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# **Four-Year Old Program Guide**

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# ***Cognitive Growth Four-year Old Program***

## **Mathematics**

- Review and reinforcement of basic colors and basic shapes
- Review and reinforcement of numbers 1 through 10
- Introduction of numbers 11 through 20.
- Recognition of numbers 11 through 20
- Understanding concept of numbers 11 through 20
- Grouping of numbers 11 through 20

## **Language Arts**

- Recognition of letters in first and last names
- How to print first and last name
- Introduction of letters A through Z, upper case and lower case.
- Introduction to phonetics of letters A through Z
- Clear speech – enunciation
- Show - n - tell
- Language skills – follow directions, speaking in complete sentences.



Cognitive Growth Four Year Old *continued*

## Social Studies/Science

Review and reinforcement of the following

Calendar

Our country and patriotic songs

National Holidays

Assemblies with Community Helpers

Police Officer

Fire Fighter

Dentist

Nurse

Ident-a-Kid

Photographer

Families

Seasons

Environments/Habitats

Weather

Experiments

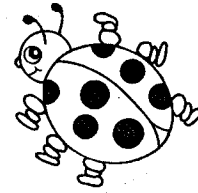
Kitchen cooking

Dinosaurs

Animals/Insects

Nutrition

Health



**Our fully enclosed, age appropriate, state inspected, outdoor recreational playground is open weather permitting.**

## Art, Music, Gym, Computer

Songs

Instruments

Movements

Crafts

Paint

Paper

Manipulatives

Chalk

Clay

Stikki Wikki

Yarn

Educational software

Outdoor recreation



Four-Year Old Curriculum *continued*

## ***Spiritual Growth Four-year Old Program***

- “Jesus Story”
  - New Testament
  - Seasonal chapel visits with Pastor
  - Religious songs
  - Prayer
  - Grace before snack
  - Lord’s Prayer
- Christian Values
  - Honesty
  - Manners
  - Sharing
  - Freehold Area Open Door food collection

## ***Social Growth Four-year Old Program***

- Asking for help
- Helping
- Sharing
- Respect for others
- Kindness
- Loving
- Responsibility for toys + supplies
- Participates in group activities
- Show-n-tell speaking
- Independent thinking
- Manners
- Clean-up time
- Interaction during play
- Self-control
- Listening
- Following directions
- Conflict resolution
- Waiting for a turn

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Four-Year Old Curriculum *continued*

***Emotional Growth  
Four-year Old  
Program***

- Identifying emotions
- Dealing with emotions
- Resolving conflict
- Use of language
- Self-esteem
- Self-confidence
- Self-discipline
- Communication
- Co-operation

***Physical Growth  
Four-year Old  
Program***

**Gross Motor Skills**

- Putting on coat
- Jumping in place
- Hopping in place
  - One foot
  - Two feet
- Galloping
- Skipping
- Marching
- Balancing
- Bean bag toss
- Bathroom usage
  - Redressing after usage
- Kneeling
- Sitting
- Use of playground equipment
- Taking off/ putting on coat
- Hanging up coat
- Taking off/putting on backpack
- Standing in line

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