

5 YEAR OLD

Week

13

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Let's Go Hiking!

Materials: internet access, website:

<https://youtu.be/gUzrBAqqgpc>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What was rule number 1?" "Why is important to look up?" "Why do you have to make a plan before you go hiking?"



Sheep Take a Hike

by Nancy Shaw

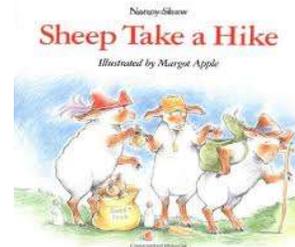
Materials: internet access, website:

https://youtu.be/_rojCJXEnQQ

Preparation: Preview video.

Instructions:

1. Enjoy this story about sheep hiking trip.
2. Ask questions about the story, ex: "Why were the sheep in dismay?" "How did the sheep find their way?"



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 Exercises

Preparation: Find or create an open area. Preview exercises.

Instructions:

Say, "We are going to do some exercises that will make us stronger for hiking!"

Squats (30 seconds): 1. Stand tall with feet shoulder width apart. 2. Bend your knees and pretend you are going to sit back in a chair. Keep your knees behind your toes. 3. Rise up and repeat.

Mountain Climbers 30 (seconds): 1. Stand straight feet shoulder width apart and hand at your sides. 2. Bring your right knee up to your waist and extend left arm overhead. 3. Return to starting position and repeat on opposite side. 4. Keep alternating sides.



Hiking Safety

Materials: internet access, website:

<https://youtu.be/57WD62kfnGA>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "Why should you not use water bottles for a hiking trip?" "Why is it important to pack a head lamp?" "What should you bring to help navigate the area?"



Amelia Bedelia Hits the Trail

by Herman Parish

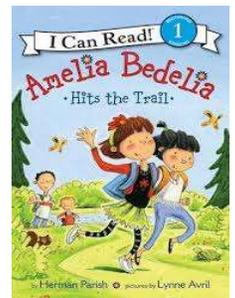
Materials: internet access, website:

<https://youtu.be/oiWPFYx98Mo>

Preparation: Preview video.

Instructions:

1. Enjoy this story about young girl's experience hiking a trail.
2. Ask questions about the story, ex: "Who told Amelia the names of the leaves she collected?" "Why did Amelia throw her leaves in the air?"



Story Illustration

Materials: construction paper, crayons, pencil

Preparation: Gather materials.

Instructions:

1. Say to your child, "We are going to illustrate a scene from the story, Amelia Bedelia."
2. Discuss the story with your child.
3. Encourage your child to draw his/her favorite part of the story.
4. Encourage your child to write what his/her illustration is at the bottom or top of the paper.



Jumping a Stream

Materials: tape

Preparation: Find or create an open area.

Place two pieces of tape on opposite sides one foot apart on the floor.

Instructions:

1. Say, "We are on a hiking trail and we have arrived at a stream. How can we get over?"
2. Discuss your child's responses.
3. Encourage your child to jump over the stream.
4. Repeat activity with other "obstacles" you would find while on a hike if interest remains.



Camping Essentials

Materials: internet access, website:

https://youtu.be/C_DuwX1ahbM

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "Do you think camping essentials and hiking safety are similar? Why?" "What is hypothermia?"



A Camping Spree with Mr. Magee

by Chris Van Dusen

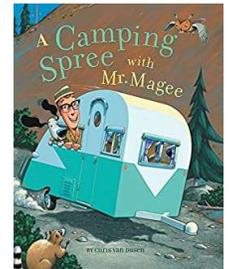
Materials: internet access, website:

https://youtu.be/or_2aEhHv28

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about Mr. Magee's adventurous camping experience.
2. Ask questions about the story, ex: "Why did the bear pull the hitch out of the water?" "Why is it important to clean up after eating while camping?"



My Camping Trip

Materials: construction paper, crayons, pencil

Preparation: Gather materials.

Instructions:

1. Say to your child, "We are going to write a short story about a camping trip."
2. Discuss with your child things people do on camping trips.
3. Encourage your child write a short story and illustrate a picture about camping.



Camping Yoga Poses

Preparation: Find or create an open area.

Preview movements.

Instructions:

Encourage your child to join you for yoga poses.

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.



Walking the Wildlife

Materials: internet access, website:

<https://youtu.be/VbVqudjhmcl>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What are some the leaves you saw on the tour?" "Is it good to release pet fish back into the wild? Why?"



Llama Llama Loves Camping

by Anna Dewdney

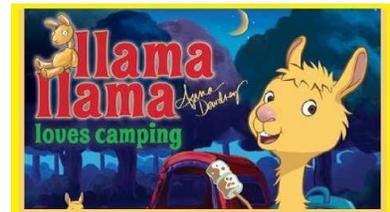
Materials: internet access, website:

<https://youtu.be/Bh7xegpumpo>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about Llama Llama and his friends on a camping trip.
2. Ask questions about the story, ex: "How long was the camping trip?" "What did they use on the camping trip to cook food?"



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.



Camping Indoors

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.



Tobee Goes Camping

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?"



Curious George Goes Camping

by Margret & H.A Rey

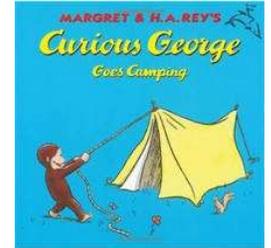
Materials: internet access, website:

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

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about Curious George on a camping trip.
2. Ask questions about the story, ex: "Why did one of the campers chase George?" "What did George think was a cat?"



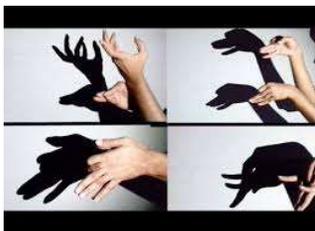
Shadow Puppets

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.



Yoga at Night

Preparation: Find or create an open area.

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



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>)

