

Ideas for Enrichment Activities for Preschoolers at Home

Try as much as possible to maintain a consistent schedule. Adjust a schedule to meet the needs of you and your preschoolers.

A sample day might look like something below:

9:00: Make breakfast together and then sit to eat. Have a conversation during the meal.

9:30: Self-care routines. Have preschoolers brush their teeth, wash their face and hands and take time to work on dressing themselves

10:00: Choose some of the activities below and spend time doing them with the preschoolers

10:30: Outdoor activities. Go for a walk, play ball, ride trikes, get out bubbles or sidewalk chalk. Talk about the weather and what colors you see. Name animals you might encounter. Wash hands upon coming inside.

11:00: Watch a preschool video on Youtube (see links below) or a King County Library stories on video.

11:30: Wash hands, plan and prepare lunch.

12:00: Sit together and eat lunch. Talk about what you did during the morning.

12:30: Nap or quiet time. If preschoolers are napping, you know their schedule. If you have non-nappers have them lay down to look at books or watch a quiet video

1:30: Have a second activity time. Look at the list of ideas below.

2:00: Go outside or have some other kind of physical activity.

2:30: Make a simple snack together. Sit down to eat it. Practice passing snack items to each other when requested. If the snack involves utensils, have preschoolers practice using them to feed themselves.

3:00: Story time

Some thoughts:

- Choose one activity at a time and do it for up to 5 minutes (longer is the preschooler is interested). Some of these activities can be combined.
- Make this fun! If you are not enjoying this, stop!
- Switch things up so you are not doing the same thing everyday.
- Use “first/then” language. First (chosen activity), then (child’s choice)
- Give preschoolers limited choices. They can choose how to do something, but not if they want to do it. Choices like, do you want to do it now or in one minute? Do you want to wear your red shirt or your blue shirt? Do you want to walk to bed or hop to bed?
- This list of resources and ideas is by no means comprehensive.

Suggested Activities

Cognitive	Communication	Social	Adaptive	Motor/Sensory
Count the number of windows in your house, count the stairs as you climb them, count the chairs at the table, count the number of plates you need to set the table, count the number of pets in your house.	Talk to your child about what you are doing. "Look, I am making some yummy breakfast. I put the bread in the toaster. Ooh it is getting hot. Now it is finished toasting what would you like on your toast?"	Play simple games, such as memory games, board games or even just rolling a ball back and forth. Practice taking turns, saying "Your turn. Now my turn."	Practice washing hands. Use soap and water and rub for 20 seconds. Have the preschoolers sing a song, such as "Happy Birthday" or "Row, row, row your boat" to help them pass the time	Take a walk outside. Practice walking fast/slow, forward/backward, galloping, skipping or jumping.
Do the laundry and have the preschooler help match socks, name the colors of the clothing, tell who the clothing belongs to.	Play a game where you ask "WH" questions. It can be about activities you are doing, a book you are reading, something on TV. Ask, "Where is ___? Who has ___?"	Play "Simon Says". This helps students follow one step directions and identify body parts. Have the preschooler take a turn being "Simon"	While getting dressed have the preschooler practice doing fasteners, such as buttons, snaps and zippers	Put sugar or shaving cream in a baking sheet with sides. Practice making lines, shapes, letters and drawing pictures. Wipe away what was drawn and start again
Empty the dishwasher and have the preschooler help sort the silverware. They can also put like items together, like plastic storage containers or measuring cups	Talk about where objects/people are using prepositions like on, in, under, behind, around, between. You can ask preschoolers to place things in, on, under, etc. You can ask them to tell where the object/person is. We work on both skills.	Play games where preschoolers practice stopping and going. Play music and have them dance, then stop the music and have them "freeze". Have them start an activity when you say, "go" and continue until you say, "stop". You can reverse it and have the preschooler be the one to give the directions.	Give preschoolers opportunities to practice feeding themselves with utensils. Scooping with spoons, stabbing with a fork. This can be done at meals, snacks or in play.	Give preschoolers writing implements and access to paper (can be old newspaper, recycled paper, etc). Let them scribble, draw pictures, make shapes or write letters and numbers. Ask them to describe their artwork and then hang it on the fridge
Read a book. If your child doesn't want to sit and read a whole	Use the weekly food ads to make a grocery list. Have preschoolers	Have preschoolers sort their toys as they are cleaning up. Put the cars	Give your preschooler extra time to work on getting their own	Work on puzzles. If you don't have puzzles, cut up an empty cereal box that

