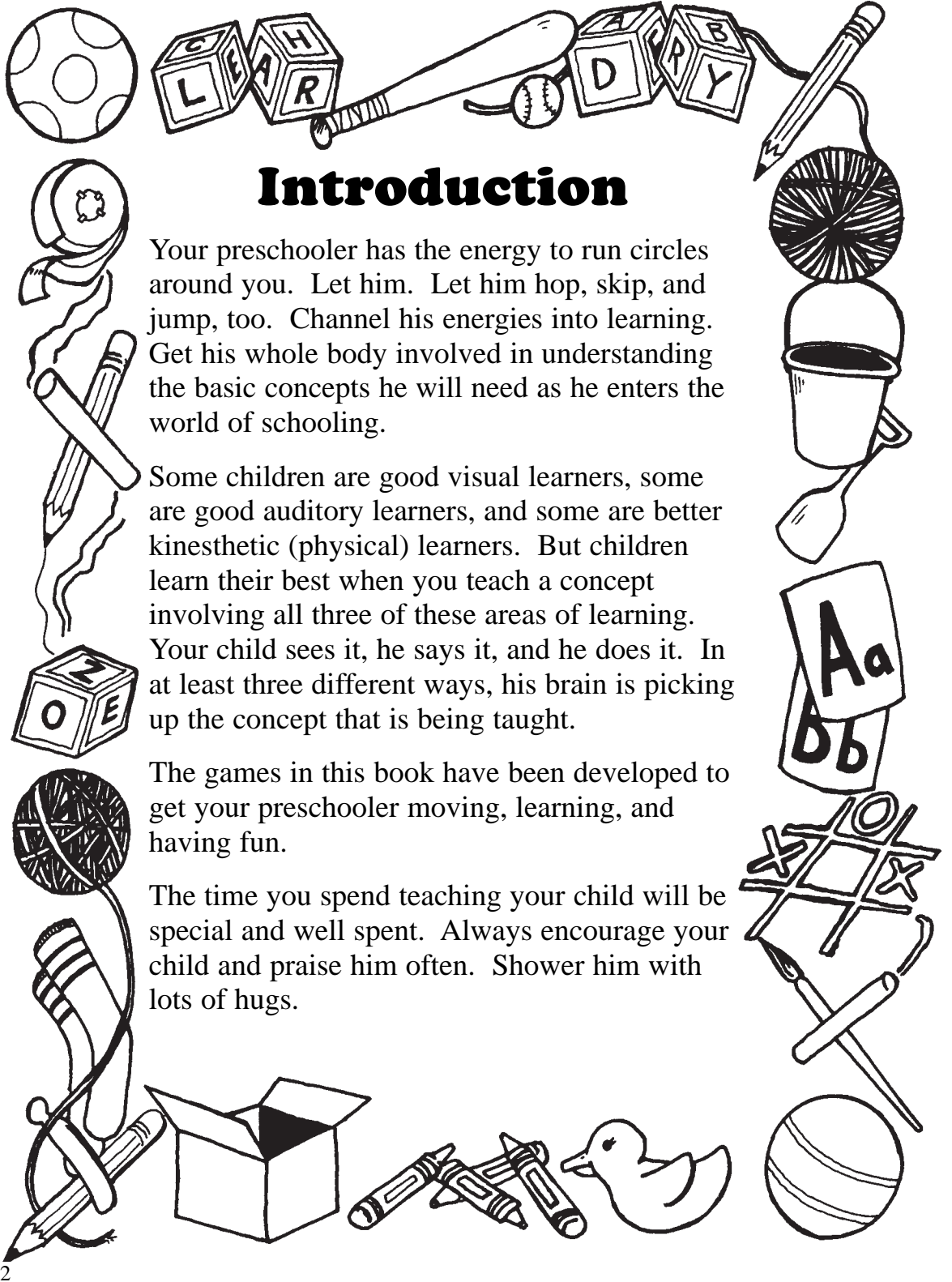


Table of Contents

Introduction	2
How to Use This Book	3
Indoor Games	4
Outdoor Games	46
Homemade Chalk	95



Introduction

Your preschooler has the energy to run circles around you. Let him. Let him hop, skip, and jump, too. Channel his energies into learning. Get his whole body involved in understanding the basic concepts he will need as he enters the world of schooling.

Some children are good visual learners, some are good auditory learners, and some are better kinesthetic (physical) learners. But children learn their best when you teach a concept involving all three of these areas of learning. Your child sees it, he says it, and he does it. In at least three different ways, his brain is picking up the concept that is being taught.

The games in this book have been developed to get your preschooler moving, learning, and having fun.

The time you spend teaching your child will be special and well spent. Always encourage your child and praise him often. Shower him with lots of hugs.

