

Home Activity Guide for Parents

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Learning Through Play

The best learning happens through everyday moments! These activities are designed to fit into your daily routine —no special materials required. Each activity includes tips to make learning fun and age-appropriate suggestions.

All Ages

Ages 3-4

Ages 3-5

Ages 4-5



Literacy & Language

Story Time Questions

🕒 15 min

All Ages

While reading, pause to ask: "What do you think will happen next?" "How does this character feel?" "What was your favorite part?"

☆ *Let your child hold the book and turn pages to build print awareness.*

Letter Hunt

🕒 10 min

Ages 3-4

Pick a letter of the day. Hunt for that letter on signs, boxes, and books around your home or while running errands.

☆ *Start with letters in your child's name—they're the most meaningful!*

Rhyme Time

🕒 5 min

Ages 3-5

Say a word and take turns thinking of rhyming words. "Cat... hat... bat..." Silly made-up words count too!

☆ *Great for car rides! Rhyming builds phonological awareness for reading.*

Label the House

🕒 20 min

Ages 4-5

Write labels together for items around your home: "door," "bed," "sink." Let your child help with letters they know.

☆ *This shows children that print has meaning and is everywhere.*

Counting Walk

🕒 15 min

All Ages

While walking, count steps, trees, cars, or mailboxes. Touch each item as you count for one-to-one correspondence.

☆ *Count in different ways: forwards, backwards, by 2s for older children.*

Kitchen Math

🕒 20 min

Ages 3-5

Involve your child in cooking: count eggs, measure cups, compare sizes. "Do we need more or fewer carrots?"

☆ *Real-world math is more meaningful than worksheets!*

Shape Detective

🕒 10 min

Ages 3-4

Hunt for shapes in your environment. "Can you find something shaped like a circle? A rectangle?"

☆ *Extend by asking: "How many sides does it have?"*

Sort the Laundry

🕒 15 min

Ages 3-5

Sort socks by color, match pairs, count items. "How many shirts? More shirts or more pants?"

☆ *Sorting is foundational math—it teaches categorization and comparison.*



Fine Motor Skills

Playdough Creations

🕒 20 min

All Ages

Roll snakes and balls, poke with fingers, use cookie cutters. Make letters from rolled playdough snakes.

☆ *Playdough strengthens the same hand muscles used for writing.*

Cutting Practice

🕒 15 min

Ages 3-5

Start with snipping paper strips, progress to cutting along straight lines, then wavy lines and shapes.

☆ *Always supervise. Safety scissors are designed for little hands.*

Bead Threading

🕒 15 min

Ages 3-5

Thread beads, pasta, or cheerios onto string or pipe cleaners. Create patterns for extra learning!

☆ *Start with larger beads/pasta and thicker string for younger children.*

Name Practice

🕒 10 min

Ages 4-5

Practice writing their name daily. Use different materials: crayons, markers, chalk, finger paint.

☆ *Focus on correct letter formation, not perfection. Start with uppercase.*



Social-Emotional

Feelings Check-In

🕒 5 min

All Ages

Each day, ask: "How are you feeling today?" Use a feelings chart if helpful. Name emotions together.

☆ *Model sharing your own feelings: "I feel happy because..."*

Turn-Taking Games

🕒 15 min

Ages 3-5

Play simple board games or card games like Go Fish. Practice waiting, taking turns, and winning/losing gracefully.

☆ *These exact skills are used every day in kindergarten!*

Problem-Solving Practice

🕒 10 min

Ages 4-5

When conflicts arise, guide don't solve: "What happened? How did that make you feel? What could you try?"

☆ *Use puppets or stuffed animals to role-play solutions.*

Calm-Down Practice

🕒 5 min

All Ages

Practice calming strategies when calm: deep breaths, counting to 10, squeeze and relax muscles.

☆ *Practice daily so these tools are ready when big emotions come.*



Self-Help Skills

Getting Dressed

🕒 10 min

Ages 3-5

Lay out clothes and let your child dress independently. Practice buttons, zippers, and putting on shoes.

☆ *Allow extra time! Independence takes longer but builds confidence.*

Bathroom Routine

🕒 5 min

Ages 3-5

Practice the full routine: using toilet, wiping, flushing, washing hands with soap, drying hands.

☆ *Create a visual chart for the steps if needed.*

Snack Independence

🕒 10 min

Ages 4-5

Let your child open containers, pour drinks (start with small amounts), and use utensils independently.

☆ *Kindergartners need to manage their own lunch!*

Backpack Practice

🕒 5 min

Ages 4-5

Practice putting on a backpack, opening/closing zippers, finding items inside.

☆ *Practice with a real backpack before school starts.*

Weekly Activity Planner

Plan one activity from each category throughout the week:

Day	Activity Category	Activity Chosen
Monday	Literacy & Language	_____
Tuesday	Math & Numbers	_____
Wednesday	Fine Motor Skills	_____
Thursday	Social-Emotional	_____
Friday	Self-Help Skills	_____