

5 YEAR OLD

Week

1 1

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Everything About Living in Space

Materials: internet access, website:

<https://youtu.be/ouDKD9G9jOE>

Preparation: Preview video.

Instructions:

1. Say to your child, "We are going to learn how astronauts live in space!"
2. Encourage your child to watch the video.
3. Ask questions about the video, ex: "How long does it take to reach the International Space Station from Earth?" "What is the temperature in space?"



If I Were an Astronaut

by Eric Braun

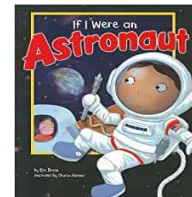
Materials: internet access, website:

<https://youtu.be/9wV8yw7iV8w>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about a young girl's dream of becoming an astronaut while being read to by a real astronaut!
2. Ask your child questions about the story, ex: "How many people were in the Space Station and from what countries?" "What do astronauts do on space walks?"



Smoothie Time!

Materials: blender, coconut water, cups, peaches (frozen), plain yogurt, strawberries (frozen)

Preparation: Prepare area for making smoothies. Gather materials.

Instructions:

1. Say, "We are going to make our own smoothies!"
2. Combine into blender on high until smooth:
 - 1 cup of frozen strawberries
 - 1/2 cup of frozen peaches
 - 1 cup of plain yogurt
 - 1/2 cup of coconut water
3. Pour into waiting cups. Enjoy!



Astronaut Exercises

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

Instructions:

Encourage your child to join you for an exercise session:

Jumping Jacks: stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to center on landing

Hurdle Hops: jump side-to-side or front-to-back over pretend hurdle

One-Foot Hops: lift one knee and jump on standing leg; alternate (this is a great balance challenge too!)



A Trip to a Stadium

Materials: internet access, website:

<https://youtu.be/LjY9Z02OhR4>

Preparation: Preview video.

Instructions:

1. Encourage your child to watch this video about a trip to a baseball stadium.
2. Ask questions about the video, ex: "Where do pitchers warm up?" "Where do pitchers throw from?"



Luke Goes to Bat

by Rachel Isadora

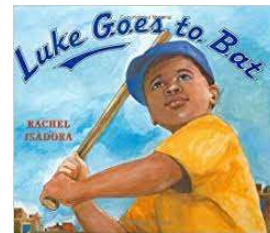
Materials: internet access, website:

<https://youtu.be/gUzUFBPHZsk>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about a young child wanting to play stickball with his friends!
2. Ask your child questions about the story, ex: "Which team did Luke watch play?" "Why wasn't Luke allowed to play?"



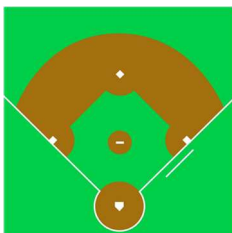
Shape Identification

Materials: template (included)

Preparation: Print off template.

Instructions:

1. Encourage your child to join you.
2. Discuss with your child about what he/she has learned about baseball.
3. Then, tell your child "we are going write baseball words and identify shapes."
4. Share the printout and encourage him/her to complete.



A Game of Catch

Materials: baseball sized ball (soft)

Preparation: Find or create an open area (preferably outside).

Instructions:

1. Say, "We are going to play a game of catch."
2. Encourage your child to utilize his/her hand-eye coordination to throw the ball to you.
3. Continue activity if child displays interest.



A Trip to the Zoo

Materials: internet access, website:

<https://youtu.be/d7TDzn-7v4k>

Preparation: Preview video.

Instructions:

1. Encourage your child to watch this video about a trip to a zoo.
2. Ask questions about the video, ex: "What is the largest land animal?" "What are zebras' stripes?"



Never Tickle a Tiger

by Pamela Butchart

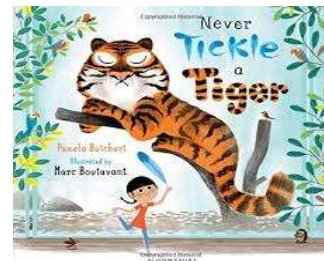
Materials: internet access, website:

<https://youtu.be/kn-LrhbErg8>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about a young girl's trip at the zoo!
2. Ask your child questions about the story, ex: "What did Izzy use to paint with?" "What did Izzy skip past?"



The Match Game

Materials: zoo template (included)

Preparation: Print off template (2 copies). Cut out each card.

