

Catch a Star Game



Stars

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Preschoolers
2.5 - 4 years

Children love to see how high they can jump! This activity is easy to set up and will help get the wiggles out while practicing some letter recognition. This gross motor activity will have your children jumping for joy!

Learning Outcomes

Domain:

Physical

Indicator:

Jumping up and down on the spot

Skills:

Gross Motor



Materials

- Streamers (or string)
- Construction paper
- Scissors
- Markers
- Clear tape/painter's tape
- Template of a star (optional)



Instructions

Step 1: Start by tracing several stars on construction paper and cutting them out. Aim to have around 10 stars per child - this game will go fast!

Step 2: Once cut out, write a letter (or sight word) on the back of each star.

Step 3: Cut long strips from your streamers and tape one end to the ceiling. It should hang a few inches to a foot above each child's head (make some shorter ones for shorter friends too!).

Step 4: Tape the star on the other end of the streamer closest to the ground and encourage your children to jump and catch a star! Once they catch one, they should say the letter on the star out loud.



Age Adjustments

For older preschoolers: Write sight words instead of letters to encourage their literacy skills.

For younger toddlers: Younger children may not be familiar with letters yet. Print off actions they can perform to keep their blood pumping (squats, jumping jacks, downward dogs, etc.).



Playful Questions

- Can you catch the star that has a letter in your name on it?
- How many stars are there with the letter "K" on it?
- What's the highest star you can touch?
- How many stars did you collect?
- How many stars can you collect in 30 seconds?