

# Virtual Preschool

## COMMUNITY HELPERS

MONDAY - **Safety  
Helpers**



TUESDAY - **Health  
Helpers**



WEDNESDAY - **Builders &  
Fixers**



THURSDAY - **Food  
Helpers**



FRIDAY - **School  
Helpers**



PLAY TO LEARN PRESCHOOL

# Community Helpers - Day 1



Your community is the neighborhood, town, or city that you live in. Lots of people in your community are helpers. Let's learn about the community helpers who keep us safe.

## Sing



Sing the song, "The Wheels on the Fire Truck" to the tune of "The Wheels on the Bus." Make up verses for all the parts of a fire truck.

- The **siren** on the truck goes "Wee-Woo, Wee-Woo!"
- The **hose** on the truck goes "Squirt, squirt, squirt!"



## Pretend

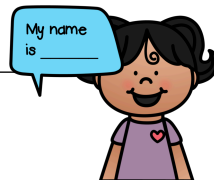
Use chalk to draw flames on your sidewalk, driveway, or on paper. Fill a water bottle and squirt the flames until they disappear.

## Play



Create a town with roads and buildings out of blocks. Use toy cars and pretend to be a community helper, driving around the town and helping people be safe.

## Practice



You can practice being safe by knowing these important things:

- Can you say your first name and your last name when someone asks, "What is your name?"
- Can you say your parents' names when someone asks?
- Can you say the name of your street? Your house or apartment number?

## Recite



Phone numbers are long, but really important. Ask your grown-up to write down their cell phone number. Use an old phone or a toy phone to practice reciting the number and dialing it. Can you remember all 10 digits?

## Draw

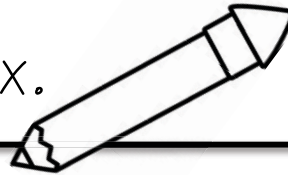


Color a thank-you picture for the safety helpers in your community. Send it to them in the mail or take a picture of it. Post it on their social media pages.

Name \_\_\_\_\_

I can point to the dots and spell my name.

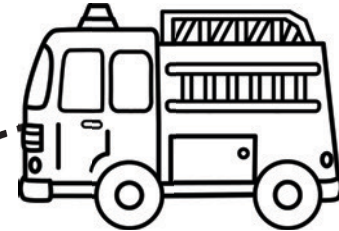
I can write my name in the box.



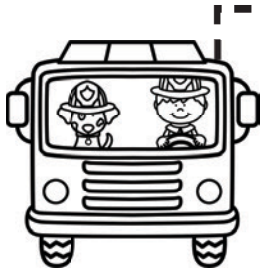
Name \_\_\_\_\_



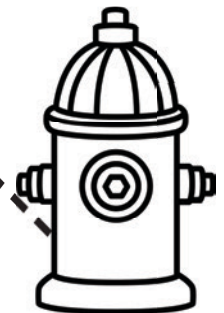
Trace the lines to match.



