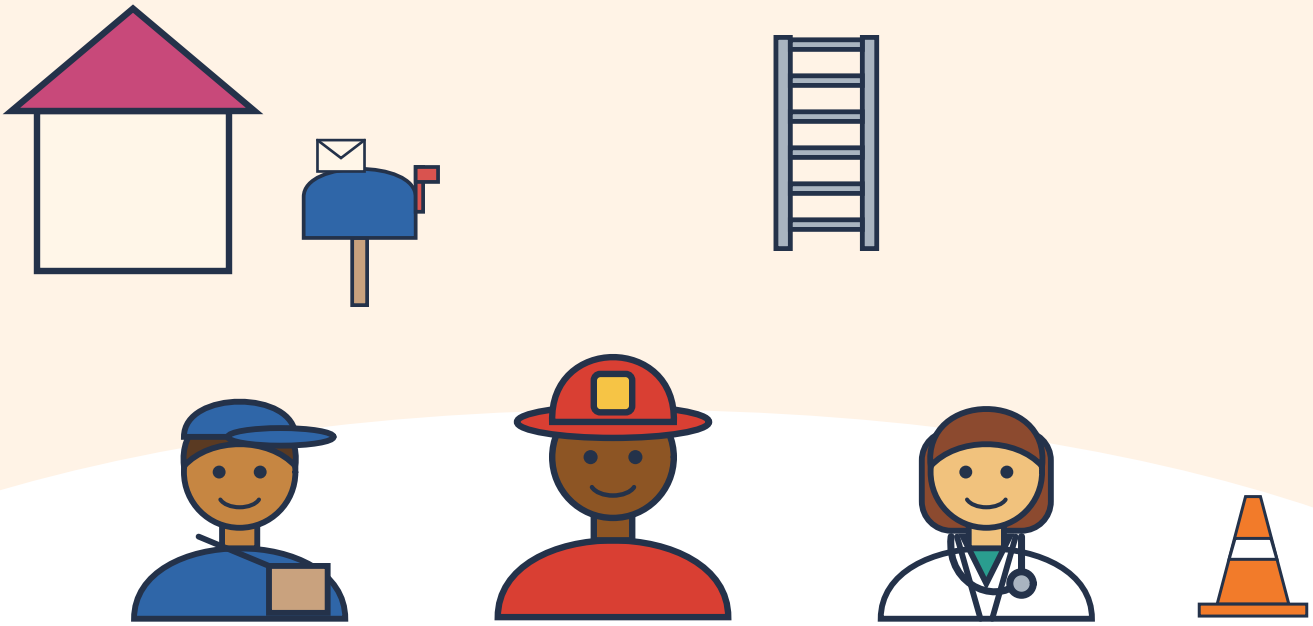
A ONE-WEEK LEARNING PACK FOR AGES 3–5

Community Helpers Week

5 days of circle time, centers, art, and movement for home daycares and small child care programs



Counting 1–10 · More & fewer · Helpers & tools · Color + ink-saver

28 pages · US Letter · Full color · © 2026 Jackson Miller

EDUCATOR GUIDE

Welcome, How to Use & Contents

Community Helpers Week is a complete five-day plan for mixed groups of children ages 3 to 5. Children count paper stamps, match helpers to their tools, follow a letter from a table to a mailbox to a home, compare more and fewer, sort what belongs at a doctor's office or a post office, hear the first sounds /r/ and /n/, and build a paper fire truck with shapes. No visitors, field trips, or real tools are needed.

A typical day

- **Circle time**, 10–15 min: a short read-aloud story and talk prompts
- **Math center**, 10–15 min: hands-on counting, comparing, or sorting
- **Literacy center**, 10 min: oral vocabulary and sound games
- **Art & fine motor**, 15–20 min: low-cost paper projects
- **Movement**, 5 min: a short movement game with seated options

Mixed ages

Each day plan has a **Simpler** idea (often right for younger 3s) and an **Extension** (often right for older 4s and 5s). Choose by what each child is ready for, not by age alone. Printed pages are tools for play and talk, not tests.

Printing

Print on US Letter paper at **100% / Actual size**. The color and ink-saver files have the same pages and page numbers. Send the family letter (p. 27) home on Day 1.

What is inside

- 5 educator day plans and a week-at-a-glance
- 5 original read-aloud stories + 1 counting-back rhyme
- 12 vocabulary cards · 10 number cards · 6 movement cards
- Counting mat, 16 stamp counters, helper and tool match
- More or fewer page, letter sequence, 2 sorts
- Fire truck builder, street count, optional tracing, letter, keys

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EDUCATOR GUIDE

Pick and choose; every activity is optional

Week at a Glance

	DAY 1 Helpers Near Us	DAY 2 Tools for the Job	DAY 3 A Letter for Grandma	DAY 4 Where Do Helpers Work?	DAY 5 We Are Helpers Too
Words	helper, mail carrier, librarian, builder, firefighter, neighborhood	tool, hose, hammer, stethoscope, mixing bowl, book	letter, envelope, stamp, first, more, fewer	doctor's office, post office, bandage, thermometer, stamp, place	rectangle, square, circle, half circle, help, gear
Circle time	Who Helps on Maple Street? + counting rhyme	The Mixed-Up Tools	Nia Mails a Letter	A Busy Morning in Town	Helpers at Our School
Math	Letters in the Mailbag	Helper and Tool Match	More or Fewer?	Doctor's Office or Post Office?	Neighborhood Count & Color
Literacy	Helper Riddles	Tool Talk	Letter Writing	Rr and Nn Sound Sort	Thank-You Words
Art & fine motor	My Street Picture	Design a Tool	Design a Stamp	Open My Office	Fire Truck Shape Builder
Movement	Deliver the Mail	Hammer Time	Climb the Ladder	Stir the Pot	Traffic Helper
Big idea	Counting 1–5; naming community helpers	Matching helpers to their tools	Ordering 4 steps; comparing more and fewer	Sorting by place; first sounds /r/ and /n/	Building with shapes; counting a collection

