

# 5 YEAR OLD

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Week

# 19

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## Smart Activities

## Growing a Bean

**Materials:** internet access, website:

<https://youtu.be/QGFUWqSt-sI>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "What are the items used to grow the beans?" "What do you have to do every day to help your bean plant grow?"



## My Bean Stalk

**Materials:** clear container, bag of dried lima beans, cotton balls or paper towels, water

**Preparation:** Gather materials.

**Instructions:**

1. Say, "We are going to grow our own bean stalk." Talk about the steps seen in the video.
2. Have your child stuff cotton balls in the container and then add a few dry beans around the edge of the container.
3. Make sure to keep watering the plant. After 7 days, there should be a good amount of growth. Begin asking your child what changes he/she sees.



## Jack and the Beanstalk

by Ronnie Randall

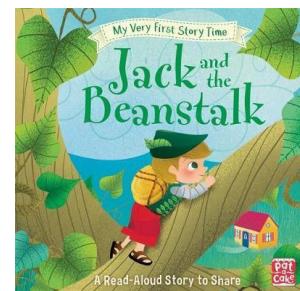
**Materials:** internet access, website:

<https://youtu.be/XnnSRy3v-1Q>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this classic story of a young boy's encounter with a giant!
2. Ask questions about the story, ex: "What did Jack swap the cow for?" "What did he find when he climbed the beanstalk?" "What did Jack take from the giant?"



## Beanstalk Yoga

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

**Instructions:**

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

**Bean Push-ups** (10 reps): 1. Position your body on your stomach. 2. Stretch toes, hands, fingers, and wrists out and pull head back like a cobra. 3. Then pull yourself up reaching up to the sky and bend back and hands behind your body and try to touch your feet. (You are seeking sunlight like a bean.)

**Beanstalk:** Stand in place and move arms (alternate) with feet like you are climbing. Then go up and down, run from the giant, and chop the stalk down.



## To Be a Princess

**Materials:** internet access, website:

<https://youtu.be/R1oXRNoFZi4>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "Who plans the menu for the princess?" "What is important about the napkin for a princess?"



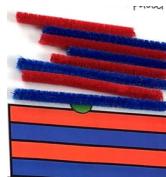
## Princess and the Pea Patterns

**Materials:** Princess and the Pea Patterns template, pipe cleaners, scissors, crayons

**Preparation:** Print template and cut pipe cleaners to length. (You can choose to just use crayons.)

**Instructions:**

1. Say, "Let us talk about patterns. Remember an AB pattern looks like red, yellow, red, yellow."
2. Encourage your child to continue the exact pattern using pipe cleaners or crayons to cover up the pea.
3. Then, encourage your child to make his/her own patterns.



## The Princess and the Pea

adapted by Wandy Hoh

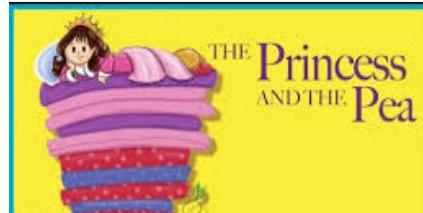
**Materials:** internet access, website:

<https://youtu.be/k5BhrMV7OEV>

**Preparation:** Preview video.

**Instructions:**

1. Encourage your child to join you to listen to the story about a princess.
2. Ask questions about the story, ex: "Who did the prince want to marry?" "What determined the princess was a princess?"



## Let's Move

**Materials:** internet access, website:

[https://youtu.be/JoF\\_d5sqGgc](https://youtu.be/JoF_d5sqGgc)

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

**Instructions:**

1. Say to your child, "It's time to get those wiggles out!"
2. Play the video and encourage your child to follow movements.
3. Enhance the activity by joining your child and get the wiggles out together!



## Types of Houses

**Materials:** internet access, website:

<https://youtu.be/VqSsGDFJWMQ>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "What are some materials used to build houses?" "What type of home do you live in?"



## House of Bricks

**Materials:** building blocks

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

**Instructions:**

1. Say, "We are going to build a strong house like the third little pig!"
2. Provide materials and discuss how your child is building the home.
3. Huff and puff and try to blow it down.



## The True Story of the Three Little Pigs

by Jon Scieszka

**Materials:** internet access, website:

<https://youtu.be/m75aEhm-BYw>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy listening to this timeless classic with a twist!
2. Ask questions about the story, ex: "Why did Mr. Wolf go to the pigs' homes?" "Why did he get upset with the third little pig?"



## Push and Pull

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

Preview exercises.

**Instructions:**

Say, "We are going to do some exercises that work our muscles!"

**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.

**Wheelbarrow:** Child places hands on floor, grown-up holds child's legs off floor and helps him/her walk with only their hands on the floor. Child should keep fingers facing forward as much as possible. Easier = hold child's legs at knees or hips; harder = hold child's legs at the ankles



## The Science of Goats

**Materials:** internet access, website:

<https://youtu.be/O3NQzrkAhD4>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "What do goats love to do?" "Why do goats faint and lie down?"