fire truck



fire station



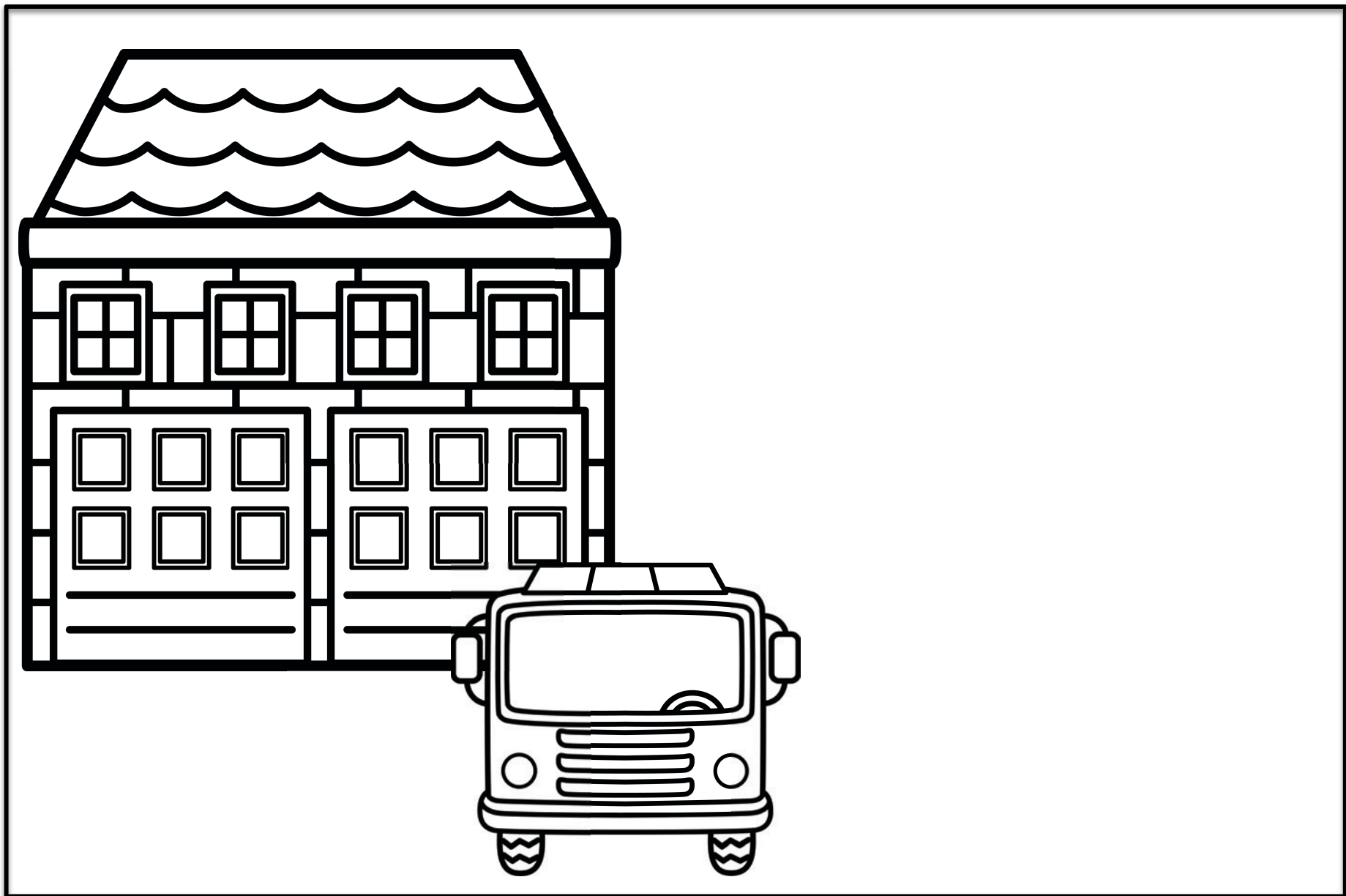
fire hydrant



Name \_\_\_\_\_

I can draw community helpers.

fire station



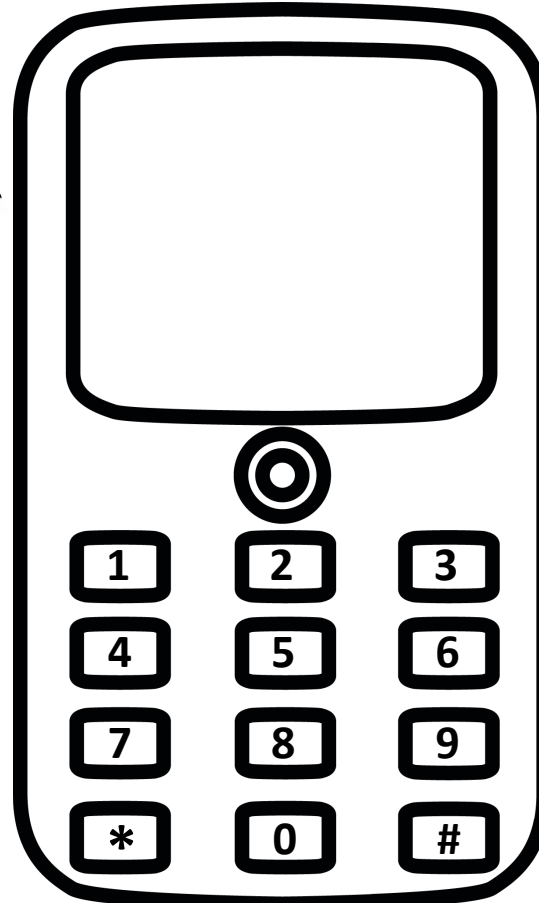
Name \_\_\_\_\_

Practice dialing your grown-up's phone number.  
Can you remember it without looking?

Grown-ups: Write your phone number here.

			-				-				
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Draw a picture of  
your grown-up here.



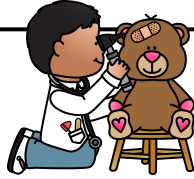
Practice dialing the  
phone number here.

# Community Helpers - Day 2



Another group of helpers in our community are the ones who keep us healthy– doctors, nurses, dentists, EMTs, and even the veterinarians who keep our pets healthy.

## Play



Do you have a doctor kit? Pretend to be the doctor. You can take care of your sick stuffed animals or your baby dolls.

## Practice



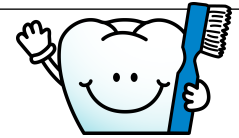
It is important to wash our hands really well to keep the germs away. Practice washing your hands. Sing the hand-washing song and make sure you scrub the back of your hands, between your fingers, and also your wrists.

## Search

# Dd

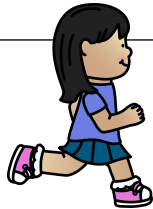
Doctor and Dentist both start with the letter **D**. Go on a search around your house for things that start with the letter **D**. How many things can you find?

## Paint



Find an unused toothbrush. (Maybe you have a sample one from your last dentist visit?) Use it as a paint brush and paint the tooth shape with white paint or a little dab of toothpaste.

## Exercise



Stretch your strong muscles. Get your heart pumping by running, dancing, and playing. Keep your body strong and healthy every day.

## Write

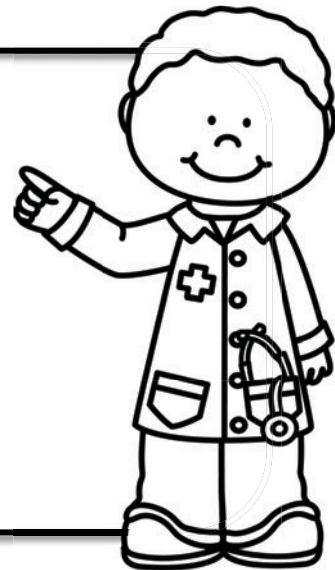
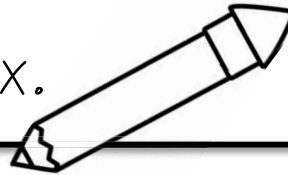


Draw a picture and/or write a thank you note to the health helpers who keep our community well. Post it on social media with the tag **#HCWshoutout** or send it to your local hospital.

