



Monthly Family Activity Guide

OCTOBER THEME: The Five Senses

Designed to help support learning and development at home inspired by the Frog Street curriculum used in the Springfield Public Schools pre-school classrooms

Writers Corner

- Use playdough to form letters.
- Manipulate shaving cream or sand to form letters.
- Place hair gel in a bag with a letter card behind it to trace the letter.

ABC

- Make a T chart, label one side for straight lines and the other for letters without straight lines. Sort letters from your child's name, then do the same for curved vs not curved.
- Use glue to help your child write their name on a paper then pour salt over it. Wait until dry to touch it.

Gross Motor

- Set up a sensory walk. Fill bins with various materials such as pom-poms, shaving cream, leaves, sticks, bubble wrap, water (warm and cold), shredded paper etc. This will be best implemented outdoors.

Outdoor

- Go on an outdoor scavenger hunt. Find items you can hear, smell, touch, see and bring a snack to taste. Have your child describe what they hear, smell, touch, see and taste.

Math

- Have an assortment of socks for children to match. Ask how are they alike how and are they different?
- Gather a basket of different textured objects you find in your home. Have your child sort by texture (soft, rough, smooth, prickly etc.).

Calm (Social-emotional)

- Teach your child how to take a big belly breath in and release it. As they breath in say smell the flowers and as they release it say blow out the candles. Repeat three times to help your child learn how to regulate their emotions

Creativity Station

- Paint with paintbrushes or popsicle sticks using vanilla or peppermint extract.
- Mix cinnamon into paint and fingerprint. Discuss the smell, if it has a sound and how it feels.

Sensory

- Use baby shampoo and warm water to fill a bin. Talk about the colors in the bubbles, what they feel, what they see and smell.
- Make a touch and feel box out of a shoebox, place an object inside. Have your child reach in with their eyes closed and describe what they feel.