

5 YEAR OLD

Week

10

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Roller Coaster Ride

Materials: internet access, website:

<https://www.youtube.com/watch?v=IBmwckH1SxI>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you for a virtual trip.
2. As you watch the video, ask questions, ex: "What did you see and hear on the ride?" "How did it make you feel?" "Would you ride on a coaster?"
3. Encourage your child to draw a picture or build a roller coaster.



Roller Coaster

by Marla Frazze

Materials: internet access, website:

https://www.youtube.com/watch?v=Sx_bMMZpksE

Preparation: Preview video.

Instructions:

1. Enjoy this story about riding a roller coaster!
2. Ask questions about the story, ex: "What are roller coasters like?" "What sounds do people make on the roller coaster?" "How did people feel getting off the roller coaster?"



BINGO Reading and Writing for the Summer

Materials: Bingo Card (activity sheet), markers (ex: fish crackers, buttons)

Preparation: Gather materials.

Instructions:

1. Encourage your child to join you.
2. Discuss with your child about the importance of staying ready for school.
3. Have your child throughout the week cover an activity he/she has accomplished. When all places are covered, have a special treat.

Summer Is For Reading/Writing		
Make a map of your house	read Pete the Cat	Read a book about sports
Learn new words	read a book by Dr. Seuss	write a letter to your teacher
Draw a picture of where you want to visit	write a letter to someone special	Make up and write a song

Up and Down

Materials: none

Instructions:

1. Encourage your child to join you.
2. Tell her we are going to exercise like riding a roller coaster:

Tuck Jumps: bend knees and lift heels high while jumping.

Star Jack: It's like a jumping jack - jump straight up while spreading apart legs and arms in midair like a starfish.



Exploring Yellowstone

Materials: internet access, website:

<https://youtu.be/bme0rs75Z3E>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you for a virtual trip.
2. As you watch the video ask him/her questions, ex: "What is the temperature of the spring?" "What is the name of the geyser?" "What kind of activities can you do at Yellowstone Park?" "What animal might you see here?"



Summertime Bounce

by Flizy Books

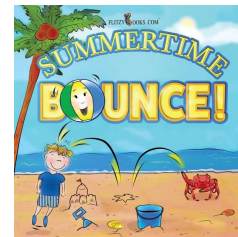
Materials: internet access, website:

<https://www.youtube.com/watch?v=0htGZFzR3i4>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you for listening to the story.
2. After listening to the story, ask questions about the story, ex: "What were some of the rhyming words?" "Can you make up some rhyming words?" "How did the beach ball feel before summer and on the way home?"



Magic Beach Ball Chores

Materials: beach ball, marker

Preparation: Write chores or activities on the beach ball in each section.

Instructions:

1. Encourage your child to join you.
2. Discuss with your child about the importance of helping around the house.
3. Toss the ball to your child and where his/her hands land are the chores to be completed.
4. Use throughout the summer.



Beach Ball Volleyball

Materials: balloon or beach ball, string/yarn or pool noodle

Preparation: Tie string or yarn to two objects like a net or have two people hold the noodle.

Instructions:

1. Encourage your child to join you to get that energy out.
2. Have your child toss and hit the balloon or beach ball over the string.
3. Make it challenging by raising the string up higher as he/she masters the skills.



Where Should We Explore?

Materials: internet access, website:

<https://earth.google.com/web/@0,-5.47973295,-0.2329727a,22252034.02889125d,35y,0h,0t,0r>

Instructions:

1. Encourage your child to join you to see where he/she lives on Earth along with the city, town, and where you lived.
2. Ask your child where he/she would like to visit and help him/her locate the place.



Summer

by Alice Low

Materials: internet access, website:

<https://www.youtube.com/watch?v=U65Coc78Da8>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you for listening to the story.
2. After listening to the story, ask questions about the story, ex: "What were some of the rhyming words?" "Where did the children go?"



My Magical Journey

Materials: crayons, pencils, markers, paper

Preparation: Gather materials.