Name \_\_\_\_\_

I can point to the dots and spell my name.

I can write my name in the box.



# Dear Doctors and Nurses,

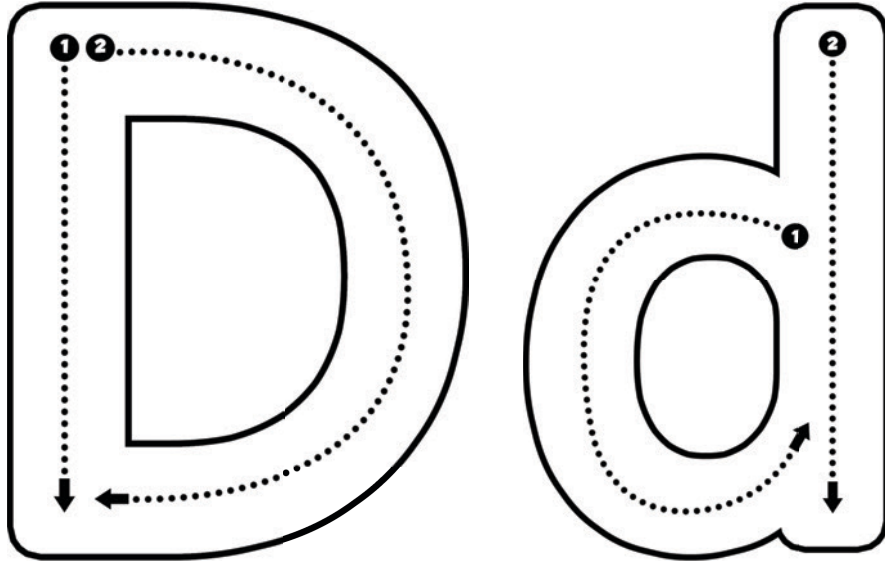
Thank you for working so hard to keep us healthy. I drew this picture especially for you!

Love,

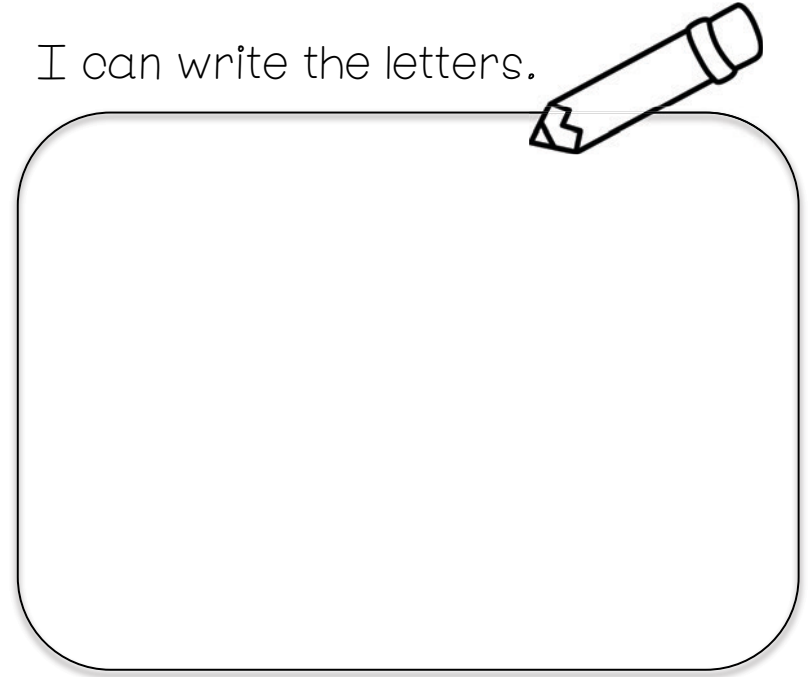
A large, empty rectangular box with rounded corners, intended for a drawing. It has a thin black border and a light gray drop shadow.

Name \_\_\_\_\_

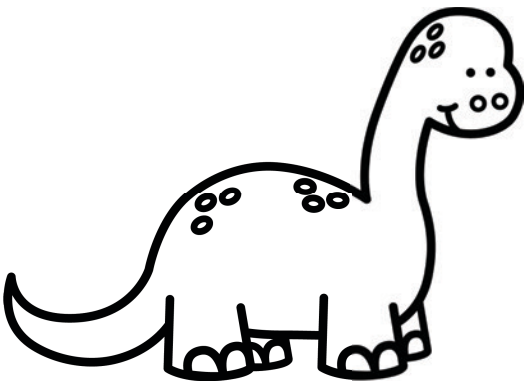
I can trace the letters.



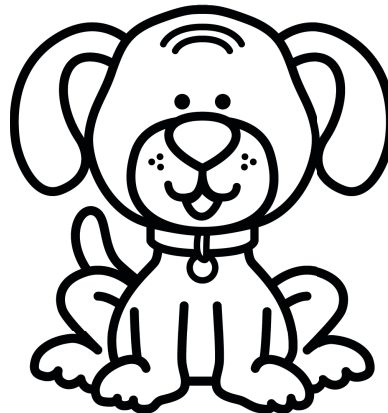
I can write the letters.



