

Pre-Kindergarten

Day 22 Lesson Plans

English Language Arts

- Print and assemble “I Take Care of My Heart” by following cutting directions on the book.
- Discuss with your child that we stay healthy by doing healthy activities and that’s how we take care of our heart.
- Take a text walk with your child, having him/her talk about what he/she sees on every page that shows what people and kids can do to take care of their heart.
- Point out to your child that heart begins with the letter H. Repeat the word “heart” and have your child identify the sound of H /h/.
- Read the book with your child, have them participate on the repetitive parts.
- Have your child express their favorite part of the book.
- Have your child do a retelling of the book with your support (if necessary).

- Be sure to your child uses transition words such as First, Next, Then, after that, At the end to engage in the retelling of the story.
- Have your child complete the Letter H book by tracing capital and lowercase Hh and by saying the sound/h/ at the beginning of all the pictures on this worksheet.

Math

- Print out the worksheet and have your child name some of the pictures on the worksheet.
- Have your child identify and point out the numerals on the pictures.
- Follow the parent suggestions and directions on the worksheet to complete the worksheet.