FREE PRINTABLE

PRESCHOOL YEAR

COMPLETE 36-WEEK CURRICULUM

Teacher & Parent Guide for Ages 3 to 4

Learn • Play • Grow • Shine

AGES 3–4 Guide

- 36 weekly lesson plans
- Year-at-a-glance map
- Skills checklists
- Progress report + certificate



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Welcome to the Preschool Year

Your complete curriculum, week by week.

Welcome! This complete 36-week Preschool Year is made for children ages 3 to 4. Each week has a theme, one letter, one number, one shape or color and one discovery topic. There are five short workbook pages (Monday to Friday) and easy hands-on ideas that use things you already have.

It follows the skills most US programs and state early-learning standards describe. It is not an official curriculum of any school, agency or brand.

What your child will learn

Language and literacy
Letter names and sounds A to Z, rhyming, vocabulary, listening and speaking.

Math
Counting to 20, numbers 1 to 10, shapes, patterns, sorting, comparing.

Science and social studies
Body, senses, weather, plants, animals, families and community helpers.

Social and emotional growth
Feelings, kindness, routines, taking turns and being a good friend.

Fine motor and creativity
Pencil grip, tracing, cutting, drawing, movement and music.

How much time?

- 20 to 30 minutes a day, five days a week.
- One page at a time. Stop while your child still wants more.
- Every child grows at their own speed. Repeat any page you like.

What you need

- A printer and US Letter paper (8.5 x 11 inches).
- Pencils, crayons and child-safe scissors.
- Glue stick and a folder for finished pages.
- Small objects for counting, such as buttons or blocks.

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What Is in the Curriculum

Everything you need, and when to use it.

Weeks 1 to 12 63 pages	**Preschool Workbook 1** Letters A to I, numbers 1 to 9, colors and shapes, senses, body and family.
Weeks 13 to 24 63 pages	**Preschool Workbook 2** Letters J to S, numbers 10 to 19, more shapes and colors, helpers, food and weather.
Weeks 25 to 36 62 pages	**Preschool Workbook 3** Letters T to Z, number 20 and counting ideas, sorting, opposites and a graduation page.
Every day 40 pages	**Calendar & Circle Time Pack** Monthly calendars, weather, days, months, seasons, class jobs and daily schedule cards.
Any week 18 pages	**Charts & Cards Pack** Alphabet and number charts, ABC cards, number cards, shapes, colors, feelings, opposites and helpers.
Ages 4 to 6 31 pages	**Rhyming & Sound Awareness** Bonus listening book for older 4-year-olds: rhymes, syllables and sounds, mostly with pictures.

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Meet the Learning Pals

Four friends travel with your child through every week of the year.



Hazel Hedgehog

Reading and Letters

- Letters and sounds
- Rhymes and stories
- New words



Otto Otter

Math and Numbers

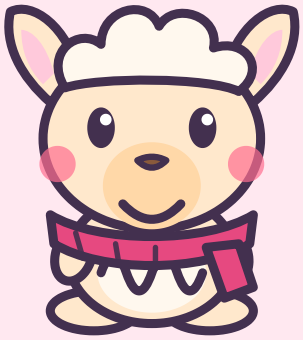
- Counting and numbers
- Shapes and patterns
- Sorting



Kiki Koala

Discovery

- Body and senses
- Weather and seasons
- Animals and plants



Lenny Llama

Writing and Drawing

- Pencil skills
- Tracing letters
- Drawing and cutting

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A Day in the Curriculum

A simple daily rhythm you can follow at home or in a classroom.

Circle time 5 to 10 min	Say hello, look at the calendar, name the day and weather, count, sing a song.	1
Workbook page 10 min	Do today's page together. Read the directions aloud. Praise effort.	2
Hands-on idea 10 min	Try one idea from the week's plan page: build, paint, sort, play or pretend.	3
Story time 5 to 10 min	Read a picture book about the week's theme or letter. Ask: What happens next?	4
Wrap up 5 min	Dance, stretch or play a game. Look at what you learned. Say goodbye with a song.	5

A sample day

- Morning at home or in class: circle time, then the Monday page, then a hands-on idea.
- Short on time? Do just the workbook page and one song. That is still a good day.
- Keep a basket of favorite books near the table for story time.

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Skills This Curriculum Builds

The five learning areas and the skills to watch for during the year.

Language and Literacy

- [ ] Names many capital and small letters
- [ ] Says the sounds of letters
- [ ] Recognizes rhymes
- [ ] Speaks in full sentences
- [ ] Listens to a story and answers questions
- [ ] Recognizes own name in print

Math

- [ ] Counts to 10 and then to 20
- [ ] Recognizes numerals 1 to 10
- [ ] Counts objects one by one
- [ ] Names circle, square, triangle, rectangle
- [ ] Makes and says simple patterns
- [ ] Sorts by color, size and shape

Science and Social Studies

- [ ] Names body parts and the five senses
- [ ] Talks about weather and seasons
- [ ] Knows how plants grow
- [ ] Names common animals and where they live
- [ ] Names community helpers
- [ ] Knows family and home roles

Social and Emotional

- [ ] Names feelings
- [ ] Takes turns and shares
- [ ] Follows classroom routines
- [ ] Uses kind words
- [ ] Calms down with help
- [ ] Separates from a parent with ease

Fine Motor and Creativity

- [ ] Holds a pencil or crayon with a good grip
- [ ] Draws lines, circles and a cross
- [ ] Traces letters and shapes
- [ ] Cuts on a line with scissors
- [ ] Draws a person with head, body and limbs
- [ ] Sings, dances and creates art

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Year at a Glance: Weeks 1 to 18

All 36 weeks on two pages.

Wk	Letter / Review	Number	Shape / Color	Discover
1	**Lines, name**	Count to 3	Red, blue, yellow	All about me
2	**Rules, routines**	Count to 5	Classroom rules	My classroom
3	**A a**	Number 1	Red	My Body
4	**B b**	Number 2	Circle	My Senses: Seeing
5	**C c**	Number 3	Blue	My Senses: Hearing
6	**D d**	Number 4	Square	My Senses: Smelling
7	**E e**	Number 5	Yellow	My Senses: Tasting
8	**Review: A to E**	Count and trace	Shapes, colors	Pencil, scissors
9	**F f**	Number 6	Triangle	My Senses: Touching
10	**G g**	Number 7	Green	My Feelings
11	**H h**	Number 8	Rectangle	My Family
12	**I i**	Number 9	Orange	My Home
13	**J j**	Number 10	Oval	Community Helpers 1
14	**Review: F to J**	Count and trace	Shapes, colors	Pencil, scissors
15	**K k**	Number 11	Purple	Community Helpers 2
16	**L l**	Number 12	Diamond	Healthy Foods
17	**M m**	Number 13	Pink	Healthy Habits
18	**N n**	Number 14	Heart	Staying Safe

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Year at a Glance: Weeks 19 to 36

All 36 weeks on two pages.

Wk	Letter / Review	Number	Shape / Color	Discover
19	**O o**	Number 15	Brown	Weather
20	**Review: K to O**	Count and trace	Shapes, colors	Pencil, scissors
21	**P p**	Number 16	Star	Four Seasons
22	**Q q**	Number 17	Black and White	Day and Night
23	**R r**	Number 18	Hexagon	Plants Grow
24	**S s**	Number 19	Big and Small	Pets
25	**T t**	Number 20	Long and Short	Farm Animals
26	**Review: P to T**	Count and trace	Shapes, colors	Pencil, scissors
27	**U u**	More and Fewer	Same and Different	Zoo Animals
28	**V v**	One More, One Less	Up, Down, Over, Under	Animal Babies
29	**W w**	Number Order 1 to 10	Inside, Outside, Front, Back	Land Transportation
30	**X x**	Match Numbers and Sets	Patterns	Water and Air Transportation
31	**Y y**	Count to 20	Sorting by Color	Opposites
32	**Z z**	Zero and Review	Sorting by Size and Shape	Being Kind
33	**Review: U to Z**	Count and trace	Shapes, colors	Pencil, scissors
34	**My name**	Count to 20	Patterns, sorting	Draw myself
35	**Counting, shapes**	Count to 20	Patterns, sorting	Review
36	**My ABCs, 123s**	Count to 20	Patterns, sorting	Graduation

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Materials List

Simple things to gather before you start.