book, just look at the pictures and talk about what you see.	identify the items they want on the list by pointing to them or naming them. You can cut out the pictures and glue or tape them to a piece of paper.	with the cars, the blocks with the blocks, etc.	clothing items on. Maybe focus on one piece of clothing (You put on your pants and I will help with your shirt. You put on one sock and I will put on the other.	has a character the preschooler recognizes, Cut it into 3 to 5 pieces and have the preschooler put it back together
Read a Dr Seuss book, or other rhyming books. Practice making your own silly rhymes	Take a walk and talk about the weather. Is it hot or cold? Are there clouds? What do they look like? Ask if they have any predictions about the weather later, like do you think it will rain later today? Why?	When a preschool is engaged in a non-preferred activity, set a timer and see if they can do it "one more minute" before they stop.	Let preschoolers help making meals. They could spread toppings on bread or crackers, stir ingredients, bring you reachable items from the fridge or cupboard.	Make playdough together and practice rolling balls and snakes. Use rolling pins and cookie cutters to make shapes. Cut the snakes with scissors or plastic knives.
Roll dice, then count the number of dots. You can use one, two or more dice. You can draw pictures of the dice to record the rolls.	Put some preferred items out of reach. Have preschoolers ask for the items that they want.	Practice giving things to other people. Have preschoolers, "write notes" and give them to family members. Have them help handing out snacks to siblings or napkins at meals.	Give preschoolers extra time to working on self-care routines, such as brushing their teeth or washing their face. You can incorporate some water play into some of these activities.	In a bin, put rice, beans or oatmeal. Get measuring cups, funnels, a variety of spoons. Practice filling and dumping different size containers. When you are finished, put the lid on in and break it out again later.
Look at a calendar together. Talk about what you did yesterday, what you are doing today and what you plan on doing tomorrow. You can also talk about the days of the week.	Play opposite games. Find object/pictures of things that are big/little, tall/short, fast/slow, happy/sad, empty/full, etc.	Practice identifying emotions in others. Using pictures, or a mirror making faces showing a feeling and then identify the feelings. When reading books talk about how the characters feel and how you can tell.	Have preschoolers help put clean laundry away. Put their clothes in the correct drawer. Put kitchen towels in the drawer. Talk about the names of the clothes/items.	Using a string, shoelace or piece of yarn, string cereal onto whatever you have. Count the pieces as you string them.
Play a memory game. Place two common object in front of a	When your preschool says something, repeat it back to them	Have preschoolers practice choosing an activity, play for a period of time	Have preschoolers help with household chores. Give them a duster	Do finger plays, such as "Where is Thumbkin" that helps preschoolers to

preschooler. Name the objects, then cover them. Take one object away and have the preschooler tell which item is missing. You can present three or more items at a time as preschooler's skills increase.	adding one more word. If the preschool says, "I have truck" you can say back, "You have a green truck".	and then clean up, rather than moving from activity to activity without finishing.	and let them dust the furniture (you will want to move breakables), let them practice sweeping, some preschoolers like to use the vacuum. Wiping wall and tables are activities preschoolers often like too.	practice finger isolation.
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Resources:

GREAT WEBSITES IN GENERAL

- PBS Kids~ Pbskids.com
- King County Library: Tell Me A Story <https://kcls.org/content/>
- Starfall <https://www.starfall.com/h/>
- Online Coloring: <https://www.online-coloring.com/>
- ABCYa: <https://www.abcya.com/>

Youtube

- Frog Street Press Color songs~ https://www.youtube.com/results?sp=mAEB&search_query=frog+street+press+color+songs
- Zoo Phonics~ Learn the sounds and signals https://www.youtube.com/watch?v=bFr_S4Jn-tg
- Zoo Phonics~ Who Let the Letters Out <https://www.youtube.com/watch?v=FWIzQcjML1s>
- Jack Hartman~ Count to 100 by 1's <https://www.youtube.com/watch?v=0TgLf3PMOc&t=5s>

(The kids really like anything by Jack Hartman and he has a massive amount of videos on youtube)

- Singing Walrus (these are just a few...they have A LOT on youtube)
 - Wash Your Hands~ <https://www.youtube.com/watch?v=dDHJW4r3eIE>
 - Action Song~ <https://www.youtube.com/watch?v=dUXk8Nc5qQ8>
 - Months of the Year~ <https://www.youtube.com/watch?v=Fe9bnYRzFvk>
- Storybots ~ colors, shapes, numbers, concepts
- Wash your hands~ <https://www.youtube.com/watch?v=UBKvbQ12X1U>
- Clean up song~ <https://www.youtube.com/watch?v=oY-H2WGThc8>
- Social Stories~ (youtube) PK Social Skills (there are a lot of different social skills that the kids really love)
- The Kilboomers (youtube)~ lots of different engaging kids songs

Just Dance

- Gummy Bear~ https://www.youtube.com/watch?v=KVE-T2_vLpY
- Pirate~ https://www.youtube.com/watch?v=oe_HDfmdnaM
- I'm Gonna Catch You~ <https://www.youtube.com/watch?v=VD6SCq-OlhI>
- Five Little Monkeys~ <https://www.youtube.com/watch?v=JSE113ugfI>

Math based cartoons

- Peg + Cat~ PBS Kids

Miscellaneous

- Go Noodle (dancing) gonoodle.com
- We're going on a bear hunt~ https://www.youtube.com/watch?v=5_ShP3fiEhU
- Baby Shark~ <https://www.youtube.com/watch?v=XqZsoesa55w>

Recipes

- Playdough: <https://www.iheartnaptime.net/play-dough-recipe/#wprm-recipe-container-126418>
- Bubbles: <https://www.food.com/recipe/giant-bubbles-54559>
- Oobleck: <https://www.wikihow.com/Make-Oobleck>