Before the week starts

- Read the day plans (pp. 6–10) and stories (pp. 11–12). Skim the safety notes (p. 5).
- Print and cut using the prep list (p. 4). Adults pre-cut for children not yet using scissors.
- Copy the family letter (p. 27) for each family and fill in your program name.
- Optional: make a simple classroom helper chart for Day 5.

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EDUCATOR GUIDE

Educator plan

Day 1: Helpers Near Us

Today's words: helper · mail carrier · librarian · builder · firefighter · neighborhood

Prep today: Cut the number cards (p. 15) and 16 stamp counters per child at the center (p. 17). Print the mat (p. 16). Plain paper for art.

Circle time

10–15 min

- Read **Who Helps on Maple Street?** (p. 11).
- Ask: "Which helpers did Omar see?" Hold up a finger for each and count to four.
- Show the 6 helper cards (p. 13). Children name any helper they have seen near home.
- Say **Five Little Letters** (p. 12), folding down one finger each verse.
- Transition: children "deliver" themselves to a center like mail carriers.

Math: Letters in the Mailbag

Pages 15, 16, 17

1. Child picks a number card 1–5.
2. Touch and count the envelopes on the card, one touch for each.
3. Place the same number of paper stamps in the top row of the mat, starting at the left.
4. Count again and say the total: "Three letters, three stamps."

Literacy: Helper Riddles

Vocabulary cards, p. 13

Give 2 clues: "I bring letters. I carry a big bag." Children guess (mail carrier). Any child can be any helper; avoid "he" or "she" in the clues.

Movement: Deliver the Mail

Card on p. 26

Walk around the room, stop, and "drop" a pretend letter in a box. Wave and walk on.

Art: My Street Picture

Paper, crayons

Children draw their home or a building they know and one helper who comes by. Write their words for the helper on the page.

Simpler

emerging / younger 3s

Use cards 1–3 only. Count aloud while the child touches each envelope. Name 2 helpers.

Extension

ready / older 4s & 5s

Use cards 6–10 and fill both rows of the mat. Ask: "How many more to make 10?"

Look for

informal notes

One touch for each object. Says the last number to tell how many. Names 3 or more helpers.

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CIRCLE TIME

Read slowly; pause for children to predict and act it out

Read-Aloud Stories, Days 1–3

Day 1: Who Helps on Maple Street?

original story, about 1–2 min

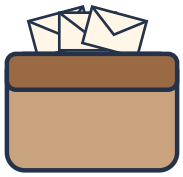
Omar and his dad took a walk down Maple Street. "Let's count the helpers we see," said Dad.

First they saw a mail carrier with a big bag. "Good morning!" she said, and put letters in a mailbox. One helper!

Next they passed the library. The librarian waved from the door with a stack of books. Two helpers!

On the corner, a builder in a hard hat put orange cones around a hole in the sidewalk. "Walk around, please," he said. Three!

At the end of the street, a fire truck rolled slowly home. A firefighter waved. "Four helpers!" said Omar. "Maple Street has lots of help."



Pause & ask: *Which helpers did Omar see? How many in all?*

Day 2: The Mixed-Up Tools

original story, about 1–2 min

One windy morning, a gust of wind blew through town. Whoosh! It knocked over a big box of tools.

The tools landed all over the sidewalk. "Oh no," said Chef Rosa. "Which tool is mine?"

She picked up a hammer. "This is not for stirring soup!" The builder laughed. "That hammer is mine. I build with it."

The doctor found her stethoscope. "I listen to hearts with this." The firefighter found his hose. The librarian found her book.

Chef Rosa found her mixing bowl at last. "Every helper has a tool," she said. "And every tool has a job."



Pause & ask: *Who uses a hammer? What does a doctor use?*

Day 3: Nia Mails a Letter

original story, about 1–2 min

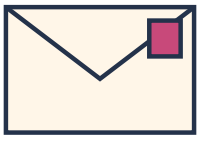
Nia missed her grandma, who lived far away. "Let's send her a letter," said Mom.

First, Nia drew a picture and wrote her name. Next, she folded it into an envelope, and Mom helped her stick on a stamp.

Then they walked to the big blue mailbox. Nia dropped the letter in. Clunk! "Goodbye, letter!"

The mail carrier took it out and put it in her bag with lots of other letters. A truck carried it far, far away.

Last, the letter arrived at Grandma's home. She opened it and smiled. Then she called Nia. "I got your letter!"



Pause & ask: *What did Nia do first? What happened last?*

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LITERACY

Which tool does each helper use? Lay the pairs side by side.

Helpers and Their Tools Match



A



B



C



D



E



F



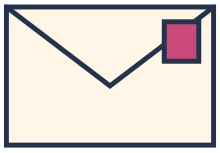
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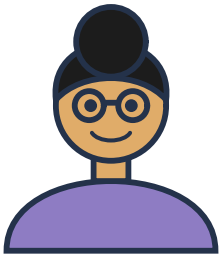
H



I



J



K



L

✂ *Cut on the dashed lines. Small letters are for the answer key only.*

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