



SHELL  
EDUCATION

# Conquering Pre-Kindergarten

PRE  
K

Reading

Mathematics

Science

Social Studies

Writing



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## Dear Family,

Welcome to *Conquering Pre-Kindergarten*. This year will be an exciting and challenging year for your child. This book is designed to supplement the pre-kindergarten concepts your child is learning. The activities in this book are based on today's standards and provide practice in letters, numbers, shapes, writing, colors, social studies, and science. It also features fun, yet challenging, critical-thinking activities. In addition to the activity sheets in this book, the end of each section also provides engaging extension activities.

Your child should complete one unit per month, including the extension activities. This will allow your child to think about learning concepts over a longer period of time.

Keep these tips in mind as you work with your child this year:

- Set aside specific times each week to work on the activities.
- Have your child complete one or two activities each time, rather than an entire unit at one time.
- Keep all practice sessions with your child positive and constructive. If the mood becomes tense or you and your child get frustrated, set the book aside and find another time to practice.
- Read the directions aloud to your child. Point out any examples. Then, work through the first problem on each page together.
- Encourage your child to do his or her best work and compliment the effort that goes into learning.

Enjoy the time learning with your child during pre-kindergarten. Summer will be here before you know it!

Sincerely,

**The Shell Education Staff**

## Suggested Family Activities

Extend your child's learning by taking fun family field trips. A wide variety of experiences helps develop a child's vocabulary. Field trips also provide greater context and meaning to his or her learning.

### A Trip to a Museum

Your first stop should be the gift shop. Have your child pick out three postcards of artifacts or paintings in the museum. Then, as you visit the museum, your child should be on the lookout for the items he or she chose. It's an individual scavenger hunt! (Postcards usually have a bit of information about the pictured item to help you find it.)

### A Trip to a National Park

The National Park Service has a great program called Junior Rangers. If you go to a national park, check in with the rangers at the visitors center to see what tasks your child can complete to earn a Junior Ranger patch and/or certificate. Your child can also go to the WebRangers site ([www.nps.gov/webrangers/](http://www.nps.gov/webrangers/)) and check out a vacation spot, play games, and earn virtual rewards!

### A Trip to a Zoo

Before your trip, create a Zoo Bingo card. Include pictures of a variety of animals you will see at the zoo. Bring the Zoo Bingo card with you. As you spend the day exploring, have your child cross out each animal you come across. When he or she gets bingo, celebrate the accomplishment!

### A Trip to a Library

Have your child pick out books he or she has never read (or that you have never read to him or her). Look carefully at the covers of the books together. Ask your child what he or she thinks the stories are going to be about based on the covers alone. Then, read the books aloud to your child, and see if his or her guess was correct.

### A Trip to a Farmers' Market

Farmers' markets are great places to learn about different fruits and vegetables. Ask your child to help you find the colors of the rainbow. At each fruit or vegetable stand, ask your child to locate one color from the rainbow. Then, explain what the fruit or vegetable is and the different types of recipes it can be used in. For example, a red tomato can be used for salads, pizza, or pasta sauce.

## Suggested Family Activities (cont.)

By discussing the activities in this book, you can enhance your child's learning. But it doesn't have to stop there. The suggestions below provide even more ideas on how to support your child's education.

### General Skills

- Make sure your child gets plenty of exercise. Children need about 60 minutes of physical activity each day. You may want to have your child sign up for a sport. Or, you can do fun things as a family, such as swimming, riding bicycles, or hiking.
- It's also important for children to get plenty of sleep. Establish a nightly bedtime routine that involves relaxing activities, such as a warm shower or bath or reading a story.

### Reading Skills

- Create an alphabet book with your child. Go through old magazines, newspapers, advertisements, etc., to find an image for each letter of the alphabet. Help your child cut out the images and glue them into a book.
- Set a reading time for the entire family at least every other day. Have your child point out letters he or she knows as you read aloud.

### Writing Skills

- Have your child practice writing letters through sensory activities. For example, you could pour an impressionable substance (this could be salt, flour, sugar, pudding, shaving cream, etc.) into a cookie tray, and let your child get messy while learning to write letters.
- Supply your child with writing tools that better fit his or her hands to help develop his or her fine motor skills. Normal-length pencils are often too large and are awkward for smaller hands to hold. Golf pencils, broken crayons, and small markers will make writing more comfortable.

### Mathematics Skills

- Help your child practice counting, whenever possible. You can do this in everyday situations such as counting the number of stairs, silverware pieces at the dinner table, etc.
- Involve your child in grocery shopping. Ask him or her to help solve basic mathematical problems. For example, "I have two apples in my hands. You have two apples in yours. How many apples do we have altogether?"

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