

PRE-K

Week

31

Smart Activities



SMART CHOICE. SMARTER CHILD.®

The 5 Fabulous Food Groups

Materials: internet access, website:

<https://youtu.be/L9ymkJK2QCU>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask him/her questions, ex: "Can you name the 5 different food groups?" "What group is a sweet treat in and why?"
3. Have your child do the quiz game with the video.



Healthy Foods for My Body

by Red Cat Reading

Materials: internet access, website:

<https://youtu.be/HBqDV0usVXI>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story with your child.
2. Ask questions about the story, ex: "Can you name some foods that are good for your body?" "What letter starts with Fruit, Oatmeal, etc."



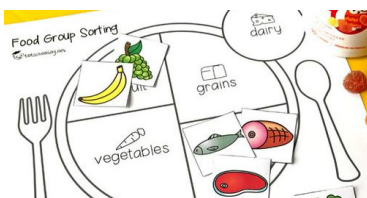
Healthy Eating

Materials: Healthy Eating template, paper, scissors, glue

Preparation: Print template and cut out each card.

Instructions:

1. Say, "We're going to look at all of the various types of food and glue them on the plate in the correct food group."
2. Encourage your child to identify each food item and where he/she is placing it on the plate.
3. Guide your child with choices if needed.



Healthy Ball Kick

Materials: ball, paper, markers

Preparation: Set up an open area to kick the ball. Use the paper and markers to make signs that say "Healthy" and "Not Healthy." Place the signs on the ground apart from each other.

Instructions:

1. Say, "We are going to kick the ball to the signs 'Healthy' or 'Not Healthy' when I say a food. Ex: If I say 'broccoli,' you would kick it to 'healthy.'"
2. Encourage your child to kick the ball and say why the food is healthy or not healthy.



Food Around the World

Materials: internet access, website:

<https://youtu.be/2dwWjuhKyws>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you and watch the video together.
2. Ask him questions, ex: "What was your favorite food?" "What country did your favorite food come from?" "Can you name some of the other types of food and what country they come from?"



Eating the Alphabet

by Lois Ehlert

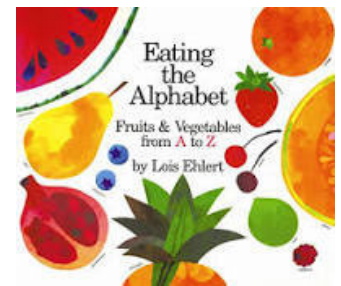
Materials: internet access, website:

https://youtu.be/T1oKuf_7BJ0

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story with your child.
2. Ask questions, ex: "What was your favorite food in the alphabet?" "What letter does it begin with?" "Can you name a new food name you learned?"



I Like to Eat

Materials: paper, pencil, crayons, markers

Preparation: Gather materials. Write on the paper "I Like to eat."

Instructions:

1. Say, "We are going to write items you like to eat and draw pictures of them."
2. Ask your child, "What items do you like to eat?" Help him/her spell and write the various foods.
3. Encourage your child to draw pictures of the foods he/she chose.



Vegetable Yoga

Materials: towel or mat

Preparation: Find an open area for exercise.

Instructions:

Say, "You know vegetables are healthy to eat. Now, we are going to do some vegetable Yoga exercises."

Carrot Stick- stand tall with feet slightly apart, place hands on your tummy and hold your breath then breath out (4 times repeat)

Super Zucchini- lie flat on your tummy, extend your arms in front of your head, breath in, slightly lift your head, chest, arms, & legs into the air. Hold for 2 breaths. Breathe out. (do 10 times)



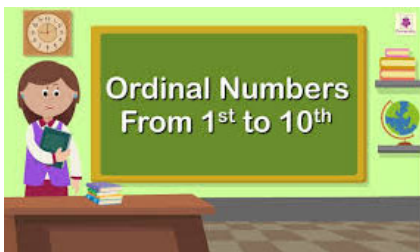
Ordinal Numbers From 1st to 10th

Materials: internet access, website:
<https://youtu.be/BaO1E21SpkI>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask him/her questions, ex: "Who was in the 1st and 2nd position?" "Who was in the 9th and 10th position?"
3. Encourage your child to spell along with the video.



