

PRESCHOOL

Week

20

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Hello Song

Materials: internet access, website:

<https://youtu.be/x23rTDI4AMs>

Preparation: Preview video.

Instructions:

1. Watch this sing along with your child.
2. Ask your child, "How do you feel?" "How can we tell when our friends and family do not feel fine?"
3. Discuss feelings and how we express how we feel using body language.
4. Enjoy singing with your child!

Say Hello

by Rachel Isadora

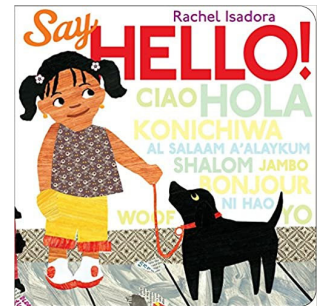
Materials: internet access, website:

https://youtu.be/jPMj_E5EuBo

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 hello?" "Name ways you can say hello in your language."



Me, Myself, and I

Instructions:

1. Ask your child to sing with you.

Me, Myself, and I (tune of "Farmer in the Dell")

Me, myself, and I, Me, myself, and I,
We are very special, Me, myself, and I.

Me, myself, and I, Me, myself, and I,
We are incredible, Me, myself, and I.

2. Throughout the week, sing this song when things do not go our way to help us feel strong.

Unique

Materials: internet access, website:

<https://youtu.be/Fdgg8dSJwoE>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask your child to help you search for "unique" items around the house.
3. Enjoy your scavenger hunt!

I Like Me

by Nancy Carlson

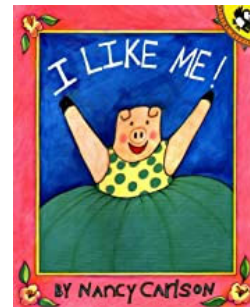
Materials: internet access, website:

<https://youtu.be/VbhUZPA6kwE>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, such as "Name your favorite thing about yourself?"



Walk

Instructions:

1. Encourage your child to take a gratitude walk with you inside or outdoors.
2. Ask child to help you name things to be thankful for, such as the weather, family, pets, health ...
3. Naming things in which we are grateful gives us hope.



What I Like About Me

Materials: internet access, website:

<https://youtu.be/vsRDsUOIhS8>

Preparation: Preview video.

Instructions:

1. Have your child sing along and point to items in the song.
2. Dance with the music.
3. When the song is finished, discuss things that your child like about her-/himself.



What I Like About Me!

by Miki Sakamoto

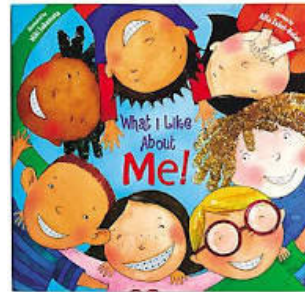
Materials: internet access, website:

<https://youtu.be/ioz6THRhjCo>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story you're your child.
2. Ask questions, ex: "What things did the children like about themselves?" "How are we different?"



I See Me

Materials: mirror

Preparation: Gather materials.

Instructions:

1. Show your child the mirror and have him/her look in it.
2. Ask your child, "Who do you see?" "What color eyes do you have?" "What color hair do you see?"
3. Ask your child other questions about his/her face.
4. Tell your child that he/she is a beautiful and loved child.



I Am Special

Materials: internet access, website:

<https://youtu.be/JL36Pq3Ra4o>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Have your child sing and dance along to the song to celebrate how special he/she is to himself and you.



Why Am I Me?

by Paige Britt

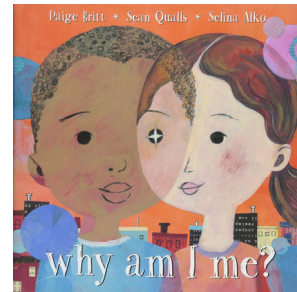
Materials: internet access, website:

<https://youtu.be/nspNJcyI xv4>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, ex: "Why am I me?"
4. Discuss the special things about your child and his/her family and friends.



Self-Portrait

Materials: mirror, paper, crayons

Preparation: Gather materials.

Instructions:

1. Show your child the mirror and talk about his/her facial features, ex: color of eyes, hair, etc.
2. Encourage your child to draw her-/himself and look in the mirror as he/she draws.
3. Then, have your child explain his/her drawing.



Respect

Materials: internet access, website:

<https://youtu.be/uvYEgnYWE3E>

Preparation: Preview video.

Instructions:

1. Watch video with your child on how to show respect to others.
2. Ask your child, "What do you think 'respect' means?" "How can we show each other respect?"

Kindness Starts with You

by Jacquelyn Stagg

Materials: internet access, website:

<https://youtu.be/YEQM0L0I3Ns>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, such as "What was your favorite part of the book?" "Name ways we can be kind."



Puppet Time

Materials: sock (clean), markers, glue, yarn (optional) for hair

Instructions:

1. Encourage your child to help you make a puppet using a sock. Yarn can be glued on for hair.
2. The toe section will be the character's mouth. Bend your fingers so that your head talks.
3. Our puppet will act out stories from our book.

