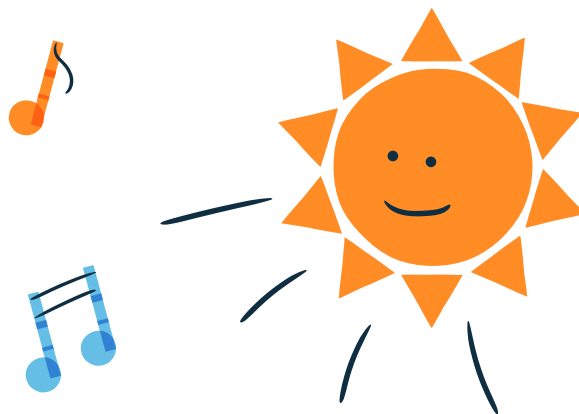


# At-Home Summer Guide for Preschoolers and Prekindergarteners (3 and 4 years old)

Week of July 6, 2020

This week continues the theme **Exploring the Arts**, a theme that introduces your child to various types of creative art- including visual art, drama, music, and dance. Whether you've returned to your center or you're still learning at home, you can use these activities to help your child express their artistic side!

Use this week as an opportunity to explore music and dance **in your home** any time you're listening to music. Introduce your child to various types of music, including cultural music related to your family's ancestry as well as that of others around the world. Invite your child to move and dance along, making observations about how the music impacts their movement.



This week focuses on **music and dance**. Your child will explore making sounds with rhythm sticks, clapping along to patterns, and stepping to the beat. They will use everyday materials to create their own musical instruments and work off some energy in a game of freeze dance!



## Learning Adventures

are small-group enrichment programs in our centers designed to give children experiences in cooking, STEM, phonics, and music. One activity in this guide is adapted from these programs for your use at home. It's a great way to dig deeper into areas that may interest your child.

This Week's Theme:

# Exploring the Arts

What you'll find in this guide...

We've provided activities similar to what your child would be learning in their center. You and your child can choose your own adventures and do the activities in any order, repeating and revisiting them as often as you want! Click on the icons below to discover more...



## LET'S EXPLORE

### Tapping with Rhythm Sticks

Your child uses rhythm sticks to create and explore sounds.



## LET'S CREATE

### Clapping Patterns

In this fun twist on learning patterns, your child expresses patterns using a series of claps.



## LET'S CREATE

### Everyday Instruments

Your child uses everyday materials to create their own musical instruments.



## LET'S MOVE

### Step to the Beat

Your child explores dancing and moving to the beat of the music.



## LET'S PLAY

### Freeze Dance

Your child practices listening skills in this fun movement game.



## GAME TIME

### How Many?

This picture game builds observation, counting, and vocabulary skills.



## LEARNING ADVENTURES: MUSIC EXPLORERS

### A-Camping We Will Go Singable Story

Tents, trails, and trees...oh, my! Your child will use their imagination while learning this energetic song.



## VIRTUAL FIELD TRIPS

### Musical Instruments

Take virtual field trips to factories to see how two instruments are made!

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020

## Getting Ready for the Week: Materials to Gather

### Tapping with Rhythm Sticks:

- Rhythm sticks, wooden spoons, or dowels cut to 10 inch-lengths (2)

### Clapping Patterns:

- [Preschool Clapping Patterns](#)
- [Prekindergarten Clapping Patterns](#)

### Everyday Instruments:

- Child-size scissors
- Glue or glue sticks
- Scissors (for adult use only)
- Tape
- Repurposed materials, such as cardboard tubes, packing paper, shoe boxes, clean and dry plastic bottles and containers with lids, cardboard boxes, and thin boxes like cereal or cracker boxes
- Various materials that can be used to create sound, such as rubber bands, beads, pebbles, elastic cord, and wooden dowels

**Tip:** At the beginning of your week, gather materials and place them in a container so you're ready to go!



### Step to the Beat::

- Music for your child to dance to

### Freeze Dance:

- Music for your child to dance to

### A-Camping We Will Go Singable Story:

- [Video link](#) to storybook and song *A-Camping We Will Go*, lyrics by KinderCare Education, music by Jane Gillman, illustrations by Krista Martenson
- Sheets and blankets

### How Many?:

- [Collage of red images](#)

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020



## Let's Explore: Tapping with Rhythm Sticks

Your child uses rhythm sticks to create and explore sounds.



