

# 5 YEAR OLD

---

Week **7**

---

Smart Activities



SMART CHOICE. SMARTER CHILD.®

## What Is A River?

**Materials:** internet access, website:  
<https://www.youtube.com/watch?v=7kgQNROjIUU>

**Preparation:** Preview video.

### Instructions:

- 1 Watch video with your child.
2. Ask questions about the video, ex: "What is the end of the river called?" "What is the name of the longest river called?"



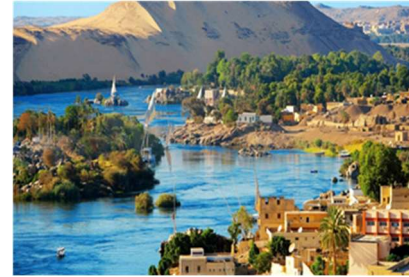
## Virtual Tour: Life on the Nile

**Materials:** internet access, website:  
<https://www.youtube.com/watch?v=tejpJqeOgKE>

**Preparation:** Preview video.

### Instructions:

1. Watch the video with your child.
2. Ask questions about the virtual field trip, ex: "What invention did the Egyptians create to help carry water?" "What process did the Egyptians invent to help their crops grow?"



## Picture of the Nile

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

**Preparation:** Gather materials.

### Instructions:

1. Discuss the Nile River and how Egyptians live along it.
2. Encourage your child to draw a picture of Nile River including possible buildings, trees, and wildlife.

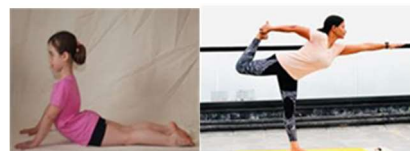


## Morning Stretch

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

### Instructions:

1. Say, "It is time to get the wiggles out and stretch!"
2. **Sphinx Pose:** lay on your stomach, place palms flat next to shoulder, press hands into floor, lift head and shoulder off ground.
3. **Superhero Pose:** Start by standing with legs hip-width apart and arms straight alongside your body. Then, stand on one leg, reach the opposite leg behind you, grab your foot and bend torso forward with your arm out in front for balance.



## Look! The River Made a Hole

**Materials:** internet access, website:  
<https://www.youtube.com/watch?v=oZZEJMtLOKU>

**Preparation:** Preview video.

### Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "What is name of the river that created the Grand Canyon?" "What is the natural process of rocks being moved from one place to another?"



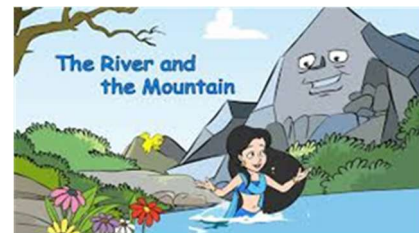
## The River and the Mountain

**Materials:** internet access, website:  
<https://www.youtube.com/watch?v=DIQ4zvJymKI>

**Preparation:** Preview video.

### Instructions:

1. Enjoy this story about a river receiving advice from a mountain.
2. Ask questions about the story, ex: "Why did the river think the mountain was happier?" "What do you think the moral of the story is?"



## My Canyon

**Materials:** building blocks, sand, water

**Preparation:** gather materials

### Instructions:

1. Discuss the Grand Canyon video.
2. Encourage your child to discuss characteristics of canyons and how they are formed.
3. Encourage your child to utilize materials to create their own canyon!



## River Jumping

**Materials:** two jump ropes

**Preparation:** Create or find an open area. Place jump ropes on the floor 12 inches apart.

### Instructions:

1. Say, "We are going to jump the river!"
2. Explain (model if necessary) to your child that they are going to run and jump over the ropes. If they land in between the ropes, they are "wet."
3. Enhance activity by making the river wider.



## A River

by Marc Martin

**Materials:** internet access, website:  
<https://www.youtube.com/watch?v=yB9Awb6sj84>

**Preparation:** Preview video.

### Instructions:

1. Listen to this story about a girl imagining a journey on a river!
2. Ask questions about the video, ex: "How tall was the waterfall that she tumbled down?" "Name a place the river flowed?"



