

# 5 YEAR OLD

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Week

# 16

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

## Roller Coaster Physics!

**Materials:** internet access, website:

<https://youtu.be/J8pJiV44hVM>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "What does it mean when you freefall on a roller coaster?" "What do most roller coasters start with?" "What kind of braking system do most roller coasters use to stop it at the end of the ride?"



## The Science of Amusement Parks

**Materials:** internet access, website:

<https://youtu.be/TIBuEYv-RGQ>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this video about how rides are created.
2. Ask questions about the story, ex: "Who helps to create the amazing rides for amusement parks?" "What's the invisible force that pulls objects together?"



## Gravity Check

**Materials:** cardboard or any items to create ramps, scissors to cut cardboard, toy cars

**Preparation:** Find or create an open area.

**Instructions:**

1. Say, "We are going to do an activity about gravity!"
2. Utilizing the videos, discuss the effects of gravity.
3. Present materials to your child and encourage him/her to create ramps at various angles to check the rate of gravity's effect on the toy cars.



## Gravity Exercises

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

**Instructions:**

Say, "We are going to do some exercises that goes against gravity!"

**Pushups** (10 reps): 1. Position your body with arms straight out shoulder width apart. 2. Lower your body until your chest is an inch or two off the floor. 3. Push your torso away from the floor until your arms lock. Repeat.

**One Leg Balance Stand** (10 reps each leg): 1. Stand with feet together. 2. Shift your weight to your right leg and begin to raise your left leg back while tipping your torso forward near parallel to the floor. 3. Always Keep your arms straight and perpendicular to the floor. 4. Body should be in a straight line. 5. Bring left leg forward while keeping it straight.



## Construction Amusement Park

**Materials:** internet access, website:

<https://youtu.be/zH0dIcr3XgA>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "What types of machines are at the theme park?" "What type of machine was used to dig up dirt?"



## Curious George Visits an Amusement Park

by Margret and H.A. Rey

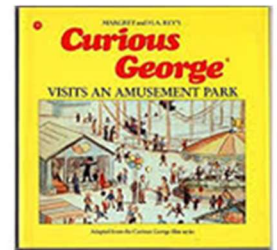
**Materials:** internet access, website:

<https://youtu.be/bM15UJ5cOkc>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this story about George and his trip to an amusement park.
2. Ask questions about the story, ex: "Where did George disappear into?" "Where was he hiding?"



## Construction Park

**Materials:** construction toys, container, building blocks, sand

**Preparation:** Prepare the area.

**Instructions:**

1. Say to your child, "We are going to create our own construction theme park."
2. Use materials to create a construction park.
3. Encourage your child to use his/her imagination and describe what he/she is building.



## Constructing the Body

**Materials:** internet access,

[https://youtu.be/JoF\\_d5sgGgc](https://youtu.be/JoF_d5sgGgc)

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

**Instructions:**

1. Say, "We are going to do work on building our bodies!"
2. Play the video and encourage your child to follow the movements.



## The Big Wheel

**Materials:** internet access, website:

<https://youtu.be/01f8PFAYl6c>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "How did the concept of the Ferris Wheel come about?" "Where was the first Ferris Wheel built?" "How many cars did the first Ferris Wheel have?"



## The Roller Coaster Kid

by Mary Ann Rodman

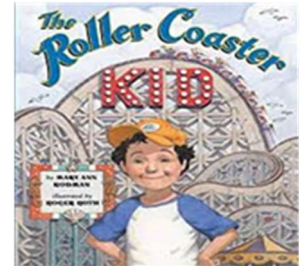
**Materials:** internet access, website:

<https://youtu.be/OUU21ZpEKw0>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this story about a child conquering his fear.
2. Ask questions about the story, ex: "What was Zach's favorite ride?" "What happened to Grandma?"