Instructions:

1. Encourage your child to join you.
2. Discuss with your child about the places you discovered on Google Earth and encourage him/her to write a story about a place he/she knows or would like to visit.



Beach Ball Bounce

Materials: beach ball

Preparation: none

Instructions:

1. Encourage your child to join you to get that energy out.
2. Have your child place the beach ball between his/her legs and pinch them together.
3. Encourage him/her to hop around without losing the beach ball.



Space to Ground: For the Earth

Materials: internet access, website:
<https://youtu.be/jUvMkgRX9rg>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to learn about how astronauts see the Earth.
2. Ask, "How can you help take care of Earth?" "What delivers food to the space station?"
3. Have fun and watch other interesting videos from NASA.



Zelda's Big Adventure

by Marie Alafaci

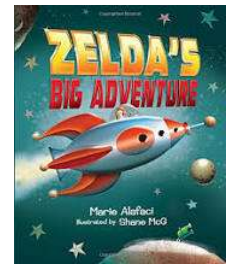
Materials: internet access, website:

https://www.youtube.com/watch?v=d5hPI0JNW_s

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to listen to the story.
2. After listening to the story, ask questions about the story, ex: "How did Zelda prepare for space travel?" "What did she check before take-off?" "What did she do when she returned home?"



My Space Craft Journey

Materials: crayons, pencils, markers, paper, paper towel roll, stickers,

Preparation: Gather materials.

Instructions:

1. Encourage your child to join you.
2. Discuss with him about how astronauts travel in space to make new discoveries.
3. Encourage your child to build or draw a space rocket and then write a story about it.



Rocket Ship Solider

Instructions:

Encourage your child to join you for some exercise.

Rocket Ship/Solider: Have your child stand like a solider - straight and tall. Stretch arms and legs out to the side. While jumping, place hands above head making a triangle shape. Then, legs back together with hands at your side like a solider. Do 5.

Push-ups: Have your child lay face down on the floor with hands underneath his/her shoulders and elbows bent. Legs out straight pushing up, lifting head, chest, and legs upward.

Modify if needed.



Virtual Trip: Going to the Beach

Materials: internet access, website:
<https://www.youtube.com/watch?v=cPUNkkgD-ko>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you and take a virtual trip to the beach.
2. Ask questions about the video, ex: "What are some items you need to be safe at the beach?" "What are some items lifeguards use to rescue someone?"



Llama Llama Learns to Swim

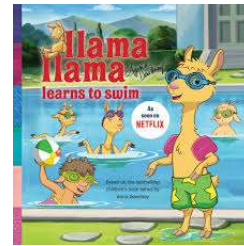
by Anna Dewdney

Materials: internet access, website:
<https://www.youtube.com/watch?v=0V5UHxnXJxM>

Preparation: Preview video.

Instructions:

1. Enjoy this story about everyone's favorite llama learning how to swim.
2. Ask questions about the story, ex: "What Llama Llama afraid of?" "Why did Llama and his friends go to Eleanor Elephant's house?"



Picnic at the Beach

Materials: blanket, beach towels, beverages, paper napkins, sandwiches (or foods of your choice)

Preparation: Find or create an open area (indoors). Gather materials.

Instructions:

1. Say, "We are going to have a picnic at home."
2. Encourage your child to help prepare the area and place items for the picnic.
3. Have fun eating, laughing, and enjoying family time.



Home Volleyball

Materials: beach ball, tape

Preparation: Find or create an open area.

Instructions:

1. Say, "We are going to play volleyball at home."
2. Place a strip of tape on the floor to create a centerline.
3. Stand on opposite sides of the line and tap the ball over to the opponent without it touching the floor.
4. Have fun and continue activity if child displays interest. Enhance activity by playing for points. First to seven wins.



BINGO CARD

Keep using through the summer to help your child prepare for next school year.

Summer Is For Reading/Writing		
Make a map of your house	read Pete the Cat	Read a book about sports
Learn new words	read a book by Dr. Seuss	write a letter to your teacher
Draw a picture of where you want to visit	write a letter to someone special	Make up and write a song