Writing and art

- Pencils, crayons, markers
- Child-safe scissors
- Glue stick, tape
- Play dough, paint
- Paper plates and craft sticks

Math and play

- Buttons, blocks, counters
- Dice and a number line
- Beads and string
- A ball and a few scarves

Discovery

- A flashlight and a mirror
- A clear cup, beans and paper towels
- A small tub of water
- Picture books and magazines

Home and class

- Folder or binder for finished pages
- Pocket chart or magnet board
- Calendar pieces (see Calendar Pack)
- A basket for the week's books

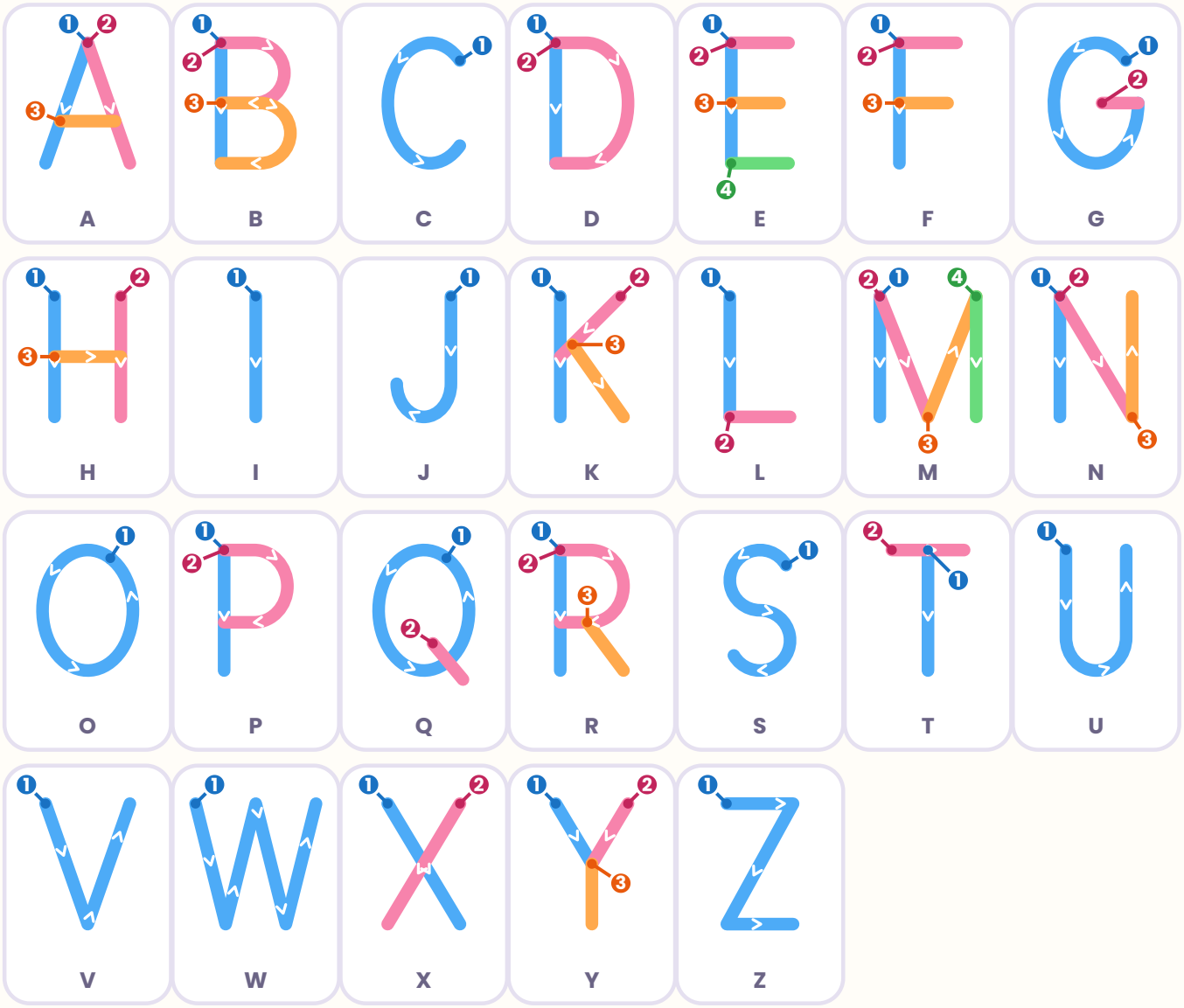
Everything on the lists is a household item or a low-cost school supply.



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How We Write the Capital Letters

School-print stroke order for teachers and parents.



Start at the numbered dot and follow the arrows. Say the strokes out loud.

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Fine Motor and Pencil Skills

Strong small hands make writing easier.

1. **Hold it**
   Try short crayons and pencils. A short tool makes a three-finger (tripod) grip easier.

2. **Pinch and squeeze**
   Playdough, tweezers, clothespins and bead lacing build the small muscles of the hand.

3. **Draw lines**
   Practice straight lines (down, across), circles, crosses and diagonal lines before letters.

4. **Cut**
   Snip paper strips, then cut straight lines, curves and simple shapes. Thumb up on the scissors!

5. **Trace and write**
   Start at the top. Teach the order: down, across, round, slant. Praise neat effort.

Quick fine-motor games (5 minutes)

- Pick up pompoms with tongs and drop them into a muffin tin.
- Roll playdough snakes and make letter shapes.
- Make a lacing card from a paper plate and yarn.
- Draw big lines in a tray of salt or sand with one finger.
- Cut a straw or paper strip into 'confetti' for a collage.

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Week 1 Plan

Your lesson plan for the week.

WEEK 1

Hello, Friends! All About Me

Getting started: routines, lines, counting and colors



Focus 1
All About Me

Focus 2
Count 1, 2, 3

Focus 3
Red, Blue and Yellow

Focus 4
My Favorite Things

Daily workbook pages

Mon	All About Me	Workbook 1, page 2
Tue	Lines and Curves	Workbook 1, page 3
Wed	Count 1, 2, 3	Workbook 1, page 4
Thu	Red, Blue and Yellow	Workbook 1, page 5
Fri	My Favorite Things	Workbook 1, page 6

Hands-on ideas

Names	Greet each child by name. Write names on cards and let children find their own.
Counting	Count fingers, toes, eyes and noses. Count friends in the circle.
Colors	Play a color game: show a red, a blue and a yellow object and name each one.
Hands	Scribble and draw freely with fat crayons. Praise every drawing.
Move	Freeze dance: dance, then freeze like a statue when the music stops.

I can...

- [ ] I can draw straight and round lines.
- [ ] I can say my name.
- [ ] I can count to 3.

Tip for grown-ups

Keep each page to 10 to 15 minutes. Stop while your child still wants more.

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Week 2 Plan

Your lesson plan for the week.

WEEK 2

My Classroom and My Day

Getting started: routines, lines, counting and colors



Focus 1
My Classroom

Focus 2
Count to 5

Focus 3
Classroom Rules

Focus 4
Zigzags and Loops

Daily workbook pages

Mon	My Classroom	Workbook 1, page 7
Tue	My Day	Workbook 1, page 8
Wed	Count to 5	Workbook 1, page 9
Thu	Classroom Rules	Workbook 1, page 10
Fri	Zigzags and Loops	Workbook 1, page 11

Hands-on ideas

- **Routine** — Practice the daily routine with picture cards: arrive, circle time, play, snack, rest, go home.
- **Rules** — Role-play classroom rules with puppets: walking feet, listening ears, kind hands.
- **Lines** — Draw big lines in the air, then on paper: down, across, round and round.
- **Counting** — Count steps, claps and blocks together to 5.
- **Move** — Animal walks: bear walk, frog hop, crab walk.

