



LESEDI

bring light to your child's learning

# Preschool Year Plan

## and Worksheets

*Guide for parents and teachers*

*[www.lesedieducation.com](http://www.lesedieducation.com)*

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This Preschool Year Plan was designed to accompany our Lesedi Preschool Boxes: Fine Motor Skills, Language, and Math, as well as our Calendar Chart.

*Other suggested resources to help with teaching:*

- Lesedi Number Writing Book
- Lesedi Letter Writing Book
- Lesedi Learning Cards: Alphabet, Numbers 0-20, Shapes, Colours
- Lesedi Daily Calendar Journal (PDF or print)
- Lesedi Bean Bags
- Lesedi Daily Routine Charts and Chores Chart with Clothesline Play

Reading books, materials for creative arts and science activities, extra activities, and some stationary spoken of in the weekly plans are NOT provided with this plan or in the Lesedi Preschool Boxes. These are suggestions and can be purchased separately. *\*See pages 11-18 for weekly resource lists to help you plan each week well.*

Thank you for buying and downloading this resource.

We trust and hope it will be helpful to you in your classroom or at home.

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Thank you for being respectful of our work.

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## What does this resource include?

- **35 weeks** of planned activities for teaching your Preschool (or grade R) Child, **ages 3 – 6**.
- Activities developed by a certified primary school teacher.
- Activities adhere to a **HIGH STANDARD of learning**. These plans could be used to teach Grade R according to national RSA standards.
- Well thought through and tested activities for children according to the particular age-level and development.
- Activities for practicing skills in these learning areas: language, math, fine motor, creative arts, outside play, life skills, and science.
- **Hands-on approach** to learning – learning with their whole bodies they will remember more!
- Weekly themes add fun and creativity to the learning.
- **100+ Pages of Printable Worksheets** to go along with weekly lessons.
- Suggestions for extra activities and resources that parents or teachers may purchase to add to the learning experience.
- Daily Learning Routine suggestions.
- Teaching helps for parents.
- **Assessment** and Progress Report: Is your child ready for Grade R?
- Suggestions for including a younger sibling in learning.

## About Us...



*Lesedi Educational Materials* was started in 2018 by two moms who wanted to create resources that were affordable and fun for teaching their children at home and encouraging others to do the same.

Lerato Hlungwane is a homeschooling mom, currently pursuing a degree in teaching and with a degree in Operation Management. Lerato has a passion for creating resources that are helpful, accessible, and affordable with the highest quality and standards. Lerato has 2 children, ages 5 and 1. Heather Drew is a certified primary school teacher with a desire to help parents practically to prepare their children for school. She has a passion to see parents and teachers supporting a high standard of education while also making learning fun and enjoyable for all children using simple, everyday activities to do so. Heather has 4 children, whom she currently teaches at home, ages 9, 8, 5, and 4. Together they make a great team as they constantly grow, perfect, and develop their resources to serve families and schools in South Africa.

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# AREAS OF LEARNING: What your child will learn with this program

## Fine Motor Skills

- Colouring, holding writing tools
- Pincer grasp
- Fine muscle strengthening
- Pre-writing line tracing
- Dressing oneself (buttoning, zipping, buckling, tying, etc.)
- Scissor skills
- Sensory exploration

## Creative Arts

Suggested activities in art, music, and drama that go along with a weekly theme to encourage creativity, imagination, language and fine motor development, and a love for learning!

## Outside Play

Suggested physical activities to promote development of locomotor and gross motor skills, balance, space awareness, healthy habits, hand-eye

## Language

- Reading and Listening
- Comprehension and Higher Order Questions
- Speaking
- Upper- and lower-case letters
- Letter formation
- Letter names and sounds
- Writing letters, name, words
- Rhyming words
- Building and sounding out words using phonics and high frequency words

## Extra Activities

Suggested activities that go along with a weekly theme to add some fun and stimulate learning through curiosity!

## Mathematics

- Counting by ones to 30, backwards from 10, by tens to 100.
- Number recognition (symbols and names)
- Counting objects (one-to-one correspondence)
- Sorting by colour, shape, size
- Making patterns with 2 and 3 colours
- 2-D shapes: triangles, rectangles, squares, circles, oval, diamond, heart, star.
- Colours

## Life Skills and Science

Suggested activities that go along with a weekly theme to encourage exploration of the world around them!

# Teaching Helps

We recognize that not everyone using this Year Plan is a trained teacher and that the task of teaching your child can feel overwhelming, so we've put together some helpful tips for you as a parent to try to encourage and give you the tools you need to enjoy this! Please also feel free to send us any questions, feedback, or suggestions you may have! We'd love to hear from you! [lesedieducation@gmail.com](mailto:lesedieducation@gmail.com)

## **Help! I'm not a trained teacher!**

You don't have to go to school to be a teacher to be able to prepare your child for grade R. Learning can happen during everyday tasks and through spending time together with your child in meaningful ways. With the right guide and resources, you can teach your child all they need to know. We've tried to make this plan and instructions as easy to understand as possible for everyone. Please feel free to send us your questions as well.

## **Make a plan to be flexible**

Making a plan is really important to make sure your child learns. This can be as strict or as flexible as it needs to be to meet your needs as a family. If you're working and need to teach after work, do so. If you stay at home with your kids and want to teach in the morning so you have the afternoon free for naps and other responsibilities, that's also great. Another option is to teach in small "chunks" throughout the day of maybe 15 minutes each. Also recognise that each child is different so make a plan that helps your particular child. Making a plan will help you most of all, but also know that when kids have a structure to their day they do better overall. Knowing what your daily routine will look like and the order you will do things in will help you and your child feel more settled and will also provide for free time for you to plan or do other work.

## **A little often is a lot**

REPETITION is key for young children. If you think about how they learned to crawl or walk, they just kept doing it until they got good at it. It's the same with other aspects of learning and development. Has your child ever asked you to read the same book several times a day for weeks at a time? That's because children learn best through repetition. They sing the ABC song over and over again until they know it all, they count their fingers until they can do it on their own, etc. Even if you feel bored, remember your child may not be. Repeat things as often as you can, change how you teach it if needed, and then trust they will learn with time.

## Daily Learning Routine

Establishing a good routine for learning is important when teaching your child at home. Make a plan and stick to your plan! (But also remember to be flexible according to your child's needs each particular day.) You really only need 1-2 hours to teach specific skills and then can remind them of things during the rest of the day as you go about your daily tasks. \* Repeating things often but in short bits is key with young children! Remember that at this age, children cannot and should not be sitting for long. They need to be active and stay active to learn well. Divide up your routine to provide lots of time for active play, free play, and some learning time sitting down.

