

PRE-K

Week

21

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Respect: The Word on the Street

Materials: internet access, website:
<https://youtu.be/GOzrAK4gOSo>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What does the word respect mean?" "What happens when you respect others?"



The Feelings Book

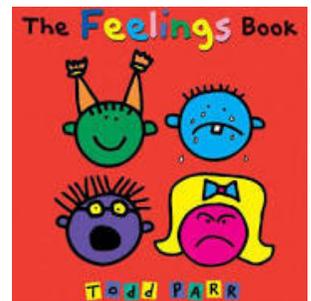
by Todd Parr

Materials: internet access, website:
<https://youtu.be/Wg1ZesqcFcQ>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to listen to the book.
2. Ask questions about the story, ex: "How do you feel right now?" "Ask questions on what she can do when she is mad, happy, sad, excited, etc."



Chalk and Water

Materials: black construction paper, chalk (various colors), bowl, water

Preparation: Gather materials.

Instructions:

1. Say, "What is your favorite color? Let's write our name and words in different colors both."
2. Encourage your child to dip the chalk in water some of the time to create a different texture making thicker and softer lines.
3. Praise your child's efforts and ask him/her if he/she can see the difference in the lines or words wrote when the chalk was wet.



X Marks the Spot Bounce

Materials: ball, tape/chalk

Preparation: Draw or tape an "X" in a safe area to bounce a ball.

Instructions:

1. Say, "We are going to bounce the ball trying to make the ball bounce on the 'X' each time."
2. As your child grasps the concept, encourage him/her to bounce it higher by putting more force behind the toss.



Shapes: A Trip around the world!

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

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What shapes did you see?" "Where did you see the shapes?"



Mouse Shapes

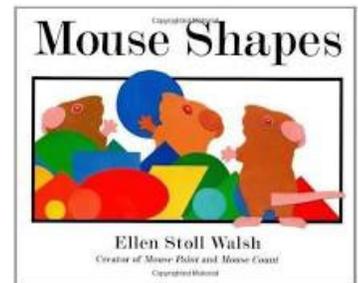
by Ellen Stoll Walsh

Materials: internet access, website:
<https://youtu.be/UDie3vzy7-w>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to listen to the story.
2. Ask questions about the story, ex: "What did the mice discover they were hiding in?" "What shapes did they find and what did they make?"



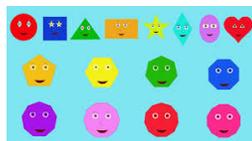
Musical Shapes

Materials: painter's tape, pencil, paper, crayons, internet access, website:
<https://youtu.be/WTeqUejf3D0>

Preparation: Preview video. Make shapes on the floor.

Instructions:

1. Say, "We are going to dance and identify shapes."
2. Begin the "Shapes Song 2" encouraging your child to jump to the correct shape while singing along.
3. Talk about the various shapes, how many sides, long and short, etc.
4. Have your child draw the shapes after the video and color them.



Balancing is Fun

Materials: bean bag or soft toy

Preparation: Find or create an open area.

Instructions:

1. Say, "We are going to balance items on our head!"
2. Model for your child how to place the object on your head and walk.
3. Say, "Now it is your turn." As your child gets the hang of it, encourage him/her to walk faster.



A Short Story on -Kindness

Materials: internet access, website:

<https://youtu.be/8WiOUWLeT9I>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "Why would the dog not let the bird get the worms?" "What changed his mind about giving the worms?" "What did the bird give in return?" "Was this kind?"



Be Kind

by Pat Zietlow Miller

Materials: internet access, website:

<https://youtu.be/kAo4-2UzgPo>

Preparation: Preview video.

Instructions:

1. Enjoy this story about being kind.
2. Ask questions about the story, ex: "What does it mean to be kind?" "Is it easy to be kind?" "Why is it sometimes hard to be kind?"



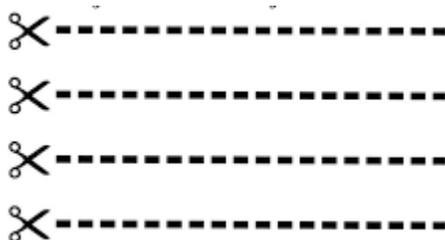
Let's Cut Lines

Materials: Let's Cut Lines template, scissors (child size)

Preparation: Print template.

Instructions:

1. Say, "We are going to use your scissors to cut lines."
2. Give your child the pages and tell him/her to cut directly on the lines rotating his/her wrist to guide on the lines. Role model if necessary.
3. Make other templates for your child to cut out.