I can...

- [ ] I can follow our classroom rules.
- [ ] I can count to 5.
- [ ] I can name red, blue and yellow.

Tip for grown-ups

Praise effort, not just a perfect page: "You worked so hard on that line!"

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Week 3 Plan

Your lesson plan for the week.

WEEK 3

Letter A: My Body

Letter A · Number 1 · Red · My Body

Aa

Letter
A a makes the sound /a/

Number
Number 1

Color
Red

Discover
My Body

Daily workbook pages

Mon	Meet the Letter A	Workbook 1, page 12
Tue	Letter A Fun	Workbook 1, page 13
Wed	Number 1	Workbook 1, page 14
Thu	Red	Workbook 1, page 15
Fri	My Body	Workbook 1, page 16

Hands-on ideas

- **Letter** — Roll playdough snakes and shape a big A. Say /a/ each time you press a snake into place.
- **Number** — Count out 1 buttons or blocks into a line. Touch each one and say its number out loud.
- **Red** — Go on a red hunt: find five red things and put them in a basket.
- **Discover** — Trace a child's body on big paper and label head, arms, legs and tummy together.
- **Move** — Follow-the-leader through an obstacle course.

I can...

- [ ] I can say the sound of A.
- [ ] I can trace A and a.
- [ ] I can count to 1.
- [ ] I can find red things.

Tip for grown-ups

Let your child hold the pencil in a way that feels good. Use short crayons to build a tripod grip.

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Week 4 Plan

Your lesson plan for the week.

WEEK 4

Letter B: My Senses: Seeing

Letter B · Number 2 · Circle · My Senses: Seeing

Bb

Letter
B b makes the sound /b/

Number
Number 2

Shape
Circle

Discover
My Senses: Seeing

Daily workbook pages

Mon	Meet the Letter B	Workbook 1, page 17
Tue	Letter B Fun	Workbook 1, page 18
Wed	Number 2	Workbook 1, page 19
Thu	Circle	Workbook 1, page 20
Fri	My Senses: Seeing	Workbook 1, page 21

Hands-on ideas

- **Letter** — Press buttons or bottle caps along the curves of a big paper B. Say /b/ with each press.
- **Number** — Shape the numeral 2 from playdough, then put 2 beads or pebbles next to it.
- **Circle** — Roll a ball in a circle, then draw circles with chalk on the sidewalk.
- **Discover** — Play I Spy with colors. Look through a paper tube and describe what you see.
- **Move** — Scarf dancing: wave a scarf high, low, fast and slow.

I can...

- [ ] I can say the sound of B.
- [ ] I can trace B and b.
- [ ] I can count to 2.
- [ ] I can name the circle.

Tip for grown-ups

Read the instructions aloud. Preschoolers learn from listening, not from reading the page.

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Week 5 Plan

Your lesson plan for the week.

WEEK 5

Letter C: My Senses: Hearing

Letter C · Number 3 · Blue · My Senses: Hearing

Cc

Letter
C c makes the sound /k/

Number
Number 3

Color
Blue

Discover
My Senses: Hearing

Daily workbook pages

Mon	Meet the Letter C	Workbook 1, page 22
Tue	Letter C Fun	Workbook 1, page 23
Wed	Number 3	Workbook 1, page 24
Thu	Blue	Workbook 1, page 25
Fri	My Senses: Hearing	Workbook 1, page 26

Hands-on ideas

- **Letter** Curl a paper strip into a C. Crawl like a camel to the circle-time spot and say /k/.
- **Number** Clap 3 times, stomp 3 times, then jump 3 times.
- **Blue** Paint a blue picture with a sponge and name three blue things you see.
- **Discover** Make a quiet listening walk: stop, close your eyes and name every sound you hear.
- **Move** Beanbag toss into a basket, counting each one.

I can...

- [ ] I can say the sound of C.
- [ ] I can trace C and c.
- [ ] I can count to 3.
- [ ] I can find blue things.

Tip for grown-ups

Do a movement break after each page. Little bodies learn best when they move.

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Week 6 Plan

Your lesson plan for the week.

WEEK 6

Letter D: My Senses: Smelling

Letter D · Number 4 · Square · My Senses: Smelling

D d

Letter
D d makes the sound /d/

Number
Number 4

Shape
Square

Discover
My Senses: Smelling

Daily workbook pages

Mon	Meet the Letter D	Workbook 1, page 27
Tue	Letter D Fun	Workbook 1, page 28
Wed	Number 4	Workbook 1, page 29
Thu	Square	Workbook 1, page 30
Fri	My Senses: Smelling	Workbook 1, page 31

Hands-on ideas

- **Letter** — Trace a big D in a tray of salt or sand: one line down, then a big curve. Say /d/.
- **Number** — Draw 4 dots on a paper plate and count them with your finger. Then color them.
- **Square** — Build a square from four blocks of the same size. Count the 4 sides together.
- **Discover** — Smell jars (cinnamon, orange peel, mint) with eyes closed and guess what they are.
- **Move** — Yoga animals: cat, cow, tree and butterfly poses.

I can...

- [ ] I can say the sound of D.
- [ ] I can trace D and d.
- [ ] I can count to 4.
- [ ] I can name the square.

Tip for grown-ups

If a page feels too hard, do it together: your hand over theirs for the first line.

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Week 7 Plan

Your lesson plan for the week.

WEEK 7

Letter E: My Senses: Tasting

Letter E · Number 5 · Yellow · My Senses: Tasting

E e

Letter
E e makes the sound /e/

Number
Number 5

Color
Yellow

Discover
My Senses: Tasting

Daily workbook pages

Mon	Meet the Letter E	Workbook 1, page 32
Tue	Letter E Fun	Workbook 1, page 33
Wed	Number 5	Workbook 1, page 34
Thu	Yellow	Workbook 1, page 35
Fri	My Senses: Tasting	Workbook 1, page 36

Hands-on ideas

- **Letter** — Glue three craft sticks onto a fourth stick to make E. Say /e/ and count the four sticks.
- **Number** — Hop along a number line on the floor until you land on 5.
- **Yellow** — Make a yellow collage with torn paper and name things that are yellow.
- **Discover** — Taste two safe snacks (sweet and salty) and sort them: sweet or salty?
- **Move** — Parade: march with a homemade drum from a pot.

I can...

- [ ] I can say the sound of E.
- [ ] I can trace E and e.
- [ ] I can count to 5.
- [ ] I can find yellow things.

Tip for grown-ups

Repeat favorite pages. Repetition is how young children learn.

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Week 8 Plan

Your lesson plan for the week.

WEEK 8

Alphabet Review: A to E

Review week: letters, numbers, shapes and pencil skills



Focus 1
Alphabet Review: A to E

Focus 2
Count and Trace

Focus 3
Shapes and Colors Review

Focus 4
Pencil and Scissors Skills

Daily workbook pages

Mon	**Alphabet Review: A to E**	Workbook 1, page 37
Tue	**Match the Letters**	Workbook 1, page 38
Wed	**Count and Trace**	Workbook 1, page 39
Thu	**Shapes and Colors Review**	Workbook 1, page 40
Fri	**Pencil and Scissors Skills**	Workbook 1, page 41

Hands-on ideas

- **Letters** — Play 'I Spy a letter' with a magnet board or letter cards from this block. Match capital and small letters.
- **Numbers** — Count to 10 and to 20 while hopping. Play 'What comes next?' with number cards.
- **Shapes** — Go on a shape walk and name the circles, squares and triangles you find.
- **Hands** — Practice scissors: snip paper strips, then cut along straight and curvy lines.
- **Move** — Balloon keep-up: tap the balloon and keep it in the air.