Instructions:

1. Encourage your child to join you and show him/her the cards. Have your child identify the animals.
2. Then, place cards face down and have your child match up the cards by turning over one card then another. If a match is made put in his/her pile. If not, turn cards back over and try again. Continue until all cards are matched.



Animal Freeze

Materials: internet access, website:

https://youtu.be/HpOe8lmgp_o

Preparation: Find or create open area.

Instructions:

1. Say, "We are going to do animal freeze."
2. Encourage your child to join you and follow along with the movements.
3. Continue activity if child displays interest.



A Trip to the Pizza Shop

Materials: internet access, website:

https://youtu.be/TIWGMjBG_Bs

Preparation: Preview video.

Instructions:

1. Encourage your child to watch this video about a trip to a pizzeria.
2. Ask questions about the video, ex: "What types of cheeses were used on the pizza?" "What was used to put the pizzas inside the oven?"



Pete's a Pizza

by William Steig

Materials: internet access, website:

<https://youtu.be/zFT5mKv7oJg>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about a boy being a pizza.
2. Ask your child questions about the story, ex: "Why was Pete sad?" "What was used as pepperoni?"



My Pizza Picture

Materials: construction paper, crayons

Instructions:

1. Say, "We are going to draw a picture of our favorite pizza!"
2. Discuss with your child the different types of pizzas people eat.
3. Encourage your child to draw his/her favorite pizza.



Jumping for Pizza

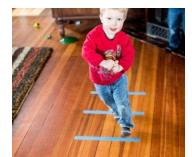
Materials: pizza templates, tape or chalk

Preparation: Print 2 copies of the template.

Cut pizza into 6 even slices then place in an area where it is safe to jump. Use tape or chalk to make lines for your child to jump to and tape a slice down on the ground.

Instructions:

1. Encourage your child to join you.
2. Tell your child that you are going to jump for pizza slices and identify shapes.
3. Have him/her jump to each line, pick up a slice of pizza, and identify the shapes.
4. Once all slices are picked up, have your child match up the pieces and color.



Ice Cream Factory

Materials: internet access, website:

<https://youtu.be/tYNBPwu01BY>

Preparation: Preview video.

Instructions:

1. Encourage your child to watch this video about a trip to an ice cream factory.
2. Ask questions about the video, ex: "Which part of the factory is the ice cream made?" "What machine is used to break the cake into pieces?"



Splat the Cat I Scream for Ice Cream

by Rob Scotton

Materials: internet access, website:

<https://youtu.be/JJ0Eu4U1BU8>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about Splat the Cat visiting an ice cream factory.
2. Ask your child questions about the story. Ex: "How many ice cream cones did Plank say he could eat?" "Why didn't you think the class did not want any more ice cream?"



Homemade Ice Cream

Materials: resealable bags (1 sandwich & 1 gallon), 1 Tablespoon sugar, 1/2 cup milk or 1/2 cup half-and-half cream, 1/4 teaspoon vanilla, 2 tablespoons rock or table salt, gloves

Preparation: Gather materials.

Instructions:

1. Encourage your child to join you. Tell him/her that we are going to make ice cream!
2. With the sandwich sealable baggie put the sugar, milk, and vanilla. Zip closed.
3. Take the gallon sized sealable bag, place the rock salt in the bag, and fill with ice cubes about 3/4 full.
4. Place sealed sandwich baggie in with the ice and salt and seal bag closed.
5. Have your child put on the gloves and shake and roll the bag over and over until the ice cream is frozen (about 15-20min.). Open and eat!



Scoop Toss

Materials: basket, tennis ball (soft) or rolled up socks

Preparation: Find or create an open area. Place the basket on the opposite side of the room.

Instructions:

1. Say, "We are going to toss scoops of ice cream?"
2. Encourage your child to toss the items into the basket.
3. Increase difficulty by moving the basket further away.