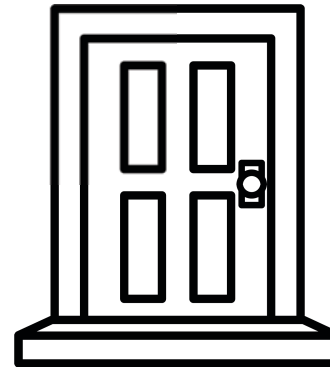
I can color the pictures that start with **D**.



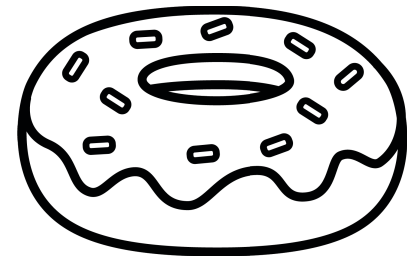
**dinosaur**



**dog**



**door**

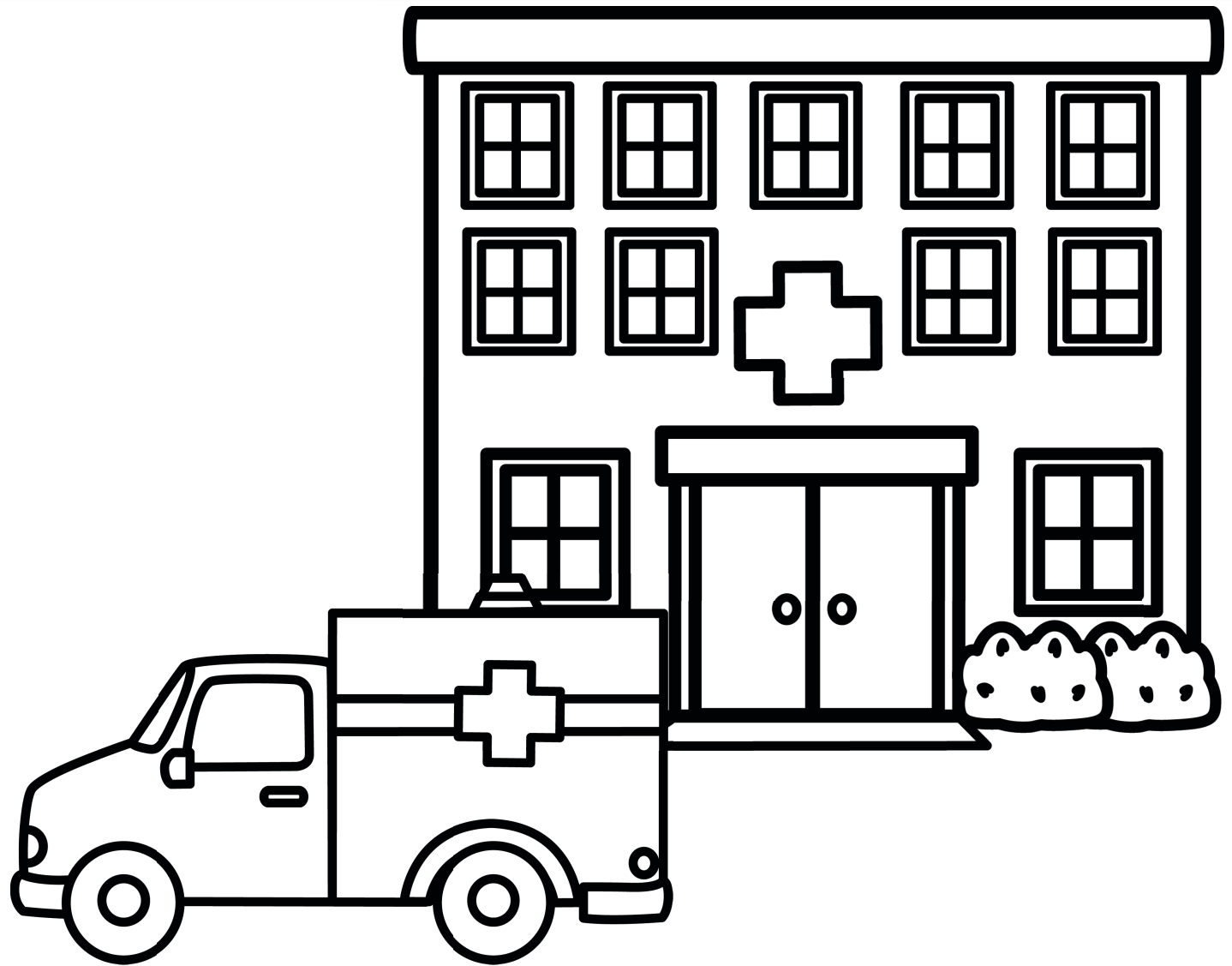


**donut**

Name \_\_\_\_\_

I can draw community helpers.

hospital

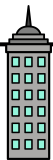


# Community Helpers - Day 3



Builders and Fixers are important community helpers who make our roads; build our houses, stores, and hospitals; and fix things that break.

## Build



Build a tall building using supplies you already have:

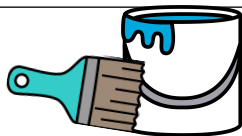
- Gather cardboard from the recycling bin.
- Roll sheets of newspaper into thin rods.
- Tape them together. How tall can you make your structure?

## Move



Draw a road with sidewalk chalk. Ride your bike or drive your toy cars and trucks on the road. Move fast. Move slow. Try moving backwards!

