# **Suggested Distance Learning Schedule for Pre-K**

**Breakfast – Eat meal at a table. This teaches focus and helps social and self-help skills!**

Self-Help Skills

* Sitting at the table for the entire meal
* Using a spoon/fork, drinking from an open cup
* Helping to get out and put away items

Language/Social Skills

* Talk about what you are eating. How many? What color? What is your favorite?

**Reading Time– Read a book or watch a book reading online. See links below**

Language Skills

* Ask questions and talk about the book: Who is in the book? What happens? Where are they? What did you like about the book? If your child cannot answer them, show them the answers.
* Explain any words your child may not understand

Reading Skills

* Count the letters in a word, count the words in a sentence.
* Point to the front of the book and the back of the book. Point to where you begin to read a sentence.

**Singing and Dancing Time – See links below**

Language Skills, Academic Skills, Gross Motor Skills

**Structured Work TIme**

Academic Skills

* See choice chart or paper packet. Choose one that your child can do independently or with your help.
* Staying in one area to work and focus is an important skill your child needs! It can be a spot on the floor, sitting at the table, etc.

**Active/Dramatic Play**

* See below for ideas

**Snack:**

Self-Help Skills

* Sitting at the table for the entire snack
* Helping to get out and put away/open items

Language/Social Skills

* Talk about what you are eating. How many? What color? Which is your favorite?