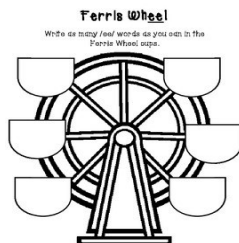
## Ferris Wheel

**Materials:** Ferris Wheel template, pencil

**Preparation:** Dress appropriately. Print out template.

**Instructions:**

1. Say to your child, "We are going to try and write words that have "eel" in them."
2. Discuss words that have "eel" and encourage your child to come up with as many "eel" words as possible.
3. Praise for effort.



## Jump

**Materials:** measuring tape, tape

**Preparation:** Make an open area indoors or outdoors.

**Instructions:**

1. Peel off several pieces of tape 2 feet in length. Place pieces of tape horizontally on the ground 1 foot apart.
2. Stand behind the first line of tape.
3. Jump between each line with two feet without touching tape.



## Amusement Park Foods

**Materials:** internet access, website:

<https://youtu.be/0IUa0AIFAr8>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "How do they know when the french-fries are done correctly?" "How many potatoes do they use in a year?" "Where do they get their potatoes from?"



## Little Rabbit Lost

by Harry Horse

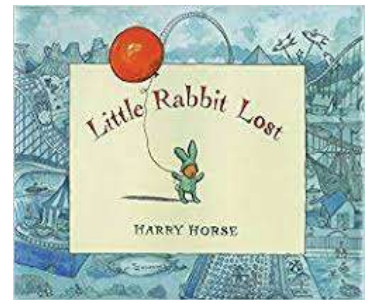
**Materials:** internet access, website:

<https://youtu.be/ErJCqla8SG0>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this read aloud book with your child.
2. Ask questions about the story, ex: "Why was Little Rabbit upset?" "Why did Little Rabbit begin to cry?"



## Pineapple Lemon Pops

**Materials:** 1 cup of frozen pineapples, 1 lemon juiced, ½ cup water, blender, ice pop mold, popsicle sticks

**Preparation:** Prepare area. Preview instructions. Gather ingredients and tools. Wash hands before and after activity.

**Instructions:**

1. Say, "We are going to make a healthy and refreshing treat: pineapple lemon pops!"
2. Blend all ingredients together and pour into ice pop mold.
3. Place popsicle sticks in the middle of each mold. Freeze for 4 hours.
4. Enjoy!!



## Work off the Food

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

**Instructions:**

Say, "We are going to do some exercises to work off the food we ate at the amusement park!"

**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.



## Science Behind Waterslides

**Materials:** internet access, website:

<https://youtu.be/6PreBjhdobo>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "What do you build up when climbing the stairs on a waterslide?" "What does that energy turn into when going down the slide?"



## Summer Fun

by Larry Dane Brimmer

**Materials:** internet access, website:

[https://youtu.be/PAb\\_p8Mz8c0](https://youtu.be/PAb_p8Mz8c0)

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this story about three friends.
2. Ask questions about the story, ex: "Why did they call themselves the corner kids?" "Whose car didn't start?"



## Wave Painting

**Materials:** paintbrush, paper (white), salt, water, watercolor paint

**Preparation:** Prepare area. Gather materials.

**Instructions:**

1. Say, "We are going to make a wave painting!"
2. Use paintbrush, and brush lower section of paper with water. Paint the area with blue and green paint.
3. Sprinkle salt on the paper and watch what happens.
4. You can continue to add water, paint, and salt to entire paper.



## Yoga Poses

**Preparation:** Find or create an open area.

Preview exercises.

**Instructions:**

Say, "It's yoga time!"

**Windsurfing:** (From a standing position, step one foot back, placing the foot facing slightly outwards, take your arms up parallel to the ground, bend at your waist, tilt your upper body, reach your front hand to gently rest on your shin, and reach your other arm straight up.)

**Waterfall:** stand straight, bend upper body and reach for your toes. Sway your arms.



# Ferris Wheel

Write as many "eel" words as you can in the Ferris Wheel cars.

