

PRE-K

Week

13

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Basics of Hiking with Kids

Materials: internet access, website:

<https://youtu.be/HZwEEPNOWSQ>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to learn about hiking.
2. Ask him/her "What do you need to bring on your hike?" "Why bring layers of clothing?" "Why should you wear sneakers?"
3. Plan your first hike together.



Do Princesses Wear Hiking Boots?

By Carmela LaVigna Coyle

Materials: internet access, website:

https://youtu.be/-2_WI3rKZI

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. After listening to the story, ask related questions, ex: "What questions did she ask in the book?" "Did she find her answers about hiking boots and what did she learn?"



Nature Scavenger Hunt

Materials: scavenger hunt template (included), pencil

Preparation: Gather materials.

Instructions:

1. Ask your child to go outside. (If possible, go on a hike together.)
2. Encourage him/her to look at the scavenger hunt list and "X" off as many items as possible.



Hiking We Will Go

Materials: backpack, supplies (you determine, a snack would be nice)

Preparation: Gather materials and set out items in various areas (outside if possible).

Instructions:

1. Encourage your child to pretend you are going camping.
2. Have your child put on the backpack.
3. Then, tell him/her you have placed items to find and put in the backpack. Each time an item is found, he/she must run back and tell you.
4. Encourage your child to keep looking until all items are found and in the backpack.



Hiking: The Bright Angel Trail

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

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to learn about hiking up and down the Grand Canyon.
2. Point out items as they walk the trails. Use descriptive words.
3. Ask your child: "What did you see on the hike?" "Is it better to go up or down and when should you go on the trail?"



Pete the Cat Goes Camping

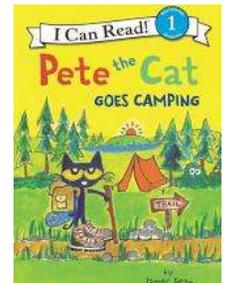
by James Dean

Materials: internet access, website:
<https://youtu.be/Z9c8bKE7K44>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. After listening to the story, ask related questions, ex: "What did Pete and do on his trip?" "What does Pete think Big Foot would like?" "Why did Pete have a hard time sleeping?"



Letters in the Nature

Materials: sticks from outside

Preparation: Gather sticks with your child from outside.

Instructions:

1. Encourage your child to join you. Talk about the alphabet.
2. Ask your child to use the sticks you collected to make the various letters of the alphabet.
3. See how many he/she can make.



Alphabet Moves

Materials: internet access, website:
<https://youtu.be/O0Bb5T2-b1A>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you for alphabet poses.
2. Watch the video to learn the poses for each letter.
3. Now, have your child think of a word that begins with each letter, ex: A= airplane, B=Bicycle, C=Cat, D=Dog, etc.



Virtual Trip: Camping

Materials: internet access, website:

<https://youtu.be/77VStsdfYiU>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to learn about camping.
2. Ask your child: "What do you need to put up for shelter?" "What is inside the first aid kit?" "What sounds did you hear on the hiking trip?"



Curious George Goes Camping

by Margaret & H.A. Rey

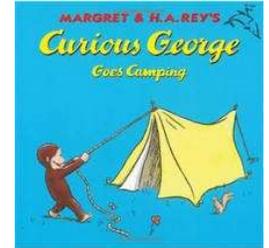
Materials: internet access, website:

<https://youtu.be/4cNmFmMD9A4>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. After listening to the story, ask related questions, ex: "What trouble did George have on his trip?" "What made George smell awful?"



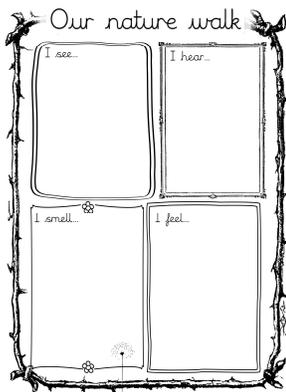
Nature Walk Senses

Materials: Our Nature Walk template (included), pencil

Preparation: Print template.

Instructions:

1. Encourage your child to join you for a walk.
2. Ask your child to write down what he/she hears, smells, sees, and feels.



Camping Yoga

Instructions:

1. Encourage your child to join you for yoga poses.
2. **Tent Pose:** Come to an all-fours position with your fingers spread out and palms flat on the ground with back and neck straight. Shoulders should be over your wrists, and your hips should be over your knees while the tops of your feet are flat on the ground. Pretend to be a tent in a campground.

A Lantern: Lie flat on your back then slowly raise your legs straight up toward the sky, making an L shape with your body. Keeping your legs together, flex your feet. Spread your arms out to either side and keep your neck in a neutral position.