Henry the Fourth

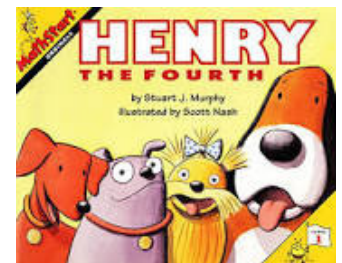
by Stuart J Murphy

Materials: internet access, website:
<https://youtu.be/SVEHVWLOPyc>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story with your child.
2. Ask questions, ex: "Who was the first dog to perform?" "What tricks did the dogs do?" "Why was Henry the King of the Show?" "Can you name all the places the dogs performed in?"



First, Second, Third... Ordinal Numbers

Materials: 10 different items (save these items for Day 5)

Preparation: Line the items up in a line.

Instructions:

1. Say, "We are going to talk about what place an item is in the line."
2. Show your child the various items.
3. Ask him/her, "Which place is the pen in?" "Which item is in fifth place?" Alternate between saying the item and the place.
4. Continue until your child understands the different places items are in. Add in which one is in front and which one is behind.

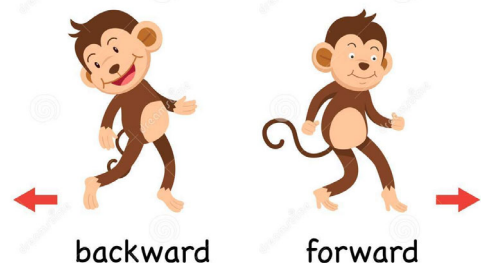


Forward and Backwards

Preparation: Open area for running.

Instructions:

1. Say, "We are going to run as fast as we can, and when I say the word 'back,' we will turn around and run/walk backwards."
2. Have your child do this a few times speeding up each time to help with coordination.



"The Letter Q Song" by ABCmouse.com

Materials: internet access, website: <https://youtu.be/ni6kpkWyOI>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions, ex: "What are some of the words that have the letter 'Q' in them?" "What does the letter 'Q' sound like when it starts a word, ex: queen?"



Plants Feed Me

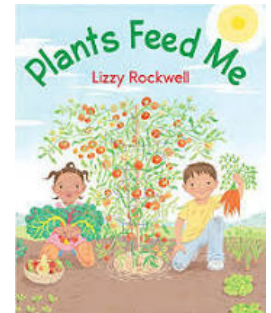
by Lizzy Rockwell

Materials: internet access, website: <https://youtu.be/zbwf0zegsnA>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story with your child.
2. Ask questions, ex: "What plants do you eat?" "Can you eat stems, seeds, and leaves of plants?" "What seeds do we eat?"



Identifying "Q and Y"

Materials: Q or Y template, scissors, paper

Preparation: Print template and cut out all pictures. Lay out all pictures.

1. Say, "We are going to find pictures beginning with the letters 'Q' & 'Y.'"
2. After your child has chosen the correct pictures for the letters "Q" & "Y," have him/her glue them on the letters or around them.
3. Then, have your child write the letters "Q" and "Y" beside the pictures in upper and lowercase.



The "Q" and "Y" Exercise

Materials: bean bag

Preparation: Find an open area to exercise.

Instructions:

1. Then say, "We are going to pretend to be a queen. Take the beanbag and place it on your head. Now, walk while balancing it on your head and wave like a queen."
2. Next, say, "What does a yoyo do? Yes, it goes up and down. So, I want you to move up and down like a yoyo."



"The Letter Y Song" by ABCmouse.com

Materials: internet access, website: <https://youtu.be/bZC3a6GnwTo>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions, ex: "What are some of the words that have the letter 'Y' in them?" "What does the letter 'Y' sound like when it starts a word, ex: yoyo?"



Burger Boy

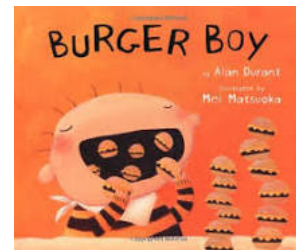
by Alan Durant

Materials: internet access, website: <https://youtu.be/SA7tnzpQtNc>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story with your child.
2. Ask questions, ex: "What did Benny turn into after eating lunch with his mom?" "Who was chasing after him (list all of them)?" "What did Benny keep saying to everyone?"