- **5 min:** Read a story out loud, pointing to the words and looking at the pictures. Ask questions and talk about the story. Any book is fine. We've suggested a book for each theme in the weekly plan.
- **2-4 min:** Sing a favourite song or teach them a poem.
- **5-15 min:** Calendar Routine and Counting: counting by ones (1, 2, 3...), counting backwards (10, 9, 8, 7,...), counting by tens (10, 20, 30...). \*Follow the calendar routine explained with your Calendar Chart resource.
- **5 min:** Number of the Day: practice counting to that number, writing that number, counting that many objects, etc. \*Choose 1-2 activities each day found in the weekly plan.
- **30 min:** Outside Play: kids should be outside every day! They need to run and play. Do this for AT LEAST 30 min daily. Most professionals recommend 60 minutes total in a day, as well as at least 60 minutes total of "free play." Activities should include locomotor movement, gross motor activities, balance, midsection crossing activities, spatial awareness, and more!
- **10 min:** Letter of the Day: Choose 1 letter for the week. Practice naming the letter, making its sound, writing the letter, saying words that begin with that letter, and another activity. \*Choose 1-2 activities each day found in the weekly plan.
- **10 min:** Fine Motor Skill: Use different activities from the weekly plan each day to focus on strengthening their fine muscles. Repetition is key with these skills.
- **10 min:** Extra activities: choose a couple days in a week when you can do a creative art, life skills, science, or other activity to encourage fun in learning. \*See suggestions in the weekly plan.
  - Free colouring with chalk.
  - Play with bowls, utensils, dirt and water.
  - Search for bugs, birds, and other garden creatures.
  - Play on a jungle gym at a park.
  - And so much more!

## Weekly Resource Lists

✳ = included in Lesedi Preschool Boxes (Fine Motor Skills, Language, Math)  
 ✎ = worksheets from this

<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Child's favourite object/toy</li> <li><input type="checkbox"/> Paper, crayons/pencil</li> <li><input type="checkbox"/> Name Writing Folder ✳</li> <li><input type="checkbox"/> Child's favourite book</li> <li><input type="checkbox"/> Art materials for self-portrait: yarn, coloured paper, crayons, glue, scissors, googly eyes, etc.</li> <li><input type="checkbox"/> Playdough ✳</li> <li><input type="checkbox"/> "All About Me" Poster ✎</li> <li><input type="checkbox"/> Bubbles</li> <li><input type="checkbox"/> Mirror</li> <li><input type="checkbox"/> Child's favourite music</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Paper, crayons/pencil</li> <li><input type="checkbox"/> Book: <i>The Going to Bed Book</i> (Boynton)</li> <li><input type="checkbox"/> <i>Lesedi</i> Calendar Chart</li> <li><input type="checkbox"/> Daily schedule</li> <li><input type="checkbox"/> Fine motor board (zipping, buttoning) ✳</li> <li><input type="checkbox"/> Clothesline, clothes, pegs</li> <li><input type="checkbox"/> Toothbrush, comb, lotion, etc.</li> <li><input type="checkbox"/> Egg, Coke, toothbrush, toothpaste.</li> <li><input type="checkbox"/> <i>Suggested: Daily Routines Charts (Lesedi) and Chores Chart with Clothesline Play (Lesedi)</i></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Alphabet chart and colouring page ✳ ✎</li> <li><input type="checkbox"/> Book: <i>Chicka Chicka Boom Boom</i></li> <li><input type="checkbox"/> <i>Lesedi</i> Calendar Chart</li> <li><input type="checkbox"/> Numbers 1-20 chart, whiteboard ✳</li> <li><input type="checkbox"/> Playdough ✳</li> <li><input type="checkbox"/> Art: paper towel tube, green paper, round stickers, black permanent marker, glue, scissors</li> <li><input type="checkbox"/> Magnetic letters ✳, bucket, soapy water.</li> <li><input type="checkbox"/> Letters on small papers (one object for each letter)</li> <li><input type="checkbox"/> Magazines/newspapers, glue, paper, scissors.</li> <li><input type="checkbox"/> Balls and a box or basket</li> </ul>
<u>Week 4</u>	<u>Week 5</u>	<u>Week 6</u>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Alphabet chart ✳</li> <li><input type="checkbox"/> Letter A colouring page ✎</li> <li><input type="checkbox"/> ABC Matching Cards (Aa) ✳</li> <li><input type="checkbox"/> ABC Playdough Mats (A) ✳</li> <li><input type="checkbox"/> Salt tray ✳</li> <li><input type="checkbox"/> <i>Lesedi</i> Letter Writing Book</li> <li><input type="checkbox"/> A for Apple craft: green, white, red paper, apple seeds, glue, scissors.</li> <li><input type="checkbox"/> Book: <i>Ten Apples Up On Top</i></li> <li><input type="checkbox"/> <i>Lesedi</i> Calendar Chart</li> <li><input type="checkbox"/> Numbers 1-20 chart, whiteboard ✳</li> <li><input type="checkbox"/> Number worksheet (0) ✎</li> <li><input type="checkbox"/> <i>Lesedi</i> Number Writing Book</li> <li><input type="checkbox"/> Playdough ✳</li> <li><input type="checkbox"/> Colouring Book (ABC) – Fine motor skills box ✳</li> <li><input type="checkbox"/> Apple pieces</li> <li><input type="checkbox"/> Paper, paints, apples halved</li> <li><input type="checkbox"/> Apples, lemon</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Alphabet chart ✳</li> <li><input type="checkbox"/> Letter B colouring page ✎</li> <li><input type="checkbox"/> ABC Matching Cards (Bb) ✳</li> <li><input type="checkbox"/> ABC Playdough Mats (B) ✳</li> <li><input type="checkbox"/> Salt tray ✳</li> <li><input type="checkbox"/> <i>Lesedi</i> Letter Writing Book</li> <li><input type="checkbox"/> B for Bee craft: Blue, yellow, black paper, googly eyes, scissors, glue.</li> <li><input type="checkbox"/> Book: <i>When is My Birthday?</i></li> <li><input type="checkbox"/> <i>Name folder</i> ✳</li> <li><input type="checkbox"/> <i>Lesedi</i> Calendar Chart</li> <li><input type="checkbox"/> Numbers 1-20 chart, whiteboard ✳</li> <li><input type="checkbox"/> Number folder, counting cubes and chart ✳</li> <li><input type="checkbox"/> Number worksheet (1) and chart 1-10, stickers ✎</li> <li><input type="checkbox"/> <i>Lesedi</i> Number Writing Book</li> <li><input type="checkbox"/> Playdough ✳</li> <li><input type="checkbox"/> Colouring Book (ABC) – Fine motor skills box ✳</li> <li><input type="checkbox"/> Balls, bucket or box</li> <li><input type="checkbox"/> Paper, paints, marbles, cardboard box</li> <li><input type="checkbox"/> Bubbles</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Alphabet chart ✳</li> <li><input type="checkbox"/> Letter C colouring page ✎</li> <li><input type="checkbox"/> ABC Matching Cards (Cc) ✳</li> <li><input type="checkbox"/> ABC Playdough Mats (C) ✳</li> <li><input type="checkbox"/> Salt tray ✳</li> <li><input type="checkbox"/> <i>Lesedi</i> Letter Writing Book</li> <li><input type="checkbox"/> C for Caterpillar craft: green and white paper, pom poms, googly eyes, scissors, glue, pipe cleaner.</li> <li><input type="checkbox"/> Book: <i>Brown Bear, Brown Bear</i></li> <li><input type="checkbox"/> <i>Name folder</i> ✳</li> <li><input type="checkbox"/> <i>Lesedi</i> Calendar Chart</li> <li><input type="checkbox"/> Numbers 1-20 chart, whiteboard ✳</li> <li><input type="checkbox"/> Number folder, counting cubes and chart ✳</li> <li><input type="checkbox"/> Number worksheet (2) and chart 1-10, stickers ✎</li> <li><input type="checkbox"/> <i>Lesedi</i> Number Writing Book</li> <li><input type="checkbox"/> Coloured buttons and ice cube tray ✳</li> <li><input type="checkbox"/> Pom poms, tweezers, and Colour Folder ✳</li> <li><input type="checkbox"/> Playdough ✳ (rainbow colours)</li> <li><input type="checkbox"/> Colouring Book (ABC) – Fine motor skills box ✳</li> <li><input type="checkbox"/> Art: coloured paper/materials, glue, white paper, scissors.</li> <li><input type="checkbox"/> Balls and boxes, coloured papers</li> <li><input type="checkbox"/> Science: paper towels, clear cups, food colouring, water. Prism. Baking supplies for making cookies.</li> </ul>