**Length of activity:**  
20 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** Medium



**Level of Prep Required:** Low



**What you need:**

- Rhythm sticks, wooden spoons, or dowels cut to 10 inch-lengths (2)

### What your child is learning:

- How to use their senses to make observations and comparisons
- How to use musical instruments

**About the Activity:** For this activity, your child will explore sounds using rhythm sticks. If you don't have rhythm sticks, you can use wooden spoons, or cut two larger-diameter dowels to 10-inch lengths.

Begin by having your child explore what happens when they tap the two rhythm sticks together. What sound do the rhythm sticks make? How is the sound different if they tap the rhythm sticks gently? If they tap the rhythm sticks together at the middle, how does it sound different than when they tap them at the ends? What else do they notice about the rhythm sticks?

### For Your Preschooler:

After they've explored the sounds the rhythm sticks make when tapped together, invite your child to explore what happens when they tap other objects with the rhythm sticks, such as chair legs, pillows, books, book shelves, plastic containers, metal containers, and if you're able to go outside, have them explore tapping outdoor objects too! As your child is exploring, ask them questions about the sounds they hear and how they compare to other sounds. Encourage them to listen, compare, and make observations about the different sounds.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020

## For Your Prekindergartener:

After they've explored the sounds the rhythm sticks make when tapped together, invite your child to explore what happens when they tap other objects with the rhythm sticks, such as chair legs, pillows, books, book shelves, plastic containers, metal containers, and if you're able to go outside, have them explore tapping outdoor objects too! As your child explores, ask them questions about the sounds they hear and how they compare to other sounds. Encourage them to listen, compare, and make observations about the different sounds. After they've explored several different sounds, have them select two or three to use to make a sound pattern. Explain that a sound pattern is a pattern of repeated sounds. Invite them to create a sound pattern by tapping a pattern using the selected sounds. For example, they might tap on a metal bowl, then a plastic container, then tap the rhythm sticks together, and then repeat this sequence to create their pattern.



# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020



## Let's Create: Clapping Patterns

In this fun twist on learning patterns, your child expresses patterns using a series of claps.



**Length of activity:**  
20 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** Medium



**Level of Prep Required:** Low



**What you need:**

- [Preschool Clapping Patterns](#)
- [Prekindergarten Clapping Patterns](#)

### What your child is learning:

- How to recognize, repeat, and extend simple patterns
- How to represent patterns using sounds

### About the Activity:

This activity is all about recognizing and repeating patterns. Begin by having your child listen as you clap the following pattern: clap-pause-clap-clap-pause, clap-pause-clap-clap-pause, clap-pause-clap-clap-pause. Ask them what they noticed about your clapping. Explain that you are clapping a pattern of one clap, a pause, two claps, and a pause. Repeat the pattern and have your child clap along with you.

### For Your Preschooler:

Show your child the first row of the preschool clapping patterns. Explain that for each dot in a box they will clap, and that they will pause after each box. Have them look at the first row and practice clapping it. Do they recognize this pattern? If needed, share that this is the pattern that the two of you were just clapping together: one clap, a pause, two claps, and a pause. Invite them to explore clapping the other patterns, asking them what part of the pattern repeats, and encouraging them to extend the pattern beyond what they can see. If they're interested, invite them to create their own clapping patterns.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020