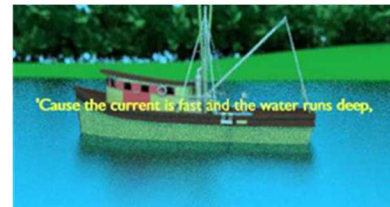
## Let's Sing

**Materials:** internet access, website:  
<https://www.youtube.com/watch?v=S2pxM1PuQak>

**Preparation:** Preview video.

### Instructions:

1. Watch video with your child.
2. Encourage your child to sing along with the song.
3. Enhance activity by singing in your best pirate voices.
4. Repeat song if child shows interest.



## My River

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

**Preparation:** Gather materials.

### Instructions:

1. Discuss the story *A River* with your child.
2. Ask, "What would you see on a journey down a river?"
3. Encourage your child to draw/paint a scene of their journey down the river!



## Move with Me

**Materials:** internet access, website:  
[https://www.youtube.com/watch?v=JoF\\_d5sgGgc](https://www.youtube.com/watch?v=JoF_d5sgGgc)

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

### 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!



## What Makes a Lake a Lake?

**Materials:** internet access, website:  
[https://www.youtube.com/watch?v=mX\\_AN-QyXYU](https://www.youtube.com/watch?v=mX_AN-QyXYU)

**Preparation:** Preview video.

### Instructions:

1. Watch the video.
2. Ask questions about the video, ex: "What type of water is usually found in lakes?" "What are the different ways lakes are formed?"



## The Great Lakes

**Materials:** internet access, website:  
<https://www.youtube.com/watch?v=SDRiwn1LlSk>

**Preparation:** Preview video.

### Instructions:

1. Listen to this song about the Great Lakes!
2. Ask your child questions about the song, ex: "What is the largest great lake?" "What two countries do the great lakes border?"



## Identify Me

**Materials:** crayons, construction paper, markers, paint, paintbrush, template provided

**Preparation:** Gather materials.

### Instructions:

1. Review the Great Lake song.
2. Encourage your child to memorize where the lakes are located.
3. Say, "It's time to play a game. Can you identify the Great Lakes?"
4. Encourage your child to locate the individual lakes. Assist if necessary.
5. Color template using different colors for each of the lakes.



## It's Yoga Time!

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

### Instructions:

1. Say, "It's yoga time!"
2. **Windsurfing:** From a standing position, step one foot back, placing the foot facing slightly outwards, take your arms up parallel to the ground, bend at your waist, tilt your upper body, reach your front hand to gently rest on your shin, and reach your other arm straight up.
3. **Waterfall:** Stand straight, bend upper body, and reach for your toes. Sway your arms.





## Great Lake Facts

**Materials:** internet access, website:

<https://www.youtube.com/watch?v=gagnnGKprBE>

**Preparation:** Preview video.

**Instructions:**

1. Watch the video.
2. Ask questions about the video, ex: "What formed the Great Lakes?" "What is the name of the sand dune at Lake Michigan?"



## Good Night Lake

By Adam Gamble and Cooper Kelly

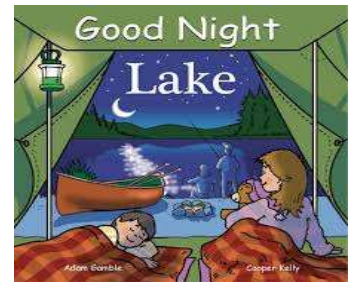
**Materials:** internet access, website:

<https://www.youtube.com/watch?v=q-DDsqWQ4pY>

**Preparation:** Preview video.

**Instructions:**

1. Listen to this story about a day at the lake!
2. Ask your child questions about the story, ex: "What are some of the activities the people were doing at the lake?" "What helps ships find their way at night?"



## Lake Collage

**Materials:** circular fliers, construction paper, glue, magazines, scissors

**Preparation:** Gather materials.

**Instructions:**

1. Review the story *Good Night Lake*.
2. With your child discuss what you may find at a lake.
3. Encourage your child to look through materials, cut out, and glue items of what you could find at a lake.
4. Assist if necessary.



## Freeze Dance

**Materials:** internet access, website:

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

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

**Instructions:**

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

