

The Whole Child

Free Preschool Readiness Activities

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Week 21

Auditory Perception

Let your child enjoy making music with any musical instruments that you may have in your home, perhaps a xylophone, drum, recorder or other. Alternatively, make a shaker by placing rice in an empty plastic bottle with a lid, then let your child shake it in time with some fun, uplifting music. Dance or sing. Have fun!

Language and Thinking

Choose a story to read to your child that lends itself to role play. Afterwards ask her to re-enact the story, along with you or using soft toys or dolls as characters if necessary. This activity encourages a child to her imagine herself in the position of someone else. Even letting her pretend to be you, the mom or dad in a home, can help her to understand your role in the family better and why roles are that way.

Visual Perception

Continue with your child's colour scrap-book (or start one now). Allocate a page for each colour and write the name clearly on each page. Begin with the primary colours, red, yellow and blue and then create pages for the secondary colours. Encourage your child to choose one colour and cut out pictures in different shades of that colour and paste them on the relevant page.

Mathematical Skills

Continue teaching your child about the different denominations of your country's currency. Use the coins or notes of low value first, which your child is most likely to be able to handle herself first. If she can recognize and name them accurately, start explaining what their value is in terms of what they can buy. For example, here in South Africa, five rand is roughly the price of a loaf of bread and twenty cents will buy you one toffee or one piece of bubble-gum!

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Gross Motor Skills

Ask your child to march on the spot like a soldier, swinging her arms as she lifts the opposite leg. This activity develops a sense of laterality (right and left sides) and balance.

Faith Building

Help your children to develop an appreciation for all their comforts and an awareness of others who have much less than them. Talk about how we can make sacrifices to bless others in need. Find a deserving charity, perhaps an orphanage or child-related organization that you can support regularly as a family. Talk to them about the Biblical mandate to help those in need.

We have set up a jar for contributions from each of us that will be donated to those in need once it contains a significant amount. In this way the children can "see" the proceeds that they are giving, even though I will probably donate it via an online transaction later!