## Paint



Fill a bucket with water. Use a paintbrush to "paint" the water on the outside of your home. Ask your grown-up where you can play. Maybe you can paint the sidewalk, the fence, the deck, or the patio with the water.

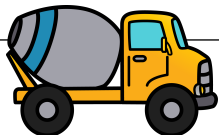
## Read



Try one of these great books about builders and fixers:

- *Old MacDonald Had a Truck* by Steve Goetz
- *Good night, Good night, Construction Site* by Sherri Duskey Rinker
- *Little Excavator* by Anna Dewdney
- *Pete the Cat Construction Destruction* by James Dean

## Get Messy



Make this "Cement" with your grown-up. If it's warm enough, you might do it outside!

Mix 1 cup of cornstarch (corn flour in the UK) with  $\frac{1}{2}$  cup water. Add a little bit of sand if you have it. Drive your cars and trucks through the "cement."

## Wash



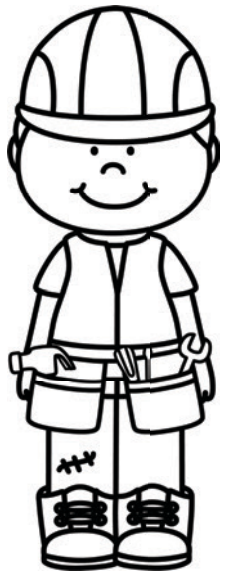
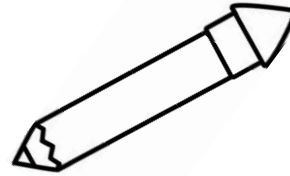
Fill a tub with soapy water. Pretend that it is a carwash. Wash the cars and trucks that got messy in your play cement.



Name \_\_\_\_\_

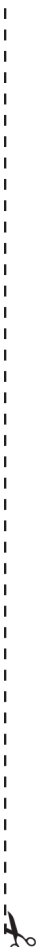
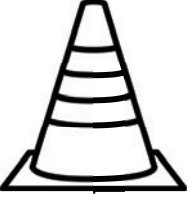
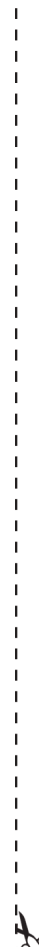
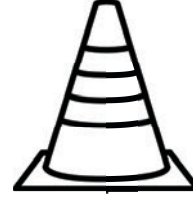
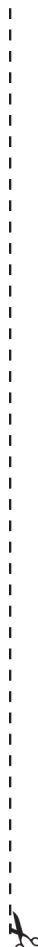
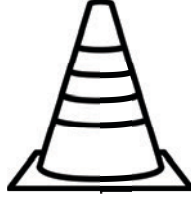
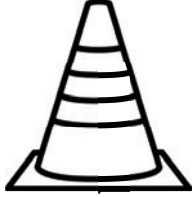
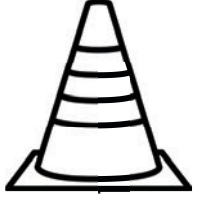
I can point to the boxes and spell my name.

I can write write 1 letter in each box.



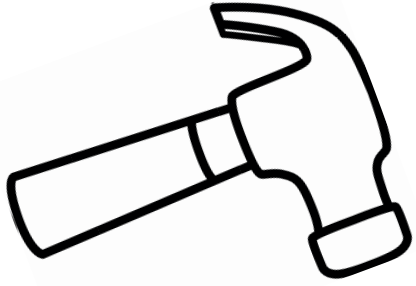
Name \_\_\_\_\_

Use scissors to cut the dotted lines.



Name \_\_\_\_\_

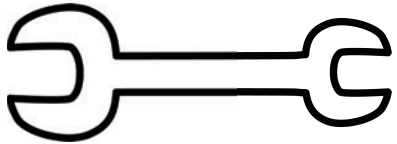
I can write the names of the tools.



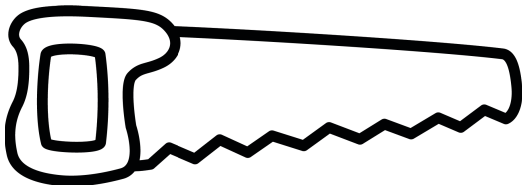
hammer



drill



wrench



saw

Name \_\_\_\_\_

Count how many cars are in line for the car wash.  
Color the cars. Write the number on the bucket.

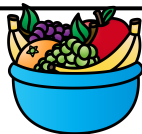


# Community Helpers - Day 4



Food helpers grow our food, prepare our food, and sell it. They work on farms, in grocery stores, and at restaurants to provide us with plenty of healthy food.

## Wash



Fill your kitchen sink with clean water. Ask your grown-up if you can wash your family's fruits and vegetables. Wipe them gently in the water and put them on a clean towel to dry.

## Help



You can be a Food Helper too. Ask what you can do to help prepare your next meal. Maybe you can make a sandwich, fill the glasses with water, or set the table.

## Search



Food and farmer start with the letter **F**. Look around your house and find things that also start with the letter **F**.

## Pretend



Set up a restaurant at your house. Use a tablecloth and make menus. Write down the orders on a notepad and pretend to be the chef.

## Solve



**Grown-ups:** Cut the front of an empty cereal box into a puzzle. Make big pieces for younger children or smaller pieces for older children. When they assemble the puzzle, they are developing important visual-spatial skills!

## Gallop



Lots of farmers ride horses. You can trot, gallop, and jump like a horse while you listen to this fun song:

### **Horses**

**by Nancy Kopman**

You can find her on YouTube by searching "Music With Nancy."