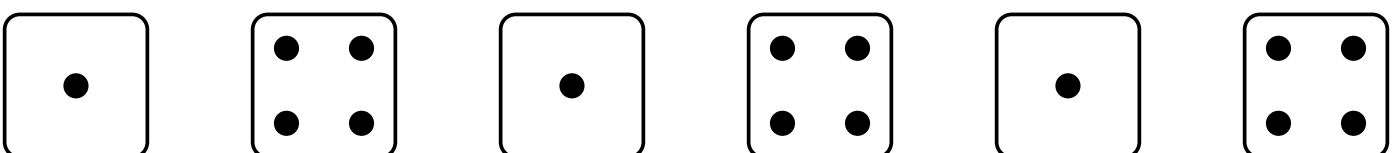
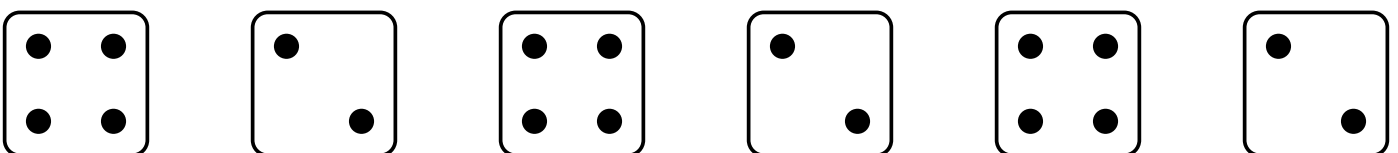
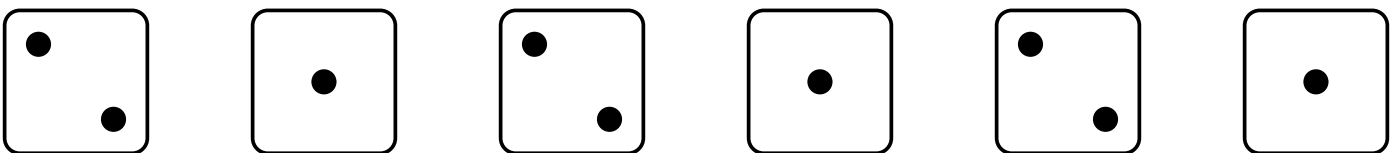
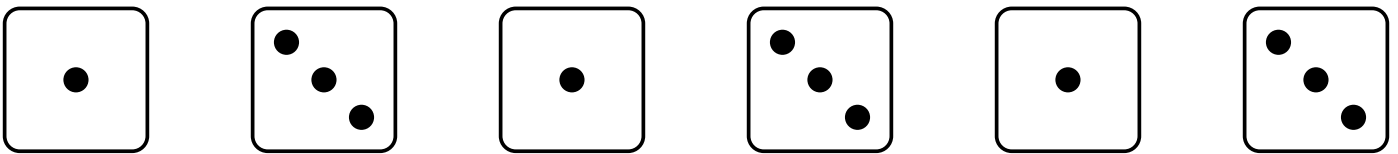
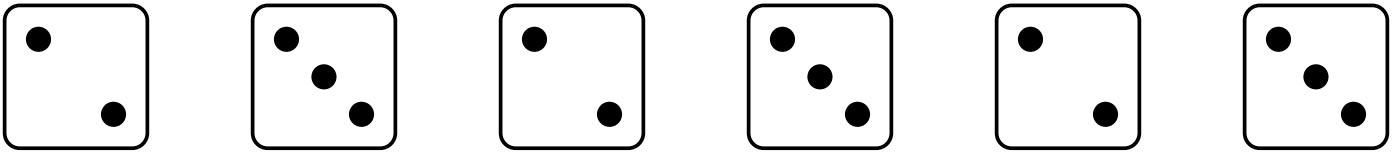
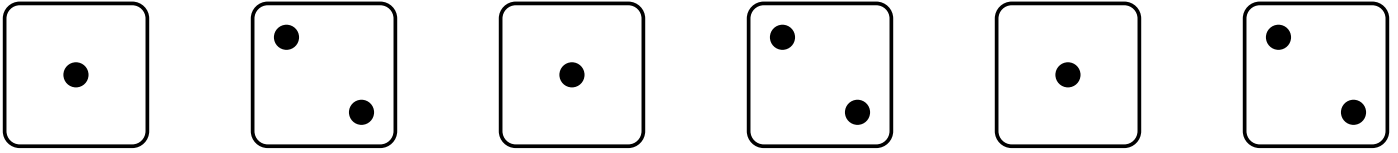
## **For Your Prekindergartener:**