I can...

- [ ] I can match capital and small letters.
- [ ] I can say the sounds of these letters.
- [ ] I can count to 10 and to 20.
- [ ] I can name shapes and colors.

Tip for grown-ups

Talk about the pictures. Ask: What do you see? What happens next?

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Week 9 Plan

Your lesson plan for the week.

WEEK 9

Letter F: My Senses: Touching

Letter F · Number 6 · Triangle · My Senses: Touching

F f

Letter
F f makes the sound /f/

Number
Number 6

Shape
Triangle

Discover
My Senses: Touching

Daily workbook pages

Mon	Meet the Letter F	Workbook 1, page 42
Tue	Letter F Fun	Workbook 1, page 43
Wed	Number 6	Workbook 1, page 44
Thu	Triangle	Workbook 1, page 45
Fri	My Senses: Touching	Workbook 1, page 46

Hands-on ideas

- **Letter** — Make a big F with tape on the floor. Walk along it saying /f/ /f/ /f/.
- **Number** — Count out 6 buttons or blocks into a line. Touch each one and say its number out loud.
- **Triangle** — Make a triangle with three craft sticks. Count the 3 sides and 3 corners.
- **Discover** — Fill a feely bag with soft and rough objects. Guess by touch only.
- **Move** — Shadow tag with a flashlight on the wall.

I can...

- [ ] I can say the sound of F.
- [ ] I can trace F and f.
- [ ] I can count to 6.
- [ ] I can name the triangle.

Tip for grown-ups

Keep each page to 10 to 15 minutes. Stop while your child still wants more.

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Week 10 Plan

Your lesson plan for the week.

WEEK 10

Letter G: My Feelings

Letter G · Number 7 · Green · My Feelings

Gg

Letter
G g makes the sound /g/

Number
Number 7

Color
Green

Discover
My Feelings

Daily workbook pages

Mon	Meet the Letter G	Workbook 1, page 47
Tue	Letter G Fun	Workbook 1, page 48
Wed	Number 7	Workbook 1, page 49
Thu	Green	Workbook 1, page 50
Fri	My Feelings	Workbook 1, page 51

Hands-on ideas

- **Letter** — Sponge-paint a big G. Then find things in the room that start with /g/.
- **Number** — Shape the numeral 7 from playdough, then put 7 beads or pebbles next to it.
- **Green** — Match green objects (leaf, block, crayon) and sort them into a bowl.
- **Discover** — Look in a mirror and make happy, sad and surprised faces. Say how each one feels.
- **Move** — Stepping-stone jump with paper plates on the floor.

I can...

- [ ] I can say the sound of G.
- [ ] I can trace G and g.
- [ ] I can count to 7.
- [ ] I can find green things.

Tip for grown-ups

Praise effort, not just a perfect page: "You worked so hard on that line!"

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Week 11 Plan

Your lesson plan for the week.

WEEK 11

Letter H: My Family

Letter H · Number 8 · Rectangle · My Family

Hh

Letter
H h makes the sound /h/

Number
Number 8

Shape
Rectangle

Discover
My Family

Daily workbook pages

Mon	Meet the Letter H	Workbook 1, page 52
Tue	Letter H Fun	Workbook 1, page 53
Wed	Number 8	Workbook 1, page 54
Thu	Rectangle	Workbook 1, page 55
Fri	My Family	Workbook 1, page 56

Hands-on ideas

- **Letter** — Build an H from two long blocks and one short block. Hop on a taped H and say /h/.
- **Number** — Clap 8 times, stomp 8 times, then jump 8 times.
- **Rectangle** — Trace around a book to make a rectangle and decorate it.
- **Discover** — Draw your family and talk about who lives in your home.
- **Move** — Mirror game: copy a friend's slow movements.

I can...

- [ ] I can say the sound of H.
- [ ] I can trace H and h.
- [ ] I can count to 8.
- [ ] I can name the rectangle.

Tip for grown-ups

Let your child hold the pencil in a way that feels good. Use short crayons to build a tripod grip.

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Week 12 Plan

Your lesson plan for the week.

WEEK 12

Letter I: My Home

Letter I · Number 9 · Orange · My Home



Letter
I i makes the sound /i/

Number
Number 9

Color
Orange

Discover
My Home

Daily workbook pages

Mon	Meet the Letter I	Workbook 1, page 57
Tue	Letter I Fun	Workbook 1, page 58
Wed	Number 9	Workbook 1, page 59
Thu	Orange	Workbook 1, page 60
Fri	My Home	Workbook 1, page 61

Hands-on ideas

- **Letter** — Make a tiny I from one pipe cleaner. Wiggle like an inchworm and say /i/.
- **Number** — Draw 9 dots on a paper plate and count them with your finger. Then color them.
- **Orange** — Mix yellow and red paint to make orange. Find orange foods.
- **Discover** — Build a house from blocks and name each room and what you do there.
- **Move** — Sing a favorite song and add your own motions.

I can...

- [ ] I can say the sound of I.
- [ ] I can trace I and i.
- [ ] I can count to 9.
- [ ] I can find orange things.

Tip for grown-ups

Read the instructions aloud. Preschoolers learn from listening, not from reading the page.

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Week 13 Plan

Your lesson plan for the week.

WEEK 13

Letter J: Community Helpers 1

Letter J · Number 10 · Oval · Community Helpers 1

J j

Letter
J j makes the sound /j/

Number
Number 10

Shape
Oval

Discover
Community Helpers 1

Daily workbook pages

Mon	Meet the Letter J	Workbook 2, page 2
Tue	Letter J Fun	Workbook 2, page 3
Wed	Number 10	Workbook 2, page 4
Thu	Oval	Workbook 2, page 5
Fri	Community Helpers 1	Workbook 2, page 6

Hands-on ideas

- **Letter** — Make a J with a straight stick and a curved pipe cleaner. Jump like a jaguar and say /j/.
- **Number** — Hop along a number line on the floor until you land on 10.
- **Oval** — Trace around an egg-shaped lid to draw an oval. Compare it with a circle.
- **Discover** — Dress up as a doctor or a firefighter and act out how they help.
- **Move** — Freeze dance: dance, then freeze like a statue when the music stops.

I can...

- [ ] I can say the sound of J.
- [ ] I can trace J and j.
- [ ] I can count to 10.
- [ ] I can name the oval.

Tip for grown-ups

Do a movement break after each page. Little bodies learn best when they move.

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Week 14 Plan

Your lesson plan for the week.

WEEK 14

Alphabet Review: F to J

Review week: letters, numbers, shapes and pencil skills



Focus 1
Alphabet Review: F to J

Focus 2
Count and Trace

Focus 3
Shapes and Colors Review

Focus 4
Pencil and Scissors Skills

Daily workbook pages

Mon	**Alphabet Review: F to J**	Workbook 2, page 7
Tue	**Match the Letters**	Workbook 2, page 8
Wed	**Count and Trace**	Workbook 2, page 9
Thu	**Shapes and Colors Review**	Workbook 2, page 10
Fri	**Pencil and Scissors Skills**	Workbook 2, page 11

Hands-on ideas

- **Letters** — Play 'I Spy a letter' with a magnet board or letter cards from this block. Match capital and small letters.
- **Numbers** — Count to 10 and to 20 while hopping. Play 'What comes next?' with number cards.
- **Shapes** — Go on a shape walk and name the circles, squares and triangles you find.
- **Hands** — Practice scissors: snip paper strips, then cut along straight and curvy lines.
- **Move** — Animal walks: bear walk, frog hop, crab walk.

I can...

- [ ] I can match capital and small letters.
- [ ] I can say the sounds of these letters.
- [ ] I can count to 10 and to 20.
- [ ] I can name shapes and colors.

Tip for grown-ups

If a page feels too hard, do it together: your hand over theirs for the first line.

