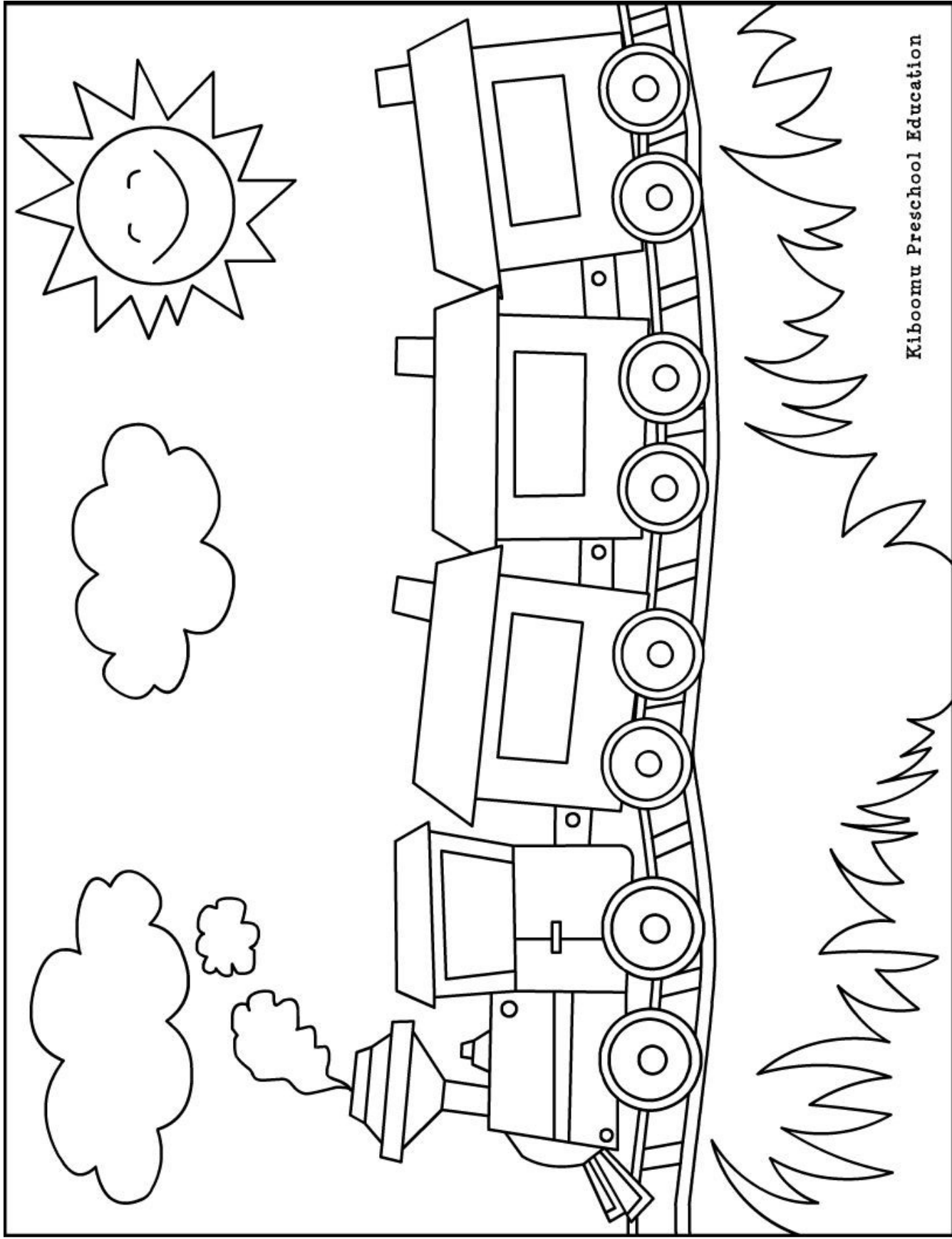
Zz

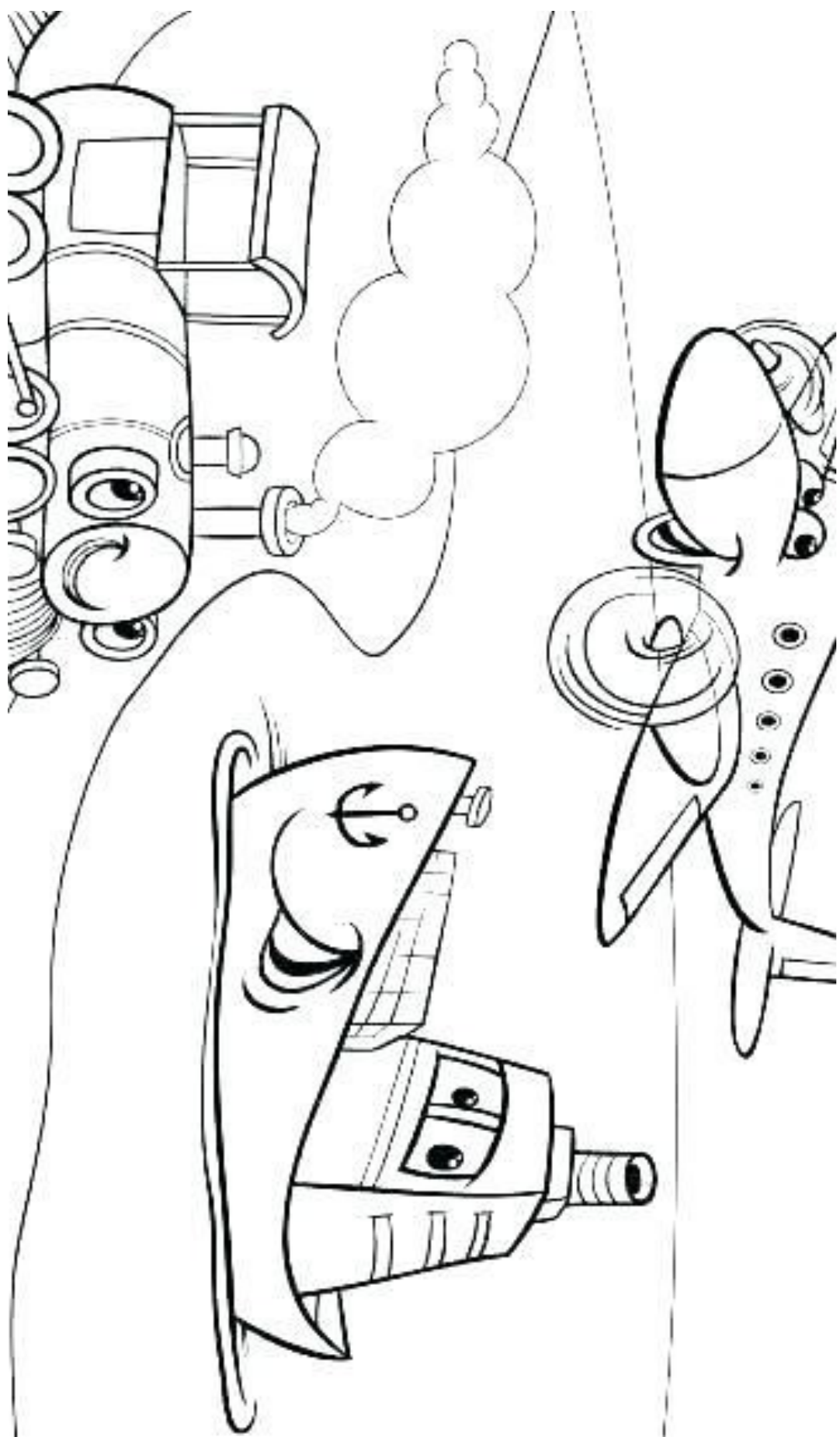


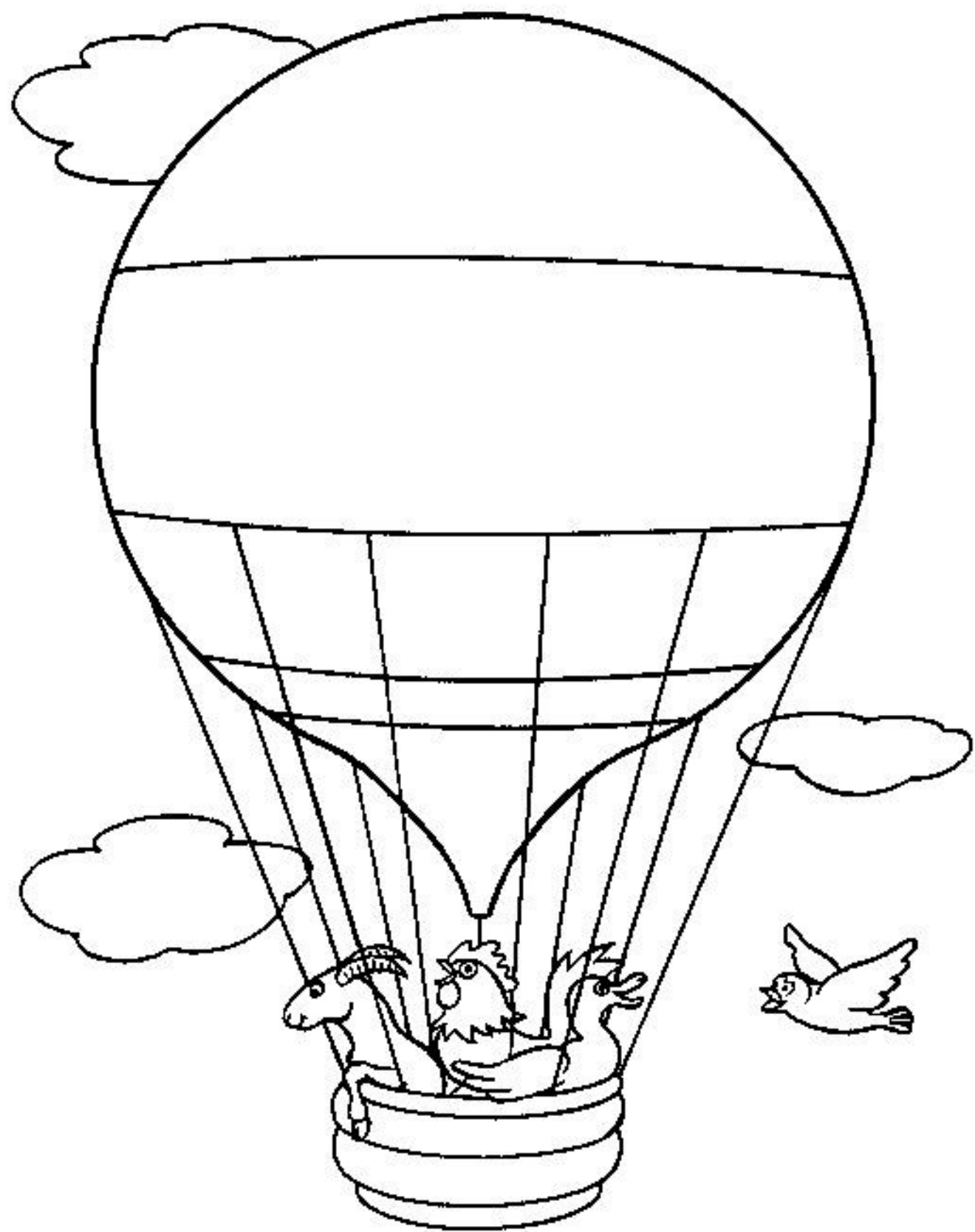
SNOWY

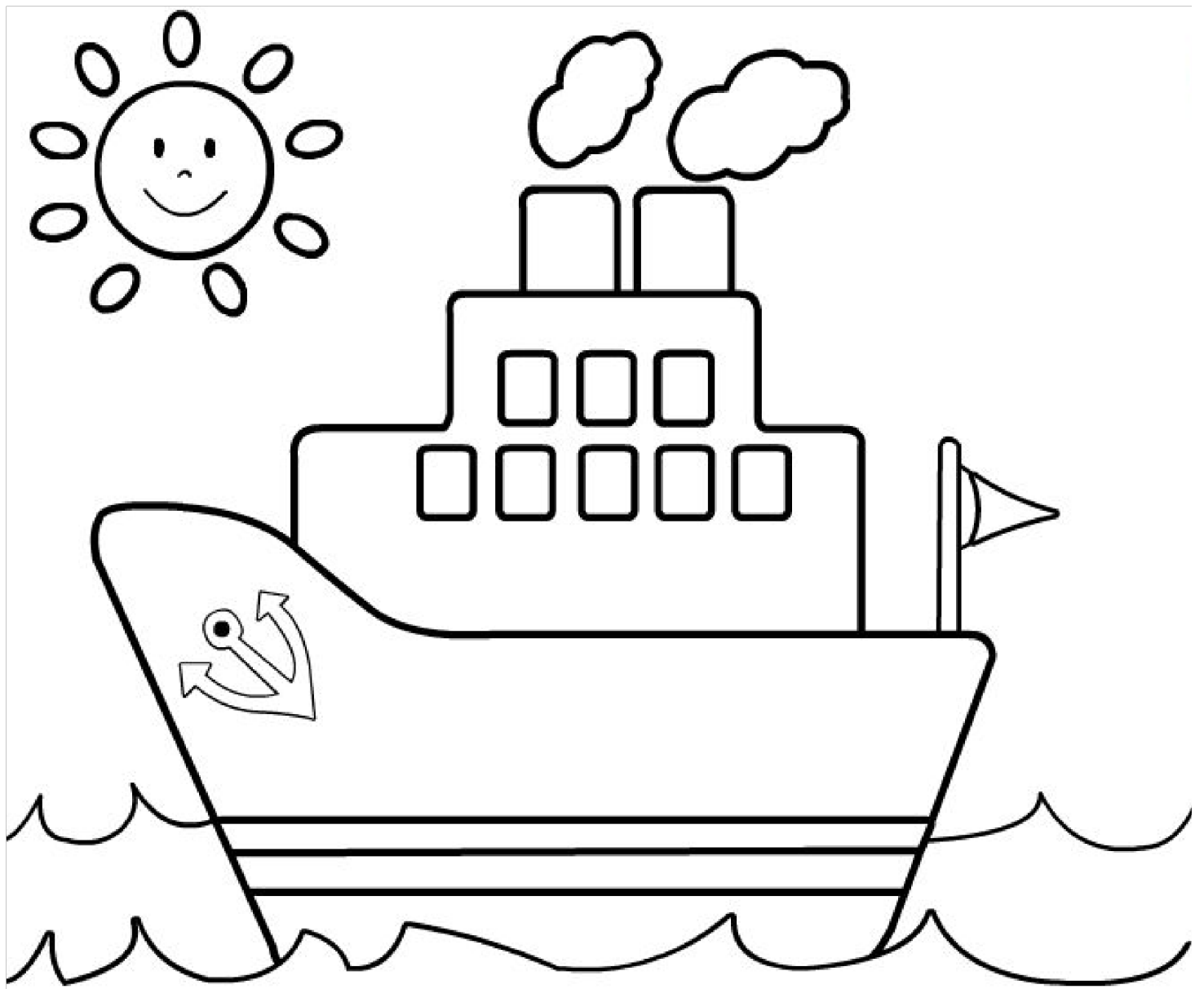


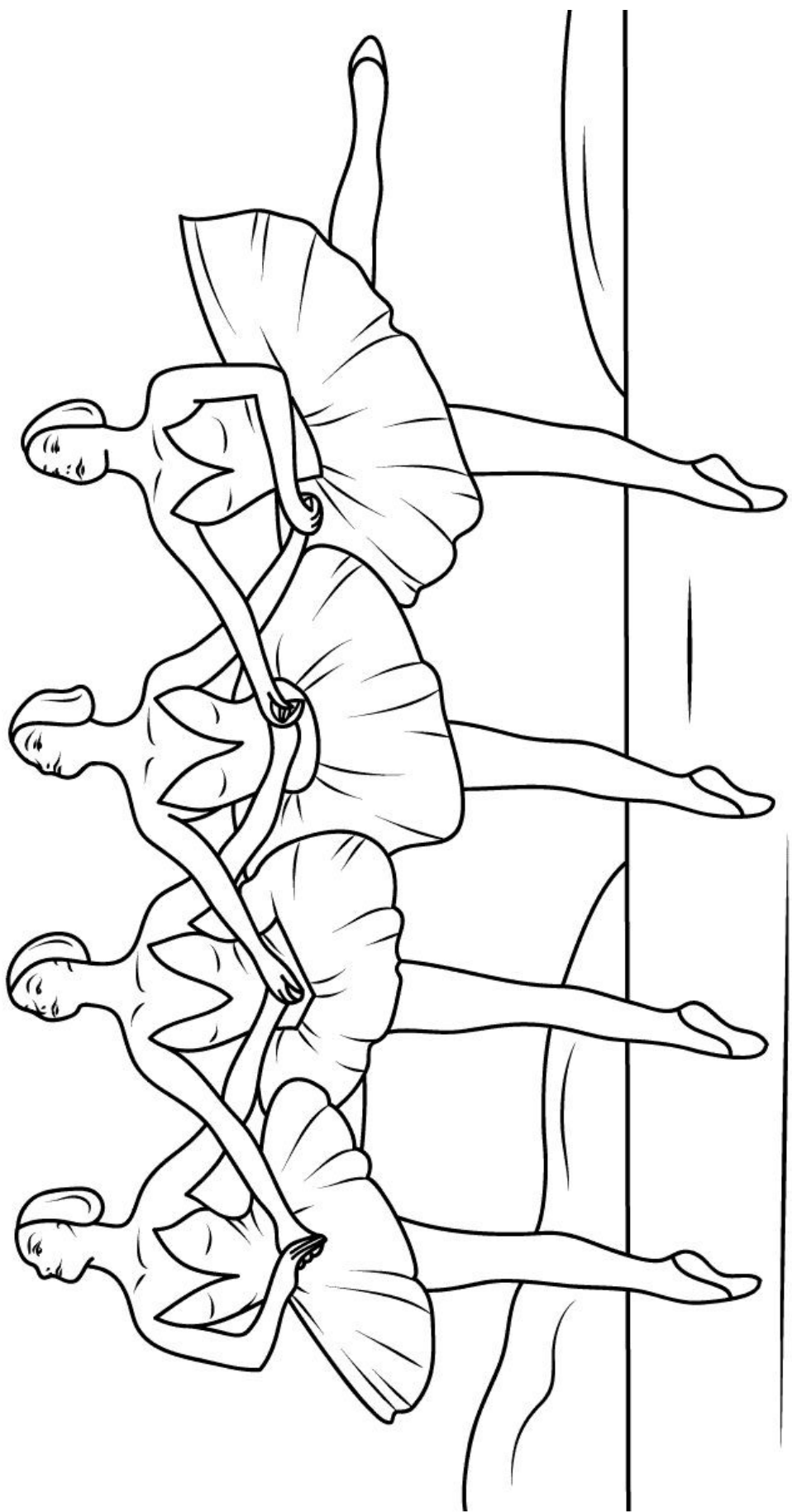
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday















Calming Strategies

.....
The brain functions best in a safe environment. Our class starts each day the brain smart way. Each day the children will...

- ♥ *Unite as one group*
- ♥ *Connect with each other through various greetings*
- ♥ *Disengage the stress response as children and teachers transition from home to school*
- ♥ *Commit to a wonderful day of learning and caring for each other*