Name \_\_\_\_\_

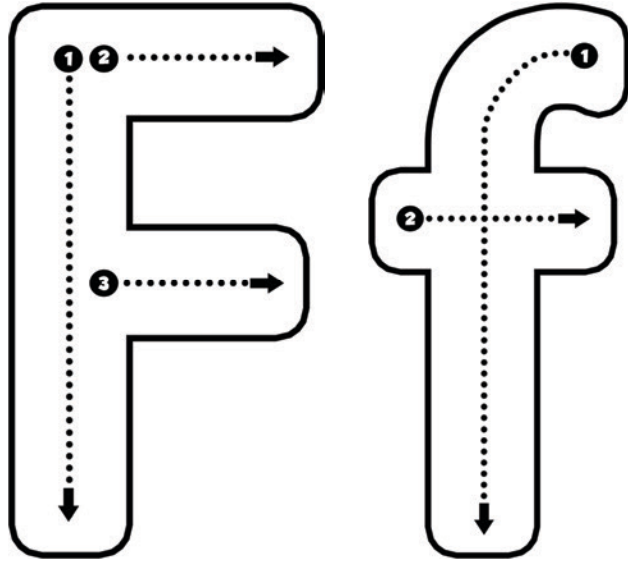
I can trace my name.

I can write my name.

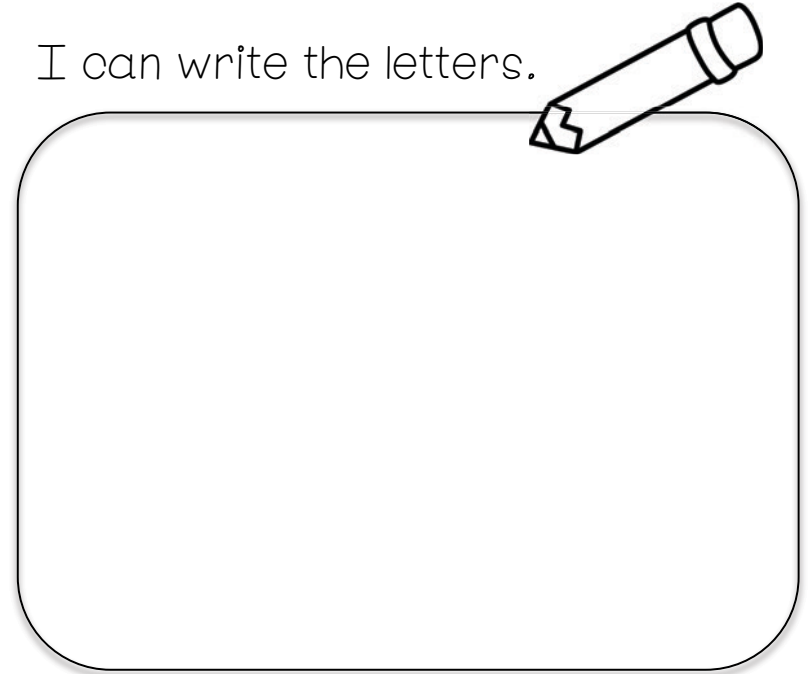


Name \_\_\_\_\_

I can trace the letters.



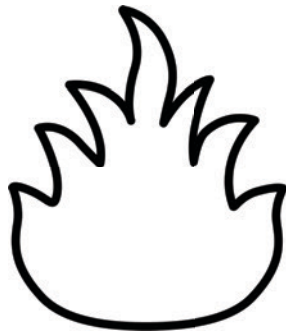
I can write the letters.



I can color the pictures that start with **F**.