Step It Up Exercises

Preparation: Find or create an open area, make a step-up bench. Preview exercises.

Instructions:

Say, "We are going to do some exercises that build up our legs!"

Bench Step-ups: (10 reps): Step right foot, then left, up onto a low bench, then step down. Switch your starting side with each set.

Calf Raises: (10 reps): From standing, lift up onto your tiptoes and hold, then lower.



This is ME!

Materials: internet access, website:

<https://youtu.be/QkHQ0CYwjaI>

Preparation: Preview video.

Instructions:

1. Watch the video with your child and have him/her identify body parts and count along.
2. Ask questions about the video, ex: "Can you name various parts of your body?" "Why are our body parts special?" "What makes you special?"



Name the Shape Game

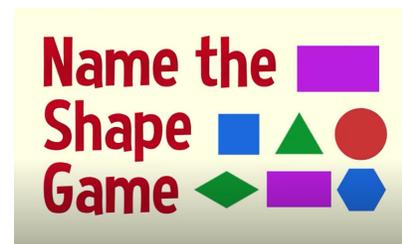
Materials: internet access, website:

<https://youtu.be/svrkthG2950>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Pause at different places and have your child identify the shapes (i.e., rectangles- books).



My Shape Body

Materials: My Shape Boy template, child-size scissors, glue, paper, crayons

Preparation: Print out template and gather materials.

Instructions:

1. Say, "We are going to make our body using shapes."
2. Encourage your child to cut out the shapes and glue onto the paper using the correct shapes for his/her body parts.
3. Then, have your child color his/her person and add features such as eyes, nose, mouth, etc. Help your child label the body parts.



Crabbie Exercises

Preparation: Find or create an open area.

Preview exercises.

Instructions:

Say, "We are going to do some exercises like a crab!"

Crab Walks: Sit with your knees bent and feet flat on the ground. Place palms on the ground behind you. Lift hips a few inches and walk forward on your hands and feet like a crab, then walk backward.

Crab Touches: From your crab position, lift left leg and right arm and try to touch your toes. Lower and repeat on the other side.



I Am A Good Listener

Materials: internet access, website:

<https://youtu.be/bu10OxyTkkU>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What does it mean to listen?" "What can you do to show you are a good listener?" "What can you do better on listening?"



Who Am I

by Martina Kreiner

Materials: internet access, website:

<https://youtu.be/3EXMzCDMZdc>

Preparation: Preview video.

Instructions:

1. Enjoy this read aloud story with your child.
2. Ask questions about the story, ex: "Who is Sam?" "How many senses does Sam have and you?" "Who is mini-me?"



Sound Hunt

Preparation: Find a place you can go outside to listen to various sounds.

Instructions:

1. Say, "We are going to do an activity about listening."
2. Take your child on a walk or just sit outside your house and ask him/her to name the various sounds heard.
3. Discuss with your child why he/she can hear these sounds. Talk about listening ears and that listening is more important than speaking sometimes.



Stretching My Body

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

Instructions:

