

**5 YEAR OLD**

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Week

**20**

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**Smart Activities**



**SMART CHOICE. SMARTER CHILD.®**

## Taking Care of Me

**Materials:** internet access, website:

<https://youtu.be/vPC0bqPOp4U>

**Preparation:** Preview video.

**Instructions:**

1. Say, "We are going to watch a video about the taking care of ourselves."
2. Ask questions about the video, ex: "What are some things we can eat to take care of ourselves?" "What are some things we can do to keep our body healthy?"



## I Like Myself

by Karen Beaumont

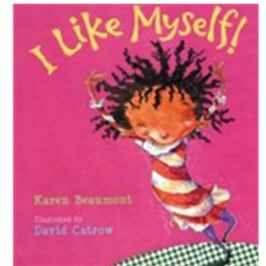
**Materials:** internet access, website:

<https://youtu.be/kTLxkMa0XDk>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this wonderful story about you just being you.
2. Ask questions about the story, ex: "Why does she like herself?" "How are you different from others?" "What do you think is special about yourself?"



## Self Portrait

**Materials:** crayons, markers, mirror, small paper plate (white), yarn (any color)

**Preparation:** Gather materials.

**Instructions:**

1. Say, "We are going to make a self-portrait."
2. Discuss the characteristics your child has.
3. Encourage your child to utilize the materials and create a self-portrait.



## Taking Care of the Body

**Preparation:** Create or find an open area.

**Instructions:**

Say, "We are going to exercise our bodies to make them the best they can be."

**Inchworm:** (10 reps) Get body in a push up position with arms and elbows locked. Then lift your bottom and slowly walk your feet inward towards your hands.

**Star Jumps:** (10 times) Stand up tall feet slightly apart, then bend knees and squat springing up into the sky with arms spread wide.



## Skin and Fur

**Materials:** internet access, website:

[https://youtu.be/ce0yGNG\\_VEU](https://youtu.be/ce0yGNG_VEU)

**Preparation:** Preview video.

**Instructions:**

1. Say, "We are going to watch a video about what makes us unique."
2. Ask questions about the video, ex: "Did they like each other's skin or fur?" "Could Elmo trade his fur? Why or why not?"



## Same Difference

by Calida Rawles

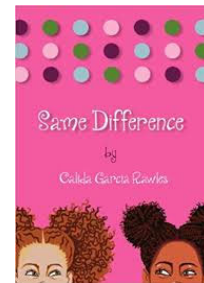
**Materials:** internet access, website:

<https://youtu.be/XpSLtVXF0Mc>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this wonderful story about what makes us different but the same.
2. Ask questions about the story, ex: "Does our skin color makes us better than someone else?" "What does the word diverse mean?"



## How Tall am I

**Materials:** building blocks

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

**Instructions:**

1. Say, "We are going to measure how tall you with building blocks!"
2. Encourage your child to lay on his/her back on the floor.
3. Take the building blocks and place along the side of your child's body.
4. Count how many building blocks were used to measure him/her.



## Working the Body

**Preparation:** Find a safe area for exercising.

**Instructions:**

Say, "We are going to exercise our bodies to make them the best they can be."

**Sky Reaches:** (10 reps) 1. Stand up straight. 2. Swing arms up to the sky and rise on your tippy toes reaching for the sky (keep your body tight). 3. Hold for 15 seconds, lower heels and arms.

**Shoulder Blast:** (10 times) 1. Hold arms straight at your sides. 2. Make arm circles forward (start small then increase to big circles) then reverse your circles. 3. Then raise your arms in front of your body up and down then side to side and pump your arms above your head.



## I'm Really Glad I'm Me

**Materials:** internet access, website:

<https://youtu.be/E9NSeBocfDY>

**Preparation:** Preview video.

**Instructions:**

1. Encourage your child to join you.
2. Ask questions, "What do you see in the mirror that you like about you?" "What is your favorite thing to do?"
3. Make up your own song about why you are special.



## All are Welcome

by Alexandra Penfold

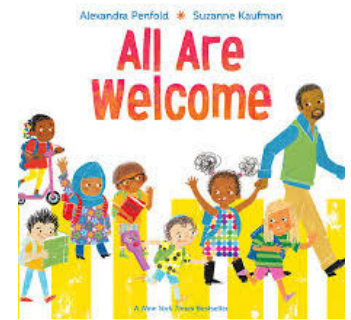
**Materials:** internet access, website:

<https://youtu.be/rFvbOAvWTYA>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this wonderful story about diversity.
2. Ask questions, ex: "How many different types of breads were shared?" "How can you share your feelings?" "How are stories shared?"



