



Kindergarten at Home

CURRICULUM

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A watercolor illustration of a barn owl is centered on the page. The owl has a white face with large, dark eyes and a heart-shaped pattern around its beak. Its body is brown and textured. It is perched on a branch with green leaves and small, round, yellow-green fruits. The entire illustration is framed by a large, light-colored, circular wreath-like shape.

Guided Sample

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2nd Edition

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KINDERGARTEN AT HOME

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Welcome to the guided sample of Kindergarten at Home! On the following pages, you will find the introduction, which gives you a comprehensive overview of the program. After the introduction, you will find sample lessons from one of the sessions, as well as some of the printables included with the curriculum.

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Printables Included Separately

Your child's wellness is our number one priority. All of our activities are created with the utmost love and intention. Please supervise your child closely and review our Safety Notice and Disclaimer of Liability at [howweelearn.com/safety](https://www.howweelearn.com/safety).

KINDERGARTEN AT HOME

Welcome



KINDERGARTEN AT HOME

Welcome

Welcome to Kindergarten at Home! There is no better place for your kindergartner to learn than at home with you. What a gift you are giving your child!

This curriculum is designed to be simple and stress-free for you, while still feeling whimsical and engaging for your child. It covers all core skills, along with other important kindergarten skills, through 18 playful themes. On the following pages, you will find information about what to expect in each session, along with a suggested schedule and scope and sequence.

As you move through the curriculum, you will see how much learning happens outside of “schoolwork.” Slowing down, including your child in daily life, and leaving space for questions naturally leads to rich learning experiences.

If you have any questions, please email me at customercare@howweelearn.com. I am here to help.

I hope you absolutely love Kindergarten at Home!

xo Sarah



KINDERGARTEN AT HOME

What to Expect

This page provides more detail about the components included with each of the 18 sessions.

Kindergarten at Home includes 18 two-week sessions. Each session explores a theme through hands-on fun. Let's take a look at what's included with each session!

Getting Started

Each session begins with a language arts or math skill overview, a Materials List, and Recommended Books:

- **Materials List:** Most materials are household items or basic craft supplies, though it is helpful to keep a few supplies on hand at all times: scissors, glue sticks, construction paper, crayons, markers, pipe cleaners, beads, and popsicle sticks.
- **Recommended Books:** These books are simply suggestions. The goal is to gather theme-related books to create a literacy-rich environment for your child. Choose other books your child may enjoy, too!

Stories, Songs, and Poems

Each session includes a short story and either a song or poem:

- **Short Story:** The stories are imaginative while also sharing factual information. Read it several times over the session! Talk about it together, make connections during other activities, and invite your child to retell parts of the story.
- **Song or Poem:** Songs and poems help children develop many early literacy and pre-reading skills! Perhaps you read the poem or sing the song as part of your bedtime routine.

Deep Learning and Quiet Time Activities

Each session includes three Deep Learning Activities:

- **Phonological Awareness:** Phonological awareness is gently built throughout the curriculum to support future reading success. Activities cover rhyming, word awareness, syllable awareness, sound identification, sound segmentation, sound blending, and deleting sounds.

- **Art Project:** Of course, you can do more crafts, but one art project per session gives your child 18 rich art experiences throughout the year while keeping things simple for you.
- **Cooking Project:** There is so much to learn in the kitchen! Encourage your child to help with measuring, stirring, pouring, and serving while cooking together.

Each session also includes five Quiet Time Activities:

- **Quiet Time Activities:** Optional, but encouraged! Each theme includes five quiet time activities. These are best organized in five shoebox-sized bins or boxes. Each day, you can pull out one to be enjoyed for a period of quiet! This gives your child an opportunity to rest, play independently, and process what they have been learning.

Daily Activity Plan

Finally, each session includes your Daily Activity Plan designed for three mornings each week. Each plan includes:

- **Core Skills:** Sessions alternate between language arts and math so your child can focus deeply on one area at a time. Language arts activities focus on letters and sounds, oral language, and building vocabulary. Math activities build a strong understanding of numbers: what they mean, what they represent, and how they work.
- **Explore & Create Activity:** These may include health, nature, science, outdoor learning, music, drama, or art.
- **Think & Solve Activity:** These may include STEM challenges, critical thinking activities, problem-solving discussions, or social studies.

On the following page is a suggested schedule for how you can incorporate these activities into your week!



KINDERGARTEN AT HOME

Suggested Schedule

Below is a suggested schedule for how you can fit Kindergarten at Home into your week, but you can use the curriculum however works best for your family! The suggested schedule also includes How Wee Read, How Wee Write, and Little Woodland Artists. These resources are included in the Everything Kindergarten Bundle (and can also be purchased separately).

Monday	Tuesday	Wednesday
Morning 30 mins <i>How Wee Read</i> and <i>How Wee Write</i>	Morning 60 mins Daily Activity Plan 1	Morning 60 mins Daily Activity Plan 2
Afternoon 30 mins Quiet Time Activity 1 (optional)	Afternoon 30 mins Quiet Time Activity 2 (optional)	Afternoon 30 mins Quiet Time Activity 3 (optional)
Evening 15-30 mins Short Story	Evening 15-30 mins Poem or Song	Evening 15-30 mins Library Book
Thursday	Friday	Weekend
Morning 60 mins Daily Activity Plan 3	Morning 30-60 mins Deep Learning Activity or <i>Little Woodland Artists</i>	Family time! At the end of the second week, you might also choose to take a trip to the library to gather books for the next theme, as well as review the materials list and gather supplies.
Afternoon 30 mins Quiet Time Activity 4 (optional)	Afternoon 30 mins Quiet Time Activity 5 (optional)	
Evening 15-30 mins Library Book	Evening 15-30 mins Library Book	

Above is an example of how you may choose to incorporate Kindergarten at Home (and the Everything Kindergarten Bundle) into your week. However, you are free to pick and choose components and implement the curriculum however works best for your family!