Show your child the first row of the prekindergarten clapping patterns. Explain that for each dot in a box they will clap, and that they will pause after each box. Have them look at the first row and practice clapping it. Do they recognize this pattern? If needed, share that this is the pattern that the two of you were just clapping together: one clap, a pause, two claps, and a pause. Have them look at the second row and say the pattern out loud as they clap. Ask them to identify the part of this pattern that repeats. If needed, share that this pattern is one clap, pause, two claps, pause, three claps, pause, and then it repeats. Invite them to explore clapping the other patterns, asking them what part of the pattern repeats, and encouraging them to extend the pattern beyond what they can see. If they're interested, invite them to create their own clapping patterns.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020

## Preschool Clapping Patterns

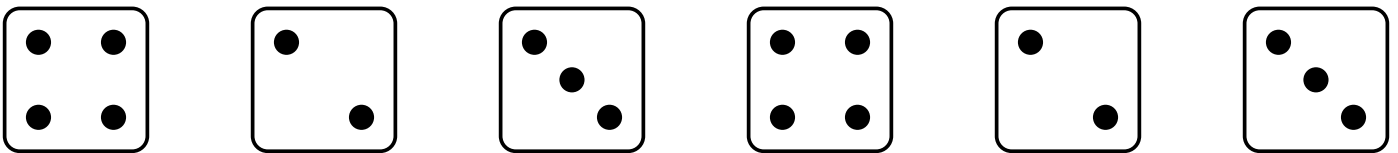
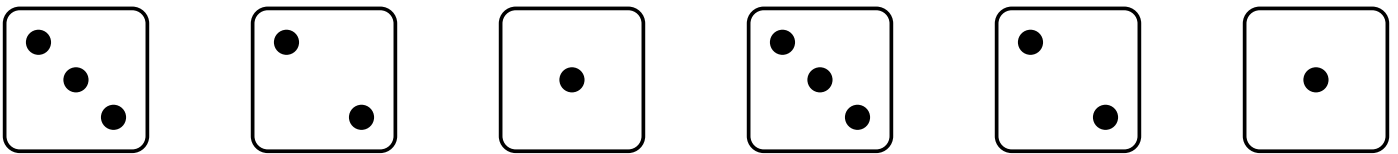
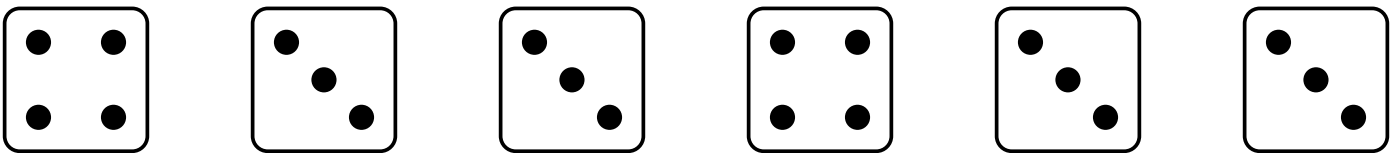
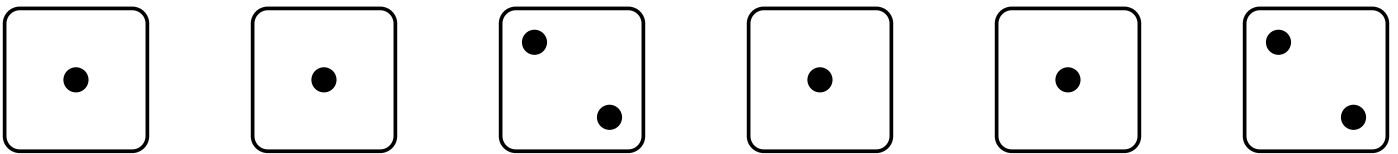
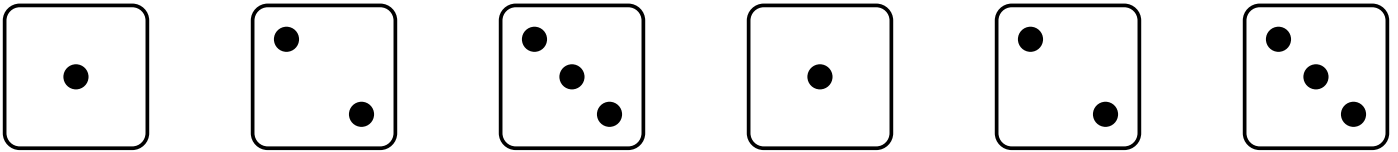
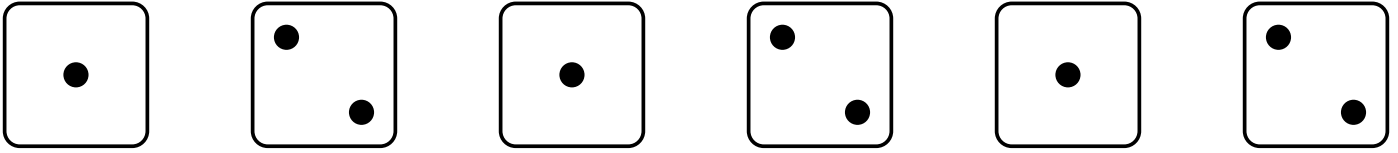




# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020

## PreKindergarten Clapping Patterns



# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020



## Let's Create: Everyday Instruments

Your child uses everyday materials to create their own musical instruments.



**Length of activity:**  
30 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult:** Medium



**Level of Prep Required:** High



### What you need:

- Child-size scissors
- Glue or glue sticks
- Scissors (for adult use only)
- Tape
- Repurposed materials, such as cardboard tubes, packing paper, shoe boxes, clean and dry plastic bottles and containers with lids, cardboard boxes, and thin boxes like cereal or cracker boxes
- Various materials that can be used to create sound, such as rubber bands, beads, pebbles, elastic cord, and wooden dowels

### What your child is learning:

- How to use different tools and materials for creative purposes
- How to relate prior learning to new experiences
- How to use musical instruments

### About the Activity:

Begin by asking your child about any instruments they're familiar with or that they've played. If you, or any family members or friends play instruments, talk with your child about those instruments. Ask them how the different instruments make sounds, such as do you drum on them, blow into them, shake them, or strum them. If you and your child have done the activity Tapping with Rhythm Sticks, talk with them about how they used the rhythm sticks to make sounds.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

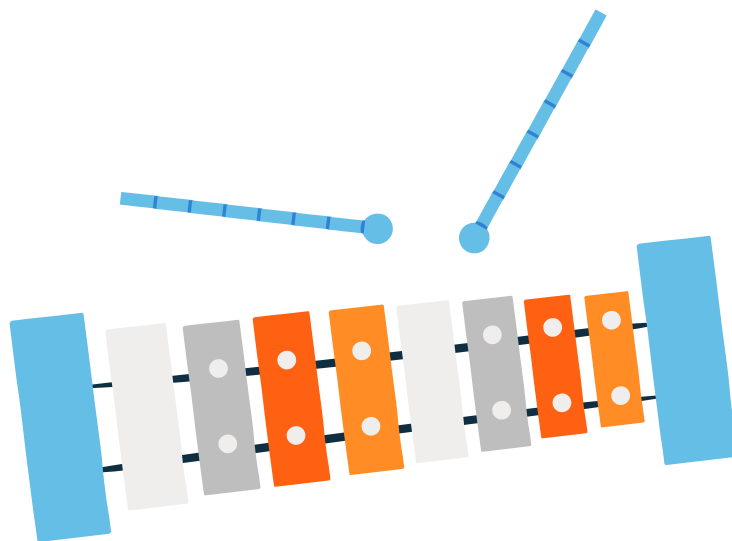
Week of July 6, 2020

## For Your Preschooler:

Show your child the materials you've collected and explain that they can use these materials to create a musical instrument. Invite your child to explore the different materials. Allow time for your child to create their instrument, assisting as needed in cutting materials or helping attach materials together using glue or tape. As your child creates, ask them questions about the kind of instrument they're creating. "I see you're putting pebbles inside the plastic bottle. How will you use this instrument to make sound?" Or "What are you going to do with the rubber bands?" When your child is finished with their instrument, encourage them to explore the different sounds they can make with it. If they show interest, invite them to create additional instruments.

## For Your Prekindergartener:

Show your child the materials you've collected and explain that they can use these materials to create a musical instrument. Invite your child to explore the different materials and to explore different ways they can be used to make sound. Ask your child what type of instrument they would like to make and how they might use these materials to create it. For example, if your child says they would like to make an instrument they can shake, ask them what materials they could use to make the sound inside the shaker and what they could use or create to hold that material. Allow time for your child to create, assisting as needed in cutting materials or helping attach materials together using glue or tape. When your child is finished with their instrument, encourage them to explore the different sounds they can make with it. If they show interest, invite them to create additional instruments.



# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020



## Let's Move: Step to the Beat

Your child explores dancing and moving to the beat of the music.



**Length of activity:**  
20 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: Low**



**What you need:**

- Music for your child to dance to

### What your child is learning:

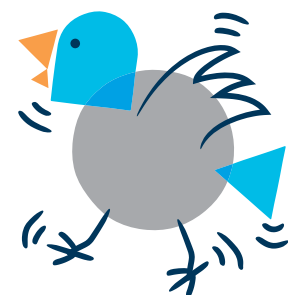
- To identify and follow a beat
- To follow directions in a movement game

### About the Activity:

Have your child place their right hand over the upper left side of their chest to feel their heartbeat. If needed, assist them in locating their heartbeat. Talk with them about how their heartbeat is a consistent, steady sound. Clap a steady beat with your hands and share that just like a heartbeat, the beat in a song is a consistent, steady sound. Invite your child to clap along to the same beat. As they become familiar with the beat, invite them to step to the beat, taking one step for each clap.

### For your preschooler and your prekindergartener:

Invite your child to continue exploring beats while moving to music. Start the music and clap a beat for your child to move to. Encourage them to step on each clap and add body movements for further expression while dancing. From time to time change up the beat, sometimes clapping faster or slower, or changing the music to a song that has a faster or slower beat you can clap along with. After the experience, ask your child how it felt to dance to the different beats. What type of beat did they prefer to dance to- slow, normal, or fast? What was easy or hard about stepping to the different beats? How did they use their arms and body to add to their steps to create more movement in their dance?



# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020



## Let's Play: Freeze Dance

Your child practices listening skills in this fun movement game.



**Length of activity:**  
15 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: Low**



**What you need:**

- Music for your child to dance to

### What your child is learning:

- To follow directions in a movement game
- How to maintain balance while making big movements

### About the Activity:

Begin by talking with your child about dancing. What experience do they have with dancing? What do they enjoy about dancing? Explain that some people dance professionally, and that they perform dances for other people. Other people dance for fun. Dancing is a great way to express yourself and get exercise.

### For your preschooler and your prekindergartener:

Tell your child that you're going to play a game called Freeze Dance. When you play the music, they will dance however they choose. When the music stops, you will call out, "Freeze!" and they will stop dancing and freeze in place until the music begins again. Begin the music and play the game for as long as your child is interested. As your child becomes familiar with the game, you can add a challenge by telling them that you are no longer going to say "Freeze" when the music stops, and explain that they will have to pay attention and listen for when the music stops to know when to freeze.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020



## Music Explorers: *A-Camping We Will Go Singable Story*

Tents, trails, and trees...oh, my! Your child will use their imagination while learning this energetic song.



