



Monthly Family Activity Guide

FEBRUARY 2024 THEME: Creative Me

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

Outdoors

- Go for a walk in your neighborhood or while taking a drive look at houses and buildings. Look at what materials were used for each building. Talk about the materials, this building used brick, this house used wood, the roof is made of slate. Have your child draw some of the buildings you saw and talk about how your child would build each one.

Language and Literacy

- Give your child a puppet (or have them make one). Have them create their own puppet show. Encourage them to write a script beforehand or transcribe their story while they act it out and then read it back to them.

Fine Motor

- Use a rolling pin with playdough or slime. Have your child pretend to roll out the pizza dough. Use a roller, scissors or a butter knife to cut pizza slices.
- Encourage your child to create using playdough. What will they create, what tools do they need to create with? Give your child pipe cleaners, googly eyes, straws and anything else fun you can think of to help their creation come to life.

Music

- Gather instruments and sing some songs together. Here are some fun songs to sing and make music to: Hello my name is Joe, Herman the Worm, Twinkle Twinkle Little Star, If You're Happy and You Know it, This Old Man, The Wheels on the Bus, The Itsy-Bitsy Spider and any songs that are favorites in your house.

TEN FRAME

Math

- Use a ten frame (draw one, print one out or use painters' tape on the floor) and give your child items to place on the ten frame such as pom-poms, counting bears, pennies, paper clips or any other items you have in your home. When your child places items on the ten frame ask them questions like; how many would you have with 3 more or how many would be 3 less, how do you know, how many more would you need to make ten?

Calm (Social-emotional)

- Encourage your child to think about what butterfly breathing would look like and have them teach you how to do it. Then teach them how you think butterfly breathing would look like. Ask your child how they feel after they used butterfly breathing.
- While your child is calm ask if they want to play a game. Ask them to turn their back to you and draw a shape with your finger on their back and ask them to guess what shape you drew. Take turns. Your child can use this tool to help regulate their emotions as well.

Creativity Station

- Create your own map. It could be of your street, your city or a place of make believe. Draw your own buildings, cut buildings out of magazines or print some out. What will you name your streets, where will people live, how will they travel?
- Gather paint, paper and a pencil. Dip the eraser in the paint and have your child create a dot painting.

Sensory

- Help your child make their own slime! You will need glue, water, contact solution and baking soda.
- 1/2 Tbsp of baking soda
 - 1 Tbsp of contact solution
 - 1/2 cup of glue
 - Food coloring, glitter, and any other additives you desire.
 - Add glue to bowl. In a separate bowl add warm water and baking soda. Combine all of the above in one bowl and then add the contact solution and stir until you reach the desired consistency.