KINDERGARTEN AT HOME

Scope & Sequence

As a parent, it's important to feel confident in the rich learning you're guiding your child through. This Scope and Sequence provides a helpful overview of the skills explored throughout Kindergarten at Home, how they are taught, and the sessions in which they appear. It is not an exhaustive list, but a starting point that shows how key learning standards are met—and often exceeded—through playful, hands-on, and connected experiences. We hope it helps you see the intention behind each activity and the many ways learning is woven throughout the curriculum.

Math

Skill / Strand	How It Is Taught	Session
Number relationships & making 10	Compose and decompose 10 with ten frames, loose parts, matching games, movement, and play.	3, 4
Counting sequence	Practice saying number names in order through games, actions, movement, forward and backward counting, and counting on.	7
Number recognition	Match spoken number names to written numerals through balloon games, actions, stair activities, and phone-number practice.	8
One-to-one correspondence	Touch, move, or place one object for each number counted; count steps, beads, snowballs, and other materials to find the total.	10
Addition, subtraction & word problems	Act out joining, separating, sharing, and comparison with manipulatives, movement, and everyday scenarios.	3, 4, 10, 12, 15, 16
Geometry & spatial sense	Find, name, build, trace, and combine two-dimensional shapes; explore position, structure, balance, and spatial relationships through construction challenges.	1, 3–5, 7, 12

Estimation & quantity comparison

All Kindergarten skills are covered!

Measurement & comparison	Measure length, height, distance, and capacity with non-standard units such as feet, blocks, cards, fruit, and straws; compare results.	3, 10, 13, 15, 16
Patterning, sorting & classification	Recognize, extend, and create repeating patterns with movement, beads, weaving, playdough, and colors; sort objects by attributes such as color, size, type, texture.	1, 2, 4, 15, 16, 18
Data collection & representation	Record and compare observations in food and weather journals, taste tests, and classifying activities.	1, 4, 14, 15

Language Arts

Skill / Strand	How It Is Taught	Session
Listening & speaking	Discuss stories, observations, questions, and problem-solving scenarios; explain ideas, make predictions, describe experiences, listen to others' ideas.	All
Reading comprehension & retelling	Listen to stories and read-alouds, recall details, sequence events, make connections, and retell parts.	All
Vocabulary development	Build vocabulary through stories, sensory play, nature study, comparisons, and discussions.	All
Name recognition & letter case	Recognize, build, match, and spell the child's name using puzzles, games, songs, uppercase letters, and lowercase letters.	1
Name-letter sounds & name construction	Identify the sounds in the child's name, build name independently through hunts, tracing, loose parts, and repeated letter play.	2

Skill / Strand	How It Is Taught	Session
Letter knowledge & formation	Introduce letters in groups; practice names, sounds, and formation with salt trays, playdough, paint, movement, nature, and tracing.	5, 6, 9, 11, 13, 14
Alphabet review & alphabetical order	Review all letters through scavenger hunts, search-and-find games, body movements, alphabet construction, and banner making.	17
Rhyming & word awareness	Hear, identify, and make rhymes; mark each spoken word in songs and sentences to develop awareness of word boundaries.	1, 2, 8, 9
Syllables & sound identification	Clap, move, sort, and play games to hear syllables, identify beginning and ending sounds in words.	3, 4, 10, 11
Sound segmenting, blending & deletion	Break words into individual sounds, blend sounds to make words, remove sounds, and add sounds through oral games and manipulatives.	5–7, 12–14
CVC words & word families	Blend familiar letter sounds to read and build simple words in families using wheels, flip books, pictures, and hands-on letter materials.	5, 6, 9, 11, 13, 14, 18
Emergent writing & inquiry journaling	Draw, label, copy, trace, and independently attempt words in journals; stretch out words to record heard sounds when ready.	All
Poetry, songs & language play	Recite poems and sing theme songs to strengthen memory, oral fluency, rhyme, rhythm, phrasing, and enjoyment of language.	All

Science

Skill / Strand	How It Is Taught	Session
Scientific inquiry & observation	Ask questions, make predictions, observe closely, compare results, test ideas, and record findings through experiments and journals.	All
Plants, plant parts & life cycles	Dissect fruits, examine trees and leaves, explore seeds and germination, learn what plants need, make feeders, and grow plants.	1, 2, 17, 18

Skill / Strand	How It Is Taught	Session
Animals, habitats & adaptations	Investigate diets, body parts, tracks, insulation, movement, nests, beaks, defenses, and habitat needs of dinosaurs, polar bears, penguins, ocean animals, and hummingbirds.	3, 7, 9, 13, 17
Matter & changes of state	Explore freezing, melting, evaporation, condensation, and dissolving, along with the properties of water, snow, ice, and mud, through hands-on investigations.	1, 10, 11, 14, 18
Forces, motion & simple machines	Explore buoyancy, balance, ramps, pulleys, catapults, lifts, rockets, wind, and moving objects; design, test, and improve structures.	1–5, 7, 8, 11–14, 16–18
Earth & space science	Model Earth's rotation and orbit, explore planets and craters, observe seasonal change, and investigate weather phenomena.	2, 12, 14, 15
Weather & the water cycle	Track weather, model evaporation, condensation, precipitation, clouds, tornadoes, and rainbows.	10, 11, 14, 15
Sound, vibration & hearing	Compare how sound travels, investigate hearing, make sounds in water, and design instruments that change pitch and tone.	3, 13, 14, 16
Reactions, mixtures & color	Observe reactions, separate leaf pigments, dissolve and mix materials, bounce an egg, mix colors, and move colored water through capillary action.	1, 2, 9, 10, 15
Environmental science & stewardship	Explore recycling, waste reduction, caring for wildlife, responsible use of resources, and growing food.	13, 17, 18
Engineering design	Plan, build, test, evaluate, and revise bridges, boats, towers, shelters, launchers, instruments, feeders, umbrellas, and more.	1–5, 7, 8, 10–18