**Length of activity:**  
20–30 minutes\*

\*Duration will vary depending on your child's interest.

**Level of Engagement  
Required by Adult: High**



**Level of Prep Required: Low**



### What you need:

- [Video link](#) to storybook and song *A-Camping We Will Go* lyrics by KinderCare Education, music by Jane Gillman, illustrations by Krista Martenson
- Sheets and blankets

### What your child is learning:

- To move creatively to music
- The connection between songs and books
- To identify characters and objects in a book
- To make observations about the experience of camping

### About the Activity:

Share with your child that some songs tell stories, and you have a song that has a storybook to go with it. Explain that the book is about camping and using a trail. Ask your child about their experiences with trails and camping (or pretending to camp, if they've never gone before).

Play the [video](#) and invite your child to watch along as the book is sung aloud. Sing along as you catch on to the lyrics and tune.

After listening and watching the video, ask your child what kinds of movements were mentioned in the book. Play the video again and lead your child in hiking/walking around, stomping, clapping, hopping, and jumping according to the lyrics. Ask your child if there are other actions they could do in the song. Sing additional verses by starting the video over again and using your child's movement suggestions.

### For your preschooler and for your prekindergartener:

View the video again, but this time pause it on each page for a few moments. Invite your child to notice how the illustrations change. Someone else pitches a tent at one point in the story – who is it?

Have an indoor camp-out! Help your child build their own "tent" indoors by draping sheets and blankets over furniture. Create a "trail" to follow near the tent, then play the video again and have your child act it out.

# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020

## Questions to ask:

- What do people do when they camp?
- What do people eat, where do they sleep, and how do they prepare food while camping?
- What kinds of things might people see and hear when they're using a trail?
- Where should we pitch our "tent"? What furniture could we use?
- Where should our trail start and end?



# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020



## Game Time: How Many?

This picture game builds observation, counting, and vocabulary skills.

Look at the [collage of red images](#) with your child. Invite them to name any of the images they recognize. If your child is unfamiliar with any of the images, share the name of the object in the image and a little information about the object. Then play a game by asking your child “How many” questions that they can answer using the images in the collage. As your child looks at the collage and answers your questions with a number, ask them to name the pictures they’re using to answer the question.

Here are some questions to get you started:

- How many different pictures do you see?
- How many types of fruit do you see?
- How many types of vegetables do you see?
- How many types of flowers do you see?
- How many types of art supplies do you see?
- How many things can you eat?
- How many things can you smell?
- How many things can you draw with?
- How many things can you paint with?





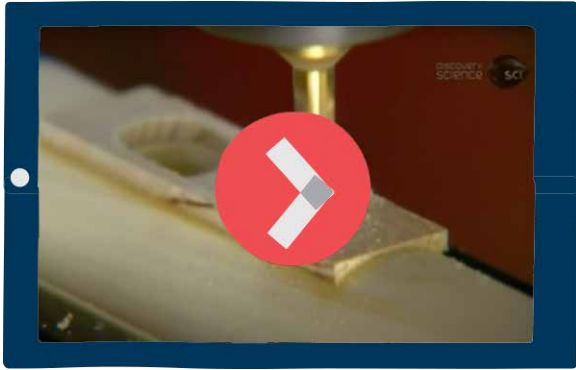
# At-Home Summer Guide for Preschoolers and Prekindergarteners

Week of July 6, 2020



## Virtual Field Trips: Musical Instruments

Take virtual field trips to factories to see how two instruments are made!



The flute is a wind instrument, which means it is played by blowing wind through it. Flutes come in a variety of sizes and can be made from metal, wood, or in the case of the recorder, plastic. Check out this video to see how a wooden flute is made!



The marimba is a percussion instrument, which means it is played by striking it with a mallet. It is in the same family as the xylophone, but is much larger! Check out this video to see how a marimba is made!