## Complete List of Stationery and Art Supplies

- White Paper (one pack)
- Pencil
- Coloured paper pack x3 (including black and brown and grey)
- Tissue paper: green, red, orange
- White School Glue
- Stick Glue
- Googly eyes (30)
- Pipe cleaners (2)
- Cotton balls (10)
- Ribbons (different colours)
- Permanent markers (including black)
- Pom poms (3 colours and also 1 black pom pom, 1-2 yellow pom poms)
- Yarn: hair colour, black, different rainbow colours (small pieces)
- Paper towel / toilet tissue tube
- Round stickers/labels (as many as letters in child's name)
- Variety of small stickers (500 stickers)
- Paints (all colours), paintbrush
- String
- Textured materials: foil, sponge, feathers, ribbons, buttons, material
- Toilet Tissue Tubes (2)
- Star stickers
- Glitter Glue
- Large Ziplock Bag (1-2)
- A3 White Paper board (2)
- Shells (optional)
- Display folder (26+ pages)

***We sell a pre-packaged Stationery Box for R1,350 (includes all items on the list).***

***We also have a Reading Starter Box with 10 books for R1,840  
and an Outdoor Play Kit for R700.***

## Complete List of Suggested Books (by week):

1. (Child's favourite book)
2. The Going to Bed Book
3. Chicka Chicka Boom Boom
4. Ten Apples Up On Top
5. When is My Birthday?
6. Brown Bear, Brown Bear
7. Danny and the Dinosaur
8. Biscuit's Earth Day Celebration // Elmer
9. Frog and Toad Together // God Gave Us Family
10. Lola Plants a Garden // The Carrot Seed
11. The Little House // Animal Homes
12. The Snowy Day
13. Five Little Monkeys Jumping on the Bed // Jump, Frog, Jump
14. Kipper's Kite // Biscuit Flies a Kite
15. What the Ladybird Heard // Bugs! Bugs! Bugs!
16. M is for Music // If You Give a Mouse a Cookie
17. The Tiny Seed // Little Owl's Night
18. Commotion in the Ocean // The Rainbow Fish
19. What Pet Should I Get? // Pets I Wouldn't Pick
20. Martha Ann's Quilt for Queen Victoria // Once Upon a World Collection
21. Down By the Bay // The Cat in the Hat
22. Big Box of Shapes // Mouse Shapes
23. Little Blue Truck // Freight Train // Sheep in a Jeep
24. Opposites (Boynton) // Big Little // Big Dog... Little Dog
25. Volcano Wakes Up // Going to the Volcano
26. The Cloud Book // Come On, Rain
27. Brilliant Body
28. My Five Senses // Mmm, Cookies!
29. Dear Zoo // 1, 2, 3 to the Zoo
30. Barnyard Dance // Giggle, Giggle, Quack
31. Where Food Comes From // Cloudy with a Chance of Meatballs
32. Pattern Bugs // The Napping House
33. Me on the Map // Somewhere in Africa // South African Night
34. Goodnight Moon // Pete the Cat: Out of This World
35. Clothesline Clues to Jobs People Do

## Weekly Plan

\* Plan to introduce the weekly theme on the first day to get kids excited about what you will be learning! (See "Intro" in the Theme section)

Start out slowly with this plan. Remember your child needs to really learn to establish a learning routine before you can dive in to deep learning. Make the first 2 weeks exciting and fun and explain the schedule repeatedly and "practice" doing each activity. You may need to start with shorter amounts of time and as your child grows older, they will be able to focus for longer.

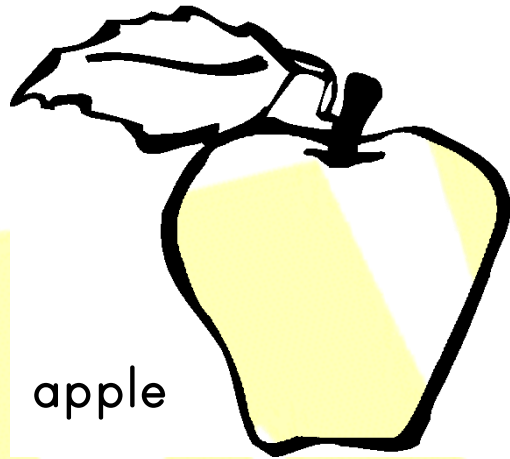
We purposefully did not divide each week into 5 days so you can be flexible with what works best for your family and child. Stick to a daily routine that works for you, choose at the beginning of the week what you will do each day.

Week	Theme	Language	Math	Fine Motor	Creative Arts & Outside Play	Life Skills and Science	Extra Activities
Skills		<p><i>Speaking: share something about yourself.</i></p> <p><i>Writing: write own name, recognize family names.</i></p> <p><i>Reading: listen to favourite book. Why is it your favourite?</i></p>	<p><i>Introduce math concepts like age, birthday, numbers.</i></p>	<p><i>Strengthening muscles while colouring, putting materials together, and shaping playdough.</i></p> <p><i>Recognize letters in own name.</i></p>	<p><i>Learn and share about interests, participate in activities that promote body awareness. Hand-eye coordination to catch and pop bubbles.</i></p>	<p><i>Learn about how you are uniquely made, what family is, etc.</i></p>	<p><i>Practice speaking skills and sharing about personal experiences.</i></p>
1	<p><u>All About Me</u></p> <p><i>Intro: Look at yourself in mirror. Talk about what you look like and what things you like.</i></p>	<p>Show and tell (share with others a favourite toy or object).</p> <p>Write your name and family names. Use the Name Writing Folder.</p> <p><u>Reading:</u> (read favourite book) Ask: Why is it your favourite book?</p>	<p>Talk about the following:</p> <ul style="list-style-type: none"> <li>- How old are you?</li> <li>- Birthday.</li> <li>- Favourite number.</li> <li>- Other numbers you see around (date, time, measurements, etc)</li> </ul>	<p>Make self-portrait with different materials.</p> <p>Make your name with playdough letters (roll playdough into "snakes" and shape them to form letters).</p>	<p>Fill in the poster "All About Me." See page 131.</p> <p>Sing "Head and Shoulders" while your child touches different body parts.</p> <p>Sing and Dance to your child's favourite song without bumping into each other.</p> <p>Blow bubbles and ask your child to catch and pop the bubbles.</p>	<p>Use a mirror to look at your face.</p> <p>Go around a circle with family or friends and talk about how each person is made unique and beautiful.</p>	<p>Present your "All About Me" poster to family or friends.</p>