Social Studies

Skill / Strand	How It Is Taught	Session
Family, culture & traditions	Discuss how families celebrate, explore holiday foods and customs, make candles and ornaments, and compare traditions.	8

Skill / Strand	How It Is Taught	Session
Past & present ways of life	Explore knights, castles, chivalry, traditional tools, excavation, and ice harvesting through stories and hands-on activities.	3, 5, 11
Citizenship & character	Discuss sharing, honesty, bravery, courtesy, gratitude, caring for others, how choices affect others.	1, 4–6, 8, 10, 14
Relationships, empathy & cooperation	Solve social dilemmas, consider others' feelings, practice friendship skills, cooperate during games, and explore fair solutions.	1, 4, 6–10, 13, 17, 18
Community places & experiences	Learn through local field trips and real-world settings such as orchards, pumpkin patches, zoos, outdoor spaces, and gardens.	1, 4, 9, 18
Environmental responsibility	Consider how choices affect oceans, animals, and communities through recycling, reducing waste, caring for habitats, and gardening.	13, 17, 18
Identity, feelings & belonging	Recognize and communicate feelings, appreciate differences, create self-portraits, and discuss how people support one another.	4, 6, 8, 10, 14, 16

Health

Skill / Strand	How It Is Taught	Session
Nutrition & healthy eating	Prepare one recipe in every session; classify foods, keep a food journal, taste varied foods, discuss nutrients and balanced choices.	All
Food knowledge & sensory exploration	Compare tastes, textures, smells, and colors through taste tests, fruit and vegetable activities, healthy snacks, and cooking.	1–3, 8, 10, 12, 15, 17, 18
Personal hygiene & dental care	Practice effective handwashing and toothbrushing and discuss how hygiene helps prevent illness.	5, 7, 18
The five senses	Investigate sight, smell, touch, hearing, and taste through sensory activities and descriptive language.	8, 11, 14, 15, 18
Sleep, rest & healthy routines	Learn why sleep is important and build regular routines that support rest, independence, and calmness.	12, All Quiet Time

Skill / Strand	How It Is Taught	Session
Emotional awareness	Name, recognize, and discuss emotions such as fear, anger, gratitude, happiness, and excitement; connect feelings to facial expressions, music, and experiences.	4, 6, 8, 10, 14, 16
Self-regulation & mental wellness	Practice slow breathing, movement, quiet time, creative expression, and strategies for managing feelings.	6, 16, All Quiet Time
Physical activity & body awareness	Develop balance, coordination, strength, crossing the midline, spatial awareness, and endurance through outdoor play, dance, obstacle courses, climbing, throwing, and movement games.	All
Personal & activity safety	Practice safe use of scissors, knives, kitchen tools, hot materials, outdoor equipment, water, and simple hand tools with close adult supervision.	All
Environmental health	Connect clean water, reduced waste, recycling, and healthy environments to the well-being of people and animals.	2, 13, 18

Music

Skill / Strand	How It Is Taught	Session
Songs, chants & musical memory	Sing or recite a song or poem in every session to develop memory, phrasing, rhythm, and language.	All
Beat, rhythm & language	Step, clap, move, and chant to mark words, syllables, rhymes, number patterns, and repeating rhythms.	1–3, 8, 9, 11, 16
Listening & sound discrimination	Listen for environmental sounds, compare sound qualities, explore hearing, and identify how materials and settings change sound.	13, 14, 16
Music, movement & expression	Use music for dancing, dramatic movement, and number games; explore how music can communicate or change feelings.	8, 16
Breath control	Use controlled breath to play wind instruments and explore how airflow produces sound.	16

Skill / Strand	How It Is Taught	Session
Instrument design & performance	Create and play shakers, drums, kazoos, string instruments, pan flutes, musical walls, and others made from household materials.	16
Pitch, timbre & vibration	Change water level and straw length to compare pitch; explore plucking, strumming, blowing, tapping, and shaking to create sound.	16

Art

Skill / Strand	How It Is Taught	Session
Drawing & illustration	Draw observations, ideas, feelings, predictions, and imagined scenarios in journals and art activities.	All
Painting & printmaking	Experiment with apple, flower, feather, pompom, ice, eyedropper, rock, and resist-painting techniques.	1, 9–11, 14, 15, 17, 18
Collage & mixed media	Layer natural materials, tissue paper, paper shapes, yarn, and loose parts to create textured compositions.	2, 6, 13, 17
Sculpture, modeling & 3D form	Use clay, salt dough, papier-mâché, yarn-mâché, playdough, natural materials, and recycled items to build models and forms.	3–6, 12, 14, 18
Fiber, textile & weaving	Sew a bag, string leaf garland, weave paper, wrap yarn, and create beaded or threaded artworks.	1, 2, 16, 17
Color theory	Mix colors, explore tones, tints, and shades, sort rainbow colors, and use color to represent weather, nature, and feelings.	9–11, 14, 15
Nature & observational art	Collect, examine, arrange, and trace natural materials such as leaves, seeds, rocks, feathers, and flowers; observe and represent weather.	2–5, 9, 12, 14, 15, 17, 18
Creative design & functional art	Design shields, bags, ornaments, suncatchers, pencil toppers, instruments, feeders, and boats that are both decorative and usable.	1, 5, 8, 12, 13, 16, 17
Fine-motor techniques & tool use	Cut, tear, glue, thread, stamp, trace, paint, sculpt, wrap, weave, and manipulate small materials to strengthen control and coordination.	All

