

**5 YEAR OLD**

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Week

**30**

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**Smart Activities**



**SMART CHOICE. SMARTER CHILD.®**

## Eating a Rainbow (Part I)

**Materials:** internet access, website:

<https://youtu.be/E1GrO6UbaXY>

**Preparation:** Preview video

**Instructions:**

1. Say, "We are going to learn about fruits and vegetables!"
2. Ask questions about the video, ex: "What makes a fruit a fruit?" "What do the colors of fruits and vegetables remind you of?"



## Growing Vegetable Soup

by Lois Ehlert

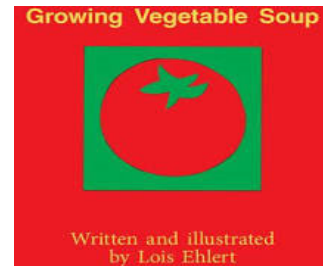
**Materials:** internet access, website:

<https://youtu.be/LRDynkCqAj4>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this wonderful story about growing a vegetable garden.
2. Ask questions about the video, ex: "What items were planted into the soil?" "How did the plants grow?"



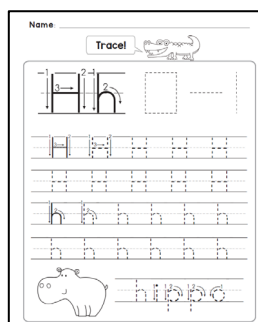
## Writing the Letter Hh

**Materials:** pencil, Letter Hh Worksheet (included)

**Preparation:** Print worksheet.

**Instructions:**

1. Say, "We are going to write the letter H."
2. Model the formation of how to write letter H.
3. Encourage your child to write the letter H.
4. Praise for effort.



## Morning Exercises

**Materials:** internet access, workout mat, website:

<https://youtu.be/X7jSWdnoshw>

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

**Instructions:**

1. Say, "We are going to get the wiggles out!"
2. Enhance the activity by doing the activity together and/or with family members.
3. Continue activity if interest remains.



## Eating a Rainbow (Part II)

**Materials:** internet access, website:

<https://youtu.be/E1GrO6UbaXY>

**Preparation:** Preview video.

**Instructions:**

1. Say, "We are continuing learning about fruits and vegetables!"
2. Ask questions about the video, ex: "What makes a vegetable a vegetable?" "What part of the plant is broccoli?"



## Eat Your Peas

by Kes Gray

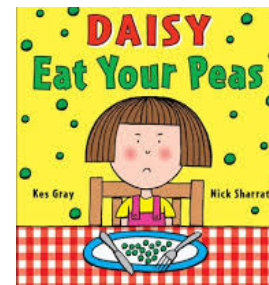
**Materials:** internet access, website:

<https://youtu.be/Rab3Iw0qT1U>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this wonderful story about a mother encouraging her daughter to eat green peas!
2. Ask questions about the video, ex: "What was Daisy offered if she ate her peas?" "Why did Daisy's mother lip begin to wobble?"



## Letter H Scavenger Hunt

**Materials:** pencil, template (Scavenger Hunt)

**Preparation:** Print template.

**Instructions:**

1. Encourage your child to join you.
2. Say, "We are going on a letter H scavenger hunt!"
3. Provide her the template.
4. Encourage her to locate items.
5. Praise for effort.



## Brain Break

**Materials:** internet access, website:

<https://youtu.be/Y9LLfv7yauM>

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

**Instructions:**

1. Say, "We are going to get the wiggles out!"
2. Enhance the activity by doing the activity together and/or with family members.
3. Continue activity if interest remains.



## Eating a Rainbow (Part III)

**Materials:** internet access, website:

<https://youtu.be/E1GrO6UbaXY>

**Preparation:** Preview video.

**Instructions:**

1. Say, "We are continuing learning about fruits and vegetables!"
2. Ask questions about the video, ex: "What is compost?" "How does compost turn into fertilizer?"