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Week 15 Plan

Your lesson plan for the week.

WEEK 15

Letter K: Community Helpers 2

Letter K · Number 11 · Purple · Community Helpers 2

Kk

Letter
K k makes the sound /k/

Number
Number 11

Color
Purple

Discover
Community Helpers 2

Daily workbook pages

Mon	Meet the Letter K	Workbook 2, page 12
Tue	Letter K Fun	Workbook 2, page 13
Wed	Number 11	Workbook 2, page 14
Thu	Purple	Workbook 2, page 15
Fri	Community Helpers 2	Workbook 2, page 16

Hands-on ideas

- **Letter** — Build a K from two stick pieces. Kick a soft ball and say /k/ with each kick.
- **Number** — Count out 11 buttons or blocks into a line. Touch each one and say its number out loud.
- **Purple** — Paint with purple and name purple things in a picture book.
- **Discover** — Pretend to be a baker or a farmer and act out the morning work.
- **Move** — Follow-the-leader through an obstacle course.

I can...

- [ ] I can say the sound of K.
- [ ] I can trace K and k.
- [ ] I can count to 11.
- [ ] I can find purple things.

Tip for grown-ups

Repeat favorite pages. Repetition is how young children learn.

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Week 16 Plan

Your lesson plan for the week.

WEEK 16

Letter L: Healthy Foods

Letter L · Number 12 · Diamond · Healthy Foods

L l

Letter
L l makes the sound /l/

Number
Number 12

Shape
Diamond

Discover
Healthy Foods

Daily workbook pages

Mon	**Meet the Letter L**	Workbook 2, page 17
Tue	**Letter L Fun**	Workbook 2, page 18
Wed	**Number 12**	Workbook 2, page 19
Thu	**Diamond**	Workbook 2, page 20
Fri	**Healthy Foods**	Workbook 2, page 21

Hands-on ideas

- **Letter** — Lay down one long tape line and one short line to make L. Lick a lollipop shape in the air and say /l/.
- **Number** — Shape the numeral 12 from playdough, then put 12 beads or pebbles next to it.
- **Diamond** — Fold a square paper into a diamond and decorate it.
- **Discover** — Make a rainbow plate: sort real or pretend fruits and vegetables by color.
- **Move** — Scarf dancing: wave a scarf high, low, fast and slow.

I can...

- [ ] I can say the sound of L.
- [ ] I can trace L and l.
- [ ] I can count to 12.
- [ ] I can name the diamond.

Tip for grown-ups

Talk about the pictures. Ask: What do you see? What happens next?

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Week 17 Plan

Your lesson plan for the week.

WEEK 17

Letter M: Healthy Habits

Letter M · Number 13 · Pink · Healthy Habits

Mm

Letter
M m makes the sound /m/

Number
Number 13

Color
Pink

Discover
Healthy Habits

Daily workbook pages

Mon	Meet the Letter M	Workbook 2, page 22
Tue	Letter M Fun	Workbook 2, page 23
Wed	Number 13	Workbook 2, page 24
Thu	Pink	Workbook 2, page 25
Fri	Healthy Habits	Workbook 2, page 26

Hands-on ideas

- **Letter** Press four fingers in paint to make two humps of M. Munch a snack and say /m/.
- **Number** Clap 13 times, stomp 13 times, then jump 13 times.
- **Pink** Sort pink and non-pink objects into two bowls.
- **Discover** Practice washing hands while singing a 20-second song. Sort healthy and unhealthy habits.
- **Move** Beanbag toss into a basket, counting each one.

I can...

- [ ] I can say the sound of M.
- [ ] I can trace M and m.
- [ ] I can count to 13.
- [ ] I can find pink things.

Tip for grown-ups

Keep each page to 10 to 15 minutes. Stop while your child still wants more.

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Week 18 Plan

Your lesson plan for the week.

WEEK 18

Letter N: Staying Safe

Letter N · Number 14 · Heart · Staying Safe

Nn

Letter
N n makes the sound /n/

Number
Number 14

Shape
Heart

Discover
Staying Safe

Daily workbook pages

Mon	Meet the Letter N	Workbook 2, page 27
Tue	Letter N Fun	Workbook 2, page 28
Wed	Number 14	Workbook 2, page 29
Thu	Heart	Workbook 2, page 30
Fri	Staying Safe	Workbook 2, page 31

Hands-on ideas

- **Letter** — Cut three paper strips to build N. Nod your head and say /n/.
- **Number** — Draw 14 dots on a paper plate and count them with your finger. Then color them.
- **Heart** — Cut paper hearts and lay them in a pattern.
- **Discover** — Practice stopping at red and going at green with a paper traffic light.
- **Move** — Yoga animals: cat, cow, tree and butterfly poses.

I can...

- [ ] I can say the sound of N.
- [ ] I can trace N and n.
- [ ] I can count to 14.
- [ ] I can name the heart.

Tip for grown-ups

Praise effort, not just a perfect page: "You worked so hard on that line!"

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Week 19 Plan

Your lesson plan for the week.

WEEK 19

Letter O: Weather

Letter O · Number 15 · Brown · Weather

Oo

Letter
O o makes the sound /o/

Number
Number 15

Color
Brown

Discover
Weather

Daily workbook pages

Mon	Meet the Letter O	Workbook 2, page 32
Tue	Letter O Fun	Workbook 2, page 33
Wed	Number 15	Workbook 2, page 34
Thu	Brown	Workbook 2, page 35
Fri	Weather	Workbook 2, page 36

Hands-on ideas

- **Letter** — Trace around a cup to make O. Say /o/ and open your mouth wide like an O.
- **Number** — Hop along a number line on the floor until you land on 15.
- **Brown** — Make a brown rubbing: put a leaf under paper and rub with a brown crayon.
- **Discover** — Make a weather chart and move a clip to today's weather every morning.
- **Move** — Parade: march with a homemade drum from a pot.

I can...

- [ ] I can say the sound of O.
- [ ] I can trace O and o.
- [ ] I can count to 15.
- [ ] I can find brown things.

Tip for grown-ups

Let your child hold the pencil in a way that feels good. Use short crayons to build a tripod grip.

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Week 20 Plan

Your lesson plan for the week.

WEEK 20

Alphabet Review: K to O

Review week: letters, numbers, shapes and pencil skills



Focus 1
Alphabet Review: K to O

Focus 2
Count and Trace

Focus 3
Shapes and Colors Review

Focus 4
Pencil and Scissors Skills

Daily workbook pages

Mon	**Alphabet Review: K to O**	Workbook 2, page 37
Tue	**Match the Letters**	Workbook 2, page 38
Wed	**Count and Trace**	Workbook 2, page 39
Thu	**Shapes and Colors Review**	Workbook 2, page 40
Fri	**Pencil and Scissors Skills**	Workbook 2, page 41

Hands-on ideas

- **Letters** — Play 'I Spy a letter' with a magnet board or letter cards from this block. Match capital and small letters.
- **Numbers** — Count to 10 and to 20 while hopping. Play 'What comes next?' with number cards.
- **Shapes** — Go on a shape walk and name the circles, squares and triangles you find.
- **Hands** — Practice scissors: snip paper strips, then cut along straight and curvy lines.
- **Move** — Balloon keep-up: tap the balloon and keep it in the air.

I can...

- [ ] I can match capital and small letters.
- [ ] I can say the sounds of these letters.
- [ ] I can count to 10 and to 20.
- [ ] I can name shapes and colors.

Tip for grown-ups

Read the instructions aloud. Preschoolers learn from listening, not from reading the page.

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Week 21 Plan

Your lesson plan for the week.