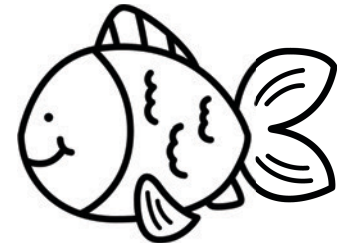
**fairy**



**fire**



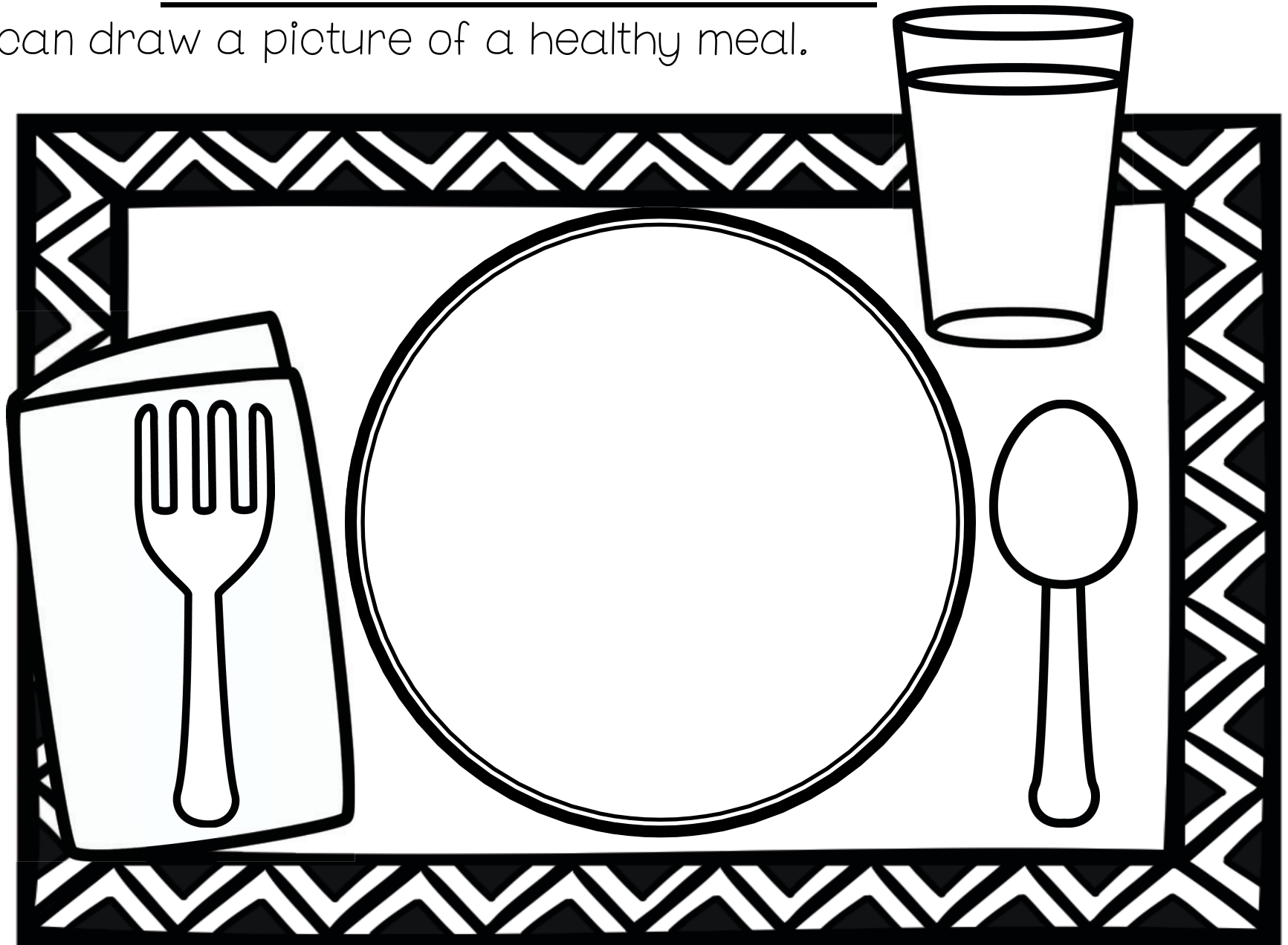
**four**



**fish**

Name \_\_\_\_\_

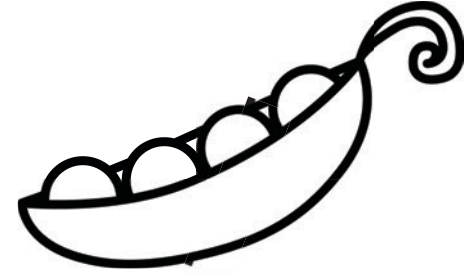
I can draw a picture of a healthy meal.





Name \_\_\_\_\_

Cut along each dotted line.



# Community Helpers - Day 5



There are so many adults at school who want to help you learn, grow, and discover new things. School helpers include teachers, librarians, custodians, coaches, and principals.

## Connect



If you usually go to preschool, daycare, or religious education, but you have to stay at home right now, your teachers miss you! Record a short video saying, "Hi!" to your teacher. Send it to them via text, email, or through your school's communication system.

## Write



Practice writing your name, some letters, or shapes on paper. Use different writing instruments: crayons, pencil, pen, markers, or chalk.

## Read



Pretend to be the librarian. Choose your very favorite books and read them to your stuffed animals, baby dolls, or siblings.

## Sing



Make a percussion instrument like an egg shaker, a maraca, or some rhythm sticks. Pretend to be the music teacher. Sing your favorite songs and add some percussion music to it!

## Play



Pretend to be the physical education teacher. Make up a game that you can play to move your body. Remember to get some sunshine and fresh air every day to keep your body and mind healthy.

## Help

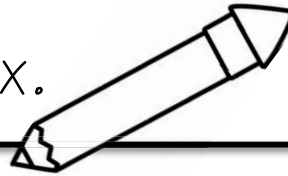


Remember that **you** are an important helper in your home. Surprise your grown up by doing something to help. Maybe you can pick up some of your toys, wipe the kitchen table, or sweep the floor. Helping other people is good for our hearts.

Name \_\_\_\_\_

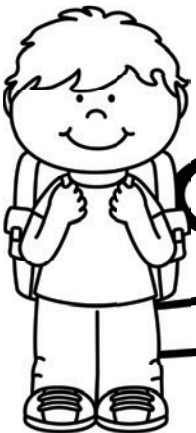
I can color the letters of my name.

I can write my name in the box.



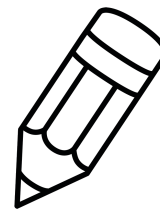
Name \_\_\_\_\_

Trace the paths to help the kids get to school.



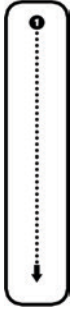
Name \_\_\_\_\_

Practice writing the numbers 1-9.

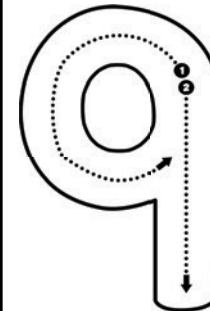
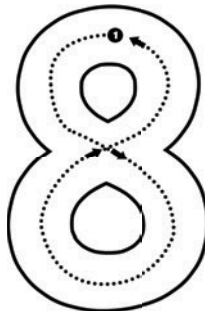
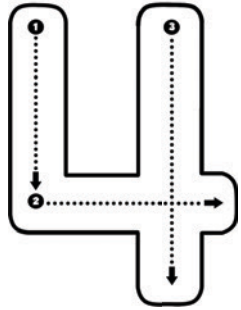


123

Trace it.