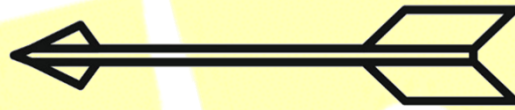
Week	Theme	Language	Math	Fine Motor	Creative Arts & Outside Play	Life Skills and Science	Extra Activities
Skills		<p>Recognize letter G and its sound, objects and words that begin with G, how to form the letter G, match upper and lowercase letter G.</p> <p>Writing: formation of the letter Gg. Write own name.</p> <p>Reading: listen to a story and interact with it, answering comprehension questions and following along.</p>	<p>Learn about the Calendar, numbers, days of the week, months of the year, year, season. Recognize and trace number 6. Count 6 objects. Build the word "six."</p> <p>Count to 10.</p> <p>Practice counting objects (one-to-one correspondence, number sense).</p>	<p>Strengthen fine muscles with colouring and playing with playdough.</p> <p>Pick up different objects using pincer grasp, strengthening muscles for writing.</p> <p>Sensory exploration with dirt and other garden objects.</p>	<p>Create poetry using rhyming words about a specific topic. Use gestures to represent a real-life event.</p> <p>Practice locomotor and gross motor skills as you walk, jump, run, climb, etc.</p>	<p>Explore the garden and living things. Begin to understand where vegetables come from and how plants grow and the role bugs play in the garden.</p>	<p>Explore through real life experience how plants grow and how to care for them.</p>
10	<p><u>Garden</u></p> <p>Intro: Go outside or visit a garden where there are plants and vegetables. Talk about what you see. Maybe even taste some of the vegetables.</p>	<p><u>Letter of the Week: G.</u> Introduce letter G and its sound (goat). Find things around the house that start with G. Draw letter G in salt tray. Make the letter Gg with playdough using the playdough mat. Match upper and lowercase letter G using matching cards. Talk about words that start with G. Trace letter G and colour pictures that begin with G in Alphabet Colouring Book. Create a G is for Goat letter craft.</p> <p><u>Reading:</u> <i>Lola Plants a Garden Or The Carrot Seed</i> Ask: How do you plant a garden? What would you like to plant in your garden? What happened first, in the middle, and at the end? What do plants need to grow?</p> <p><u>Writing:</u> Trace G in Letter Writing Book. Write own name in folder.</p>	<p><u>Calendar Chart</u> (follow Calendar daily routine) - numbers, day of the week, month of the year, year, season.</p> <p><u>Count from 0 to 10</u> (daily) - use fingers</p> <p><u>Number of the Week: 6</u> Point to number 6. Trace 6 in the air. Count 6 objects. Trace number 6 on number chart. Add 6 stickers to a number chart. Count out loud to 6. Trace number 6 in Number Writing Book. Build a tower with 6 cubes. Use number folder to count, write, and learn name of number 6. Write number 6 on your whiteboard.</p> <p><u>Counting:</u> Practice counting with buttons in the ice cube tray.</p>	<p>Colour the letter G is for Goat in colouring book.</p> <p>Pick up and collect small rocks/stones in the garden then make a fun design with them outside.</p> <p>Squish the dirt with your hands.</p> <p>Create a garden scene using playdough and animal figures or toy plants (<i>Lesedi sells a Garden Animal Sensory Play Kit</i>)</p>	<p>Create a fun poem together about things in the garden.</p> <p>Act out how plants grow in the garden.</p> <p>Go to a park and walk around looking for flowers, bugs, leaves, etc. Play on the jungle gym, race around the park, etc.</p>	<p>Look for bugs in the garden. Pick vegetables or fruits in a garden. Talk about how plants grow and what bugs do in the garden.</p>	<p>Plant vegetables or flowers in your garden or in a pot inside the house and watch them grow as you care for them.</p>

Week	Theme	Language	Math	Fine Motor	Creative Arts & Outside Play	Life Skills and Science	Extra Activities
Skills		<p>Recognize letter M and its sound, objects and words that begin with M, how to form the letter M, match upper and lowercase letter M.</p> <p><i>Writing:</i> formation of the letter Mm. Write own name.</p> <p><i>Reading:</i> listen to a story and interact with it, answering comprehension questions and following along. Begin to read high frequency words.</p>	<p>Learn about the Calendar, numbers, days of the week, months of the year, year, season, weather, temperature.</p> <p>Recognize and trace number 12. Count 12 objects. Count to 15 and back from 10.</p> <p>Practice making patterns with body parts. Begin to understand patterns repeat.</p>	<p>Strengthen fine muscles with colouring, and dressing oneself (buttoning, zipping, buckling, etc.)</p>	<p>Use recycled materials to create musical instruments, play to the beat of music. Express yourself through music and dance.</p> <p>Practice body awareness, balance, and self-control, as you dance and freeze in a musical game.</p>	<p>Explore music and different expressions from around the world.</p>	<p>Enjoy music with family and friends and expressing yourself through music. Self-coordination to learn dance moves.</p>
16	<p><u>Music</u></p> <p><i>Intro:</i> Play some of your favourite music, let your child dance and play the beat on pots or other things during the music. Talk about how music is a fun way to express ourselves and be creative.</p>	<p><u>Letter of the Week: M.</u> Introduce letter M and its sound (mouse). Find things around the house that start with M. Draw letter M in salt tray. Make the letter Mm with playdough using the playdough mat. Match upper and lowercase letter M using matching cards. Talk about words that start with M. Trace letter M and colour pictures that begin with M in Alphabet Colouring Book. Create a M is for Mouse letter craft.</p> <p><u>Words:</u> Introduce the word "and." Tell child how it is read, point it out when you read books, find it on signs, in newspapers, etc. Use <i>Building Words</i> book to spell and read the word "and."</p> <p><u>Reading:</u> <i>M is For Music</i> or <i>If You Give a Mouse a Cookie</i> This is a good book to introduce cause and effect to kids. Ask other comprehension questions from page 10.</p> <p><u>Writing:</u> Trace M in Letter Writing Book. Write own name in folder.</p>	<p><u>Calendar Chart</u> (follow Calendar daily routine)- numbers, day of the week, month of the year, year, season, weather, temperature.</p> <p><u>Count (daily):</u> from 0 to 15 by ones; backwards from 10 to 0.</p> <p><u>Number of the Week: 12</u> Point to number 12. Show kids that it has a one and a two. Trace 12 in the air. Count 12 objects. Trace number 12 on number chart and colouring page. Add 12 stickers to a number chart and colouring page. Count out loud to 12. Build a tower with 12 blocks. Write number 12 on your whiteboard.</p> <p><u>Make patterns:</u> Use your body and different actions to create patterns. Add music if you want. Clap-pat-clap-pat, jump-sit-jump-sit, etc.</p>	<p>Colour the letter M is for Mouse in colouring book.</p> <p>Practice buttoning, zipping, buckling, etc. to put on a fun costume for dancing or using the Everyday Fine Motor Board.</p>	<p>Create a percussion instrument out of boxes, paper, etc. Look on google for some fun ideas! Make music with your homemade instruments. <a href="https://www.howweelearn.com/spectacular-homemade-musical-instruments/">https://www.howweelearn.com/spectacular-homemade-musical-instruments/</a></p> <p>Sing and dance to your favourite songs.</p> <p>Play a game of "Freeze" using music: play fun music and move to the beat, when you pause the music your child must freeze in place, then continue dancing and repeat.</p>	<p>Talk about how music is a way to express something. Many people use different music to express. Play music of different genres or from different countries or cultures. Talk about what you hear and what you like about each.</p>	<p>Have a dance party.</p> <p>Put on a "concert" for your family singing or playing to your favourite songs.</p> <p>Learn a fun dance together as a family.</p>