## Oliver's Vegetables

by Vivian French

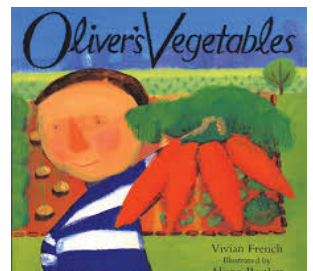
**Materials:** internet access, website:

[https://youtu.be/jpzGIY\\_RSUw](https://youtu.be/jpzGIY_RSUw)

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this wonderful story about a vegetable garden!
2. Ask questions about the video, ex: "What type of vegetables did Oliver pick?" "How many days did Oliver eat something different?"



## Colors of Fruits and Vegetables

**Materials:** construction paper, crayons, paint

**Preparation:** Prep area.

**Instructions:**

1. Say, "We are going to discuss, draw, and color different fruits and vegetables!"
2. Provide your child materials.
3. Discuss different vegetables and fruits as he/she draws and colors.
4. Praise for all efforts.



## Tooty Ta-Ta

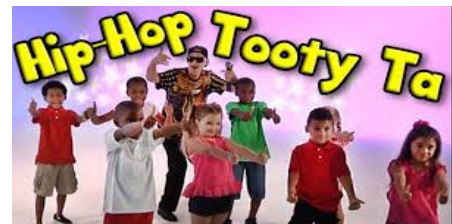
**Materials:** internet access, website:

<https://youtu.be/MwoTsWlz60I>

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

**Instructions:**

1. Say, "We are going to get the wiggles out!"
2. Enhance the activity by doing the activity together and/or with family members.
3. Continue activity if interest remains.



## Farming in the City (Part I)

**Materials:** internet access, website:

<https://youtu.be/u2GjHdsydgQ>

**Preparation:** Preview video.

**Instructions:**

1. Say, "We are going to learn how vegetables are grown in a city."
2. Ask questions about the video, ex: "What does all life begin with?" "Why did they put plants in containers?"



## Monsters Don't Eat Broccoli

by Barbara Jean Hicks

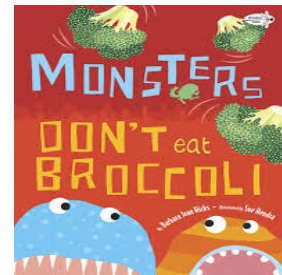
**Materials:** internet access, website:

<https://youtu.be/M69VI0Hs8lo>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this wonderful interactive story about monsters and their favorite vegetable!
2. Ask questions about the video, ex: "What do think the word 'delectable' means?" "What are some items the monsters liked eating?"



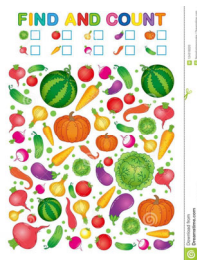
## Vegetable Counting

**Materials:** pencil, Vegetable Basket picture

**Preparation:** Print picture.

**Instructions:**

1. Say, "We are going to do a counting activity!"
2. Show your child the picture.
3. Discuss vegetables in the picture.
4. After discussing the vegetables, have your child count them.



## Five Minute Burn

**Materials:** internet access, workout mat, website:

<https://youtu.be/Cv3e851cgVg>

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

**Instructions:**

1. Say, "We are going to do a workout for our lower body!"
2. Carefully follow instructions for movements.
3. Enhance the activity by doing the activity together and/or with family members.
4. Enjoy the burn!



## Farming in the City (Part II)

**Materials:** internet access, website:

<https://youtu.be/u2GjHdsydgQ>

**Preparation:** Preview video.

**Instructions:**

1. Say, "We are going to learn how vegetables are grown in a city."
2. Ask questions about the video, ex: "What is a microscope used for?" "What do aphids do?"



## The Vegetables We Eat

by Gail Gibbons

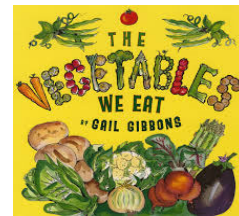
**Materials:** internet access, website:

<https://youtu.be/LN5pUARHklw>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this story that is all about vegetables!
2. Ask questions about the video, ex: "What are the eight groups of vegetables?" "What are root vegetables?"



## Funny Face Vegetable Pizza

**Materials:** fresh vegetables (ex: halved grape or cherry tomatoes, shredded carrots), whole-grain tortilla, non-fat Greek yogurt dip, hummus, cottage cheese, shredded cheese

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

Wash hands prior and after activity.