Wildlife Walkin' for Kids

Materials: internet access, website:

<https://youtu.be/0dcBFFEv7s8>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to go on a virtual nature hike.
2. Ask your child: "What wildlife did you see on the hike?" "What plant should you not touch and how many leaves does it have?"
3. Plan a nature walk.



Froggy Goes to Camp

by Jonathan London

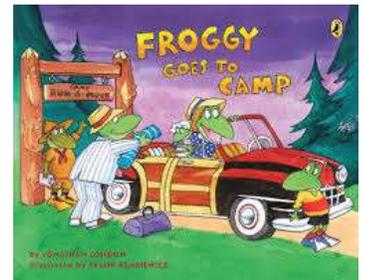
Materials: internet access, website:

<https://youtu.be/0hV8nGofZ7k>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. After listening to the story, ask related questions, ex: "What all did Froggy forget to bring?" "What job did Froggy have?" "What activities did Froggy have at camp?"



Nature Scavenger Hunt

Materials: Nature Scavenger Hunt template (included), pencil

Preparation: Print off template and plan your scavenger hunt.

Instructions:

1. Talk about nature and what you see when you take a hike.
2. Give your child the Nature Scavenger Hunt and encourage him/her to check off as many items as possible.



My Own Camp Ground

Materials: bed sheet, furniture, sticks, construction paper (red, orange, yellow), graham crackers, marshmallows, chocolate bars

Preparation: Gather materials and make a pretend fire from construction paper and sticks.

Instructions:

1. Encourage your child to join you for a campfire and tent set up.
2. Help him/her set up the tent and fire.
3. Then, sit together pretending to roast marshmallows, making S'more's, and spending time together talking.



Camping for Kids

Materials: internet access, website:

<https://youtu.be/Dv9fFe-vp6g>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to learn about camping.
2. Ask your child: "What did Caitie and Tobee do first?" "While hiking what did they see?" "When it started to get dark, they gathered what?"



The Berenstain Bears Blaze a Trail

By Stan and Jan Berenstain

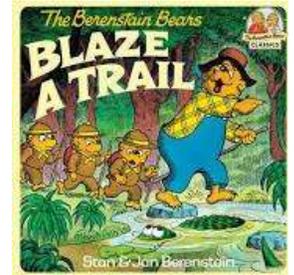
Materials: internet access, website:

<https://youtu.be/iLffgx25Wrc>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. After listening to the story, ask related questions, ex: "What were the bear scouts trying to earn?" "Why did Papa earn a badge?"



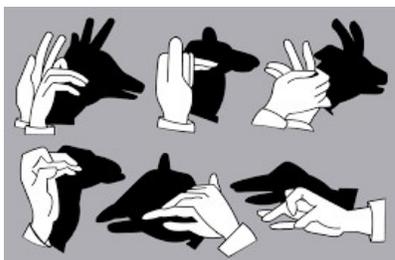
Nature Shadow Puppets

Materials: flashlight, dark room, Nature Shadow Puppets template (included)

Preparation: Take your flashlight into a dark room.

Instructions:

1. Encourage your child to join you. Talk about how you saw Caitie make an owl with her hands in the video earlier.
2. Take turns making the animals and making up your own.
3. Enjoy your time together.



Night Camping Yoga

Instructions:

1. Encourage your child to join you for yoga poses.
2. **Moonflower Pose:** Sit with a tall spine, cross your legs, and rest the palms of your hands on your knees. Relax and breathe. Pretend to be a moonflower blooming at night.
Crescent Moon Pose: Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side, pretending to be the **moon**. Come back to center. Tilt your body to the other side.



Hiking Scavenger Hunt: Put an "X" by each item you find

NATURE SCAVENGER HUNT



Flower



Butterfly



Water



Grass



Tree



Green Leaf



Spiderweb



Brown Leaf



Bug



Ant



Rocks



Fern



Bird



Cloud



Tree Bark



Sand or Dirt

Our nature walk

I see...

I hear...

I smell...

I feel...





NATURE SCAVENGER HUNT

Check the boxes when you have found
or done each of these activities...

- Find an insect and watch what it is doing.
- Smell something beautiful.
- Build a leaf pile to jump in.
- Find something green.
- Find something round.
- Find something brown.
- Build a house of sticks.
- Listen to birds chirping.
- Find a bumpy stick.
- Find a smooth rock.



Nature Shadow Puppets

Shadow Puppets: (You can also check out this YouTube video: “How to Make Animals Shadow Puppets with Your Hands”: <https://www.youtube.com/watch?v=t8YZ8QKwBzY>)