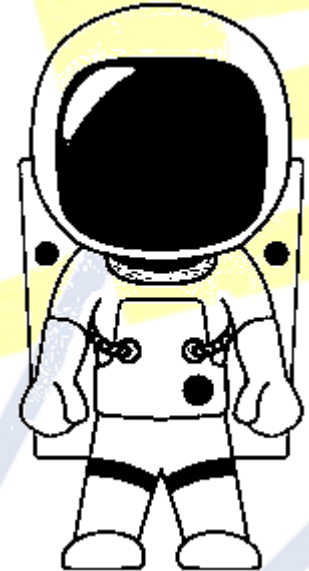
Week	Theme	Language	Math	Fine Motor	Creative Arts & Outside Play	Life Skills and Science	Extra Activities
Skills		<p>Recognize letter Z and its sound, objects and words that begin with Z, how to form the letter Z, match upper and lowercase letter Z.</p> <p><i>Writing:</i> formation of the letter Zz. Write own name.</p> <p><i>Reading:</i> listen to a story and interact with it, answering comprehension questions and following along. Begin to read high frequency words. Recognize rhyming words.</p>	<p>Learn about the Calendar, numbers, days of the week, months of the year, year, season, weather, temperature, odd/even. Complete a Calendar Journal. Recognize and trace number 25. Count 25 objects. Count to 25, back from 10. Count by tens to 100 using objects.</p>	<p>Strengthen fine muscles with colouring and forming playdough. Scissor skills to cut paper.</p>	<p>Create a mask using different materials, scissors, and glue.</p> <p>Use gestures and movement to imitate animals. Locomotor skills to race like different animals.</p>	<p>Explore different kinds of animals and what makes them special. Explore where different animals come from around the world and what habitats they live in.</p>	<p>Visit a zoo or game reserve and see animals in person. Talk about the animals and what they look like, etc.</p>
29	<p><u>Zoo and other animals</u></p> <p><i>Intro:</i> If you are able to, take a trip to the zoo to see all the animals. Otherwise, make a zoo at home with different animal figures, craft sticks or blocks, etc.</p>	<p><u>Letter of the Week: Z.</u> Introduce letter Z and its sound (queen). Find things around the house that start with Z. Draw letter Z in salt tray. Make the letter Zz with playdough using the playdough mat. Match upper and lowercase letter Z using matching cards. Talk about words that start with Z. Trace letter Z and colour pictures that begin with Z in Alphabet Colouring Book. Create a Z is for Zebra letter craft.</p> <p><u>Words:</u> Introduce the word "to." Tell child how it is read, point it out when you read books, find it on signs, in newspapers, etc. Use <i>Building Words</i> book to spell and read the word "to."</p> <p><u>Reading:</u> <i>Dear Zoo Or 1, 2, 3 to the Zoo</i> Ask: Have you ever been to a zoo? What did you like there?</p> <p><u>Writing:</u> Trace Z in Letter Writing Book. Write own name in folder.</p>	<p><u>Calendar Chart</u> (follow Calendar daily routine) - numbers, day of the week, month of the year, year, season, weather, temperature, odd and even numbers. Depending on their writing skills, you can start with the Calendar Journal.</p> <p><u>Count (daily):</u> from 0 to 25 by ones; backwards from 10 to 0; count by tens to 50.</p> <p><u>Number of the Week: 25</u> Point to number 25. Show kids that it has a two and a five. Trace 25 in the air. Count 25 objects. Trace number 25 on number chart and colouring page. Add 25 stickers to a number chart and colouring page. Count out loud to 25. Build a tower with 25 blocks. Write 25 on your whiteboard.</p> <p><u>Counting by Tens:</u> Find 10 different objects around your home and put them in groups of 10. Then point to each group as you count by tens to 100 (10, 20, 30.....100).</p>	<p>Colour the letter Z is for Zip in colouring book.</p> <p>Use your scissors to cut paper when creating an animal mask.</p> <p>Make different animals out of playdough. Place beans or buttons on them for eyes or spots or teeth.</p>	<p>Create an animal mask using paper and crayons. Have fun acting like that animal. See page 153. Or look online for other templates.</p> <p>Play "charades" with different animals and see if your family can guess what animal you are.</p> <p>Animal Races: run back and forth imitating different animals - fly like a bird, swim like a fish, run and bark like a dog, jump like a kangaroo, hop like a frog, trot like a horse, run like a cheetah, stomp like a hippo, sore like an eagle, etc.</p>	<p>Watch several episodes of <i>Wild Kratts</i> on YouTube throughout the week. Talk about different "creature powers" animals have.</p> <p>Look at a map and explore where different animals live. You can even use animal figures to place them on a map.</p>	<p>Visit the Zoo or go to a Game Reserve.</p> <p>Watch some game drives on <i>Wild Earth</i> YouTube channel.</p>