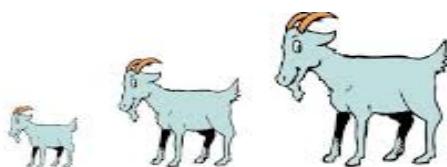
## Following Directions

**Materials:** Directional Goats template, scissors (child size), printer, cardstock

**Preparation:** Print out the template and cut out pieces. (You can have your child do this too.)

**Instructions:**

1. Say, "We are going to do an activity about directional words."
2. Place all the pieces in front of your child and follow directions on the template for lesson.



## Grumpy Goat

by Bret Helquist

**Materials:** internet access, website:

<https://youtu.be/PwLLDwdtO0c>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy listening to this wonderful story with your child.
2. Ask questions about the story, ex: "What do you think the flower reminded the goat of?" "What do you think the goat used to trim the grass?"



## Bridge Exercises

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

**Instructions:**

Say, "We are going to do some exercises that make us a bridge!"

**Plank Bridge** (hold for the count of 10): 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 and stretch out your toes. Hold in place.

**Glute Bridge** (10 reps each leg): 1. Lay down on your back 2. Push your heels into the floor and tighten your glutes and abdominal muscles as you lift your hips off the floor.



## Baking Cookies

**Materials:** internet access, website:

<https://youtu.be/1bgTjkAbx8U>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. Ask questions about the video, ex: "Which cookie was the most popular?" "Why is an ice-cream scoop used to scoop the dough?" "How long are the cookies baked for?"



## It's Time to Bake!

**Materials:** English muffin, pizza sauce, mozzarella cheese, spoon, English Muffin Pizza template (for directions)

**Preparation:** Gather ingredients.

**Instructions:**

1. Say, "We are going to make a pizza by you following directions."
2. Show your child the directions and then help him/her follow the step-by-step instructions.
3. While waiting for the pizza to cook, encourage your child to walk you through the instructions.



## The Little Red Hen

by Paul Galdone

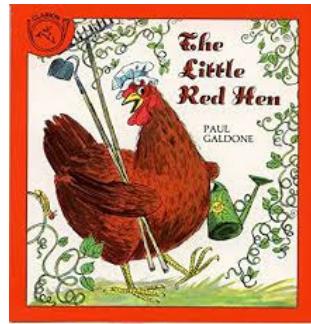
**Materials:** internet access, website:

<https://youtu.be/2uFsnkWrtz4>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy listening to this wonderful story
2. Ask questions about the story, ex: "What did the dog like to do all day?" "Why didn't the other animals help the hen?"



## Daily Chores

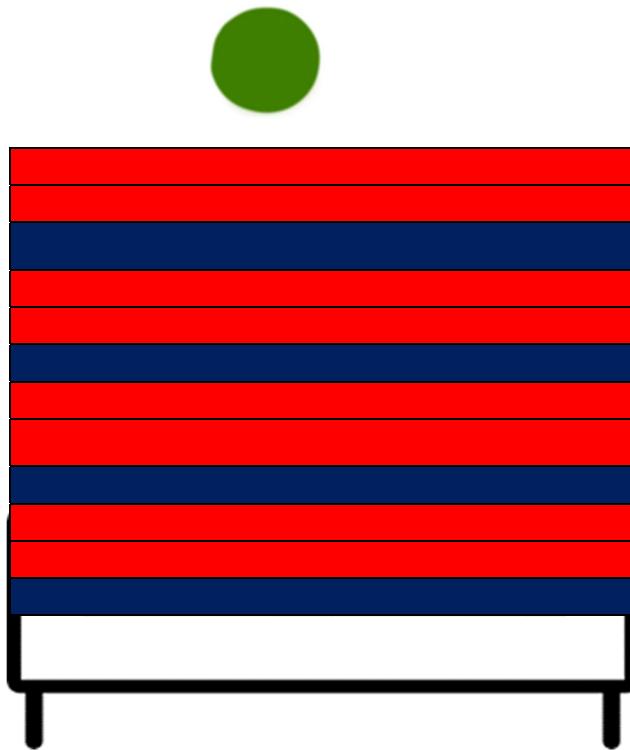
**Instructions:**

1. Say, "We are going to do some daily chores in our home".
2. Encourage your child to help you do chores at home, ex: fold the laundry, sweep the floor, set the table, etc.