WEEK 21

Letter P: Four Seasons

Letter P · Number 16 · Star · Four Seasons

Pp

Letter
P p makes the sound /p/

Number
Number 16

Shape
Star

Discover
Four Seasons

Daily workbook pages

Mon	Meet the Letter P	Workbook 2, page 42
Tue	Letter P Fun	Workbook 2, page 43
Wed	Number 16	Workbook 2, page 44
Thu	Star	Workbook 2, page 45
Fri	Four Seasons	Workbook 2, page 46

Hands-on ideas

- **Letter** — Pop bubble wrap with paint to make a P. Pat your knees and say /p/ /p/ /p/.
- **Number** — Count out 16 buttons or blocks into a line. Touch each one and say its number out loud.
- **Star** — Make a star with five pipe-cleaner arms and hang it up.
- **Discover** — Sort pictures of clothes into the four seasons.
- **Move** — Shadow tag with a flashlight on the wall.

I can...

- [ ] I can say the sound of P.
- [ ] I can trace P and p.
- [ ] I can count to 16.
- [ ] I can name the star.

Tip for grown-ups

Do a movement break after each page. Little bodies learn best when they move.

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Week 22 Plan

Your lesson plan for the week.

WEEK 22

Letter Q: Day and Night

Letter Q · Number 17 · Black and White · Day and Night

Qq

Letter
Q q makes the sound /kw/

Number
Number 17

Color
Black and White

Discover
Day and Night

Daily workbook pages

Mon	Meet the Letter Q	Workbook 2, page 47
Tue	Letter Q Fun	Workbook 2, page 48
Wed	Number 17	Workbook 2, page 49
Thu	Black and White	Workbook 2, page 50
Fri	Day and Night	Workbook 2, page 51

Hands-on ideas

- **Letter** — Make a Q from a circle and a tail. Say /kw/ as you pretend to be a quiet quail.
- **Number** — Shape the numeral 17 from playdough, then put 17 beads or pebbles next to it.
- **B and W** — Draw with black crayon on white paper, then white on black paper. Which shows up better?
- **Discover** — Shine a flashlight in a dark corner. Talk about what we do in the day and what we do at night.
- **Move** — Stepping-stone jump with paper plates on the floor.

I can...

- [ ] I can say the sound of Q.
- [ ] I can trace Q and q.
- [ ] I can count to 17.
- [ ] I can find black and white things.

Tip for grown-ups

If a page feels too hard, do it together: your hand over theirs for the first line.

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Week 23 Plan

Your lesson plan for the week.

WEEK 23

Letter R: Plants Grow

Letter R · Number 18 · Hexagon · Plants Grow

R r

Letter
R r makes the sound /r/

Number
Number 18

Shape
Hexagon

Discover
Plants Grow

Daily workbook pages

Mon	Meet the Letter R	Workbook 2, page 52
Tue	Letter R Fun	Workbook 2, page 53
Wed	Number 18	Workbook 2, page 54
Thu	Hexagon	Workbook 2, page 55
Fri	Plants Grow	Workbook 2, page 56

Hands-on ideas

- **Letter** Build R with a stick and a curved pipe cleaner. Run in place and say /r/.
- **Number** Clap 18 times, stomp 18 times, then jump 18 times.
- **Hexagon** Make a hexagon from six craft sticks. Compare it with a square.
- **Discover** Plant a bean in a clear cup with a damp paper towel and watch the roots.
- **Move** Mirror game: copy a friend's slow movements.

I can...

- [ ] I can say the sound of R.
- [ ] I can trace R and r.
- [ ] I can count to 18.
- [ ] I can name the hexagon.

Tip for grown-ups

Repeat favorite pages. Repetition is how young children learn.

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Week 24 Plan

Your lesson plan for the week.

WEEK 24

Letter S: Pets

Letter S · Number 19 · Big and Small · Pets

S s

Letter
S s makes the sound /s/

Number
Number 19

Concept
Big and Small

Discover
Pets

Daily workbook pages

Mon	Meet the Letter S	Workbook 2, page 57
Tue	Letter S Fun	Workbook 2, page 58
Wed	Number 19	Workbook 2, page 59
Thu	Big and Small	Workbook 2, page 60
Fri	Pets	Workbook 2, page 61

Hands-on ideas

- **Letter** — Wiggle a ribbon or rope into an S on the floor. Slither like a snake and say /s/.
- **Number** — Draw 19 dots on a paper plate and count them with your finger. Then color them.
- **Size** — Line up toys from big to small. Which is the biggest? Which is the smallest?
- **Discover** — Pretend to be a pet owner: feed, water and brush a stuffed pet.
- **Move** — Sing a favorite song and add your own motions.

I can...

- [ ] I can say the sound of S.
- [ ] I can trace S and s.
- [ ] I can count to 19.
- [ ] I can show big and small.

Tip for grown-ups

Talk about the pictures. Ask: What do you see? What happens next?

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Week 25 Plan

Your lesson plan for the week.

WEEK 25

Letter T: Farm Animals

Letter T · Number 20 · Long and Short · Farm Animals

T t

Letter
T t makes the sound /t/

Number
Number 20

Concept
Long and Short

Discover
Farm Animals

Daily workbook pages

Mon	Meet the Letter T	Workbook 3, page 2
Tue	Letter T Fun	Workbook 3, page 3
Wed	Number 20	Workbook 3, page 4
Thu	Long and Short	Workbook 3, page 5
Fri	Farm Animals	Workbook 3, page 6

Hands-on ideas

- **Letter** Make a T with two paper towel tubes. Tiptoe like a toucan and say /t/.
- **Number** Hop along a number line on the floor until you land on 20.
- **Length** Compare a long string and a short string. Cut strings to make a long and a short one.
- **Discover** Act out how farm animals move and sound. Match animals to their homes.
- **Move** Freeze dance: dance, then freeze like a statue when the music stops.

I can...

- [ ] I can say the sound of T.
- [ ] I can trace T and t.
- [ ] I can count to 20.
- [ ] I can show long and short.

Tip for grown-ups

Keep each page to 10 to 15 minutes. Stop while your child still wants more.

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Week 26 Plan

Your lesson plan for the week.

WEEK 26

Alphabet Review: P to T

Review week: letters, numbers, shapes and pencil skills



Focus 1
Alphabet Review: P to T

Focus 2
Count and Trace

Focus 3
Shapes and Colors Review

Focus 4
Pencil and Scissors Skills

Daily workbook pages

Mon	**Alphabet Review: P to T**	Workbook 3, page 7
Tue	**Match the Letters**	Workbook 3, page 8
Wed	**Count and Trace**	Workbook 3, page 9
Thu	**Shapes and Colors Review**	Workbook 3, page 10
Fri	**Pencil and Scissors Skills**	Workbook 3, page 11

Hands-on ideas

- **Letters** — Play 'I Spy a letter' with a magnet board or letter cards from this block. Match capital and small letters.
- **Numbers** — Count to 10 and to 20 while hopping. Play 'What comes next?' with number cards.
- **Shapes** — Go on a shape walk and name the circles, squares and triangles you find.
- **Hands** — Practice scissors: snip paper strips, then cut along straight and curvy lines.
- **Move** — Animal walks: bear walk, frog hop, crab walk.

I can...

- [ ] I can match capital and small letters.
- [ ] I can say the sounds of these letters.
- [ ] I can count to 10 and to 20.
- [ ] I can name shapes and colors.

Tip for grown-ups

Praise effort, not just a perfect page: "You worked so hard on that line!"

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Week 27 Plan

Your lesson plan for the week.

WEEK 27

Letter U: Zoo Animals

Letter U · More and Fewer · Same and Different · Zoo Animals

Uu

Letter
U u makes the sound /u/

Number
More and Fewer

Concept
Same and Different

Discover
Zoo Animals

Daily workbook pages

Mon	Meet the Letter U	Workbook 3, page 12
Tue	Letter U Fun	Workbook 3, page 13
Wed	More and Fewer	Workbook 3, page 14
Thu	Same and Different	Workbook 3, page 15
Fri	Zoo Animals	Workbook 3, page 16

Hands-on ideas

- **Letter** — Make a U from a curved pipe cleaner. Say /u/ and pretend to be under a beach umbrella.
- **Number** — Make two piles of blocks. Which has more? Which has fewer? Line them up side by side to check.
- **Same/Diff** — Play a same-and-different game with pairs of socks and mismatched objects.
- **Discover** — Walk like zoo animals: stomp like an elephant, hop like a kangaroo.
- **Move** — Follow-the-leader through an obstacle course.

