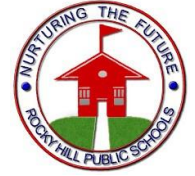


Enrichment Activity Matrix - Mid Pre K

Please visit the [Curriculum & Instruction](#) page of the district website for more Information.



Reading & Writing	Mathematics	Science and Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education/ Brain Break
<p>Encourage Young Storytellers! Have your child create a story from his/her own imagination. Bonus: Create pictures that go with the story.</p>	<p>Choose one PreK activity on:</p> <ul style="list-style-type: none"> • Khan Academy • Math At Home 	<p>Time to Learn! Choose a social studies video from BrainPOP Social Studies to watch.</p>	<p>Be a Sugar Detective! Foods like yogurts, cereals, granola bars, sauces, dressings, and condiments are sneaky sources of sugar. The American Heart Association recommends kids should have less than 25 grams or 6 teaspoons of added sugars daily for a healthy heart.</p>	<p>Make Your Own Drum!</p> <ol style="list-style-type: none"> 1. Gather an empty carton, jar, or can. 2. Use a plastic bag or fabric to cover the top and secure it with an elastic. The tighter you pull the fabric, the better the sound. 3. Grab pencils as drumsticks and make some music! 	<p>Scavenger Hunt! Have your child retrieve 5 items in 5 minutes.</p> <ul style="list-style-type: none"> • something red, blue, green, or yellow. • something that brings joy. • something square or round. • Something bendy or straight. • Something squishy or hard.
<p>Read or listen to a fiction and/or nonfiction book on:</p> <ul style="list-style-type: none"> • Tumble books • Unite for Literacy 	<p>Choose a game or printable from GregTang Math.</p>	<p>Be a Scientist! Choose an experiment from Science Fun to do.</p>	<p>Crunch Your Veggies! Snack on crunchy stuff like carrots or celery throughout the day.</p>	<p>Draw/Paint to Music! Letting your creativity flow in response to music is a great way to let out feelings and relax.</p>	<p>Fitness in a Minute! Try performing activities for one minute: Jumping jacks, run in place, sit ups, push ups.</p>
<p>Choose an activity from PBS SoCal.</p>	<p>Practice counting 1-10.</p>	<p>Safety Skills! Practice your phone number and address.</p>	<p>Eating the Alphabet Taste Test. Choose a letter of the alphabet and taste fruits and vegetables that begin with that letter.</p>	<p>Strike Up The Band! Gather up all music making "instruments" you can find including pots, pans, bowls, empty milk cartons.</p>	<p>Animal Walks! Crabwalk, inchworm crawl, snake slither, and duck walk. Practice walking this way from one room to another.</p>
<p>Explore the activities on Jump Start Learn at Home.</p>	<p>Play a board game such as Monopoly Jr., Robot Turtles or My First Castle Panic.</p>	<p>Science Explorer! Choose a science video from BrainPOP Science to watch.</p>	<p>What Am I? Place a couple fruits and vegetables inside a box & have your child put his/her hand inside and try to guess what it is by feeling.</p>	<p>Musical Statues!</p> <ol style="list-style-type: none"> 1. Play music and dance. 2. Stop the music and freeze like a statue. Turn the music back on and continue dancing. 	<p>5 Minute Dance Party! Turn on music and have your child do a different movement every time the song changes.</p>
<p>Choose a just-right book and read for at least 15 minutes.</p>	<p>Build puzzles.</p>	<p>What Are You Wondering? Explore at Wonderopolis.</p>	<p>Choose a health video from BrainPOP Health to watch.</p>	<p>Draw a new cover for a favorite book. What would you include? Why?</p>	<p>Leap Frog! Leap like a frog 10 times.</p>

- ◆ For more resources visit Cora J Belden's [Children Department](#)
- ◆ Need a new book to enjoy? Visit the [CT State Library](#). For books read aloud see the [Story time tab](#).