Ordinal Numbers In Order

Materials: 10 items (from Day 3)

Preparation: Set up items.

Instructions:

1. Say "I am going to call out an item, and I want you to move it to the correct position. For example, 'Place the glue 3rd in line.'"
2. Encourage your child to move the item, but also identify the position it was in before moving it.



My Dumbbells

Materials: markers, cardboard tubes, art materials

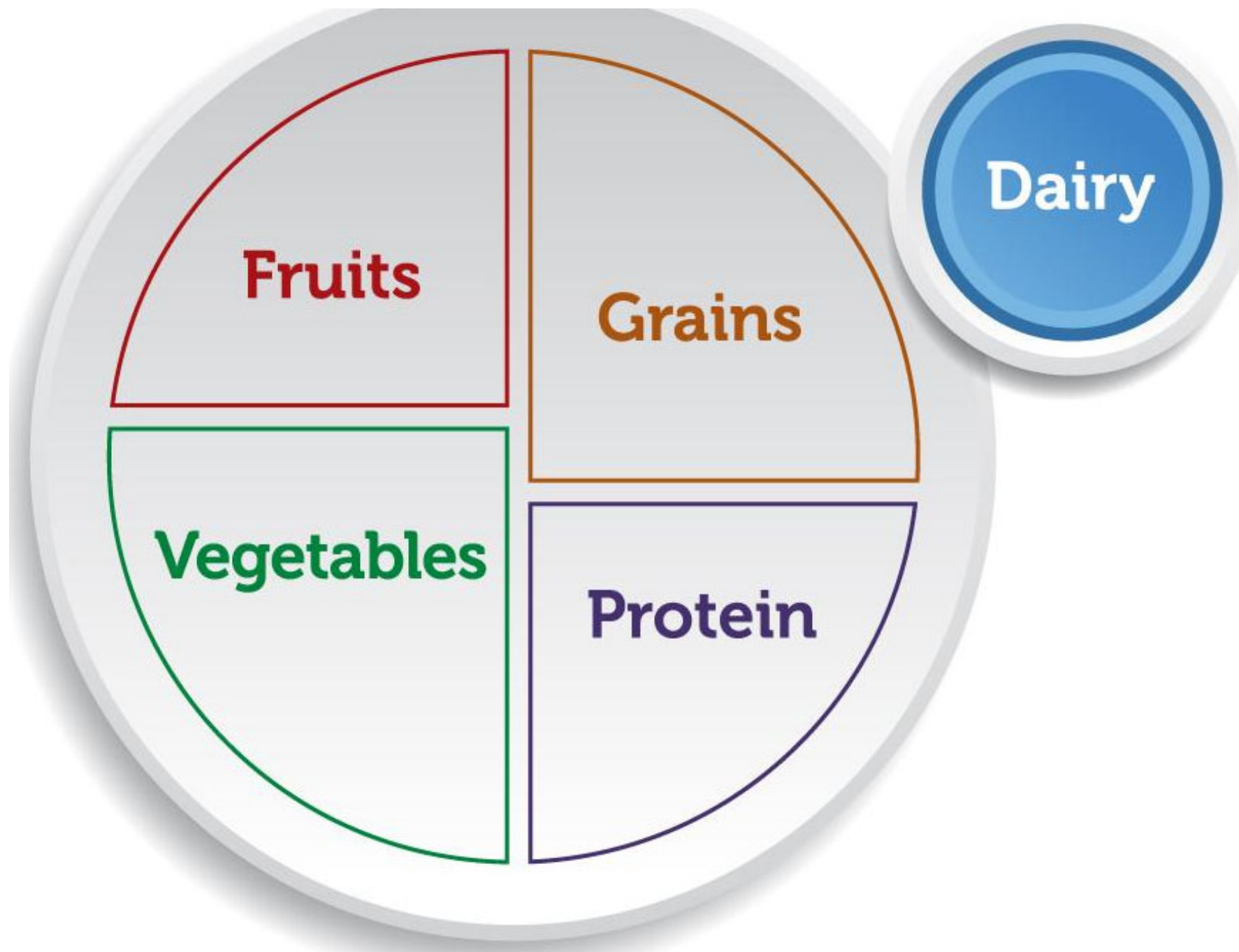
Preparation: Gather materials.

