

5 YEAR OLD

Week

33

Smart Activities



SMART CHOICE. SMARTER CHILD.®

All About Cooking (Part I)

Materials: internet access, website:

<https://youtu.be/LHn887IZAdc>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about cooking."
2. Ask questions about the video, ex: "What is a whisk used for?" "What are food items called to create a meal?"



My Food Your Food (Part I)

by Lisa Bullard

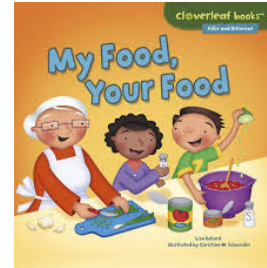
Materials: internet access, website:

<https://youtu.be/B78gD7wMiTA>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about different types of foods.
2. Ask questions about the video, ex: "What does abuela mean?" "What did Manuel eat for dinner? How did it make him feel?"



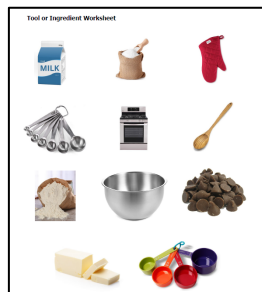
Tools or Ingredients

Materials: glue stick, scissors (child), Tool or Ingredient Worksheet

Preparation: Print worksheet. Gather materials.

Instructions:

1. Show your child the worksheet and the pictures.
2. Ask him/her to name each picture.
3. Have your child cut out each picture and glue it in the category where it belongs.



The Turkey Dance

Materials: workout mat (optional), internet access, website:

<https://youtu.be/KbDlv4U0qqY>

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

Instructions:

1. Say, "We are going to do the Turkey Dance!"
2. Enjoy this dance with your child.
3. Gobble, gobble!



All About Cooking (Part II)

Materials: internet access, website:

<https://youtu.be/LHn887IZAdc>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about cooking."
2. Ask questions about the video, ex: "What were the ingredients for the salad?" "What does Danny love in is lasagna?"



My Food Your Food (Part II)

by Lisa Bullard

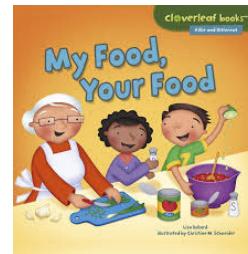
Materials: internet access, website:

<https://youtu.be/B78gD7wMiTA>

Preparation: Preview video.

Instructions:

1. Continue to enjoy this wonderful story about different types of foods.
2. Ask questions about the video, ex: "What types of food do most people make?" "What is the special food that you like to eat?"



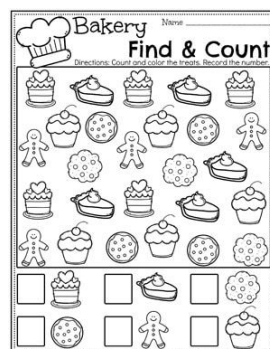
Counting Treats

Materials: Find and Count Worksheet, pencil

Preparation: Print template. Gather materials.

Instructions:

1. Say, "We are going to count treats!"
2. Encourage your child to name the treats, count, and write the correct number in the appropriate box.



Balloon Fun

Materials: balloon or beachball, internet

access, website:

<https://youtu.be/trmb6LXGpA0>

Preparation: Preview video. Blow up balloon or beachball. Find or create an open area.

Instructions:

1. Say, "We are going to work on eye, feet, and hand coordination."
2. Enhance the activity by doing various patterns.
3. Continue activity if interest remains.



All About Cooking (Part III)

Materials: internet access, website:

<https://youtu.be/LHn887IZAdc>

Preparation: Preview video.

Instructions:

1. Continue to enjoy this video with your child.
2. Ask questions about the video, ex: "What is a spatula used for?" "If you were a chef, what meal would you make?"



My Food Your Food (Part III)

by Lisa Bullard

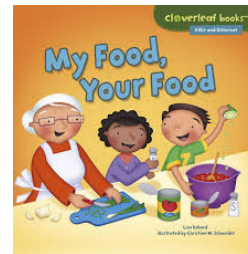
Materials: internet access, website:

<https://youtu.be/B78gD7wMiTA>

Preparation: Preview video.