## Princess and the Pea Pattern

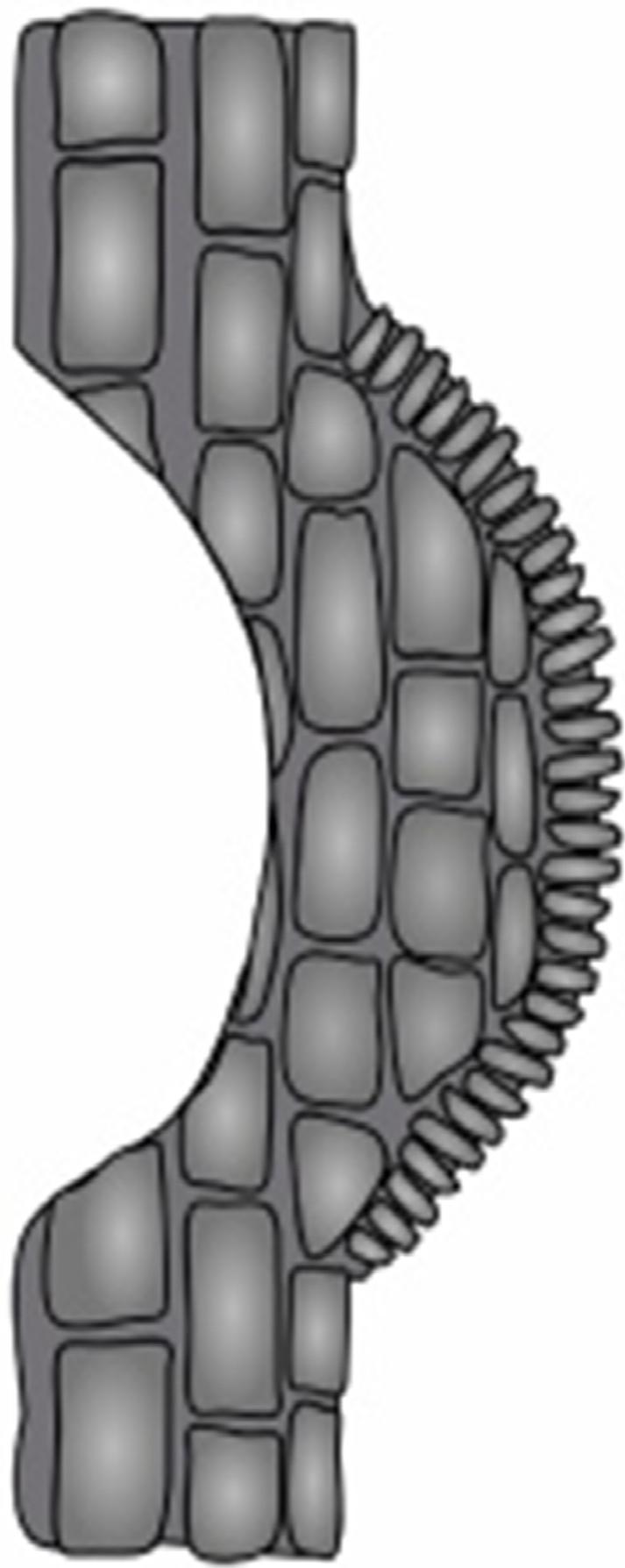
Cover the pea by continuing the pattern and then make your own patterns.

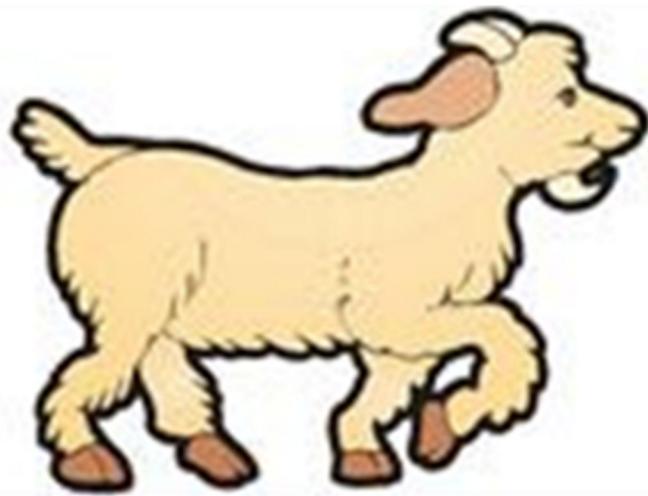


## **Directional Goat Activities:**

**(cut out all items)**

- 1. Have your child place in the goats in size order from smallest to largest and then largest to smallest.**
- 2. Next, have your child place the smallest goat on the bridge, the medium goat at the end of the bridge, the largest goat beside the bridge, and the troll under the bridge. Work on giving various directions with the different sizes and using words: above, below, left, right, under, on top, etc. to help build your child's understanding and various words meaning the same thing.**
- 3. Then have your child use the props to tell you the story over in the correct order.**









## English Muffin Pizza Directions:

Adult- preheat oven to 350°, grate or slice the mozzarella cheese, add other toppings is desired.

1. Place English Muffin on plat



e or flat surface.

2. Take 1 Tablespoon of sauce and spread over your English Muffin.



3. Sprinkle cheese all over the English Muffin



4. Give to the adult to bake in the oven until cheese begins to melt and English muffin slightly brown.



5. Allow to cool. While cooling help clean up.



6. Eat and enjoy your pizza.

