A free 12-week kindergarten and preschool plan

One focus a week: something outside, a real task at home, a few minutes of play. Repeat the week's ideas daily and swap any that don't suit your season.

WEEK 1

Birds

Outside. Hang a bird feeder by a window and watch who comes.

At home. Bake a loaf of bread together.

Play. Sort a box of buttons by color, then by size.

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WEEK 2

Water

Outside. Paint the sidewalk with a cup of water and a brush.

At home. Set the table before meals, every day this week.

Play. Pour water between cups, and test what sinks and floats in a tub.

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WEEK 3

A tree of our own

Outside. Adopt a tree in the yard or the park and visit it.

At home. Sort, fold and put away the small towels.

Play. Make leaf rubbings with crayons, and count the rings on a cut stump.

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WEEK 4

Sky and sun

Outside. Find shapes in the clouds, and watch your shadow move.

At home. Help put away the groceries.

Play. Notice where the sun comes up and goes down: east and west.

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WEEK 5

Small creatures

Outside. Watch an ant's nest, or a worm crawling.

At home. Help feed and water the family pet, or the bug in the jar.

Play. Keep a bug in a jar for a day and count its legs.

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WEEK 6

Seeds and growing

Outside. Pull weeds, or vegetables if you have them.

At home. Plant seeds in a cup and water them each morning.

Play. Count the petals on different kinds of flowers.

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WEEK 7

Listening

Outside. Stop and listen: what do you hear? Dogs, birds, cars?

At home. Put their own dishes by the sink after meals.

Play. Start a folksong, and play rhyming games: how many words rhyme with "game"?

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WEEK 8

Colors

Outside. Find colors outside that match their shirt and shoes.

At home. Keep a vase of wildflowers fresh, or a little nature display.

Play. Hang a prism in a window and chase the colored light.

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WEEK 9

Our town

Outside. Visit the library, and say hello to the mail carrier.

At home. Make a sandwich for lunch.

Play. Sketch a big map of your main roads to drive toy cars on.

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WEEK 10

Numbers around us

Outside. At the hardware store, count the kinds of bolts.

At home. Make the salad for the family dinner.

Play. Read numbers off cans at the grocery store, and play dominoes.

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WEEK 11

Building

Outside. Build stick forts for tiny toy animals.

At home. Pick up the toys before the fort comes down.

Play. Build a blanket fort, and pound nails into a board with a hammer, with you beside them.

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WEEK 12

Looking back

Outside. Visit your tree again, and go on a nature scavenger hunt.

At home. Help with every meal: set, clear, wash.

Play. A memory game: look at a box of nature finds for two minutes, cover it, and name what you remember. Sing your folksongs.

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The daily rhythm and what you need

The same shape every day, so it runs itself. Only the first part is long.

A homeschool preschool day

1. **Outside first.** The longest part of the day, in the yard, a park or on a walk. Let your child look, dig and wander, and say less than you want to.
2. **A real task.** Set the table, fold small towels, put away groceries. Work beside them and keep it short.
3. **A story.** One good picture book, a fairy tale or a story you tell from memory. The same one again tomorrow is fine.
4. **A few minutes of play with letters and numbers.** A rhyming game, counting petals, reading the numbers on a box. Stop while they still want more.
5. **Hands busy, then rest.** Baking, play dough, a blanket fort, crayons. Then quiet time, and the afternoon is free.

What you need

- [ ] A library card
- [ ] A few good picture books and a book of fairy tales or fables
- [ ] A bird feeder and a bag of seed
- [ ] Crayons and plain paper
- [ ] Cups, jugs and a tub for water play, and a paintbrush
- [ ] A box of buttons or beads to sort
- [ ] A few seeds and paper cups
- [ ] A clear jar with air holes in the lid
- [ ] A set of dominoes
- [ ] A prism or a glass that throws rainbows
- [ ] Play dough, a blanket for forts, and a board, nails and a small hammer

> *“a full six years of passive receptive life, the waking part of it spent for the most part out in the fresh air.”*
>
> Charlotte Mason, Home Education, page 43

Our notes: favorite spots, folksongs, stories we told