Life Skills

Skill / Strand	How It Is Taught	Session
Cooking & food preparation	Measure, pour, stir, cut, mash, assemble, bake, and serve one simple recipe in every session while learning kitchen safety.	All
Following directions & sequencing	Complete multi-step recipes, crafts, experiments, games, and building challenges in a logical order.	All
Fine-motor control & practical tool use	Use scissors, tongs, tweezers, needles, paintbrushes, clothespins, child-safe knives, hand tools, and construction materials.	All
Independence & quiet play	Choose from five open-ended quiet-time invitations per session to build concentration, self-direction, creativity, and confidence.	All
Problem-solving & critical thinking	Generate multiple solutions, test ideas, revise designs, make predictions, explain reasoning, and work through social and practical dilemmas.	All
Household & outdoor responsibility	Help with food preparation, raking, handwashing routines, yard work, gardening, animal care, recycling, and tidying materials.	1, 2, 5, 13, 17, 18
Social communication & collaboration	Take turns, share materials, ask questions, listen to ideas, express needs and feelings, and work with family members or friends.	1, 4, 6–10, 13, 14, 16–18
Personal information & self-advocacy	Practice a phone number, ask clear questions, communicate observations, and explain when help or a solution is needed.	8, 18
Outdoor competence & nature connection	Participate in field trips, scavenger hunts, climbing, shelter building, gardening, observation, and safe exploration in varied weather.	1–5, 7–18
Safety & risk awareness	Learn safe habits for cooking, cutting, building, climbing, ice, water, tools, and outdoor activities under adult supervision.	All
Environmental care	Reduce waste, recycle, care for plants and animals, make wildlife-friendly choices, and grow food.	13, 17, 18

Kindergarten at Home is divided into 18 sessions.
Each session spans 2 weeks. On the following pages,
we'll take a peek at the first session: Apples!



SESSION #1

Apples



SESSION #1: APPLES

Getting Started

Welcome to Session #1: Apples! During this session, we will be learning and playing with the letters found in your child's name. These are important letters to your child because they hold great meaning and value!

During this session, your little one will focus on recognizing lowercase and uppercase form. In the next session, we focus on letter sounds and having your child build their name independently.

You will also start an I Wonder Journal and a Food Journal with your child. You can use a special book with blank pages or create your own journals using the included printable covers and some blank pages.

Recommended Books

At the start of each new theme, there is a brief overview of the skills and activities that your child will enjoy, as well as a materials list so you can prep for the upcoming two weeks.

Materials List

Craft Supplies

- ☐ Pipe cleaners
- ☐ Beads
- ☐ A straw
- ☐ Pompoms
- ☐ Old white t-shirt
- ☐ Fabric paint
- ☐ Yarn
- ☐ Construction paper
- ☐ Glue (optional)
- ☐ Markers or crayons
- ☐ Toothpicks

Tools & Supplies

- ☐ Saucepan
- ☐ Potato masher
- ☐ Coins (optional)
- ☐ Needle and thread
- ☐ Scissors
- ☐ Bowl
- ☐ Glass
- ☐ Spoon

- ☐ Knife (for cutting apples)
- ☐ Tweezers or tongs

Toys

- ☐ Blocks or LEGO
- ☐ Toy cars (optional)
- ☐ Little toy people (optional)

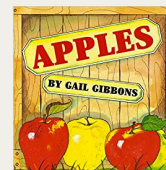
Food & Recipe Ingredients

- ☐ Lots of apples, 3 varieties
- ☐ 1 tsp cinnamon
- ☐ Fruits and vegetables
- ☐ Water
- ☐ Baking soda

Whether you head to the library to check out the recommended books, or choose other books you already have at home, the goal is to build a literacy-rich environment for your little one.



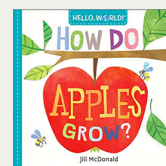
Ten Apples Up on Top
by Dr. Seuss



Apples
by Gail Gibbons



Apples, Apples, Apples
by Nancy Elizabeth Wallace



How Do Apples Grow?
by Jill McDonald



Apple Picking Day
by Candice Ransom



SESSION #1: APPLES

Abigail the Apple

One sunny morning, Abigail the Apple was just hanging around. Actually, Abigail the Apple was always just hanging around! For as long as she could remember, she was hanging from a branch of her mama, the big old apple tree.

Over the summer, many little boys and girls had come along to pick delicious apples. Abigail had always hoped to be chosen! She would try to shine herself up by rubbing against the apple tree leaves, but each and every time, Abigail was left behind.

Her mama, the big old apple tree, was very wise and told Abigail that maybe—just maybe—something bigger was in store for Abigail. Abigail was not sure what her mama meant, she just wanted to be chosen!

Summer turned into fall, and Mama's leaves began to change color. Abigail realized she was changing color as well. She was no longer a beautiful red... she was turning brown! No one would choose her now!

Mama comforted Abigail and told her that she, in fact, had been chosen. Very soon, Abigail would fall from the tree and land on the ground nice and close to Mama. Her seeds would settle into the ground and rest all winter long. In the spring, Abigail's seed would sprout. She was going to grow into a beautiful apple tree just like her mama!

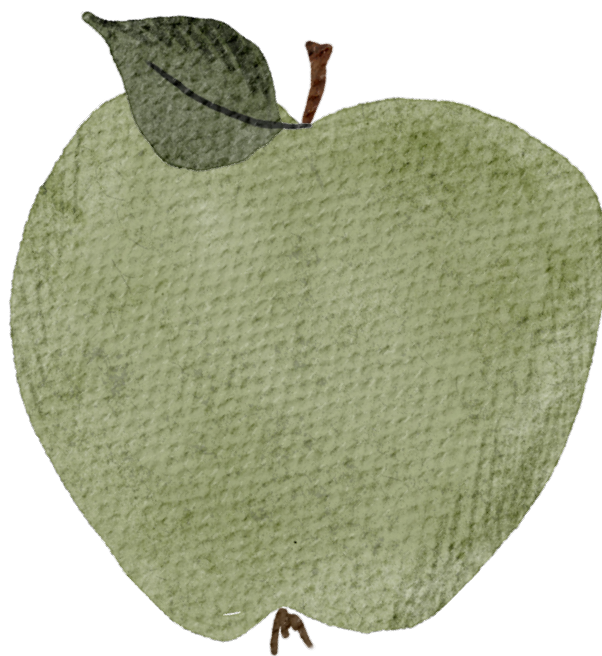
Abigail was so excited for this amazing journey! And sure enough, it happened just as Mama said.