This learning routine sets the tone for the entire day. It is the first step in the process of developing the school family.

Safe Place

At school we have created a Safe Place. When a child feels upset, the child can go to the Safe Place to regain composure. We have posted icons representing some of our calming strategies and provided several calming activities (books to read, puzzles to put together). The child uses the icons as reminders and may choose to implement one of the strategies. You may want to create a Safe Place at home. Here are the icons for some of the calming strategies that your child knows.

S.T.A.R.

This is a calming activity that your child has learned at school. When children feel upset, it is helpful for them to have a repertoire of strategies for calming down and developing self-control. If your child becomes upset, you may want to suggest using the strategy.
Smile, Take a deep breath, And Relax

Balloon

This is a calming activity that your child has learned at school. When children feel upset, it is helpful for them to have a repertoire of strategies for calming down and developing self-control. If your child becomes upset, you may want to suggest using the strategy.

- Place your hands on your head and lock your fingers together.
- Breathe in deeply and raise your hands over your head as if your air were filling up a balloon.
- Sniff in more air. Sniff in one more time.
- Then let the air out as you drop your hands back down to your head.
- Make a "ppppbbbbbbbb" sound as the air empties from the pretend balloon. Repeat.

Drain

This is a calming activity that your child has learned at school. When children feel upset, it is helpful for them to have a repertoire of strategies for calming down and developing self-control. If your child becomes upset, you may want to suggest using the strategy.

- Extend both arms in front of your body parallel to the floor while you make a fist with both hands. Imagine your hands are faucets.
- Tighten your muscles and exhale slowly while releasing your muscles. Make a "sssshhh" sound as you pretend to release the water in the faucets.
- End with your hands open and your arms relaxed at your
- After a few seconds, repeat.