Instructions:

















1. Say, "We are going make dumbbells."
2. Encourage your child to decorate both tubes.
3. When finished, have your child place one in each hand, lift by bending his/her arms and stretch over head. Then, reach down to the floor.



Healthy Eating Template



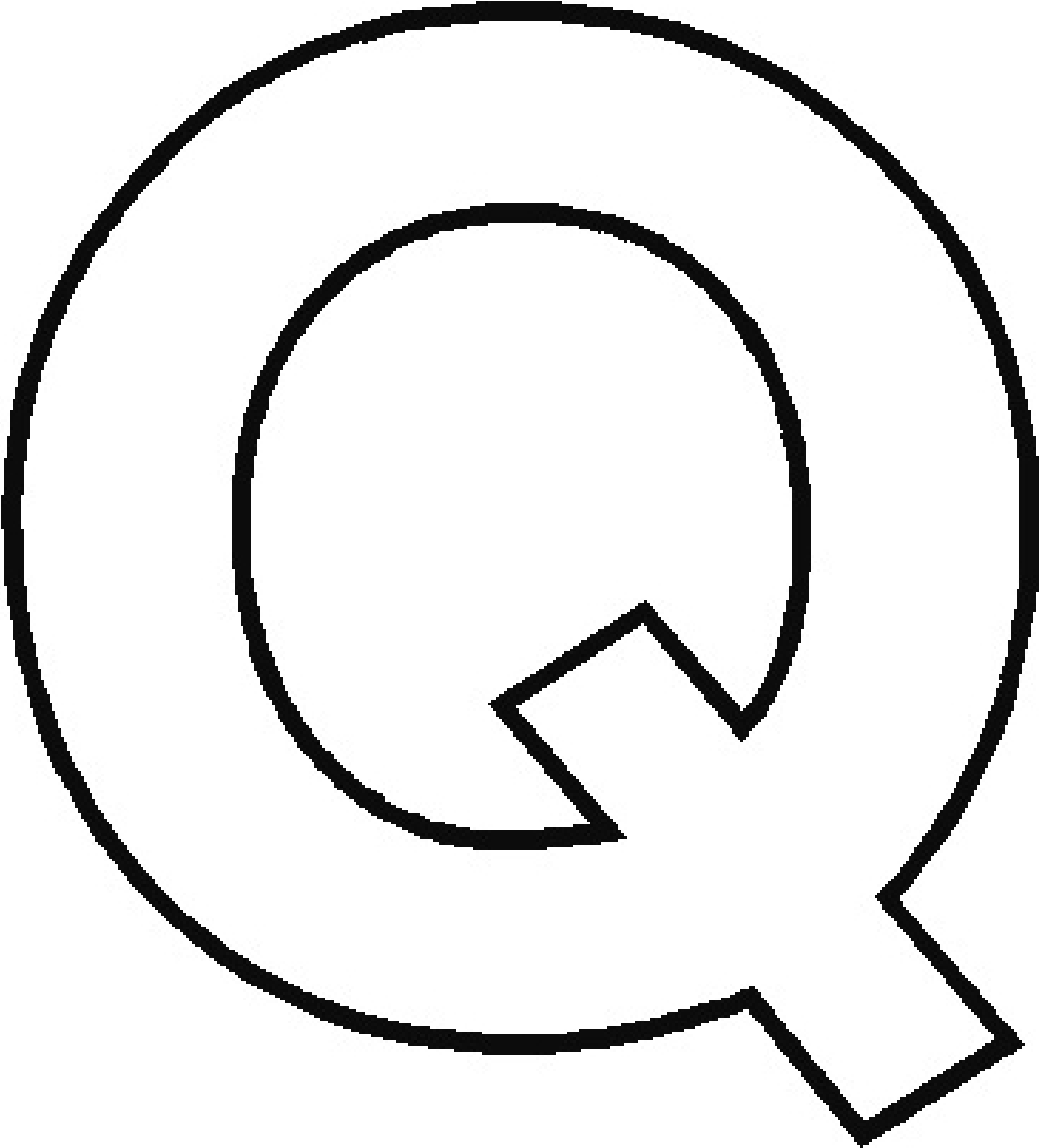