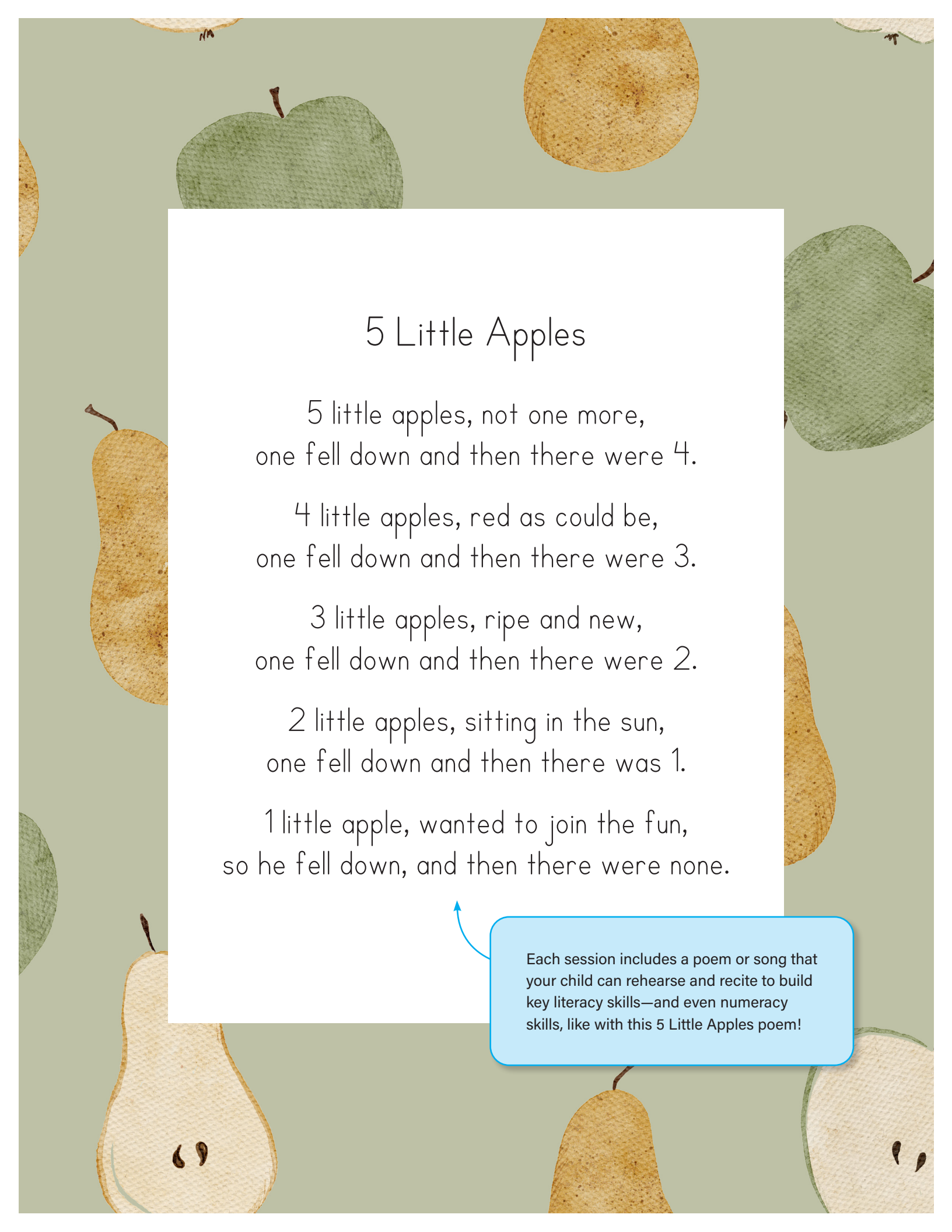
One chilly fall morning, a strong wind blew Abigail to the ground. She rested on the ground all winter long as her seeds settled into the soil. One of these seeds settled in just the right way, with just the right amount of sunshine, water, and warmth.

Every session includes a short story that is great to use as a bedtime story again and again. Did you know that repeated stories are actually quite beneficial for young children? Reading the same story can enhance vocabulary, improve comprehension, and increase confidence in future reading. It also fosters a sense of predictability and comfort, providing a structured and safe environment while strengthening the parent-child bond.

allowing baby apples to start to grow. Abigail was now a mama apple tree!

As Abigail's baby apples grew, she smiled with pride as the boys and girls came to pick them. And she smiled with pride for the ones the children did not pick, as she knew those special apples had a magical journey ahead of them.





5 Little Apples

5 little apples, not one more,
one fell down and then there were 4.

4 little apples, red as could be,
one fell down and then there were 3.

3 little apples, ripe and new,
one fell down and then there were 2.

2 little apples, sitting in the sun,
one fell down and then there was 1.

1 little apple, wanted to join the fun,
so he fell down, and then there were none.



Each session includes a poem or song that your child can rehearse and recite to build key literacy skills—and even numeracy skills, like with this 5 Little Apples poem!



SESSION #1: APPLES

Deep Learning Activities

The Deep Learning Activities can be done at your leisure throughout the session. Many families choose to use these activities on Fridays or on the weekend as a special activity with another parent, family member, or caregiver.

Phonological Awareness

Skill Focus: *Rhyming*

Materials: None!



Raffi - Down By The Bay (Official Audio) by Raffi

This session, we will practice the phonological awareness skill of rhyming. Rhyming involves hearing rhymes (in nursery rhymes, silly songs, or Dr. Seuss books, for example), recognizing rhymes (“Does cat rhyme with bat?”), and finally, making rhymes independently (“The dog jumped over the log.”). Rhyming is an important skill for early reading. Rhyming words often have the same ending. So, if a child can read the word cat, it is simple for that child to also read rhyming words like bat, hat, and rat.

