

Weekly Learning Plan (Age 4)

10-minute daily sessions — reading, math, and bonus skills

Daily Structure (10 min)

Block 1 (4 min) — Reading: letter sounds, phonics, sight words, or blending

Block 2 (4 min) — Math: counting, shapes, patterns, or number sense

Block 3 (2 min) — Bonus: writing, fine motor, or review game

Monday

- Reading: Letter sounds (2–3 sounds, review + new)
- Math: Counting objects (move and count)
- Bonus: Name writing (trace 1–2 letters)

Tuesday

- Reading: Phonics game (rhyming or sound isolation)
- Math: Shape hunt (find and name shapes)
- Bonus: Pre-writing strokes (lines, circles)

Wednesday

- Reading: Sight words (Word of the Day + review)
- Math: Patterns (create, extend, or fix AB pattern)
- Bonus: Fine motor (playdough, stickers, or cutting)

Thursday

- Reading: CVC blending (sound-and-slide, 2–3 words)
- Math: Comparison (more/less/equal with objects)

Start today's lesson: [kindergartenstart.com/?src=pdf](https://www.kindergartenstart.com/?src=pdf)

- Bonus: Review game (favorite from the week)

Friday

- Reading: Book reading + word spotting
- Math: Pre-addition (put together and count)
- Bonus: Free choice (child picks any learning game)

Session Tips

- Same time, same place every day
- Start with something your child already knows
- Stop at 10 minutes even if mid-activity
- Name what they accomplished at the end
- If resistance: shrink to 2 minutes, honor the agreement

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