## Head, Shoulders, Knees, and Toes

**Materials:** Lyrics for HSKT template

**Preparation:** Print template and pre-read. Find or create an open area.

**Instructions:**

1. Encourage your child to join you.
2. Say, "We are going to do the song 'Head, Shoulders, Knees & Toes' and each time I will get faster."
3. Each verse gets faster and faster. Have fun together.



## Quick Feet

**Preparation:** Find a safe area for exercising.

**Instructions:**

Say, "We are going to exercise our bodies to make them the best they can be."

**One Foot Hops:** (10 reps) Stand up tall then lift one knee and jump on standing leg (alternate). *Great for balance/coordination.*

**Criss-Cross Feet:** (10 times) Stand up tall and jump straight up, then cross one foot in front of the other as going up. Then switch it up the next jump.



## Being Different is Beautiful

**Materials:** internet access, website:

<https://youtu.be/KJ1ygFknjYo>

**Preparation:** Preview video.

**Instructions:**

1. Encourage your child to join you.
2. Ask questions, ex: "What are some items people wore on their head to represent their faith and religion?" "What are some ways people get from one place to another?"



## What I Like about Me

by Zobel Nolan

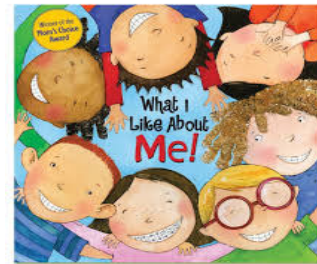
**Materials:** internet access, website:

<https://youtu.be/xvWJ0usfiN4>

**Preparation:** Preview video.

**Instructions:**

1. Encourage your child to join you.
2. Ask questions, ex: "What different types of lunches were the children eating?" "Why did one of the children like his spiky hair?"



## What Makes Me Different

**Materials:** construction paper, paintbrush, washable paint

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

**Instructions:**

1. Say, "We are going to paint a picture of what you think makes you different!"
2. Discuss things your child believes makes him/her different and amazing.
3. Provide materials and encourage your child to paint a picture of what you discussed.



## Workout to the Letter Sound

**Materials:** internet access, website:

[https://youtu.be/VFa0b\\_IIRac](https://youtu.be/VFa0b_IIRac)

**Preparation:** Create or find an open area.

**Instructions:**

1. Say, "We are going to exercise to the sounds and letters of the alphabet!"
2. Encourage your child to follow along and move to the music.



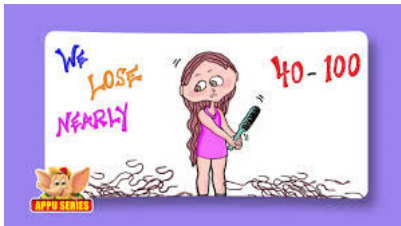
## Fun Facts about the Human Body

**Materials:** internet access, website:  
<https://youtu.be/6GETTY-UuUkQ>

**Preparation:** Preview video.

**Instructions:**

1. Encourage your child to join you in watching the video.
2. Ask questions about the video, ex: "What does our brain act like?" "What muscle is strong and runs in different directions?" "What happens when we sneeze?"



## Bones

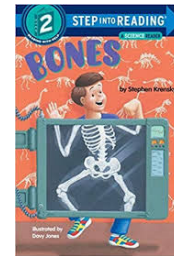
by Stephan Krensky

**Materials:** internet access, website:  
<https://youtu.be/7EtMjRpKlMk>

**Preparation:** Preview video.

**Instructions:**

1. Enjoy this wonderful story about diversity.
2. Listen to the story together.
3. Ask questions, ex: "How many bones do we have in our body?" "What do our bones form?" "What bone structure projects your lungs?"



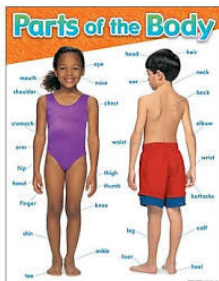
## My Body Parts

**Materials:** glue stick, scissors, My Body template

**Preparation:** Print template and gather materials.

**Instructions:**

1. Say, "We are going to locate different parts of our body!"
2. Encourage your child to cut the names of each body part and paste in the appropriate areas.



## Getting Fit

**Materials:** internet access, website:  
[https://youtu.be/L\\_A\\_HjHZxfI](https://youtu.be/L_A_HjHZxfI)

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

**Instructions:**

1. Say, "We are getting fit!"
2. Play video and encourage your child to follow routines.
3. Enhance the activity by joining him/her and working up a good sweat!