Pretzel

This is a calming activity that your child has learned at school. When children feel upset, it is helpful for them to have a repertoire of strategies for calming down and developing self-control. If your child becomes upset, you may want to suggest using the strategy.

- Stand or sit, and cross one ankle over (or in front of) the other.
- Extend your arms to the front.
- Cross one wrist over the other wrist, face palms together, and clasp hands together. Bring clasped hands in toward the chest, twisting them down and toward the body and then up next to the chest.
- Close eyes and inhale with tongue positioned on the roof of your mouth. Exhale and release your tongue.
- Repeat This activity shifts the electrical energy of the brain from the low level (survival centers) to the higher regions (reasoning centers). The tongue on the roof of the mouth stimulates the limbic system to coordinate with the frontal

Bunny Breathing

This is a calming activity that your child has learned at school. When children feel upset, it is helpful for them to have a repertoire of strategies for calming down and developing self-control. If your child becomes upset, you may want to suggest using the strategy.

- Hold one hand up with two fingers standing tall like a peace sign to represent the bunny. The tall fingers are the ears and the balled hand is the bunny body.
- Scrunch up your nose and take three short breaths. As you do this, have the bunny's ears go up and down with the breathing.
- Hold your breath for three seconds and then exhale slowly, moving (hopping) your hand across your body as if the bunny is hopping away.
- Try to exhale as long as the bunny is hopping

Eye Rest

This is a calming activity that your child has learned at school. When children feel upset, it is helpful for them to have a repertoire of strategies for calming down and developing self-control. If your child becomes upset, you may want to suggest using the strategy.

- Place your hands over your eyes (palms over eyes and fingers resting on your forehead).
- Breathe in and out slowly while gently massaging your forehead with your fingertips

Roller Coaster Breathing

This is a calming activity that your child has learned at school. When children feel upset, it is helpful for them to have a repertoire of strategies for calming down and developing self-control. If your child becomes upset, you may want to suggest using the strategy.

- Stand with your arms at your side.
- Take in a breath as you swing your arms up and rise on your toes like a coaster going up hill. Then swoop your arms downward as you bend your knees to a squatting position and exhale with a "swoosh" (like a roller coaster going down hill).
- Repeat several times for a great roller coaster ride. Be sure to make a loud "swoosh" on each downward movement.

Calming Affirmations

Repeating these affirmations when feeling upset may help your child relax and regain composure. Your child always has a choice. Choosing to calm down before acting when he or she is upset is a smart and helpful choice.

I am safe. I am calm. I can handle this.

I FEEL



I CAN CALM.



STAR.