For this activity, sing “Down by the Bay” by Raffi with your child. Take turns making up silly rhymes to follow “My mother will say...”

For example:

Down by the bay, where the watermelons grow,

Back to my home, I dare not go,

For if I do, my mother will say:

“Did you ever see a goose kissing a moose?”

Down by the bay...

Art Project: Apple Print Bag

Skill Focus: *Creativity, Fine Motor, Sewing*

Materials: Apples, fabric paint, old white t-shirt, needle and thread or sewing machine, yarn

For this project, we’re going to repurpose an old white t-shirt into a bag and decorate it with apple prints. To make the bag, cut two rectangles out of an old white t-shirt, sew three of the edges together, then flip the bag inside out. Your child can also braid yarn to make a handle.

Now it’s time to decorate! Cut an apple in half widthwise. Do you see the star shape that the seeds make? Using fabric paint and the two apple halves as stamps, have your child decorate the bag. They may want to experiment with how much pressure to use when stamping the apple, the amount of paint, and how many times they can stamp an apple in a row.

Cooking Project: Applesauce

Skill Focus: *Nutrition, Following Directions, Safety, Fine Motor*

Materials: 4 apples, 3/4 cup water, 1 tsp cinnamon

Let’s make some homemade applesauce!

1. Cut the apples into small squares. Your child can help! You could first core the apples and cut them into slices, and your child could then cube them. Show your child how to cut the apples safely, keeping their fingers away from the knife.
2. Place the apple cubes, water, and cinnamon into a saucepan and cover.
3. Cook over medium heat for 15 minutes or until the apples are soft.
4. Remove from heat and mash with a potato masher.
5. Enjoy your delicious homemade applesauce!



SESSION #1: APPLES

Quiet Time Activities

Every session includes five Quiet Time Activities designed to be enjoyed by your child independently. A daily period of quiet is essential for young minds to rest and recharge, and consolidate the learning that has happened earlier in the day. It is also a time for YOU to rest and recharge!

Pompom Sort and Play

Skill Focus: *Sorting, Patterning, Counting, Fine Motor, Imaginative Play*

Materials: Straw, red, green, and yellow pompoms, pipe cleaners

Add a straw and a bunch of yellow, red, and green pompoms to a bin to represent apples. Your child can blow through the straw to sort the pompoms. They will learn about the power of wind and breath control, as well as different ways of sorting. What groups are made if you sort the pompoms by color? What about by size? This open-ended activity can also encourage patterning and counting, or add some pipe cleaners and a croquet-like game might develop!

Pipe Cleaner Apple Trees

Skill Focus: *Creativity, Fine Motor, Hand-Eye Coordination*

Materials: Brown pipe cleaners; red, green, and yellow beads

Threading beads is wonderful for strengthening fine motor skills and hand-eye coordination! Twist seven or eight brown pipe cleaners together to make little trees. Add the trees to a bin with red, green, and yellow “apple” beads. Your little one can thread the apples onto the trees, sort them by color, or make patterns. Can they put two apples on each branch? What about four? The possibilities for quiet play are endless!

Building a Tree

Skill Focus: *Creativity, STEM, Fine Motor, Counting*

Materials: Blocks or LEGO, red pompoms

Build a tree with blocks or LEGO! Building is wonderful for practicing a variety of skills, as well as learning what makes a structure (or tree!) strong and sturdy. Toss in some red pompoms so pretend apples can “grow.” This will help develop fine motor skills as your child carefully places pompom apples on the branches. How many apples will fit on the tree?

Apple Bracelets

Skill Focus: *Creativity, Fine Motor, Hand-Eye Coordination*

Materials: Green pipe cleaners, beads

Beaded bracelets are a childhood staple! Place green pipe cleaners and red “apple” beads in a bin. Have your child thread the beads onto a pipe cleaner, then twist the ends to make a bracelet. Your little one can make one for each family member. How many beads are on each bracelet? Who has the biggest? Who has the smallest?

Floor Pipe Cleaner Tree

Skill Focus: *Creativity, Fine Motor, Imaginative Play*

Materials: Pipe cleaners, little toy cars and people (optional)

Lay out some pipe cleaners on the floor in the shape of a tree. Your little one can include roots, the tree trunk, and branches to make a tree. Maybe some of the pipe cleaners stay nice and straight, while others are bent or curved. Pop in some toy cars or little toy people and the tree may turn into roads. Or perhaps some little gnomes will end up living in the tree in a magical make-believe world!



SESSION #1: APPLES

Week 1 · Day 1

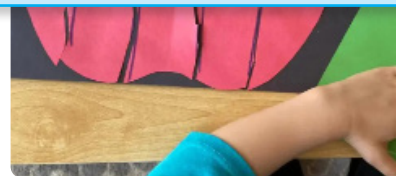
Activity #1: Apple Name Puzzle

Materials: Red, black, and green construction paper, black marker, scissors, glue

Cut a large apple shape from red construction paper. Write your child's first name across the apple, using the beginning and lowercase letters for each slice. Draw lines between the letters to create "apple slices." Have your child cut out each letter on each slice. Have your child cut out the apple shape. "Thumbs up!" as a reminder to hold the scissors properly.

Show your child the completed name puzzle, then mix up the pieces! Have them find each letter and put their name back in order. Glue the apple onto black construction paper, then add a paper stem and leaf.

Now we're into your three planned mornings each week! This is the heart of Kindergarten at Home. These activities cover: literacy, numeracy, health, nature, science, outdoor learning, music, drama, art, STEM challenges, critical thinking, problem-solving, and social studies. The activities usually take between 15-20 minutes each.