Instructions:

1. Continue to enjoy this wonderful story about different types of foods.
2. Ask questions about the video, ex: "What are different types of noodles discussed in the story?" "What is Raj's bread called?"



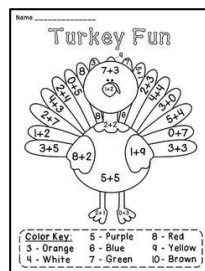
Turkey Math

Materials: crayons, Turkey Fun Worksheet

Preparation: Print worksheet. Gather materials.

Instructions:

1. Say, "We are going to do a fun math activity!"
2. Encourage your child to answer each addition problem. (It might help to write the answers in small print within each section.)
3. Utilize the Color Key to color the appropriate areas of the turkey.



Brain Break

Materials: internet access, website:

<https://youtu.be/HMZqjfhKMZY>

Preparation: Preview video. Create or find an open area.

Instructions:

1. Say, "We are going to do a brain break activity."
2. Encourage your child to follow along.
3. Continue activity if interest remains.



Kitchen Safety (Part I)

Materials: internet access, website:

<https://youtu.be/KL9r9q9n20A>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about kitchen safety!"
2. Ask questions about the video, ex: "What should you wear to protect your clothes?" "Why do you clean as you go when cooking in the kitchen?"



Everybody Cooks Rice (Part I)

by Norah Dooley

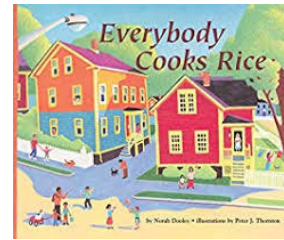
Materials: internet access, website:

<https://youtu.be/qwzjX7PSvwc>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about rice.
2. Ask questions about the video, ex: "What is used to make rice yellow?" "What type of rice dish did Mr. and Ms. Dee make?"



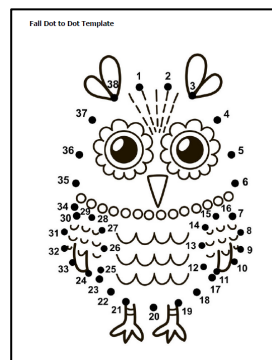
Dot to Dot Math

Materials: crayons, Fall Dot to Dot Template

Preparation: Print template. Gather materials.

Instructions:

1. Say, "We are going to do a fun math activity!"
2. Encourage your child to say numbers when drawing lines from one number to the next.
3. Color picture after drawing lines from dot to dot.



Working it Out

Materials: yoga mat

Preparation: Preview movements. Create or find an open area.

Instructions:

Say, "It is work out time!"

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 with feet shoulder width-part 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.



Kitchen Safety (Part II)

Materials: internet access, website:

<https://youtu.be/KL9r9q9n20A>

Preparation: Preview video.

Instructions:

1. Continue to watch the video about kitchen safety!"
2. Ask questions about the video, ex: "How do you remember how to handle a knife in the kitchen?" "What does each letter mean?"



Everybody Cooks Rice (Part II)

by Norah Dooley

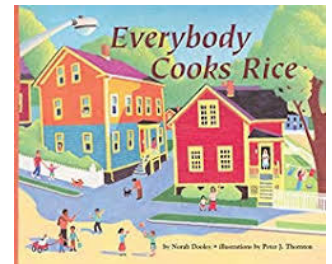
Materials: internet access, website:

<https://youtu.be/qwzjX7PSvwc>

Preparation: Preview video.

Instructions:

1. Continue to enjoy this wonderful story about rice.
2. Ask questions about the video, ex: "Who's had the spiciest rice?" "What does Anthony love?"



Pumpkin Muffins

Materials: 2 mixing bowls, paper liners (12), muffin baking pan, ingredients from the Pumpkin Muffin Recipe (included), whisk

Preparation: Wash hands prior to and after activity. Prepare area. Print recipe. Gather materials.

