

# Elementary Enrichment Activity Matrix - Pre K

Please visit the [Curriculum & Instruction](#) page of the district website for more Information.



Reading & Writing	Mathematics	Science and Social Studies	Health & Social/ Emotional Learning	Art & Music	Physical Education/ Brain Break
<p><b>Encourage Young Storytellers!</b> Have your child create a story from his/her own imagination. <b>Bonus:</b> Create pictures that go with the story.</p>	<p>Choose one PreK activity on:</p> <ul style="list-style-type: none"> <li>• <a href="#">Khan Academy</a></li> <li>• <a href="#">Math At Home</a></li> </ul>	<p><b>Time to Learn!</b> Choose a social studies video from <a href="#">BrainPOP Social Studies</a> to watch.</p>	<p><b>Be a Sugar Detective!</b> Foods like yogurts, cereals, granola bars, sauces, dressings, and condiments are sneaky sources of sugar. The American Heart Association recommends kids should have less than 25 grams or 6 teaspoons of added sugars daily for a healthy heart.</p>	<p><b>Make Your Own Drum!</b></p> <ol style="list-style-type: none"> <li>1. Gather an empty carton, jar, or can.</li> <li>2. Use a plastic bag or fabric to cover the top and secure it with an elastic. The tighter you pull the fabric, the better the sound.</li> <li>3. Grab pencils as drumsticks and make some music!</li> </ol>	<p><b>Scavenger Hunt!</b> Have your child retrieve 5 items in 5 minutes.</p> <ul style="list-style-type: none"> <li>• something red, blue, green, or yellow.</li> <li>• something that brings joy.</li> <li>• something square or round.</li> <li>• Something bendy or straight.</li> <li>• Something squishy or hard.</li> </ul>
<p>Read or listen to a fiction and/or nonfiction book on:</p> <ul style="list-style-type: none"> <li>• <a href="#">Tumble books</a></li> <li>• <a href="#">Unite for Literacy</a></li> </ul>	<p>Choose a game or printable from <a href="#">GregTang Math</a>.</p>	<p><b>Be a Scientist!</b> Choose an experiment from <a href="#">Science Fun</a> to do.</p>	<p><b>Crunch Your Veggies!</b> Snack on crunchy stuff like carrots or celery throughout the day.</p>	<p><b>Draw/Paint to Music!</b> Letting your creativity flow in response to music is a great way to let out feelings and relax.</p>	<p><b>Fitness in a Minute!</b> Try performing activities for one minute: Jumping jacks, run in place, sit ups, push ups.</p>
<p>Choose an activity from <a href="#">PBS SoCal</a>.</p>	<p>Practice counting 1-10.</p>	<p><b>Safety Skills!</b> Practice your phone number and address.</p>	<p><b>Eating the Alphabet Taste Test.</b> Choose a letter of the alphabet and taste fruits and vegetables that begin with that letter.</p>	<p><b>Strike Up The Band!</b> Gather up all music making "instruments" you can find including pots, pans, bowls, empty milk cartons.</p>	<p><b>Animal Walks!</b> Crabwalk, inchworm crawl, snake slither, and duck walk. Practice walking this way from one room to another.</p>
<p>Explore the activities on <a href="#">Jump Start Learn at Home</a>.</p>	<p>Play a board game such as Monopoly Jr., Robot Turtles or My First Castle Panic.</p>	<p><b>Science Explorer!</b> Choose a science video from <a href="#">BrainPOP Science</a> to watch.</p>	<p><b>What Am I?</b> Place a couple fruits and vegetables inside a box &amp; have your child put his/her hand inside and try to guess what it is by feeling.</p>	<p><b>Musical Statues!</b></p> <ol style="list-style-type: none"> <li>1. Play music and dance.</li> <li>2. Stop the music and freeze like a statue. Turn the music back on and continue dancing.</li> </ol>	<p><b>5 Minute Dance Party!</b> Turn on music and have your child do a different movement every time the song changes.</p>
<p>Choose a just-right book and read for at least 15 minutes.</p>	<p>Build puzzles.</p>	<p><b>What Are You Wondering?</b> Explore at <a href="#">Wonderopolis</a>.</p>	<p>Choose a health video from <a href="#">BrainPOP Health</a> to watch.</p>	<p>Draw a new cover for a favorite book. What would you include? Why?</p>	<p><b>Leap Frog!</b> Leap like a frog 10 times.</p>

- ◆ For more resources visit Cora J Belden's [Children Department](#)
- ◆ Need a new book to enjoy? Visit the [CT State Library](#). For books read aloud see the [Story time tab](#).