

Prep Academy Preschool NTI Menu-3 to 5 years old

Student Name: _____

Day 1: *Please choose an activity from each subject area below and initial when completed. Menus should be sent back when students return to school.

Literacy *CHOOSE ONE!	Math *CHOOSE ONE!	Fine Motor *CHOOSE ONE!	Gross Motor *CHOOSE ONE!	Social Emotional *CHOOSE ONE
Kick the letter cup Take a stack of plastic cups and write a single letter on each. Then, line the cups up in a row. Give your child a small ball (or any softball) and instruct them to kick it toward the letter cups. Once they knock a cup down, instruct them to say the name of the letter on it.	Learn to add with Pete the Cat Watch the "Learn to Add with Pete the Cat" video with your child, encouraging them to answer math questions. Help them count out loud and explain answers if needed. Afterward, practice addition in real life, like counting snacks together.  https://youtu.be/9-M80V4emP0	Peeling and Placing Stickers https://napacenter.org/fine-motor-activities/ 	Party Freeze Dance Song Sing along & learn with The Kiboomers! All the kids have to do is dance when the music plays and freeze when it stops! This activity also helps your preschooler develop motor skills, listening skills, and social-emotional skills. Party Freeze Dance Video	Encourage your child to draw themselves and use puppets to explore emotions. Discuss calming strategies and let your child choose one for the puppet, emphasizing that it's okay to feel different emotions. Share your own feelings to model emotional expression. 
Alphabet pillow jumping Use a stack of paper or paper plates, and write one letter on each. Then, use packing tape to secure each paper/plate to a pillow and spread them around the room. As they jump to each new pillow, have them say the letter or letter sound.	Grocery Store Counting Use empty food boxes, cans, or jars as props for pretend play, and count the items as they are placed in the "cart" or arranged on shelves.	Stringing Cheerios Start by using something that holds its shape (e.g., a pipe cleaner or piece of uncooked spaghetti) and stringing Cheerios across. To progress this activity, use a string.	Sock Toss Stand 2 feet apart with your child and toss rolled-up socks back and forth. After each catch, step back and see how far you can go. Alternatively, use a target (like a laundry basket) and see how close your child can get!	You can turn emotional vocabulary into a game. Take turns choosing a "feeling word" and then expressing it through exaggerated facial expressions and body language. Start with simple words like "happy" (big smiles, waving hands)

READ A BOOK TOGETHER: Title _____

In addition to the above activities, please read each NTI day together. Before reading, remind your child about our listening rules "Eyes watching, Ears listening, Voices quiet and Bodies calm".

If you have any questions regarding NTI work, please feel free to contact your student's teacher! ☺