Instructions:

1. Say, "We are going to make pumpkin muffins!"
2. Read instructions carefully prior to baking.
3. While baking, encourage your child to measure, pour, and choose the correct ingredients.
4. Happy baking and enjoy!



Working it Out (Part II)

Materials: yoga mat

Preparation: Preview movements. Create or find an open area.

Instructions:

Say, "It is work out time!"

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 with feet shoulder width-part 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.




Tool or Ingredient Worksheet

Tool	Ingredient

Tool or Ingredient Worksheet






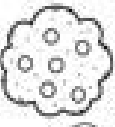



Find and Count Worksheet

 **Bakery** Name _____

Find & Count

Directions: Count and color the treats. Record the number.

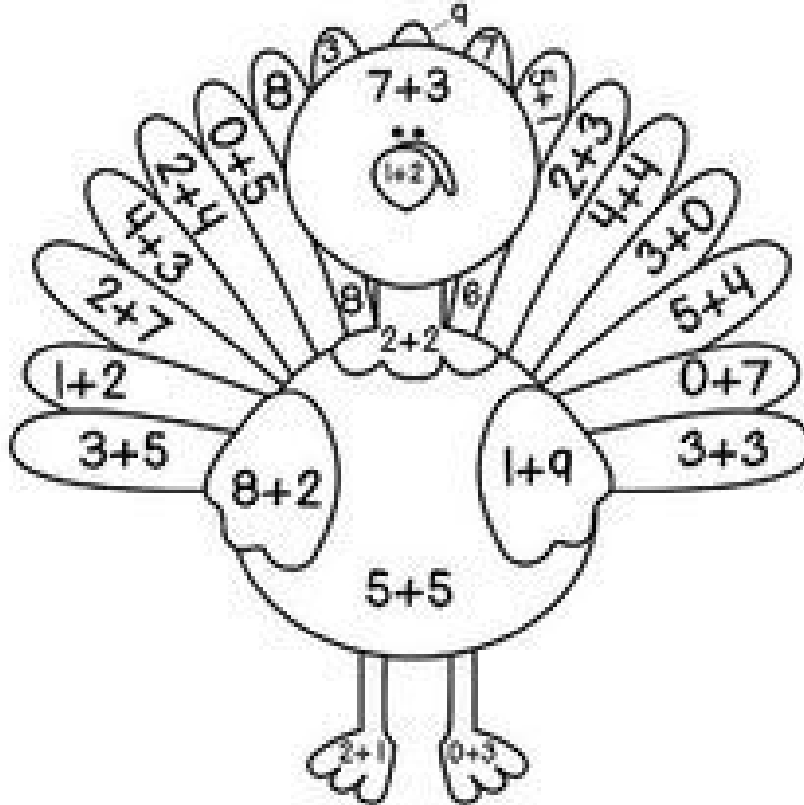


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Turkey Fun Worksheet

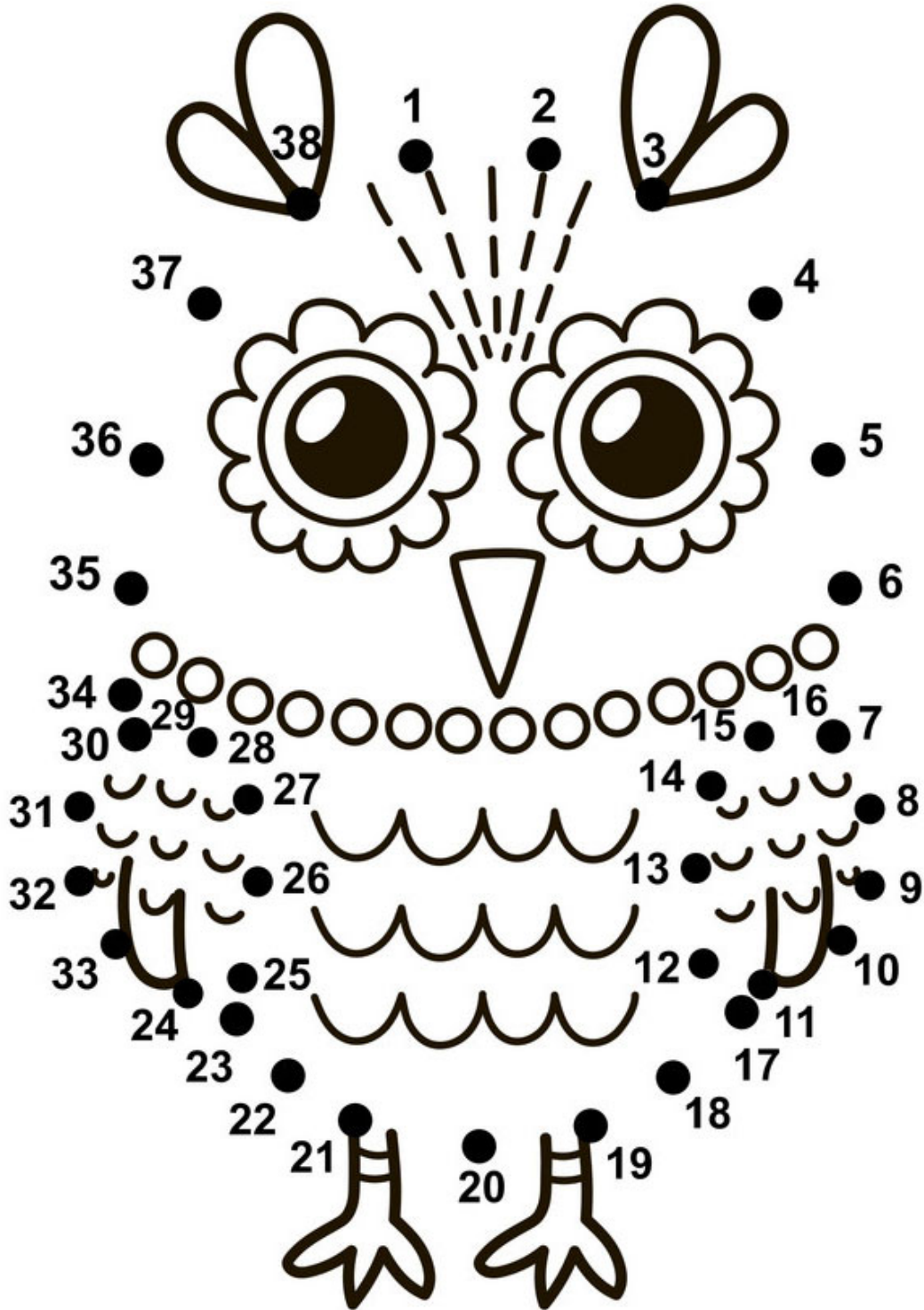
Name _____

Turkey Fun



Color Key:	5 - Purple	8 - Red
3 - Orange	6 - Blue	9 - Yellow
4 - White	7 - Green	10 - Brown

Fall Dot to Dot Template



PUMPKIN MUFFIN RECIPE

- 1 3/4 cups all-purpose flour
- 1 cup sugar
- 1/2 cup dark brown sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon nutmeg
- 2 eggs
- 1 15 ounce can pure pumpkin puree
- 1/2 cup coconut oil, melted
- 1 teaspoon vanilla extract

Instructions:

1. Preheat the oven to 375 degrees and place 12 paper liners into each well of your standard size muffin baking pan.
2. Measure out the flour, sugars, baking soda, salt and spices in a medium bowl and whisk together. Set aside.
3. In another bowl, whisk together the eggs, pumpkin puree, coconut oil and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and stir together. Do not over mix, just stir until everything is incorporated into the batter.
5. It is helpful to use a large scoop (like an ice cream scoop) to evenly distribute the batter into each well. They will be nearly full. This will help give your muffins a nice puffy dome.
6. Bake your muffins for 20-22 minutes or until a toothpick inserted into the center of a muffin comes out clean.