Baseball Writing

Baseball

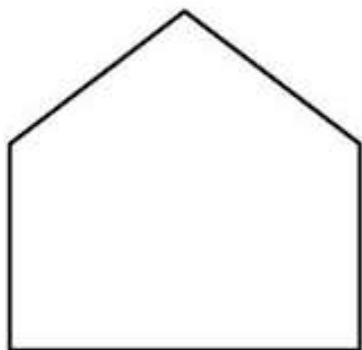
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pennant



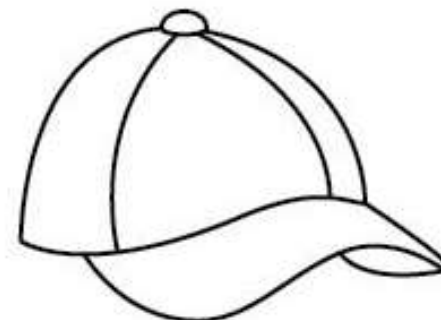
baseball



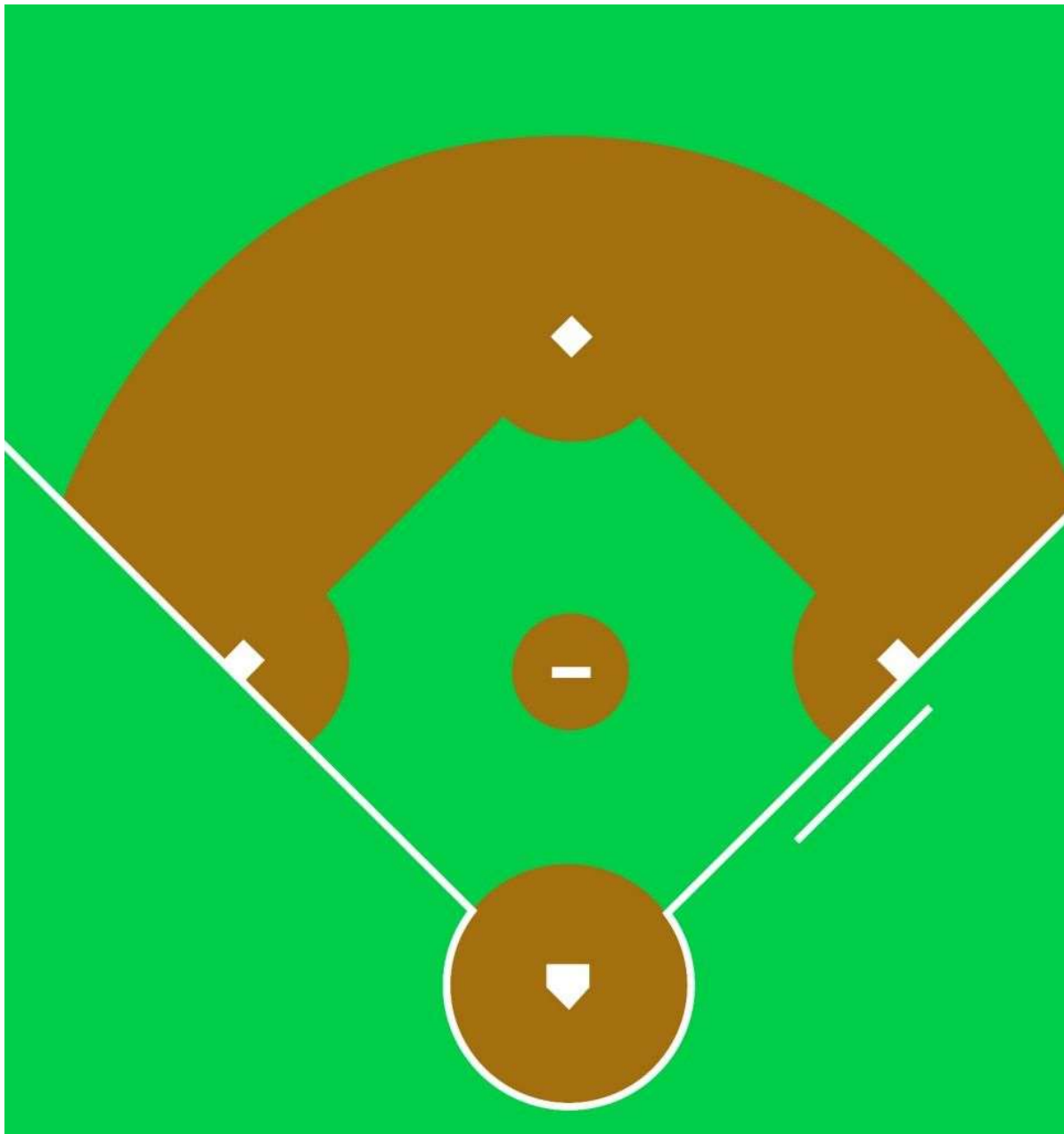
home



bat



hat



IDENTIFY THE SHAPES

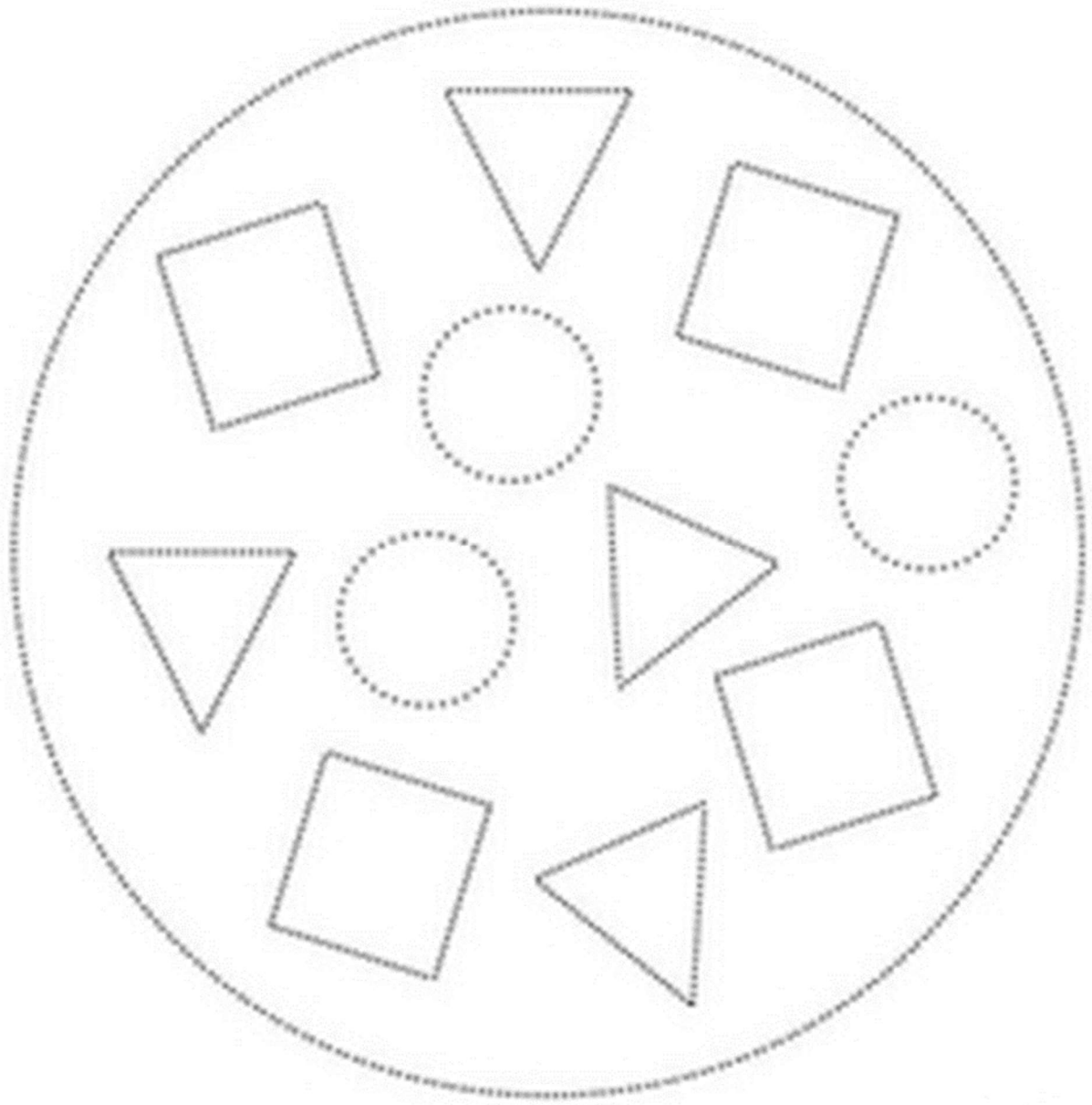
Find the shapes and circle them or place an "X" on the baseball diamond.



Memory Zoo Match

elephant 	bear 	zebra 
monkey 	giraffe 	lion 
rhinoceros 	alligator 	panda 
tiger 	koala 	hippopotamus 

Jumping for Pizza Slices and Shapes (Cut pizza into 6 even triangle)



- circle
- square
- △ triangle