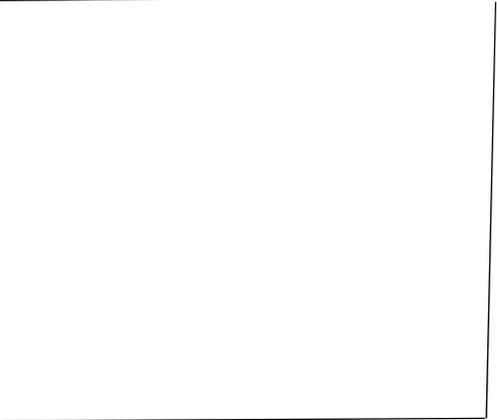
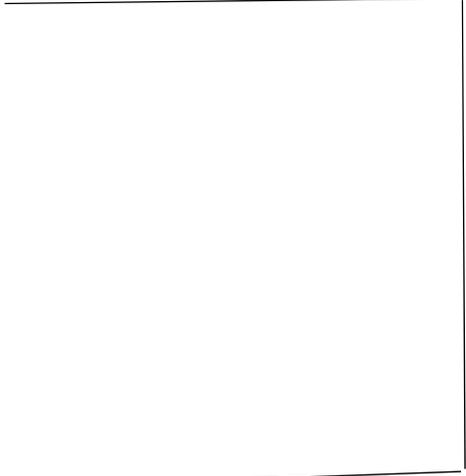
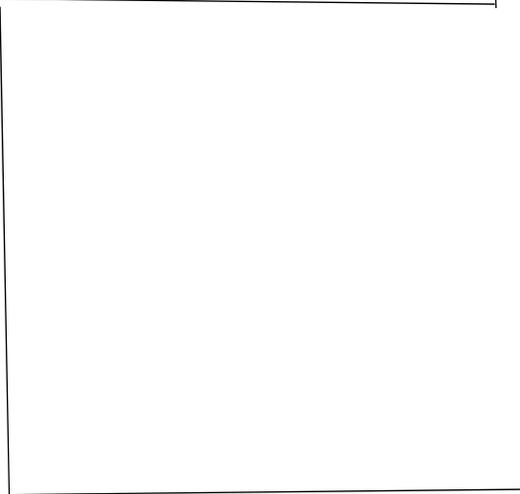
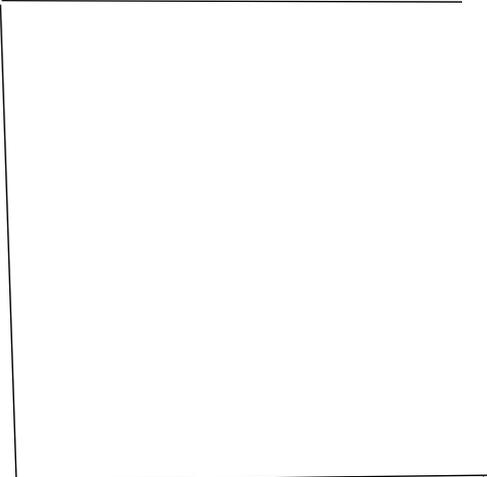
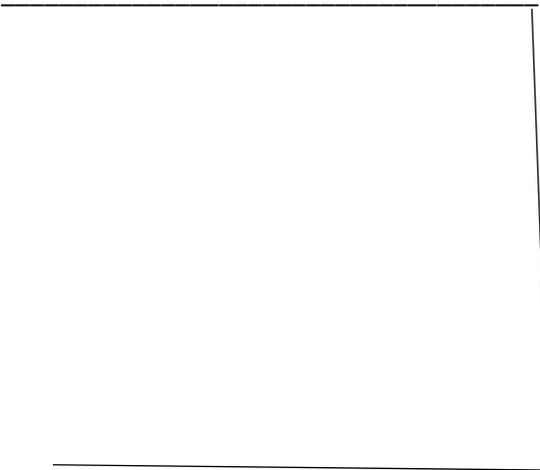
Say, "We are going to do some exercises that help our bodies stretch!"

Wide-legged Forward Bend: 1. Position your body with legs apart and slowly bend forward placing your palms on the floor. Bend your elbows and lower your head and torso. 2. Hold for up to 1 minute.

Downward-Facing Dog: 1. Begin on your hands and knees and stretch your elbows while relaxing your upper back. Spread your fingers wide and press firmly through your palms and knuckles. 2. Exhale as you tuck your toes and lift your knees off the floor and press the floor away from you as you lift through your pelvis.



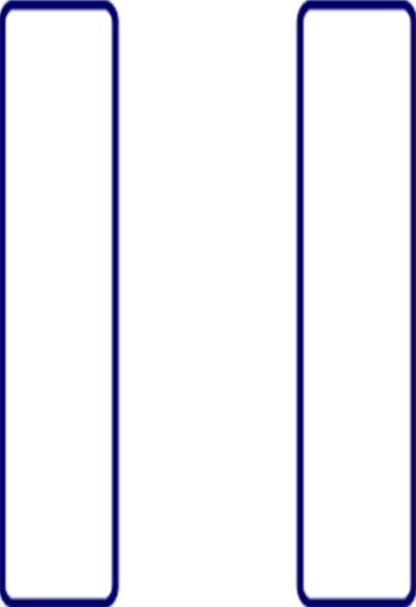
Let's Cut Lines Template



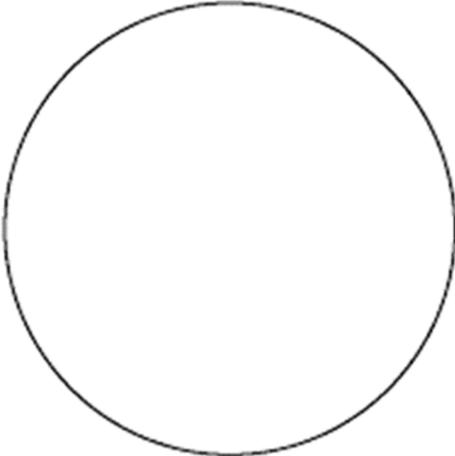
My Shape Body Template



Arms



Legs



Face

My Shape Body Template



Body



Feet

