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.
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<th>Suggested Activities</th>
<th>Cognitive</th>
<th>Communication</th>
<th>Social</th>
<th>Adaptive</th>
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<td>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 plated you need to set the table, count the number of pets in your house.</td>
<td>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?”</td>
<td>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.”</td>
<td>Practice washing hands. Use soap and water and rub for 20 seconds. Have the preschoolers sing a song, such a “Happy Birthday” or “Row, row, row your boat” to help them pass the time.</td>
<td>Take a walk outside. Practice walking fast/slow, forward/backward, galloping, skipping or jumping.</td>
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<td>Do the laundry and have the preschooler help match socks, name the colors of the clothing, tell who the clothing belongs to.</td>
<td>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 <em><strong>? Who has</strong></em>?”</td>
<td>Play “Simon Says”. This helps students follow one step directions and identify body parts. Have the preschooler take a turn being “Simon”</td>
<td>While getting dressed have the preschooler practice doing fasteners, such as buttons, snaps and zippers</td>
<td>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</td>
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<td>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</td>
<td>Talk about where objects/people are using prepositions like on, in, under, behind, around, between. You can ask preschools to place things in, on, under, etc. You can ask then to tell where the object/person is. We work on both skills.</td>
<td>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.</td>
<td>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.</td>
<td>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</td>
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<td>Read a book. If your child doesn’t want to sit and read a whole</td>
<td>Use the weekly food ads to make a grocery list. Have preschoolers</td>
<td>Have preschoolers sort their toys as they are cleaning up. Put the cars</td>
<td>Give your preschooler extra time to work on getting their own</td>
<td>Work on puzzles. If you don’t have puzzles, cut up an empty cereal box that</td>
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<td>Activity</td>
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<td>Read a Dr. Seuss book, or other rhyming books. Practice making your own silly rhymes</td>
<td>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?</td>
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<td>Roll dice, then count the number of dots. You can one, two or more dice. You can draw pictures of the dice to record the rolls.</td>
<td>Put some preferred items out of reach. Have preschoolers ask for the items that they want. Practice giving things to other people. Have preschoolers,&quot; write notes&quot; and give them to family members. Have them help handing out snacks to siblings or napkins at meals.</td>
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<td>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.</td>
<td>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.</td>
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<td>Play a memory game. Place two common object in front of a</td>
<td>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</td>
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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.

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=0TgLtF3PMOc&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](https://www.youtube.com/watch?v=KVE-T2_vLpY)
- Pirate~ [https://www.youtube.com/watch?v=oe_HDfdmnaM](https://www.youtube.com/watch?v=oe_HDfdmnaM)
- I’m Gonna Catch You~ [https://www.youtube.com/watch?v=VD6SCq-Olhi](https://www.youtube.com/watch?v=VD6SCq-Olhi)
- Five Little Monkeys~ [https://www.youtube.com/watch?v=JJSE113ugfl](https://www.youtube.com/watch?v=JJSE113ugfl)

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](https://www.youtube.com/watch?v=5_ShP3fiEhU)
- Baby Shark~ [https://www.youtube.com/watch?v=XgZsoesa55w](https://www.youtube.com/watch?v=XgZsoesa55w)

Recipes

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