

# PRESCHOOL

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Week

# 25

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

## Charles Schulz Museum Tour

**Materials:** internet access, website:

<https://youtu.be/v5D5pawTQio>

**Preparation:** Preview video.

**Instructions:**

1. Watch video with your child.
2. Ask your child if he/she could try to draw Snoopy or another character. Ask, "How could a cartoon add joy to others?"



## Be Kind, Be Brave, Be You!

by Charles Schulz

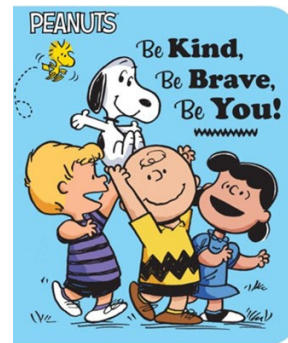
**Materials:** internet access, website:

<https://youtu.be/dArDNEaRX5E>

**Preparation:** Preview video.

**Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "How may you be kind in your neighborhood?"



## American Sign Language: Help

**Instructions:**

1. Show your child the American Sign Language sign for "help." Point the thumb gesture toward whomever needs the help.
2. Model how to use the sign by pointing the thumb toward yourself when asking "Help me."
3. Ask your child to show the sign as needed throughout the day.
4. As you point the sign toward the person who needs help, you are saying "Help them."

help

Place the closed dominant fist on the other flat palm and lift both hands together suggesting a helping hand. Your face should express pleading.



## Video: Kindness

**Materials:** internet access, website:

<https://youtu.be/9CBbcQhK1Hw>

**Preparation:** Preview video.

**Instructions:**

1. Watch video with your child.
2. Ask your child to share ways to be kind to people, plants, and animals.



## K is for Kind

**Materials:** paper (cardstock), markers

**Instructions:**

1. Ask your child to create a card for someone who needs cheering up in the community.
2. Discuss things to write as the message of kindness, such as "I hope you see a rainbow soon."
3. Design the image to express the message.
4. Add colors to the illustration.
5. Ask a family member to help you deliver the kind card. Be proud of making someone smile!



## Helping at Home

**Instructions:**

1. Ask your child to name ways that he/she may show kindness at home by helping others.
2. Ask if there are chores that your child would like to help with around the home, such as cleaning up clothes, toys, tying the trash bag in a knot, etc.
3. Praise your child for being kind to your family!

MY DAILY CHORES							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Make My Bed							
Help With Laundry							
Vacuum or Mop The Floor							
Put Dishes Away							
Clean Up My Toys							
Brush My Teeth							

## Kind Words

### **Instructions:**

1. Ask your child to help you name kind words, such as "please," "thank you," "your turn," "you are welcome," etc.
2. This week, let's practice using kind words each day to develop good habits.
3. Provide examples of when to use certain words.
4. Discuss sharing toys. Be proud of progress!



## Be Kind

by Pat Miller

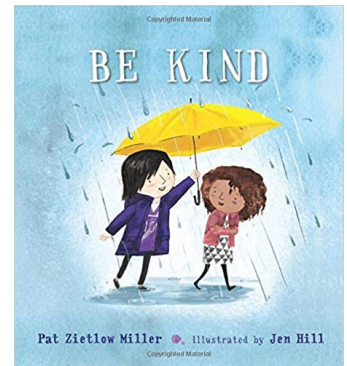
**Materials:** internet access, website:

<https://youtu.be/t6NUJ2JZz50>

**Preparation:** Preview video.

### **Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions, "What can you do to be kind at school?"



## Talking Stick

### **Instructions:**

5. Explain to your child that Native Americans used the talking stick to pass from person to person when people needed to wait their turn to talk. The person talking holds the stick.
6. Ask your child to think of ideas around the home that would substitute for the talking stick, such as a pencil, ruler, etc. Perhaps you would like to make your own.
7. Practice taking turns exchanging your talking stick when having a conversation.



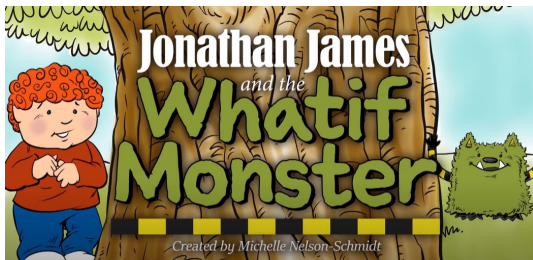
## Video Cartoon: What If Monster

**Materials:** internet access, website:  
<https://youtu.be/nrexy0Qug60>

**Preparation:** Preview the video.

**Instructions:**

1. Watch video with your child.
2. Ask your child, "Do you ever think 'What if something goes wrong?'" "What can we do to rethink our What Ifs?"



## Jonathan James and the What If Monster

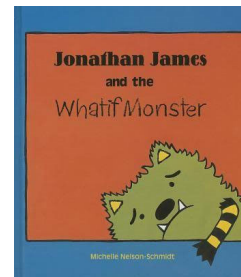
by Michelle Schmidt

**Materials:** internet access, website:  
<https://youtu.be/l-l2wcjfS8I>

**Preparation:** Preview video.

**Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, such as "Do you ever feel like Jonathan James?"



## Belly Breathing

**Materials:** stuffed animal

**Instructions:**

1. Encourage your child to lie on his/her back and place a stuffed toy on his/her belly.
2. Ask your child to breath so deeply that the toy goes up and down slowly with belly breathing.
3. Model this deep breathing.
4. Count belly breathing seven times to help us calm when we feel intense emotions so that we think more clearly.



## Video: Meet Your Emotions

**Materials:** internet access, website:

<https://youtu.be/Td3Lfrk-M5E>

**Preparation:** Preview video.

**Instructions:**

1. Watch video with your child. Read the emotion words between the scenes.
2. Ask your child if he/she can tell when someone else feels sad? Happy? Mad? How do our faces show this?

WE HAVE MANY  
EMOTIONS. ITS iMORTANT  
TO RECOGNiZE THEM AND  
NAME THEM TO TAME  
THEM.

## *The Color Monster: A Story about Emotions*

by Anna Llana

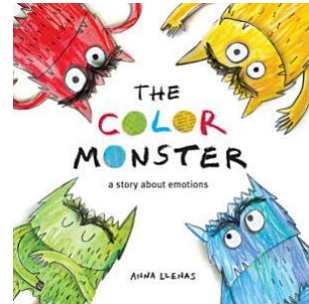
**Materials:** internet access, website:

<https://youtu.be/W6wIEp-M4tg>

**Preparation:** Preview video.

**Instructions:**

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "What was your favorite part of the book?"



## Colorful Emotions

**Materials:** crayons, paper

**Instructions:**

1. Encourage your child to express how he/she feels when mad by drawing with the red crayon.
2. What facial expressions do we show when we are angry?
3. Ask, "Does it help to know when others are mad?" "Why would we pick the color red?"



## Calm

**Instructions:**

1. Discuss the emotions studied today.
2. Brainstorm with your child actions to do to help calm when things do not go our way. Ask your child to doodle when he/she needs to calm, count to 10, hug a pillow or stuffed animal.
3. Explain that we want to take time to tame our emotions rather than throw a temper tantrum. Let's talk to others about how we feel.