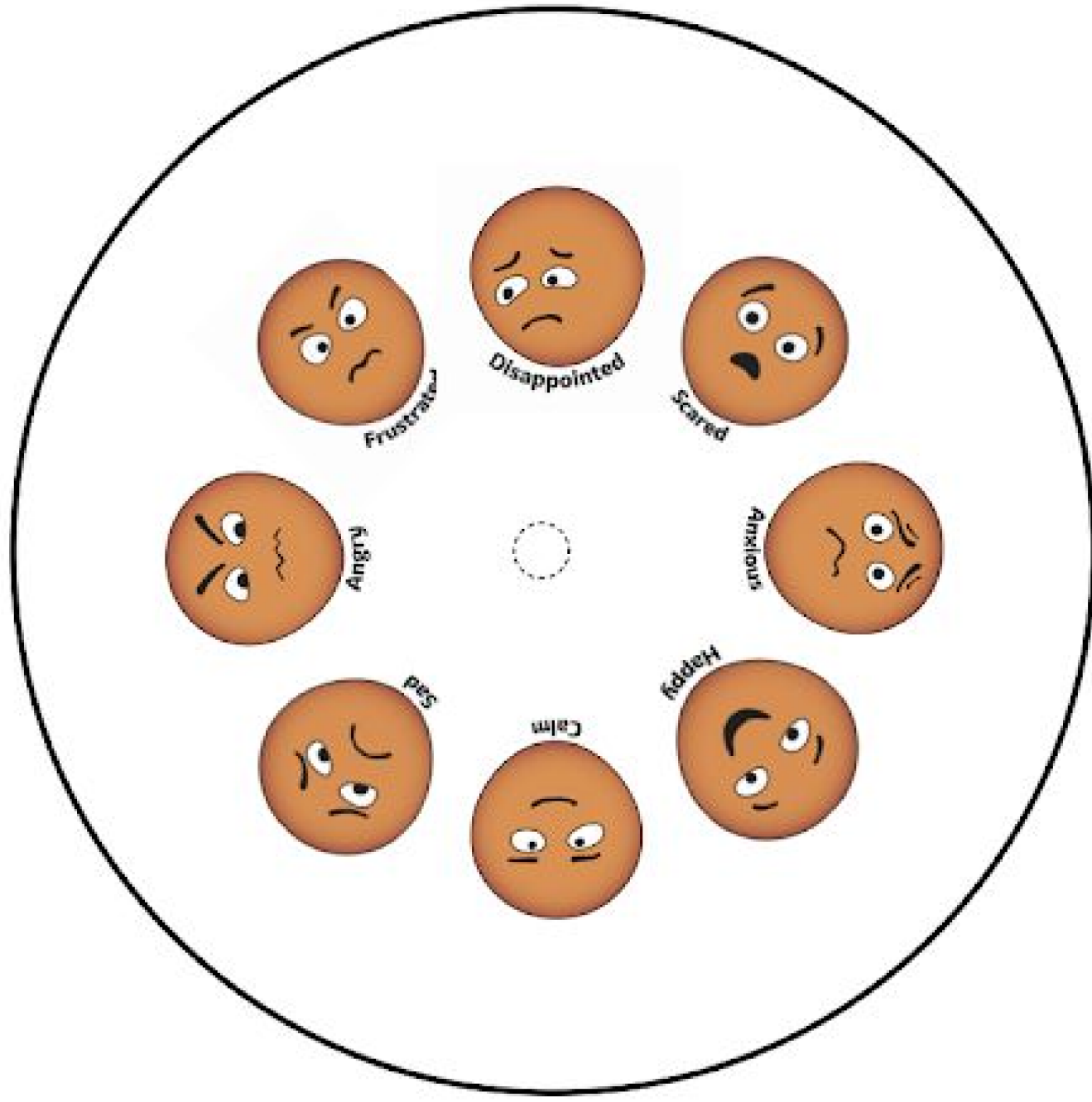
BRAIN



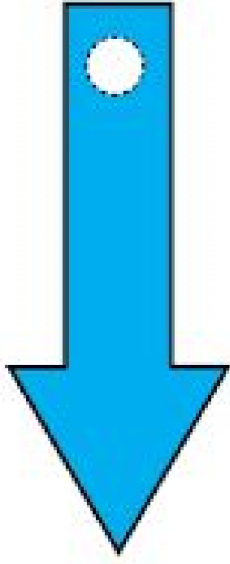
BALLOON



PRETZEL

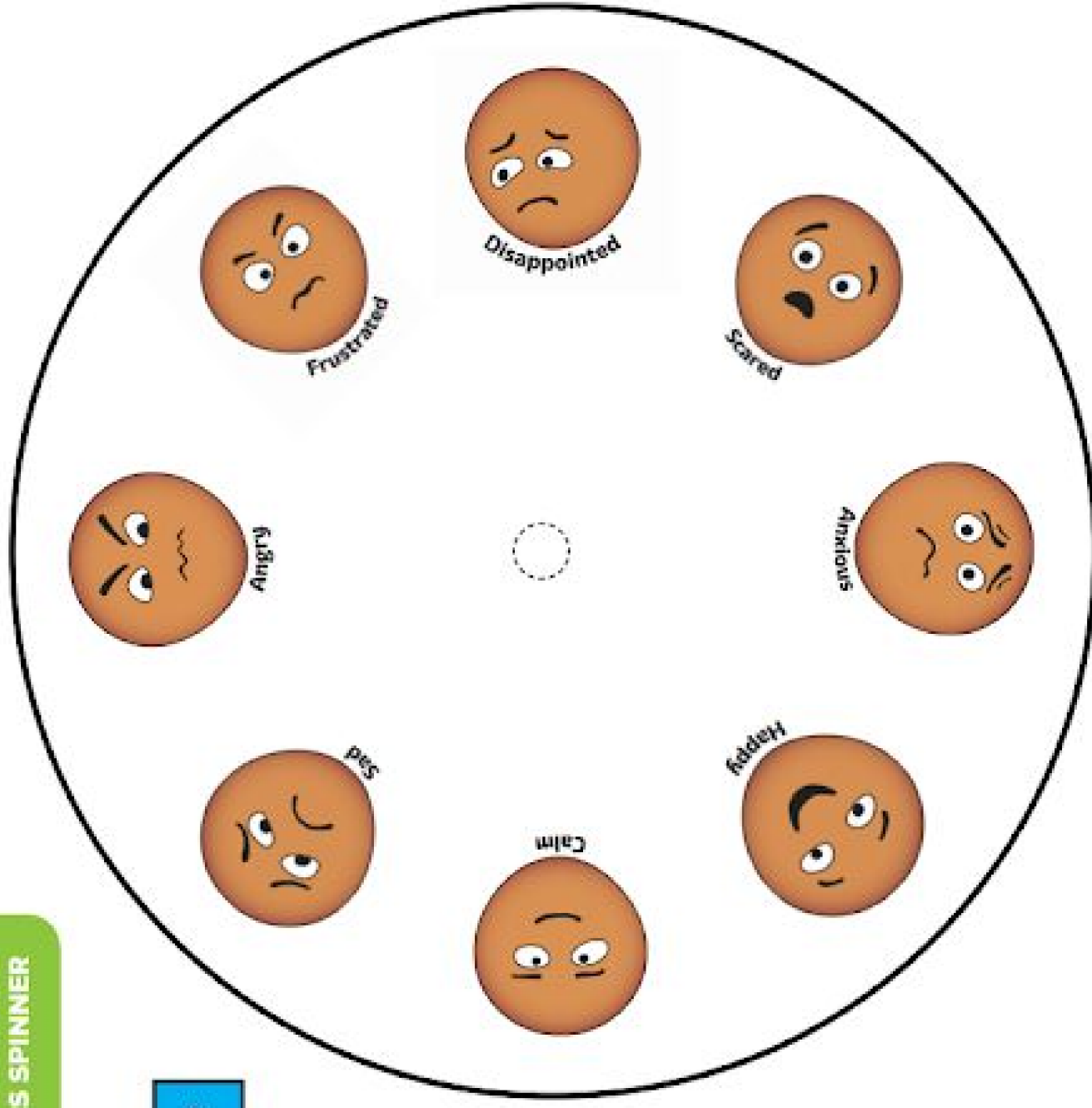


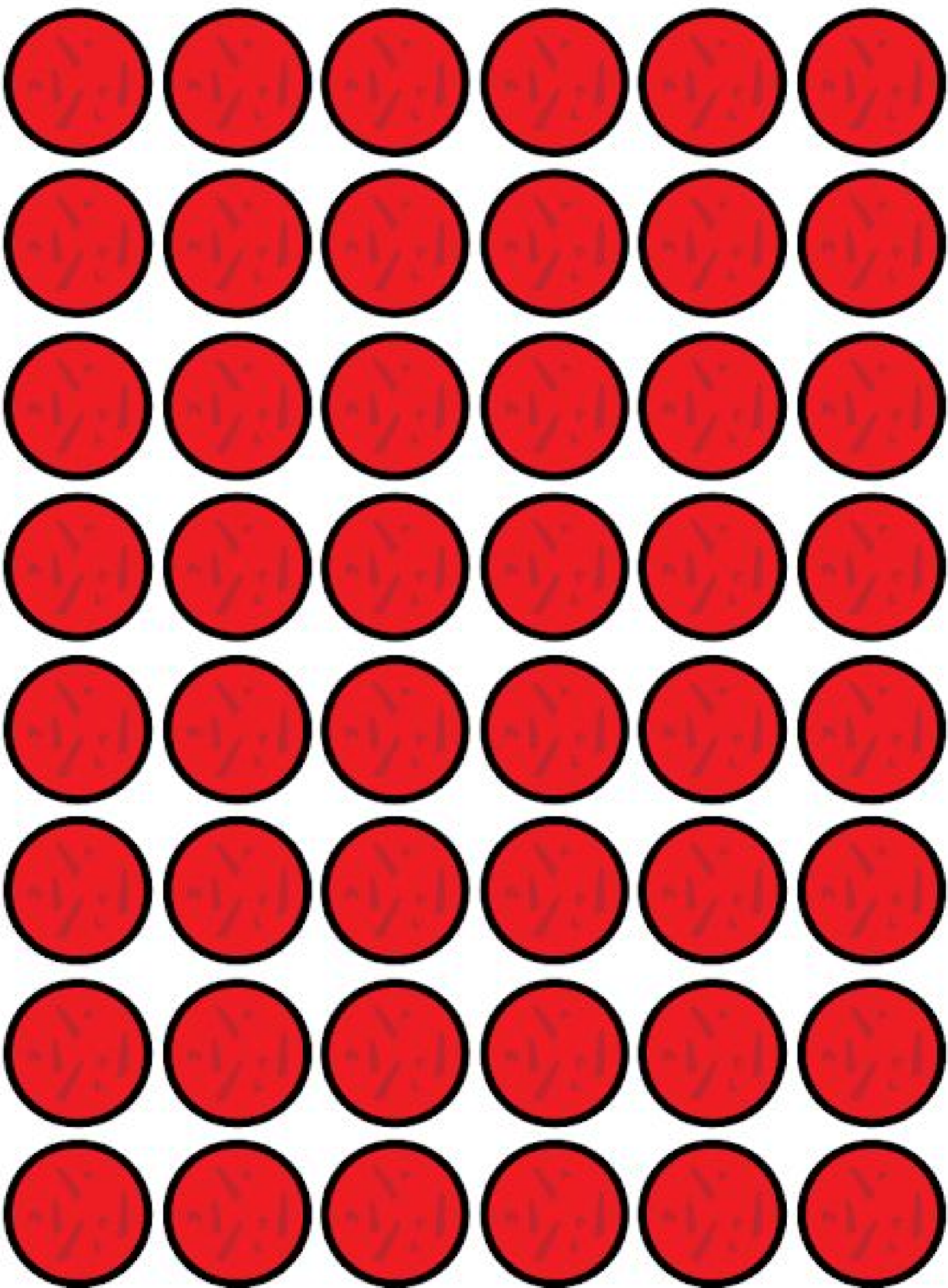
MAKE-N-TAKE: FEELING FACES SPINNER



INSTRUCTIONS:

1. Print and laminate.
2. Cut out the circle around the outer edge.
3. Cut out the arrow around the outer edge.
4. Cut out small circles, and insert brad to attach the arrow.
5. Take a spin and imitate the feeling face where the arrow lands.