Healthy Eating Template

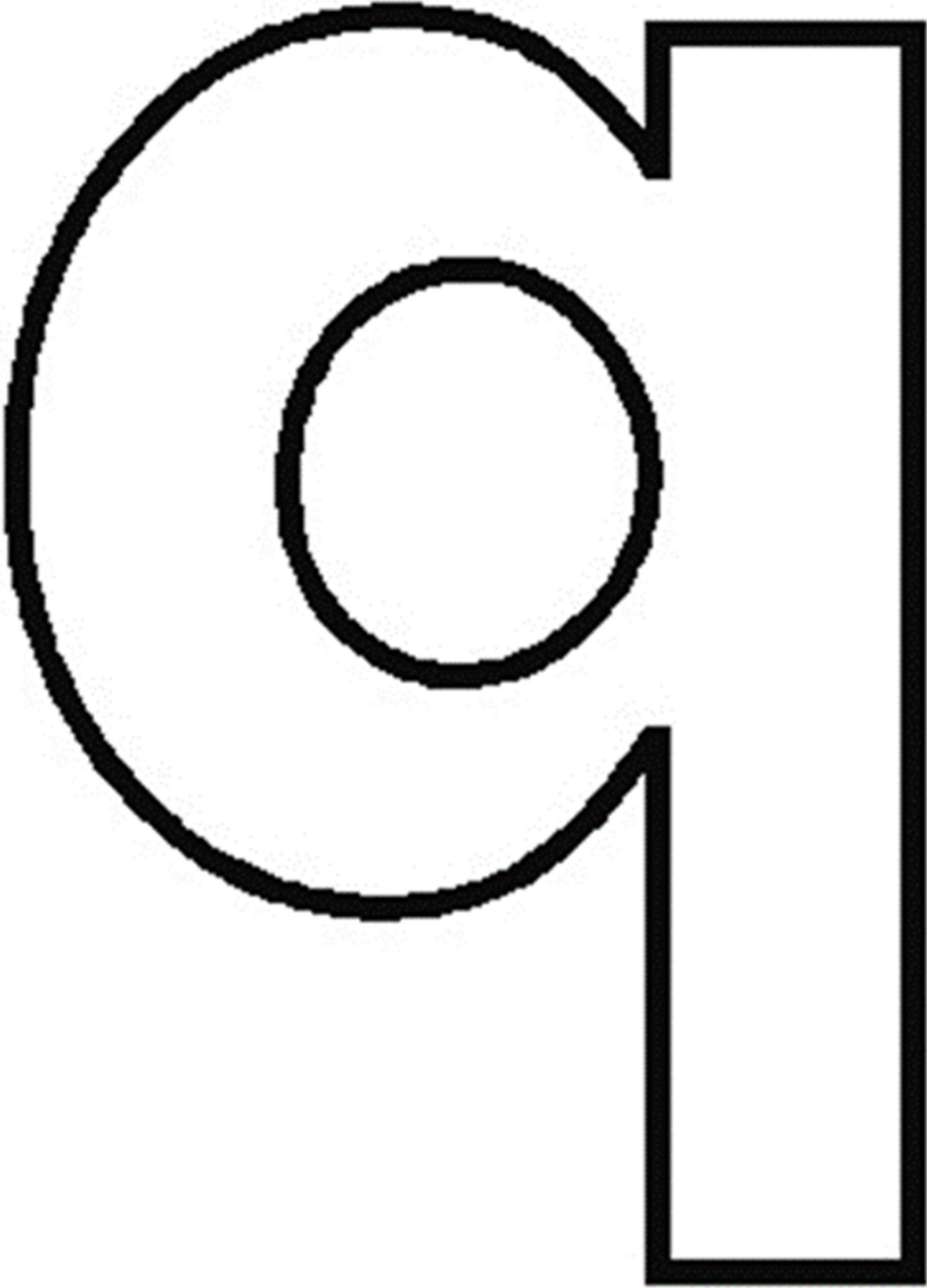
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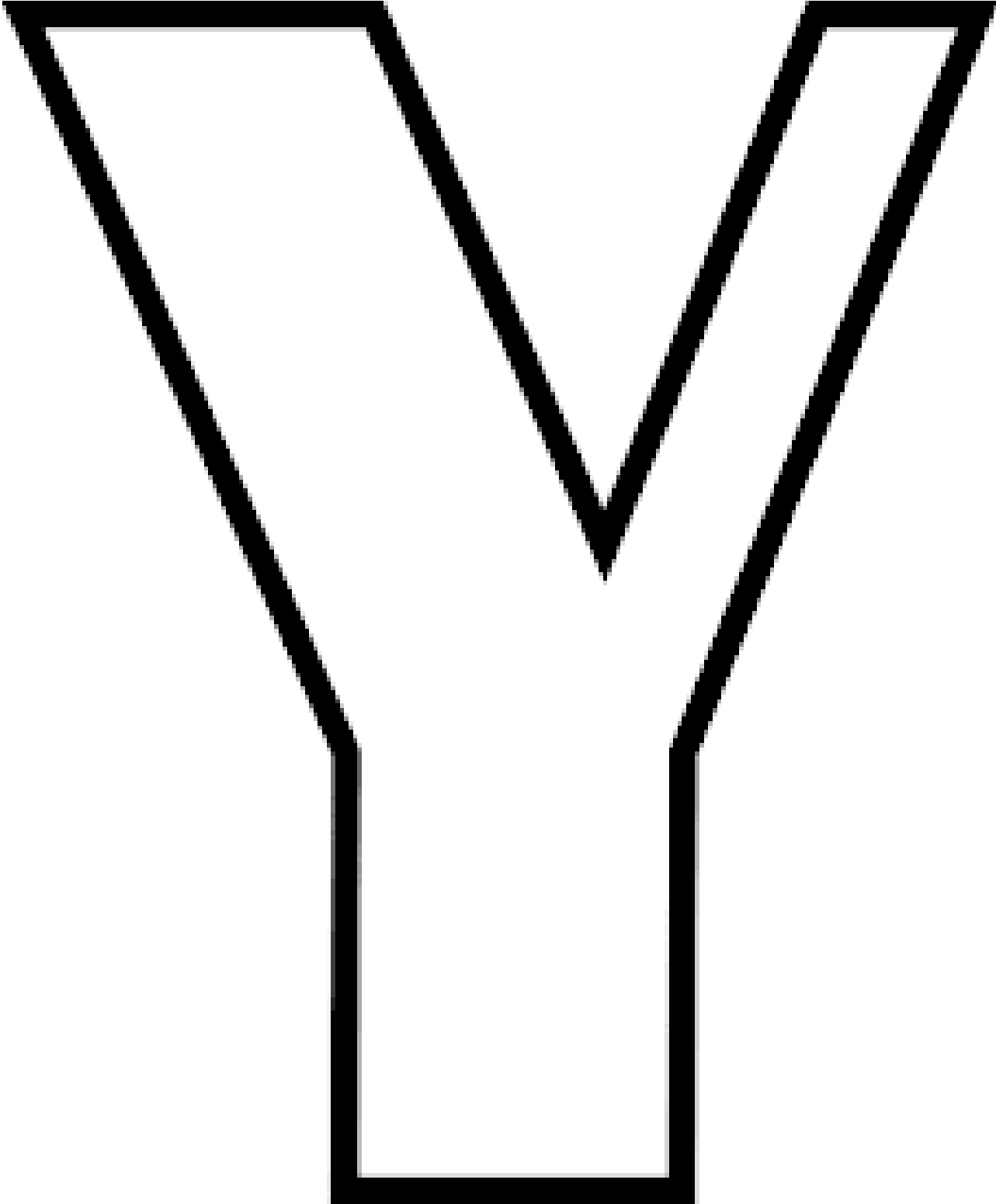
Q and Y Template



