**Simon Says with Shapes**

Preschool Math by

Bob Williams, Debra Cunningham, and Joy Lubawy

**Materials:**

* Paper
* Markers
* Scissors

**Procedure:**

1. Cut out each of the following shapes (circle, octagon, pentagon, rectangle, square, triangle, decagon, hexagon)
2. Label each sets of shapes with the number of sides it has and the name of the shape on the back (for example, a square would have the number 4 and the word square written on the back)
3. Give your child a few shapes and explain to them that each shape has a certain number of sides
4. Say “Simon Says pick up the shape with three sides and hold it up.”
5. Name the shape and count the sides with your child
6. Repeat the process with a different shape
7. You can also ask the child to identify the shape using the name, then count the sides with your child



**Eat Your Fruits and Veggies**

Moving and Learning Across the Curriculum

By Rae Pica

**Materials:**

* Various fruits and vegetables

**Procedure:**

1. Talk to your child about various fruits and vegetables
2. Ask your child what are their favorite fruits and vegetables
3. How does your child like to eat them?
4. Explain that fruits and vegetables are an important source of nutrients for the body



**Lever Lift**

**Materials:**

* Book
* Ruler

**Procedure:**

1. Place the book on the table to the edge so that the edge is against the edge of the table.
2. Place the ruler under the book so the ruler extends over the edge of the table.
3. Slowly press on the ruler. What happened to the book?

**Vocabulary Words You Can Use:**

* Lever
* Fulcrum
* Pivot



**Science in Seconds for Kids by Jean Potter**