









## Flex Learning Board - Pre-K

**Parents & Guardians:** The activities below are *optional* for you to complete with your child at home.

**Question of the day:** What is your favorite number?

**Letter of the Week:** Qq

**Story of the Week:** Ten Black Dots

<b>Language and Literacy</b> 	<b>Math</b> 	<b>Science</b> 	<b>Large Motor/ Music</b> 	<b>Art/Sensory/ Fine Motor</b> 	<b>Social/ Emotional</b> 
<b>Story Retell</b>	<b>10 Black Dots</b>	<b>10 Rocks</b>	<b>Simon Says</b>	<b>Rock Painting</b>	<b>Calm Down Area</b>
<p>Retell someone in your family the story of 10 Black Dots. See how many things you can remember the dots turning into.</p>	<p>Count out 10 of something in your house. Line them up and use on-to-one correspondence to count them. For example, 10 crayons, 10 forks, 10 toys, etc.</p>	<p>Go on a walk outside. See if you can collect 10 rocks. Try to find some of different shapes and sizes</p>	<p>Take turns being “Simon” and giving directions of different ways to move. Only follow the direction when Simon says to.</p>	<p>Take one of the rocks that you found outside. If you have paint at home, you can paint it. You may also color it with markers! Feel free to decorate more than one!</p>	<p>Practice using these simple steps to calm down with your child.          Put your hand on your tummy.          Say stop.          Name how you are feeling.          Take a belly breath.</p>