apple



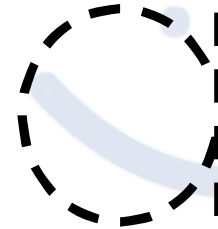
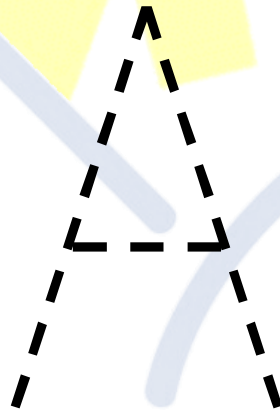
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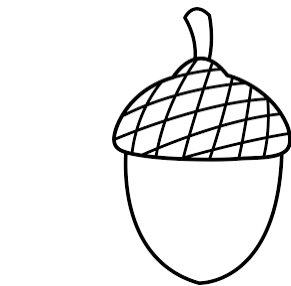
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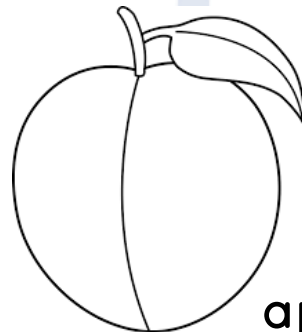
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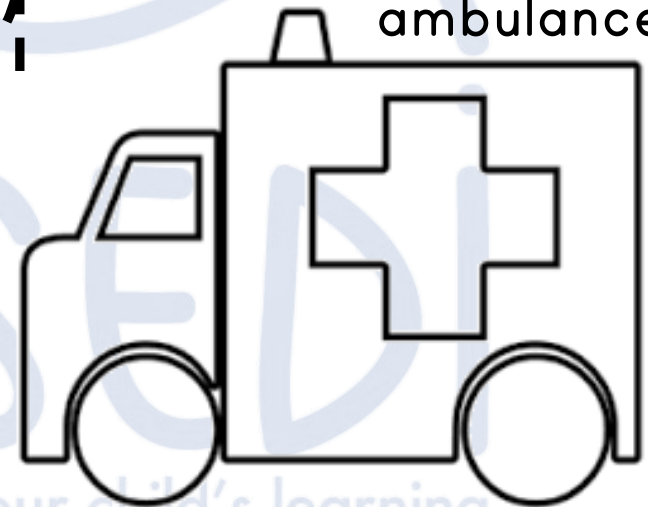
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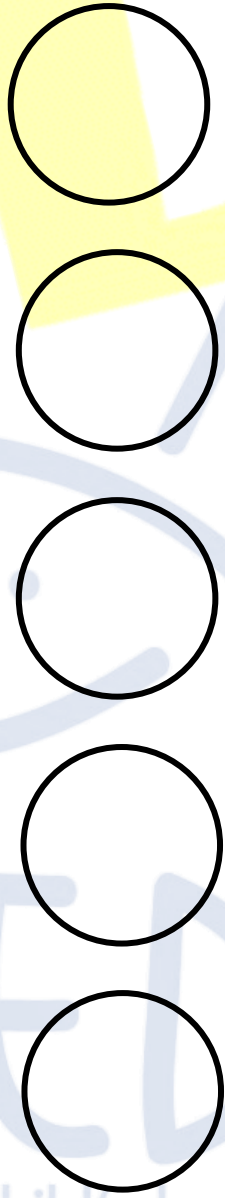
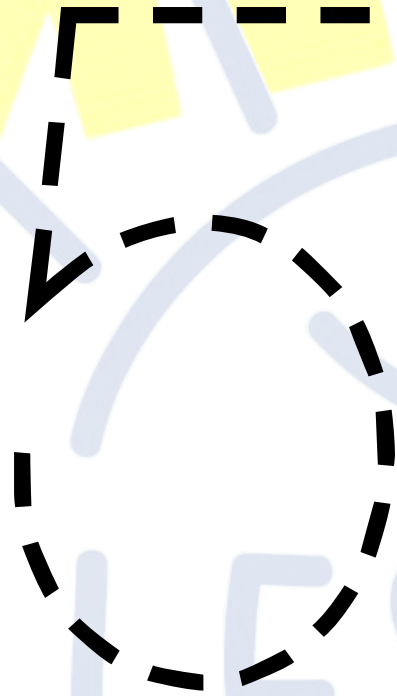
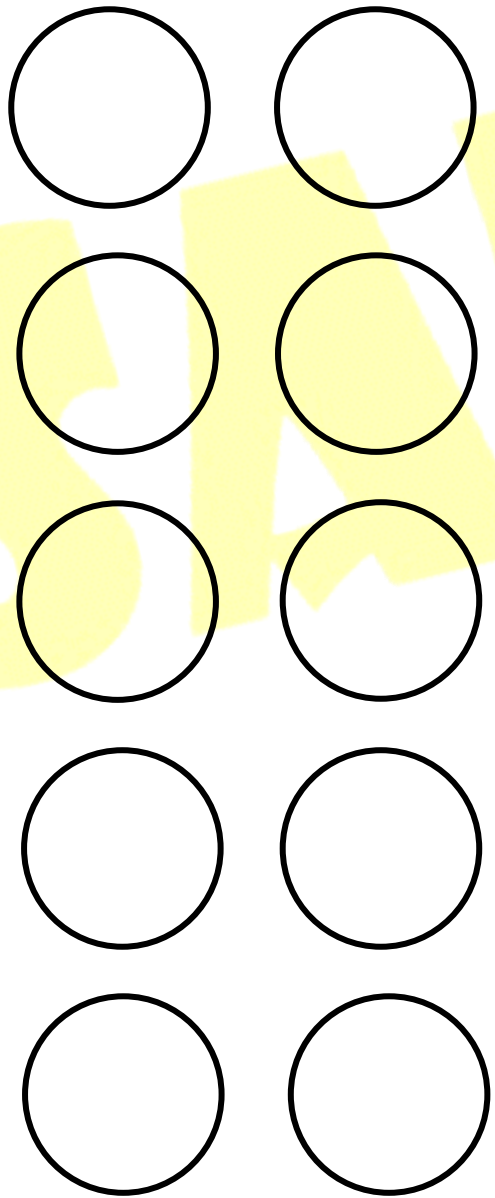