Activity #2: Fruits and Vegetables

Skill Focus: Health, Nature, Critical Thinking

Materials: Fruits and vegetables



Meats, Meals, Fruits, and Vegetables

Cut out the fruit and vegetable cards from the Meats, Meals, Fruits, and Vegetables printable, or grab a variety of fruits and vegetables from the kitchen. Have your child name each one and look for similarities and differences. What makes a fruit a fruit and a vegetable a vegetable? Botanically, fruits develop from flowers and usually contain seeds. Vegetables are other edible plant parts, such as roots, leaves, and stems. When cooking, we often call savory fruits, like bell peppers, vegetables.

Go back through all your fruits and vegetables, and classify them as either a fruit or a vegetable.

Activity #3: Apple Boats

Skill Focus: STEM Challenge, Critical Thinking, Fine Motor

Materials: Apples, toothpicks, paper, scissors, coins or LEGO, bowl

Cut apples into different shapes and sizes. Have your little one build apple boats by connecting the pieces with toothpicks. To make a sail, poke a toothpick through a small piece of paper, in one side and back out again.

Place the boats in a large bowl of water and see if they float! Experiment with different shapes, sizes, or apple varieties. Does one float better than another? Why might that be? Try adding coins or LEGO to see how much the apple boat can hold before it sinks or tips over.



SESSION #1: APPLES

Week 1 · Day 2

Activity #4: Apple Name Tree

Skill Focus: Language Arts, Art, Fine Motor

Materials: Paper, markers, red construction paper, scissors

Draw an apple tree with long branches on a piece of paper. Write your child's name clearly on three of the branches (capital for the first letter and lowercase for the rest). Next, write your child's name three times on a piece of red construction paper, and cut out each individual letter for name letter "apples."

Have your child build their name by matching the letter apples on top of the branches of the tree three times.



Activity #5: Dissect an Apple

Skill Focus: Science, Nature, Critical Thinking, Fine Motor

Materials: Apple, knife

Give your child a whole apple and ask them to identify all of the parts of an apple: the skin, the flesh, the core, and the seeds.

Your child's "I Wonder" journal will become a beautiful keepsake from Kindergarten at Home! They will use it to think critically, reflect on their learning, and draw some adorable pictures to reflect their thoughts.

What about from side to side? What about from bottom to top? Have your child count how many seeds are in the core.

Activity #6: I Wonder Journal

Skill Focus: Critical Thinking, Language Arts, Art, Fine Motor

Materials: Markers or crayons

Prompt: "I wonder how I can stop my cut apples from turning brown?"

Your child may use this prompt, or they may already have questions, thoughts, and observations they want to record in their journal. Both are perfectly okay! Encourage your child to take their time drawing their thoughts, or working collaboratively to add letters or words to their pictures. Go nice and slow, encouraging your little one to dive deep into their wonderings.



I Wonder Journal



SESSION #1: APPLES

Week 1 · Day 3

Activity #7: Play Rotten Apple

Skill Focus: Language Arts, Critical Thinking, Gross Motor

Materials: Red construction paper, scissors, marker, bowl



Red Apples

Write out the letters of the alphabet in lowercase letters. The capital.

Have your child find the letters and put them into a bowl.

This can also be played with a partner to see if you get a good match.

Kindergarten at Home alternates between a focus on literacy and a focus on numeracy. In sessions with a focus on numeracy, the activities help your child build a strong understanding of numbers and what they represent and mean. You will also explore two-dimensional shapes, size and measurement, and patterning.

Activity #1: Estimation Station

Skill Focus: Numeracy, Fine Motor, Critical Thinking

Materials: Little items in dishes

Put a bunch of grapes in a bowl, beads in a dish, and cotton balls in a jar—or any items at all! Have your child guess how many items there are in each.

Now, dump the items out and have your child line up the items and count them. Which one had the most? Which one had the least?

Focus on one-to-one correspondence as your child counts. Keep the numbers in your child's comfort zone for this activity. So, if they can count up to 20, use up to 20 items. If they can count up to 50, use up to 50 items.

Activity #1: Measuring with Your Feet

Skill Focus: Numeracy, Gross Motor, Critical Thinking

Materials: None!

Teach your child how to measure using their feet. Show them how the toes of one foot must touch the heel of the other foot with no space in between to measure accurately.

Now get busy measuring!

How many 'feet' long is your kitchen? What about the bathroom? Which one is longer? Which one is wider? Measure all of the rooms in your home this way!



SESSION #1: APPLES

Week 2 · Day 1

Activity #10: Red & Green Apple Match

Skill Focus: *Language Arts, Fine Motor*

Materials: Construction paper, scissors, markers

 **Red Apples**

 **Green Apples**

Write your child's name in lowercase on the red apple cards (or red circles of construction paper), one letter per apple. Similarly, write their name on green apples (or green circles of construction paper), but this time all in uppercase.

Now turn all of the apples upside down and mix them up! Have your child play a memory game, trying to match a lowercase and uppercase letter. You can write out the matching letter combinations (e.g., A and a) on a piece of paper to have beside your child so they can check their matches. Your child can also practice making the letter sounds each time they make a match.

P.S. Save those apples to use again tomorrow!

Activity #11: Start a Food Journal

Skill Focus: *Health, Math, Language Arts, Art*

Materials: Markers or crayons, paper

 **Food Journal**

Start a food journal! Today and over the coming days, have your child draw (or practice writing) all of the fruits and vegetables they eat in their journal. Prominently display the journal on your fridge.

This is a wonderful activity to encourage healthy eating as your child watches their journal fill with drawings. You can use the food journal to differentiate between fruits and vegetables. Did your child eat more fruits or vegetables? Which one did they eat the most? Which one did they eat the least?

These STEM challenges are always a hit and are secretly filled with so much learning!

Activity #12: Build an Apple Tower

Skill Focus: *STEM Challenge, Math, Critical Thinking, Fine Motor*

Materials: Apples, knife, toothpicks

Let's build a tower! To get started, cut up some apples into small pieces. To make it easier for your little one to help, cut the apples in half for them first. Next, show your child how to safely cut those halves into smaller pieces, keeping their fingers away from the knife.