I can...

- [ ] I can say the sound of U.
- [ ] I can trace U and u.
- [ ] I can tell which group has more.
- [ ] I can show same and different.

Tip for grown-ups

Let your child hold the pencil in a way that feels good. Use short crayons to build a tripod grip.

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Week 28 Plan

Your lesson plan for the week.

WEEK 28

Letter V: Animal Babies

Letter V · One More, One Less · Up, Down, Over, Under · Animal Babies

Vv

Letter
V v makes the sound /v/

Number
One More, One Less

Concept
Up, Down, Over, Under

Discover
Animal Babies

Daily workbook pages

Mon	Meet the Letter V	Workbook 3, page 17
Tue	Letter V Fun	Workbook 3, page 18
Wed	One More, One Less	Workbook 3, page 19
Thu	Up, Down, Over, Under	Workbook 3, page 20
Fri	Animal Babies	Workbook 3, page 21

Hands-on ideas

- **Letter** — Lean two craft sticks together to make V. Say /v/ and pretend to vacuum.
- **Number** — Place 4 blocks, then add one more. Count again. Take one away and count again.
- **Position** — Play Simon Says: put the toy up, down, over and under the table.
- **Discover** — Match animal mothers to babies with picture cards.
- **Move** — Scarf dancing: wave a scarf high, low, fast and slow.

I can...

- [ ] I can say the sound of V.
- [ ] I can trace V and v.
- [ ] I can add one more.
- [ ] I can show up, down, over, under.

Tip for grown-ups

Read the instructions aloud. Preschoolers learn from listening, not from reading the page.

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Week 29 Plan

Your lesson plan for the week.

WEEK 29

Letter W: Land Transportation

Letter W · Number Order 1 to 10 · Inside, Outside, Front, Back · Land Transportation

Ww

Letter
W w makes the sound /w/

Number
Number Order 1 to 10

Concept
Inside, Outside, Front, Back

Discover
Land Transportation

Daily workbook pages

Mon	Meet the Letter W	Workbook 3, page 22
Tue	Letter W Fun	Workbook 3, page 23
Wed	Number Order 1 to 10	Workbook 3, page 24
Thu	Inside, Outside, Front, Back	Workbook 3, page 25
Fri	Land Transportation	Workbook 3, page 26

Hands-on ideas

- **Letter** — Zigzag a ribbon into a W on the table. Wave your hands and say /w/.
- **Number** — Put number cards 1 to 10 in a row on the floor. Close your eyes while a grown-up hides one card. Which is missing?
- **Position** — Hide a toy inside, outside, in front of and behind a box and say where it is.
- **Discover** — Make roads from tape on the floor and drive toy cars on them.
- **Move** — Beanbag toss into a basket, counting each one.

I can...

- [ ] I can say the sound of W.
- [ ] I can trace W and w.
- [ ] I can put the numbers 1 to 10 in order.
- [ ] I can show inside, outside, front, back.

Tip for grown-ups

Do a movement break after each page. Little bodies learn best when they move.

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Week 30 Plan

Your lesson plan for the week.

WEEK 30

Letter X: Water and Air Transportation

Letter X · Match Numbers and Sets · Patterns · Water and Air Transportation

Xx

Letter
X x makes the sound /ks/ at the end

Number
Match Numbers and Sets

Concept
Patterns

Discover
Water and Air Transportation

Daily workbook pages

Mon	Meet the Letter X	Workbook 3, page 27
Tue	Letter X Fun	Workbook 3, page 28
Wed	Match Numbers and Sets	Workbook 3, page 29
Thu	Patterns	Workbook 3, page 30
Fri	Water and Air Transportation	Workbook 3, page 31

Hands-on ideas

- **Letter** Cross two craft sticks to make X. Mark an X on a pretend treasure map and say /ks/.
- **Number** Match number cards to cups with the same number of pompoms inside.
- **Patterns** Make a bead or block pattern: red, blue, red, blue. Can you say what comes next?
- **Discover** Float paper boats in a tub and fly paper airplanes. Which goes farther?
- **Move** Yoga animals: cat, cow, tree and butterfly poses.

I can...

- [ ] I can say the sound of X.
- [ ] I can trace X and x.
- [ ] I can match numbers to sets.
- [ ] I can show patterns.

Tip for grown-ups

If a page feels too hard, do it together: your hand over theirs for the first line.

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Week 31 Plan

Your lesson plan for the week.

WEEK 31

Letter Y: Opposites

Letter Y · Count to 20 · Sorting by Color · Opposites

Y y

Letter
Y y makes the sound /y/

Number
Count to 20

Concept
Sorting by Color

Discover
Opposites

Daily workbook pages

Mon	Meet the Letter Y	Workbook 3, page 32
Tue	Letter Y Fun	Workbook 3, page 33
Wed	Count to 20	Workbook 3, page 34
Thu	Sorting by Color	Workbook 3, page 35
Fri	Opposites	Workbook 3, page 36

Hands-on ideas

- **Letter** — Make a Y from three sticks. Yawn like a yak and say /y/.
- **Number** — Count to 20 together while walking up a staircase or stepping stones, one number per step.
- **Sorting** — Sort a bag of mixed objects into groups by color.
- **Discover** — Play an opposites game: say hot, then cold. Big, then small. Up, then down.
- **Move** — Parade: march with a homemade drum from a pot.

I can...

- [ ] I can say the sound of Y.
- [ ] I can trace Y and y.
- [ ] I can count to 20.
- [ ] I can show sorting by color.

Tip for grown-ups

Repeat favorite pages. Repetition is how young children learn.

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Week 32 Plan

Your lesson plan for the week.

WEEK 32

Letter Z: Being Kind

Letter Z · Zero and Review · Sorting by Size and Shape · Being Kind

Z z

Letter
Z z makes the sound /z/

Number
Zero and Review

Concept
Sorting by Size and Shape

Discover
Being Kind

Daily workbook pages

Mon	Meet the Letter Z	Workbook 3, page 37
Tue	Letter Z Fun	Workbook 3, page 38
Wed	Zero and Review	Workbook 3, page 39
Thu	Sorting by Size and Shape	Workbook 3, page 40
Fri	Being Kind	Workbook 3, page 41

Hands-on ideas

- **Letter** — Zigzag a ribbon into a Z. Zoom a toy car along it and say /z/.
- **Number** — Put some crackers on a plate and eat them one by one. When there are none left, say zero!
- **Sorting** — Sort a bag of mixed objects by size (big, small) and then by shape.
- **Discover** — Practice sharing and saying please and thank you with puppets.
- **Move** — Balloon keep-up: tap the balloon and keep it in the air.

I can...

- [ ] I can say the sound of Z.
- [ ] I can trace Z and z.
- [ ] I can say what zero means.
- [ ] I can show sorting by size and shape.

Tip for grown-ups

Talk about the pictures. Ask: What do you see? What happens next?

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Week 33 Plan

Your lesson plan for the week.