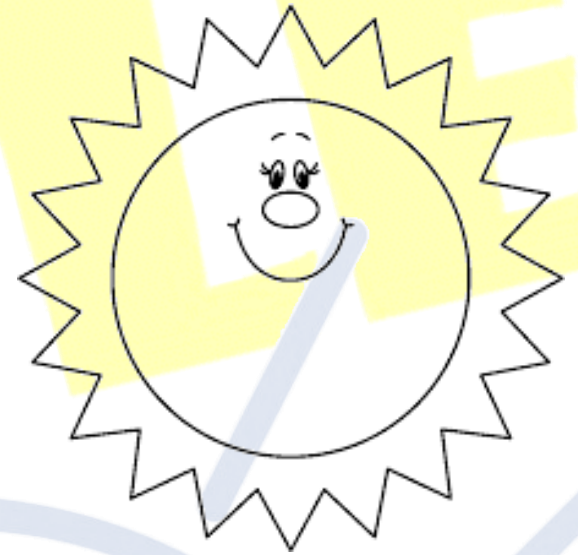
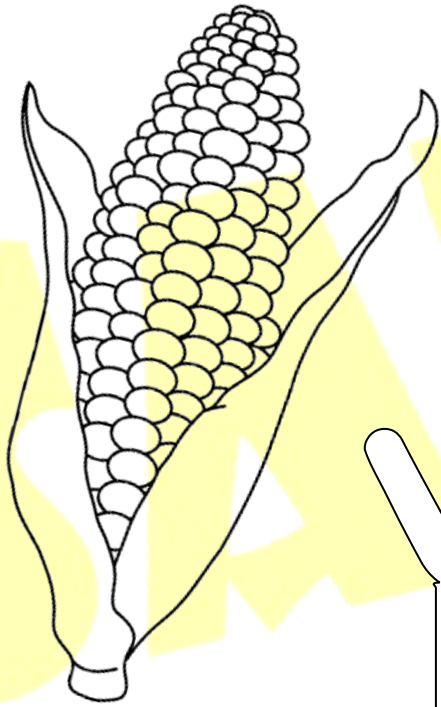
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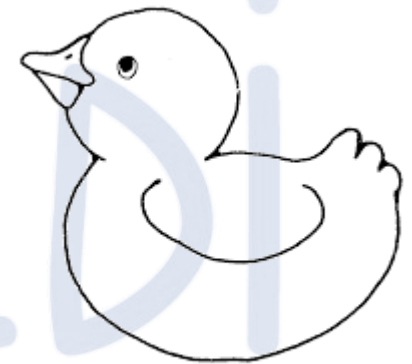
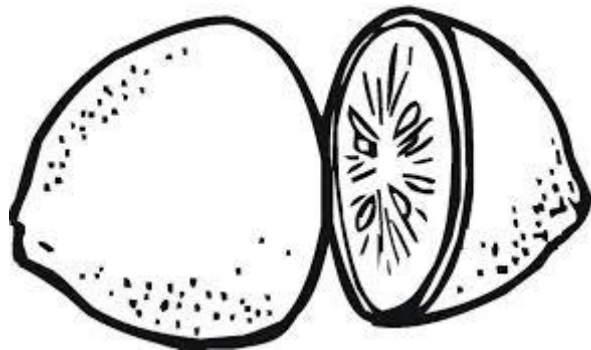
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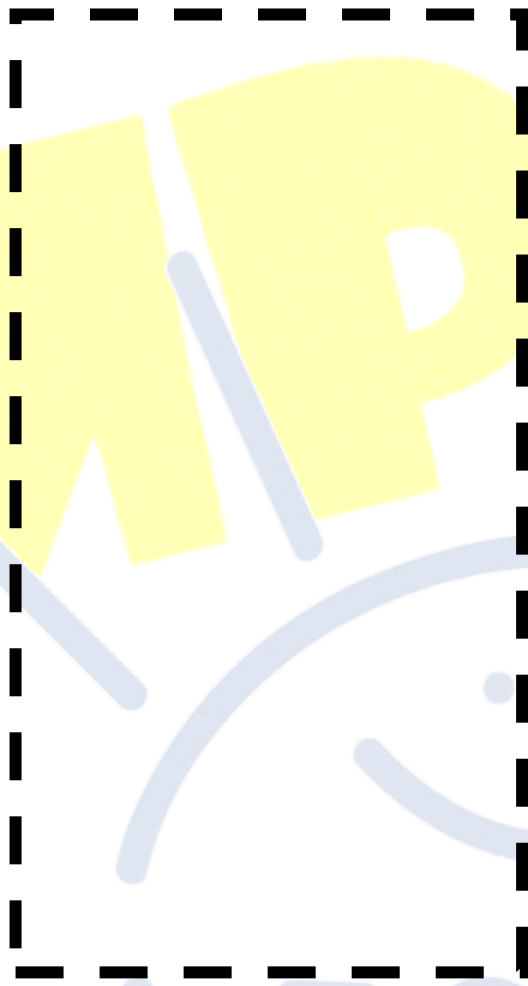


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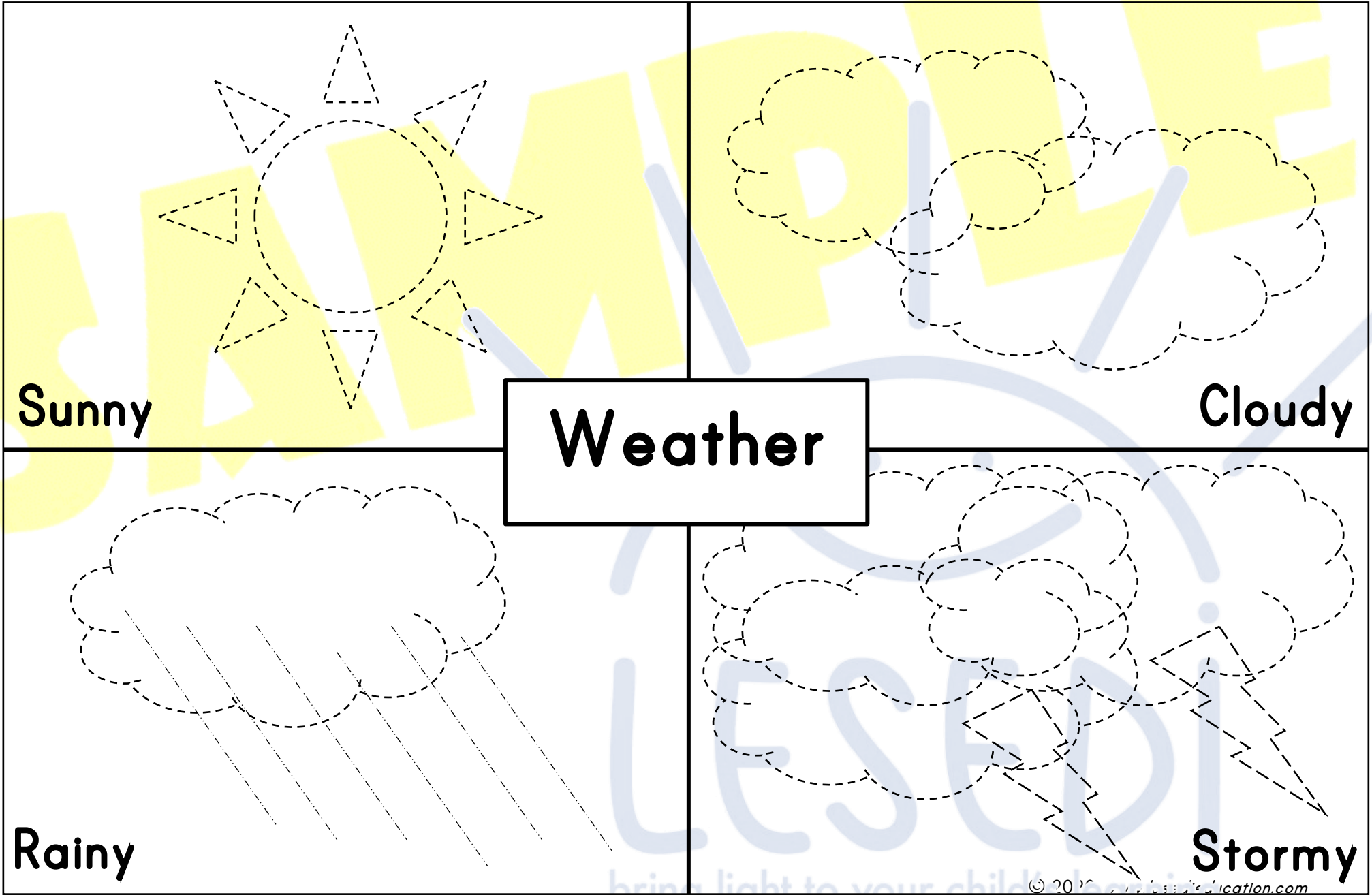


SAMPLE



**rectangle**

bring light to your child's learning



**Sunny**

**Cloudy**

**Weather**

**Rainy**

**Stormy**

## Preschool Assessment and Report Card

\*This assessment is meant to help you see all your child has learned by the end of the year. It can also be used to give to a grade R or grade 1 teacher asking what your child knows. If your child has learned even more than what is on this list that is really great! This list is a simple one and the minimum your child should know before grade 1. Use it to evaluate whether your child is ready or not, remember every child is different and it is very fine to wait a year to put your child in grade R or 1 and re-teach using this plan. It is better that they go into grade R or 1 well prepared and confident as this will give them a solid foundation for the rest of their learning.

