



# Helping Your Pre-schooler Thrive

## This Week's Lesson: Peanut Butter Sandwich

### What You'll Need

- A phone with internet (if you do not have this, skip to 'Alternative Instructions')
- Sheet of paper
- Pencil

### What to Do

- Read or watch the poem "Peanut Butter Sandwich" by Shel Silverstein (<https://www.youtube.com/watch?v=OO-yWXdVQG8>)
- After you listen, talk about how some things in stories or poems are real, and others are pretend.
- Take the sheet of paper and fold it down the middle. On one side, write down all the elements of the poem that could really happen (examples: peanut butter sandwiches are real, kings are real, etc.)
- In the other column, write down all the things that are just pretend (example: the king's mouth getting glued together by the peanut butter, etc.)
- Ask your child to think of other stories or poems with both real and pretend elements.

### Alternative Instructions

(if you don't have a phone to watch the story, or a copy of the book on-hand)

- Read your child a story with both pretend elements and real elements in it. If you do not have a book in your home, you can make up a story.
- When you're finished telling or reading the story, talk about how some things in stories or poems are real, and others are pretend.
- Take the sheet of paper and fold it down the middle. On one side, write down all the elements of the story that could really happen.
- In the other column, write down all the things that are just pretend.
- Ask your child to think of other stories or poems with both real and pretend elements.

### Keep It Going

As you go about your week, continue to point out the difference between real and pretend of stories and events.