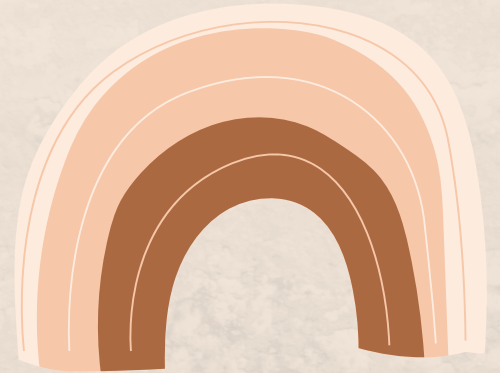


# Preschool Home Schedule



- |                 |                                 |
|-----------------|---------------------------------|
| 7AM             | Wake and breakfast routine      |
| 8AM             | Independent Play                |
| 9AM             | Outdoor play activities         |
| 10AM            | Morning Tea                     |
| 10:30AM         | Indoor Structured Activities    |
| 11:30AM         | Story Book and Songs            |
| 11:45AM         | Begin Lunch routine             |
| 12:30PM         | Nap time or quiet time          |
| 2:00/<br>3:00PM | go for a walk or suitable drive |
| 4:30 PM         | Begin Bath Routine              |



# Preschool Home Program



## Week 1 Theme

### Colours

#### Outdoor Play

Gross Motor activities for example; bikes, scooters, trampoline, swings, skipping ropes, balls  
coloured rice and noodles  
Coloured shaving creme painting

#### Indoor structured Play

colour sorting and colour matching  
Cooking experience Friday

#### Craft

Rainbow hand prints  
mixed up chameleon  
cotton bud painting rainbow

#### Stories

Where is the Green Sheep?  
The Mixed up Chameleon  
The day the Crayons quit



## Coloured Rice and noodles



To colour rice you just need to get a cup of rice and some food colouring and add a drop of food colouring to the rice and lay it on paper towel to dry, once dry store in a container or snap lock bag

## Coloured Shaving Creme Painting



To colour shaving creme place shaving creme in a large plastic tray or metal tray and add food colouring to the creme

# Colour Sorting

Depending on what equipment you have at home they can sort coloured pom poms into coloured bowls, sort lego onto coloured paper, sort coloured lids into coloured cup cake cases.

# Colour Matching

Print off coloured flash cards and have the child match the cards

# Rainbow Handprints



# Mixed up Chameleon



print off or draw a chameleon and have child paint it

For story books if you dont have a copy there should be a version on youtube they can watch