### AUGUST
**PREK–KINDERGARTEN**

#### WEEK 1
- Practice the number 17 by writing all the numbers from 1 to 17 as you and your child count aloud.
- Write the Power Words *to*, *go*, *you*, and *yes* on sticky notes and put them on the wall. Your child can practice reading the words a little bit every day!
- Does your child know what to do during big storms? Search online or visit a library to learn more about storms. Talk about lightning safety.
- Fold a piece of paper in half, cut half a heart on the folded edge, and open it. That’s symmetry—two sides that match! Find things around your home that show symmetry.
- When your child talks about their thoughts, feelings, or ideas, show your interest. Give them eye contact, listen carefully, and ask questions.

#### WEEK 2
- Find Power Words and write them on scraps of paper. Say a word. Have your child find the word, ball it up, and toss it in a trash can.
- Turn on some music and dance. Stop the music suddenly and freeze in position. Count to 18 while you are frozen. Then start the music and do it again!
- Make 3 punctuation mark cards (.,?!). Hold one up. Say a simple sentence in different ways so that it is a statement, an exclamation, or a question.
- Practice the number 19 by writing all the numbers from 1 to 19 as you and your child count aloud.
- Some days are better than others. When you make a mistake and your child sees you try again, they learn that mistakes are OK and to keep trying.

#### WEEK 3
- Read a book together. Talk about the people, places, and events in the story. What is similar in your child’s life? What is different?
- Talk with your child about ways to stay healthy. For example, avoiding germs, exercising, resting, and eating good foods are healthy habits.
- Hold up 6 fingers. Then put down 3 fingers. Ask your child, “How many are left?” Say, “6 take away 3 is 3.” Try this with different numbers of fingers.
- Say a simple word like *far*. What can your child see around your home or out the window that rhymes with *far*? *Car*! Try this game with other words.
- When your child says something negative, help them turn it around. For example, instead of saying “I can’t do this,” try saying “I can’t do this yet.”

#### WEEK 4
- Read a chapter book to your child. Each time you read, write down how many minutes you read. See how long it takes you to finish the book!
- Ask your child to count all their fingers and toes. This is a great time to remind them that the last number they say is the total for the group (20).
- Cut out the letters of a Power Word (*the*, *yes*, *are*, *was*, *see*, *this*). Hide the letters in a room. Ask your child to find the letters and spell the word.
- Similar figures have the same shape but are different sizes. Draw a shape on a sheet of paper and ask your child to draw a similar shape next to it.
- Practice hand-eye coordination by tossing a ball back and forth. You can also kick the ball back and forth to practice foot-eye coordination.

Find resources at upstart.waterford.org or mentor.waterford.org.