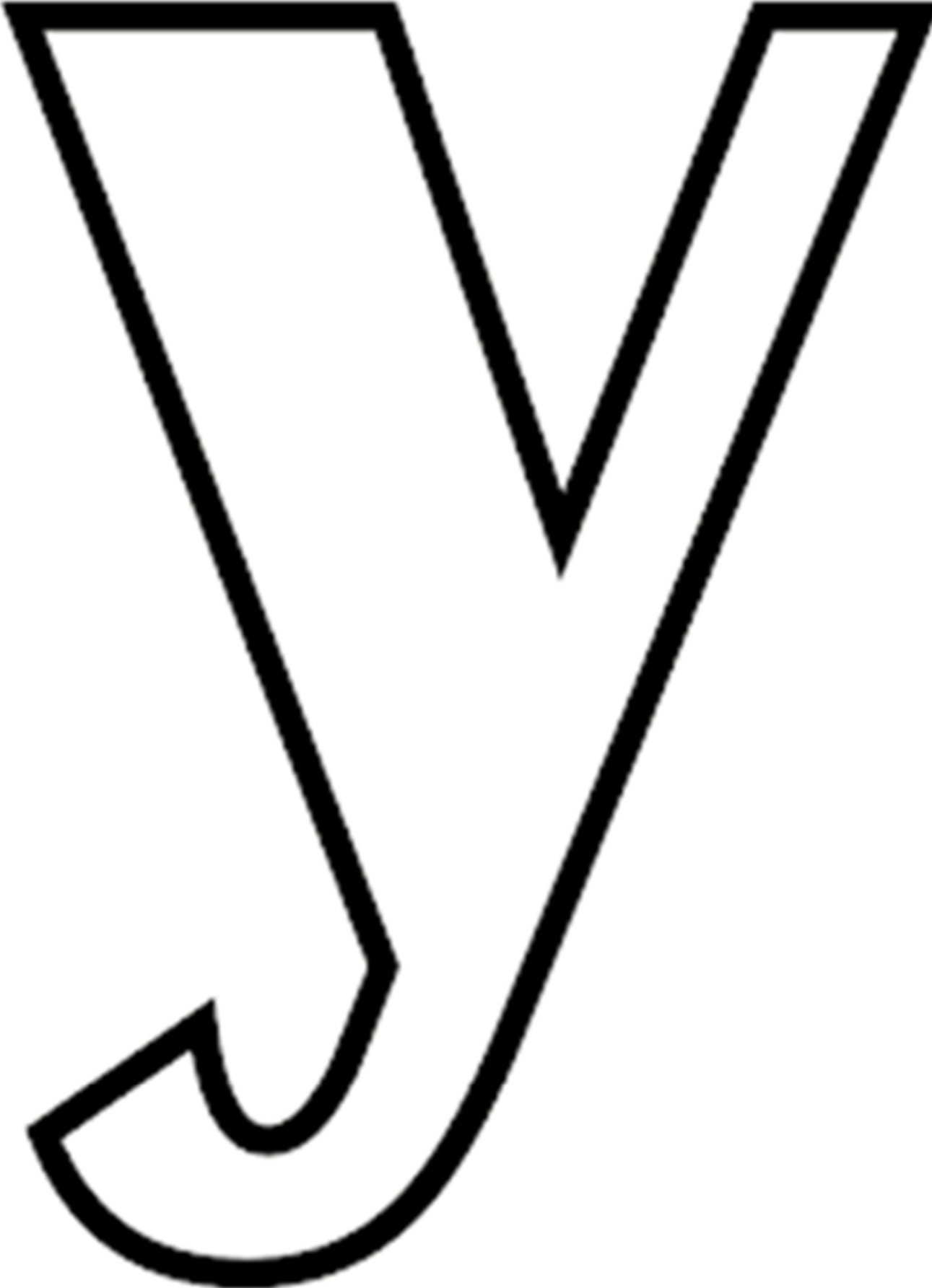
Q and Y Template



Q and Y Template



Q and Y Template



Q and Y Template