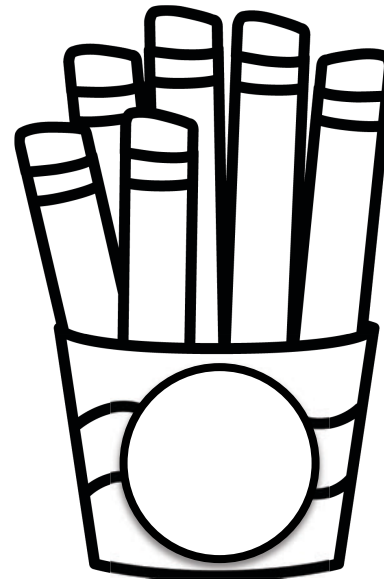
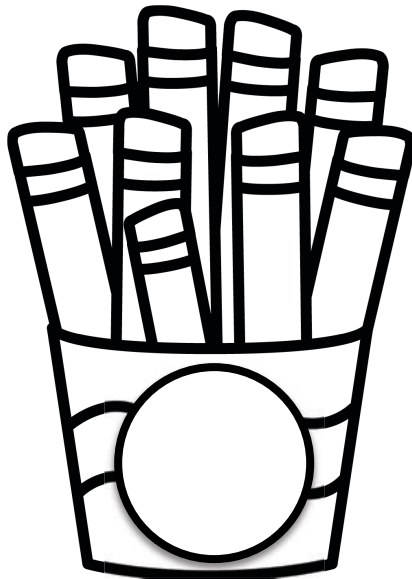
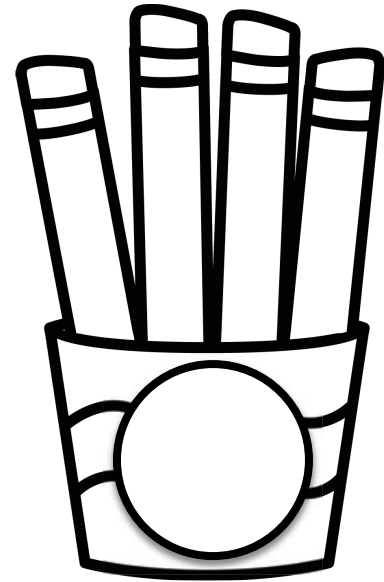
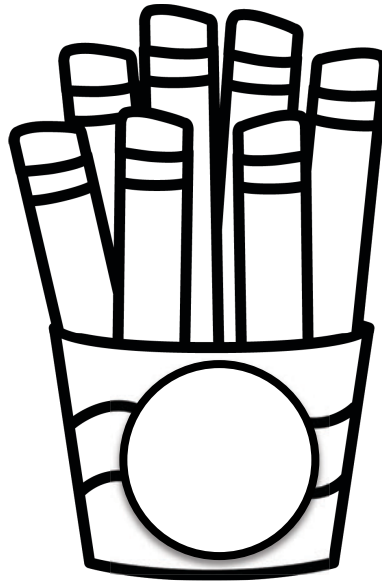
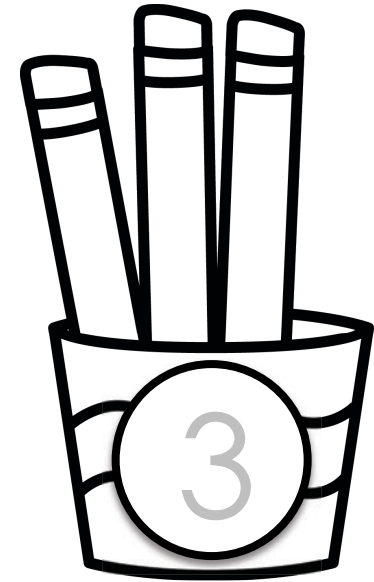


Write it.



Name \_\_\_\_\_

Count the number of pencils in each cup.  
Color the pencil cup and write the number.



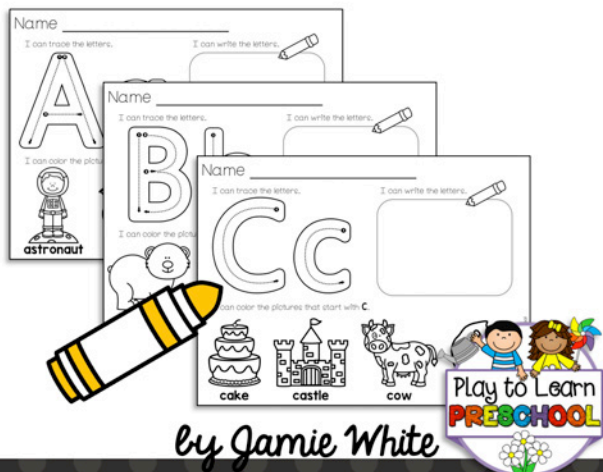


# You will also like:

## Alphabet

Practice Sheets

## Alphabet Practice Sheets



by Jamie White

Print the complete set of 26 alphabet practice sheets. These are easy, no-prep ways to learn letters.

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### Credit:

These talented artists made this possible.



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fonts

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