# Lyrics for "Head, Shoulders, Knees, & Toes" Template



*(Each verse gets faster and faster)*

## **Verse 1:**

Head, shoulders, knees and toes,  
Head, shoulders, knees and toes,  
Eyes and ears and mouth and nose,  
Head, shoulders, knees and toes.

## **Verse 2:**

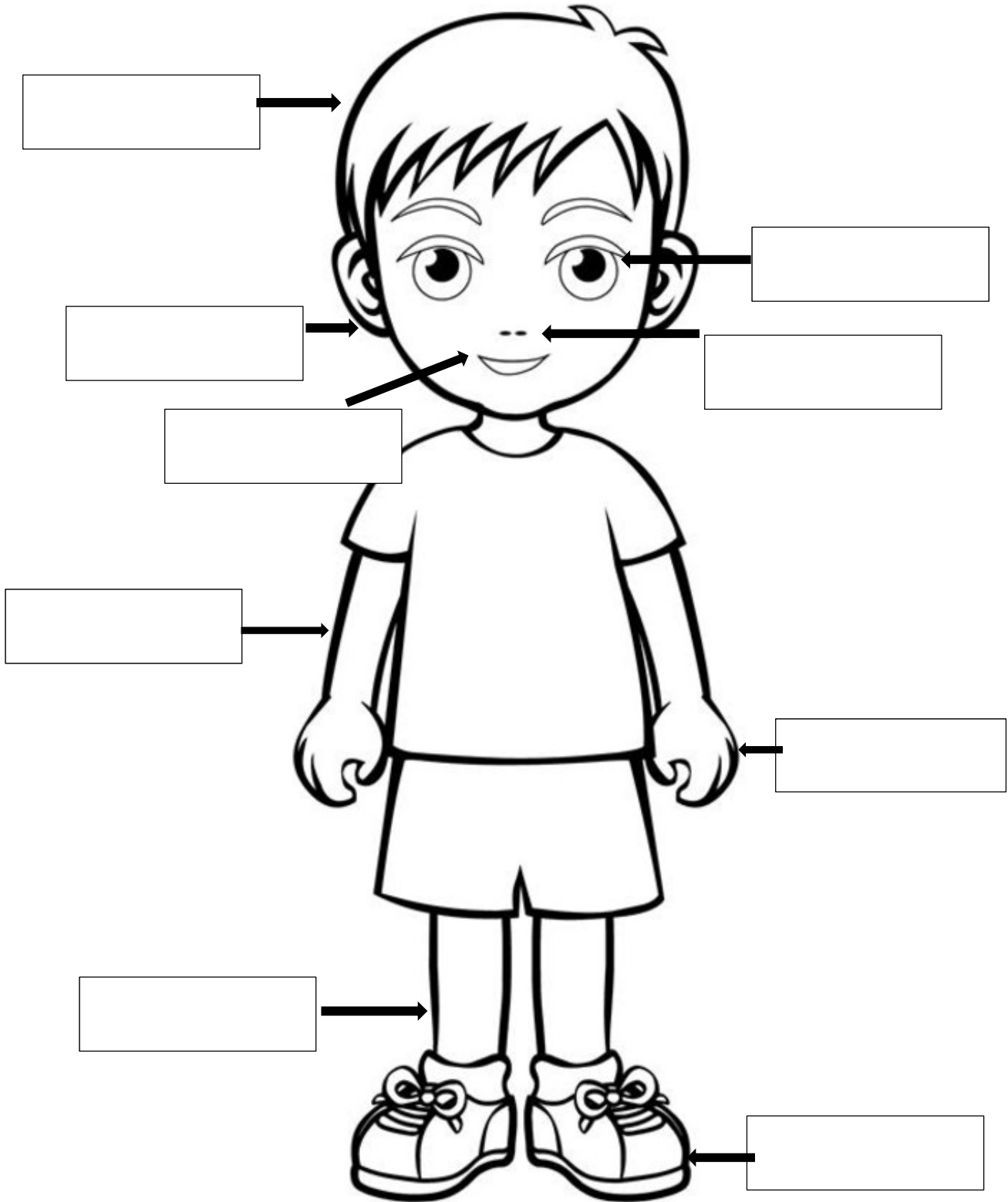
Head, shoulders, knees and toes,  
Head, shoulders, knees and toes,  
Eyes and ears and mouth and nose,  
Head, shoulders, knees and toes.