- Verbalize (use words) to ask for needs and wants.
- Handle a book: how to hold a book the proper way, turn pages, point to words, tell a story looking at pictures, point to the cover.
- Get themselves dressed: put clothes on, button buttons, zip zippers.
- Tie own shoes (may not be able to do until end of Grade R).
- Be independent in the toilet: handle their own pants, wipe, flush, wash and dry hands.
- Say their full name and family members' names (parents, siblings, etc)
- Say their address (at least street and city), phone number, and birthday.
- Follow simple directions like: please eat your food, please put your clothes on.
- Clean up after themselves.
- Point to different body parts and name them.
- Use glue, scissors (safety, appropriate use to make things and cut)
- Use crayons and/or pencils (hold correctly)
- Write their first name (with upper and lowercase letters).
- Identify alphabet letters and sounds:  
Uppercase: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
Lowercase: a b c d e f g h i j k l m n o p q r s t u v w x y z  
Consonant letter sounds: b c d f g h j k l m n p q r s t v w x y z  
Vowel letter sounds: long a, short a, long e, short e, long i, short i, long o, short o, long u, short u.

## Preschool Assessment and Report Card (continued)

Write letters of the alphabet: A a B b C c D d E e F f G g H h I i J j K k L l M m N n O o P p Q q R r S s T t U u V v W w X x Y y Z z

Rhyming words: Cat-hat-rat, mug-rug-bug, sun-run-fun, bed-fed-red, bin-tin-win, pet-jet-net, others: \_\_\_\_\_

Recognize common words:

a	and	away	big	blue	can	come
down	find	for	funny	go	help	here
I	in	is	it	jump	little	look
make	me	my	not	one	play	red
run	said	see	the	three	to	two
up	we	where	yellow	you		

Count to 10 and write some of the numbers 0-10.

Counts by ones to \_\_\_\_ (see how far they can count without help)

Writes numbers: 0 1 2 3 4 5 6 7 8 9 10 \_\_\_\_\_

Count objects (one-to-one correspondence): counting up to 10 objects, pointing to each object as they count. Can count objects up to \_\_\_\_\_

Sort objects according to: size, shape, colour.

Follow a pattern: red-blue-red-blue.... OR clap-pat-clap-pat...

Patterns they can create/continue: ABA, ABBA, AABB

Identify colours:

Red, blue, yellow, orange, green, purple, others: \_\_\_\_\_

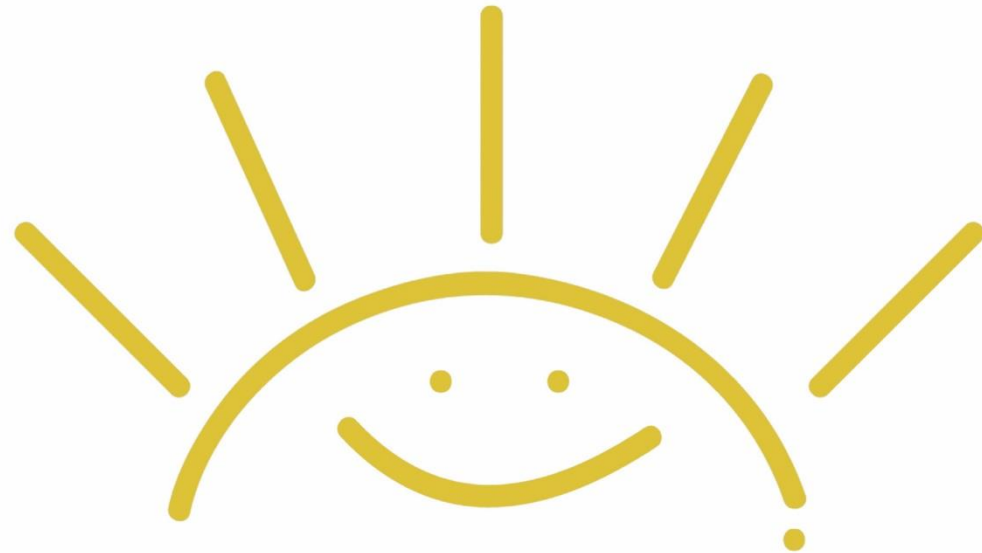
Identify shapes:

Circle, square, rectangle, triangle, oval, diamond, others: \_\_\_\_\_

## Appendix: How to Include Younger Siblings (1-2 years old) in Learning

Many parents wonder how to do school with a Preschool child while a baby or toddler is right by their side wanting to be involved too. This is wonderful! The best way a younger child can grow a love for learning and build understanding of the world around them is through observation. Most of the activities in this Planner can be easily adapted to a child who is 1-2 years old. Children, ages 1-2, learn through EXPLORATION, OBSERVATION, PLAY, SENSORY EXPERIENCES, LISTENING, and TALKING. Here are some ideas for how to involve your younger child while teaching your 3-6 year old child at home.

- ☺ Remember they WILL NOT sit still. This is very fine and normal for every child this age. Let them move around while you teach (limit their space for safety but DON'T make them sit and do school). Also good for 3-6 year olds to move around often during school - great for developing those minds and involving their whole body in learning which has great benefits.
- ☺ 1-2 year olds can only focus for 1-2 minutes at a time so be mindful of that and change activities for them often (give them one thing at a time and rotate through activities often).
- ☺ Sensory Play is key for developing vocabulary, fine motor and other cognitive skills at a young age. Bring on the water, rice, salt, beans, pasta, playdough, dirt, mud, etc!! Let them get messy and enjoy learning! (You can purchase our Sensory Play Pack to help!)
- ☺ Prepare some sensory activities to go along with the theme. Check online for some great ideas! Anything kids can touch, taste, listen to, smell, move around.... For example, if it's an ocean theme choose some buckets of water and ocean animals and let them play.
- ☺ TALK TALK TALK - The more words your child hears, the more they will learn. Even if they can't speak yet, they are always listening and soon you will hear them repeat words you and your older children are saying.
- ☺ REPEAT REPEAT REPEAT - young children can repeat activities again and again and not get bored at all. Repetition is a key way they learn. Even if you are getting bored - keep repeating the same activities again and again. How many times do they ask you to read their favourite book?
- ☺ Fine motor skills are the most important at the younger ages and prepare them for writing, dressing themselves, and other skills later in life. You can find many ideas online for fine motor skill activities or they can participate with the ones in this Planner - just watch out for small objects! (Make sure they don't swallow them.)
- ☺ Playdough is your best friend! Give them a lot of time with playdough. You can add things like spoons, blocks, cups, muffin tins, toys, etc. Doesn't need to be fancy - just things you have around home.
- ☺ READ EVERY DAY! Reading is KEY for developing language and literacy skills. The more you read the more you are benefitting your child's learning. Reading for 20 minutes a day (in smaller chunks for young kids) will mean your child will hear up to 1.8 million words per year!



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