**Instructions:**

1. Say, "We are going to make vegetable pizza!"
2. Create your funny face vegetable pizza!
3. Enjoy this tasty and healthy snack!



## Upper Body Strength

**Materials:** internet access, workout mat, website:

<https://youtu.be/MrpGbulGprA>

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

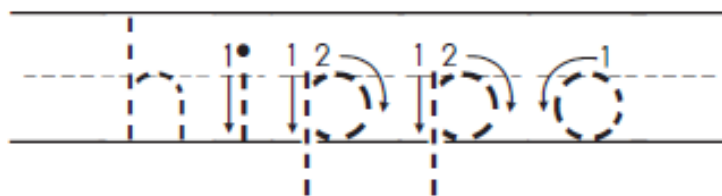
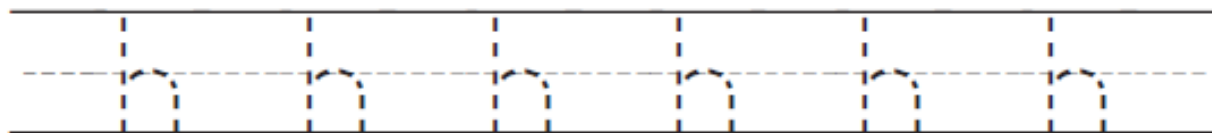
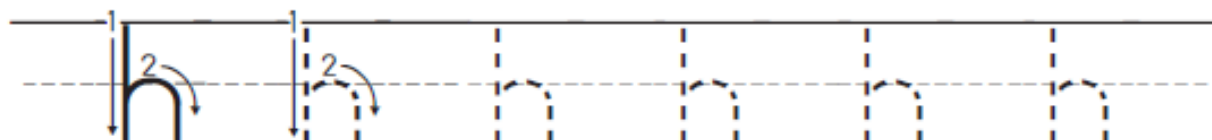
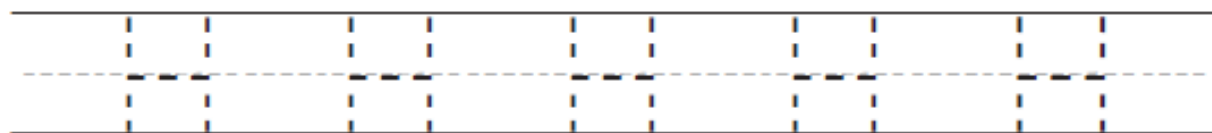
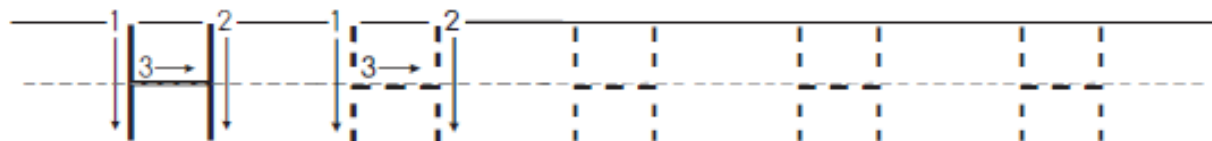
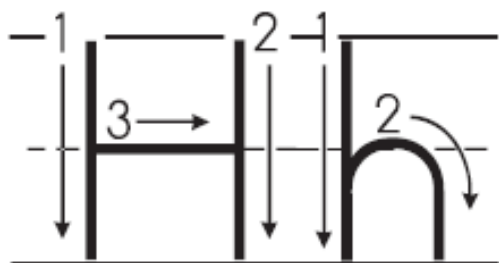
**Instructions:**

1. Say, "We are going to do an upper body workout!"
2. Carefully follow instructions for movements.
3. Enhance the activity by doing the activity together and/or with family members.
4. Enjoy the burn!



Name: \_\_\_\_\_

Trace!



# LETTER H SCAVENGER HUNT

primary playground

- Find a hat.
- Find a hammer.
- Find a heart.
- Find a horse.
- Find 2 hands.
- Find a house.
- Find a hanger.
- Find a hill.
- Find a helicopter.
- Find someone that makes you happy.
- Find a hamburger.





## Vegetable Basket Picture