WEEK 33

Alphabet Review: U to Z

Review week: letters, numbers, shapes and pencil skills



Focus 1
Alphabet Review: U to Z

Focus 2
Count and Trace

Focus 3
Shapes and Colors Review

Focus 4
Pencil and Scissors Skills

Daily workbook pages

Mon	**Alphabet Review: U to Z**	Workbook 3, page 42
Tue	**Match the Letters**	Workbook 3, page 43
Wed	**Count and Trace**	Workbook 3, page 44
Thu	**Shapes and Colors Review**	Workbook 3, page 45
Fri	**Pencil and Scissors Skills**	Workbook 3, page 46

Hands-on ideas

- **Letters** — Play 'I Spy a letter' with a magnet board or letter cards from this block. Match capital and small letters.
- **Numbers** — Count to 10 and to 20 while hopping. Play 'What comes next?' with number cards.
- **Shapes** — Go on a shape walk and name the circles, squares and triangles you find.
- **Hands** — Practice scissors: snip paper strips, then cut along straight and curvy lines.
- **Move** — Shadow tag with a flashlight on the wall.

I can...

- [ ] I can match capital and small letters.
- [ ] I can say the sounds of these letters.
- [ ] I can count to 10 and to 20.
- [ ] I can name shapes and colors.

Tip for grown-ups

Keep each page to 10 to 15 minutes. Stop while your child still wants more.

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Week 34 Plan

Your lesson plan for the week.

WEEK 34

I Can Write My Name

Ready for kindergarten: show what I know



Focus 1
My Name

Focus 2
Numbers I Know

Focus 3
Cut and Trace

Focus 4
Draw Yourself

Daily workbook pages

Mon	My Name	Workbook 3, page 47
Tue	Letters I Know	Workbook 3, page 48
Wed	Numbers I Know	Workbook 3, page 49
Thu	Cut and Trace	Workbook 3, page 50
Fri	Draw Yourself	Workbook 3, page 51

Hands-on ideas

- **Name** — Write the child's name in light dots for tracing. Practice finding the first letter in the name.
- **Letters** — Play 'Find the letter': call out a letter and children point to it on the alphabet chart.
- **Hands** — Practice a good pencil grip with small crayons or short pencils.
- **Talk** — Ask: What is your favorite letter? Why?
- **Move** — Stepping-stone jump with paper plates on the floor.

I can...

- [ ] I can trace the letters of my name.
- [ ] I can say the letters I know.
- [ ] I can hold my pencil well.

Tip for grown-ups

Praise effort, not just a perfect page: "You worked so hard on that line!"

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Week 35 Plan

Your lesson plan for the week.

WEEK 35

Counting, Shapes and Patterns

Ready for kindergarten: show what I know



Focus 1
Count to 20

Focus 2
Patterns

Focus 3
Sorting

Focus 4
Colors Review

Daily workbook pages

Mon	Count to 20	Workbook 3, page 52
Tue	Shapes Review	Workbook 3, page 53
Wed	Patterns	Workbook 3, page 54
Thu	Sorting	Workbook 3, page 55
Fri	Colors Review	Workbook 3, page 56

Hands-on ideas

- **Counting** — Count to 20 together. Roll a die and count the dots, then make that many on a ten frame.
- **Shapes** — Build a house from shapes: a square, a triangle roof and a rectangle door.
- **Patterns** — Make an AB bead pattern and a snap-cube pattern. Say what comes next.
- **Sorting** — Sort objects in two ways: by color, then by size.
- **Move** — Mirror game: copy a friend's slow movements.

I can...

- [ ] I can count to 20.
- [ ] I can name shapes.
- [ ] I can make a pattern.

Tip for grown-ups

Let your child hold the pencil in a way that feels good. Use short crayons to build a tripod grip.

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Week 36 Plan

Your lesson plan for the week.

WEEK 36

Ready for Kindergarten!

Ready for kindergarten: show what I know



Focus 1
My ABCs

Focus 2
Write My Name

Focus 3
Graduation Fun

Focus 4
Ready for Kindergarten!

Daily workbook pages

Mon	My ABCs	Workbook 3, page 57
Tue	My 123s	Workbook 3, page 58
Wed	Write My Name	Workbook 3, page 59
Thu	Graduation Fun	Workbook 3, page 60
Fri	Ready for Kindergarten!	Workbook 3, page 61

Hands-on ideas

- **Celebrate** — Hold a mini graduation: sing a goodbye song and give out the certificates at the end of the book.
- **Look back** — Look at the first pages of the year. Show how much your writing has grown.
- **Kindergarten** — Talk about what happens in kindergarten: a bigger classroom, lining up, new friends.
- **Share** — Let every child show and tell their favorite page from the year.
- **Move** — Sing a favorite song and add your own motions.

I can...

- [ ] I can write my name.
- [ ] I can count to 20.
- [ ] I am ready for kindergarten!

Tip for grown-ups

Read the instructions aloud. Preschoolers learn from listening, not from reading the page.

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Skills Checklist

Check off skills three times a year to see progress.

Skill	Sep	Jan	May
Language and Literacy			
Names many capital and small letters	☐	☐	☐
Says the sounds of letters	☐	☐	☐
Recognizes rhymes	☐	☐	☐
Speaks in full sentences	☐	☐	☐
Listens to a story and answers questions	☐	☐	☐
Recognizes own name in print	☐	☐	☐
Math			
Counts to 10 and then to 20	☐	☐	☐
Recognizes numerals 1 to 10	☐	☐	☐
Counts objects one by one	☐	☐	☐
Names circle, square, triangle, rectangle	☐	☐	☐
Makes and says simple patterns	☐	☐	☐
Sorts by color, size and shape	☐	☐	☐
Science and Social Studies			
Names body parts and the five senses	☐	☐	☐
Talks about weather and seasons	☐	☐	☐
Knows how plants grow	☐	☐	☐

Mark each box with a date or a check when your child shows the skill. Skip anything not ready yet.

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Skills Checklist

Check off skills three times a year to see progress.

Skill	Sep	Jan	May
Science and Social Studies			
Names common animals and where they live	☐	☐	☐
Names community helpers	☐	☐	☐
Knows family and home roles	☐	☐	☐
Social and Emotional			
Names feelings	☐	☐	☐
Takes turns and shares	☐	☐	☐
Follows classroom routines	☐	☐	☐
Uses kind words	☐	☐	☐
Calms down with help	☐	☐	☐
Separates from a parent with ease	☐	☐	☐
Fine Motor and Creativity			
Holds a pencil or crayon with a good grip	☐	☐	☐
Draws lines, circles and a cross	☐	☐	☐
Traces letters and shapes	☐	☐	☐
Cuts on a line with scissors	☐	☐	☐
Draws a person with head, body and limbs	☐	☐	☐
Sings, dances and creates art	☐	☐	☐

Mark each box with a date or a check when your child shows the skill. Skip anything not ready yet.

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Progress Report

A short summary to share with families at the end of each quarter.

Child's name _____ **Date** _____

Quarter ☐ 1 ☐ 2 ☐ 3 ☐ 4 **Teacher or parent** _____

	Needs help	Growing	Got it!
Language and Literacy	☐	☐	☐
Math	☐	☐	☐
Science and Social Studies	☐	☐	☐
Social and Emotional	☐	☐	☐
Fine Motor and Creativity	☐	☐	☐

Comments

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A Note to Families

A short letter you can print, sign and send home.

Dear Family,

Thank you for joining us for the Preschool Year! This curriculum turns each week into a small adventure: one letter, one number, one shape or color and one thing to discover about the world.

Please keep it playful. A three or four year old learns best through short moments, lots of praise and plenty of movement. If a page feels too hard, do it together. If your child loves a page, do it twice.

Ways to help at home: read a picture book every day, count things on walks, point out letters on signs, let your child scribble and draw freely, and ask questions such as What do you see? and What happens next?

Please do not worry about perfect letters. At this age we care about effort, curiosity and confidence. Hold the pencil with a comfortable grip, and have fun.

Warmly,

_____

Your teacher or parent



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SUPER LEARNER

Certificate

OF COMPLETION

PRESCHOOL YEAR GRADUATE!

This certificate proudly belongs to

for completing all 36 weeks of the

KidsTracing Preschool Year

and learning letters, numbers, shapes and so much more!

Date

Parent or Teacher

WELL DONE!

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