## **Verse 3:**

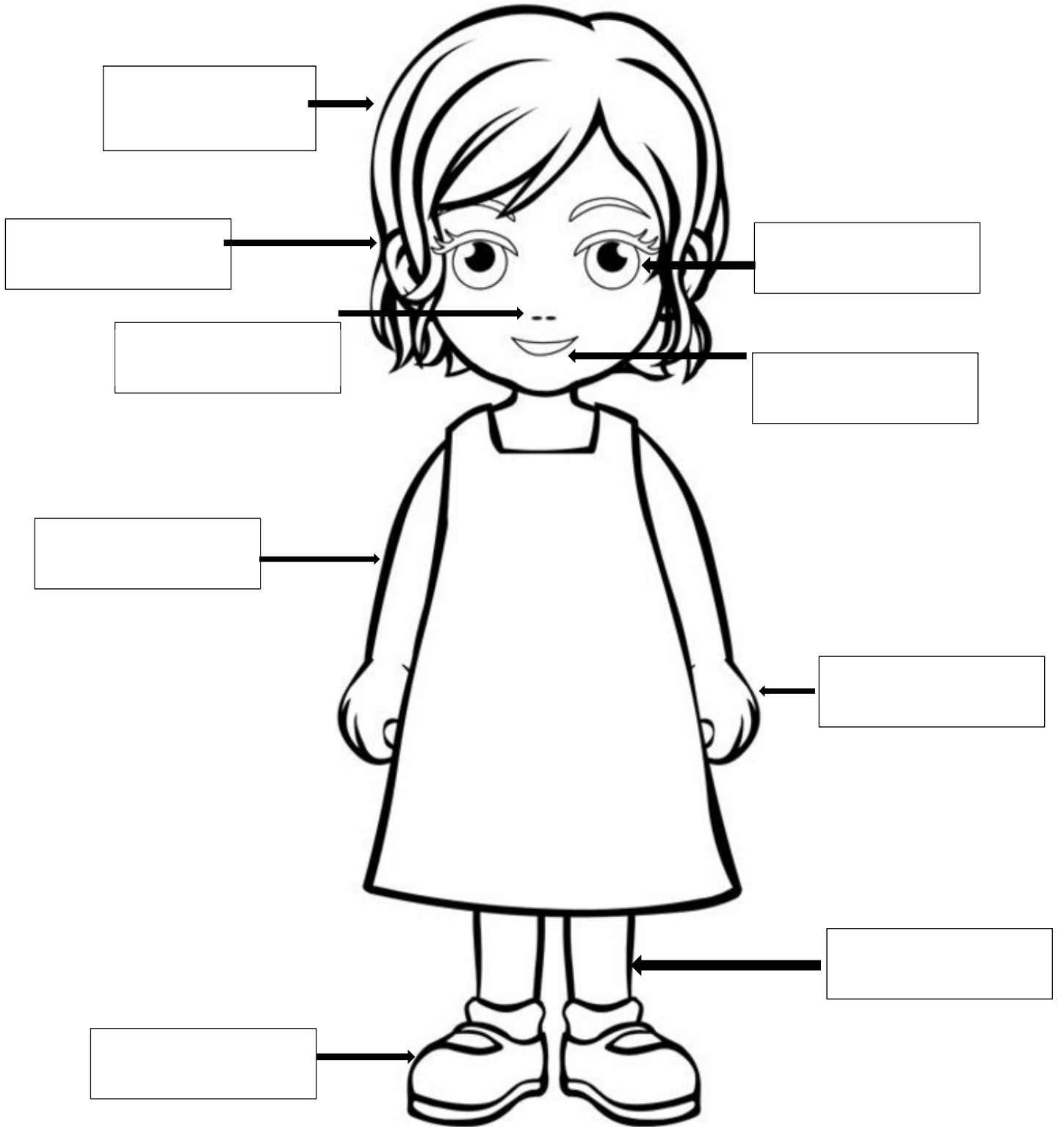
Head, shoulders, knees and toes,  
Head, shoulders, knees and toes,  
Eyes and ears and mouth and nose,  
Head, shoulders, knees and toes.

# My Body Template

Directions: Paste in the correct body part label







**Directions: Paste in the correct body part label**

**Cut out the parts and have your child place it on the correct area. Help your child sound out the words.**

**Feet**

**Ear**

**Eye**

**Arm**

**Mouth**

**Head**

**Hand**

**Leg**

**Nose**