With your small apple pieces ready, your child can now connect them together using toothpicks to build a tower. How tall can your little one build their tower? You can also talk about the different shapes made as the apple pieces are connected. Can you spot any 2D shapes like a square or triangle?

When you're all done, eat those apple pieces as a healthy snack!



SESSION #1: APPLES

Week 2 · Day 2

Activity #13: Applesauce Letters

Skill Focus: *Language Arts, Drama, Fine Motor*

Materials: Bowl, tweezers or tongs



Red Apples



Green Apples

Make some letter applesauce! Put the apples in a bowl and stir them up.

Have your child use tweezers or tongs to pick out letters, and have your child say the name of the letter.

This is a wonderful activity to reinforce uppercase and lowercase letter recognition, all while using fine motor skills to strengthen those little hands for writing!

P.S. Save those apples to use again tomorrow!

You will notice that many of the activities are building multiple skills. For example, this literacy activity is also building fine motor skills and incorporates drama.

Activity #14: Apple Taste Test

Skill Focus: *Nature, Science, Language Arts, Social Studies, Health*

Materials: 3 varieties of apples

Choose three varieties of apples to taste test with your child. Red Delicious, Empire, Granny Smith and Golden Delicious make great choices for their varying tastes, textures, and colors.

Slice up the apples and start tasting! Take your time describing each apple's taste, texture, color, and even smell. This is a wonderful opportunity for your child to develop their vocabulary! Some descriptive words that might be used: juicy, wet, crunchy, soft, hard, mushy, sweet, sour, bitter, etc.

Which apple is your child's favorite? What do they like about it?

Activity #15: I Wonder Journal

Skill Focus: *Critical Thinking, Language Arts, Art, Fine Motor*

Materials: Markers or crayons



I Wonder Journal

Prompt: "I wonder what it would feel like to be an apple on a tree?"

Your child may use this prompt, or they may already have questions, thoughts, and observations they want to record in their journal. Both are perfectly okay! Encourage your child to take their time drawing their thoughts, or working collaboratively to add letters or words to their pictures. Go nice and slow, encouraging your little one to dive deep into their wonderings.



SESSION #1: APPLES

Week 2 · Day 3

Activity #16: Apple Spell

Skill Focus: *Language Arts*

Materials: None!

Sing this simple song using your child's name and name letters:



Red Apples

Benjamin loves apples,



Green Apples

he eats them all day long!

And with that, you are done your first two-week session!

At the end of the 36-week curriculum, your child will:

- have a solid foundation in literacy, allowing them to grow into a confident reader
- be ready to grasp big math concepts with their strong foundation in numeracy
- understand out how think critically, inquisitively, and creatively
- and have a love and appreciation for this amazing world that we call home.

Plus, your child will have had lots of loving one-on-one time playing and learning with YOU!

Activity #17: Dancing

Materials: Water, baking soda, glass, spoon, vinegar

ity for your child to hold up

Skill Focus: *Science, Nature, Fine Motor*

da in a clear glass (about 1 to

d. Drop in the apple seeds.

ink might happen? Make a

the resulting gas bubbles will grab onto the seeds, lifting them to the surface, where the bubbles pop and the seeds sink back down to repeat the dance.

Activity #18: Get That Apple!

Skill Focus: *Problem-Solving, Critical Thinking, Language Arts*

Materials: None!

Remember Joseph from Activity #9? He was wondering how to share his two apples.

Well, now Joseph has another problem. He went walking through the woods and saw an apple waaay up high in a tree that looked absolutely delicious. But he can't reach it!

How might Joseph get the apple? Try to think of as many ways as you can for Joseph to get that apple!



HOW WEE LEARN

No-Cook Playdough Recipe



FLOUR



OIL



BOILING WATER



MIXING BOWL



CREAM OF
TARTAR



SALT

Ingredients

1 1/2 cups flour
1/2 cup salt
2 teaspoons cream of tartar
2 tablespoons oil
1 cup boiling water



MIXING SPOON
OR SPATULA

In addition to your coursebook, you will also receive a selection of printables—like this No-Cook Playdough Recipe that is sure to become a favorite!

NO-COOK PLAYDOUGH

Instructions

Add all of the ingredients to a bowl and mix them together. Remove the dough from the bowl and knead by hand until it becomes perfectly smooth.

Optional: Try adding food coloring or a couple drops of essential oils for color and a lovely scent.

Too sticky? Add more flour.

Too clumpy? Add more boiled water.

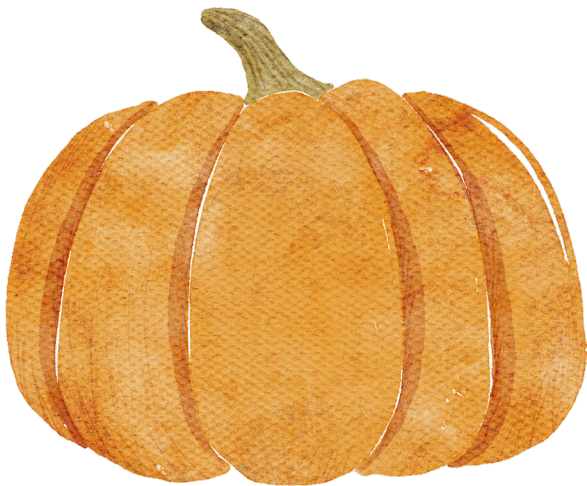




Apple



Your printables also include vocabulary cards—perfect for displaying while enjoying your activities together or using for matching games!



Pumpkin



Gourd



Kindergarten at Home

Let's give your child a brilliant foundation!
Kindergarten at Home is available individually or
as part of the Everything Kindergarten Bundle:



Kindergarten at Home

<https://shop.howweelearn.com/products/kindergarten-at-home>



Everything Kindergarten Bundle

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