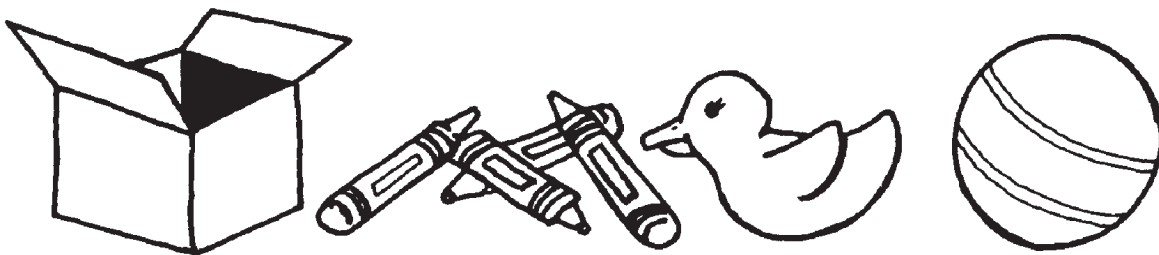
How to Use This Book

The games in this book are meant to be simple. The materials are ordinary and easily adapted. If you don't have a foam ball, use an old rolled-up sock instead. With chalk and cheap masking tape, you already have the major materials needed for more than half the games.

Remember, you know your child better than anyone. You know his capabilities. If he already knows his upper case letters, make the necessary adjustments and have the game teach lower case letters. Many of the variations on each game offer suggestions to expand your child's learning. Feel free to come up with your own variations that meet your child's needs. Play a game for a week. You can play the game again, in a few weeks, to reinforce or reteach a concept. These games can be enjoyed over and over again.

Keep the games moving and fast paced. Sometimes your child will want to play the game for just a few minutes and sometimes for an hour. Let him explore. Let him learn. And listen to his own variation on the game. Several games in this book are just that, a child's own variation on a game. Leave the games set up for a while. A masking tape clock won't hurt your carpeting for a week (and it makes a great conversation piece with company). Every time your child sits down and becomes an hour hand, he is getting closer to understanding telling time.

Above all, make it fun. Children have such a great desire to learn and they love to play. You can help them realise that learning can be fun.



Hallway Hop

Materials:

- masking tape
- ruler
- any hallway

Your child will get a jump on his counting skills each time he hops down the hallway.

Directions

Use any hallway that your child uses frequently. The hallway to his bedroom or the bathroom is always a good one. Create a square on the floor at one end of the hallway using four strips of masking tape 25 centimetres long. Place your next tape square 15 centimetres away from your first square. Make ten squares. Create a tape number in each square starting with the number 1. Your child starts by hopping into the number 1 square with both feet and calling out “one.” He continues hopping into each square calling out its number until he reaches the end of the hallway. Then he returns by hopping into the number 10 square and counting backwards until he reaches the first square. Encourage your child to hop down the hallway every time he needs to go through it. Soon counting to ten will be a breeze.



Variations:

- Use the upper case and lower case letters of the alphabet.
- Start with a number other than one, such as seven or ten.
- Count by 2's, 5's, or 10's.

Float, Flutter, Fly

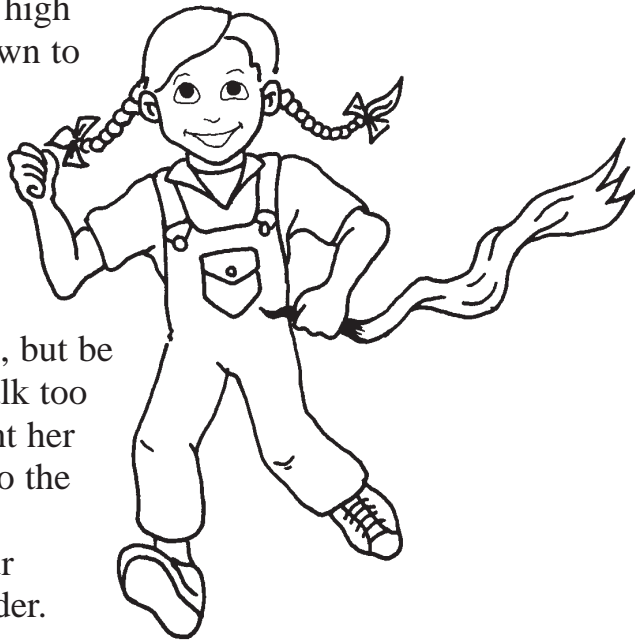
Materials:

- radio or tape player
- scarves or light weight squares of fabric

Following the leader will have your child dancing all over the place.

Directions

Play music with variations in tempo and mood. Music without words works best. Classical or jazz or marches are great. *The Nutcracker* is always a fun selection. Give your child one or two scarves and have her hold them by one of the corners. Turn the music on and begin moving. To begin with, have your child follow your lead and try to copy your movements. Move with the beat of the music. Use your arms and the scarves. If the music repeats a pattern, you do a repetitive movement. If the music speeds up, your movements should speed up. If the music seems sad, your movements should seem sad. Dance on your tiptoes if the melody hits high notes. Drop down to a crouch if the music hits low notes. It is alright to point things out to your child about the music, but be careful not to talk too much. You want her to be listening to the music. After a while, have your child be the leader.



Bounce Once, Bounce Twice

Materials:

- a ball

Your child will be bouncing balls and counting bounces.

Directions

Find a flat area outside. Your driveway is always a good place. Begin by having your child watch as you bounce the ball. Count together the number of bounces the ball makes. Start with one bounce and continue through to ten. Next, have your child turn around. Tell her to listen as you bounce the ball. Have her count the number of times she hears the ball bounce. Choose numbers randomly from one to ten.

Variation:

- Have your child do her own bouncing and counting.