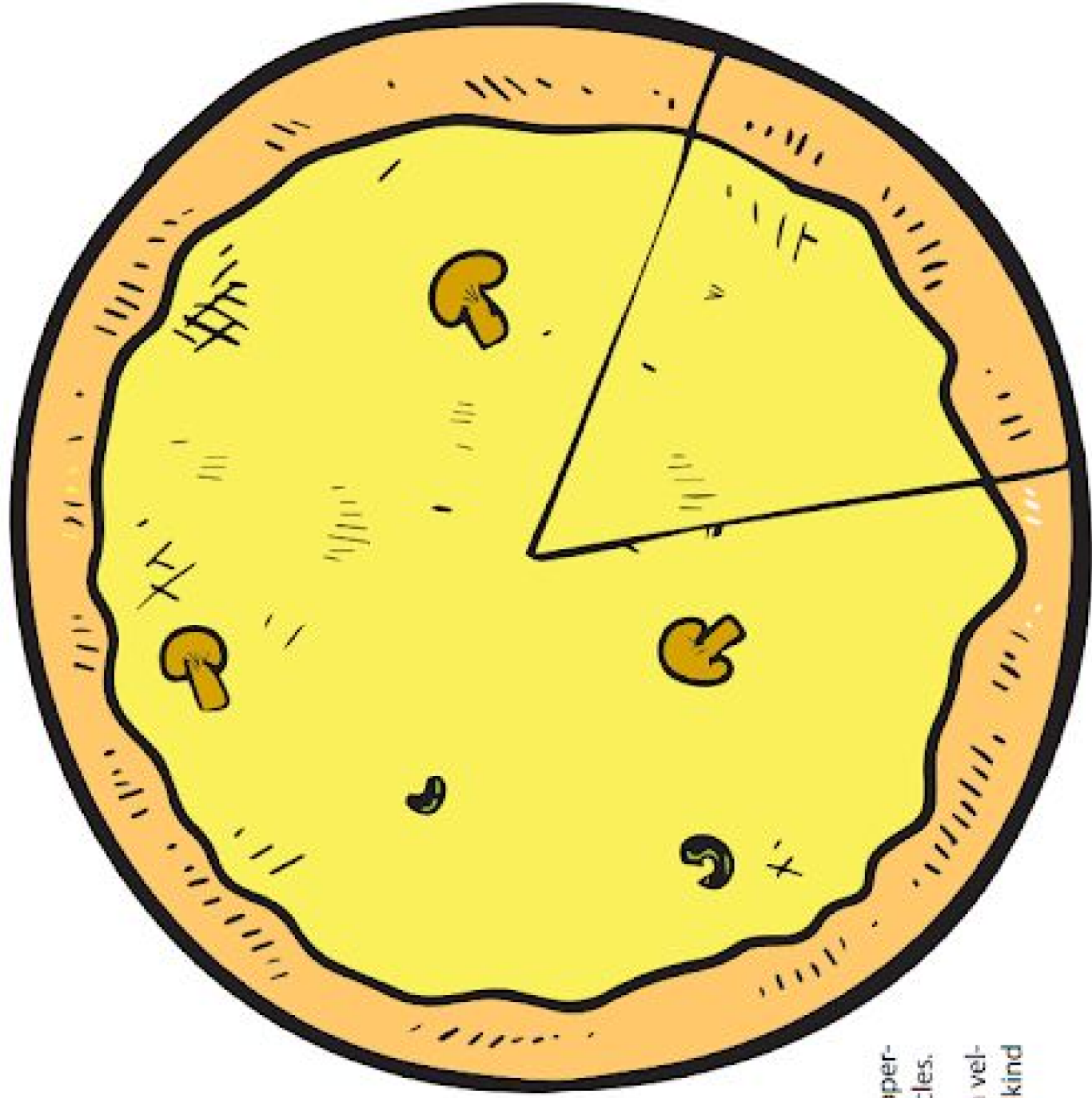


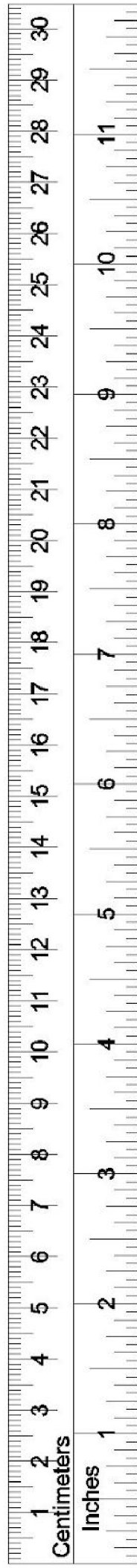
KINDNESS PIZZA

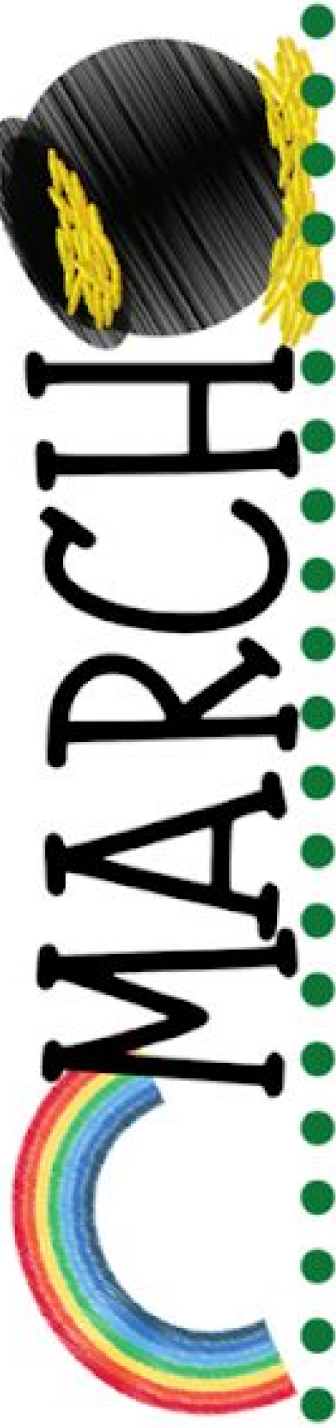
INSTRUCTIONS:

Print and laminate the pizza and pepperoni circles. Cut out the pepperoni circles.

Attach a pepperoni to the pizza with velcro or Sticky Tak to represent each kind act occurring in the School Family.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

