

PRESCHOOL

Week

32

Smart Activities



SMART CHOICE. SMARTER CHILD.®

The Letter C Song

Materials: internet access, website:

https://youtu.be/hSk_fgAAjjs

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Encourage your child to dance and sing along with the video.
3. After watching the video, ask him/her to name some "C" words.



At the Supermarket

by Anne Rockwell

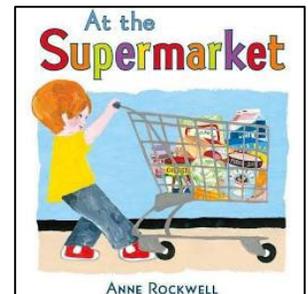
Materials: internet access, website:

<https://youtu.be/XcqrgL-fTyU>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story with your child.
2. Then ask questions, ex: "What do you need to use in the supermarket?" "What items did they get at the store?" "Why did they buy candles at the store?"



Writing "C"

Materials: items that begin with the letter C and other letters, basket

Preparation: Look around your house and find items that begin with C (ex: candle, clay, clothes, cookie, cat, etc.) and put in a basket along with some other items that begin with other letters, ex: fork, spoon, etc.

Instructions:

1. Have your child look at the items in the basket and name them.
2. Encourage him/her to pull out the items that begin with "C."
3. Walk around the house and see if you can find items around the house that begin with the letter "C."



Crawling

Preparation: Locate a safe open area.

Instructions:

1. Say, "The word 'crawl' begins with the letter 'C' like we just learned about. I want you to bear crawl from here to there."
2. Have your child get in the position of a bear by placing his/her hands and feet flat on the ground and holding up his/her body.
3. Then, have your child walk. This exercise is great for working core muscles and strengthening arms and legs.



What is Gratitude?

Materials: internet access, website:

<https://youtu.be/T5Umo80x9og>

Preparation: Preview video.

Instructions:

1. Watch the video about what gratitude is with your child.
2. After watching the video, discuss with your child what he/she thinks gratitude is and to give examples of showing gratitude.



Monsters Don't Eat Broccoli

by Barbara Jean Hicks

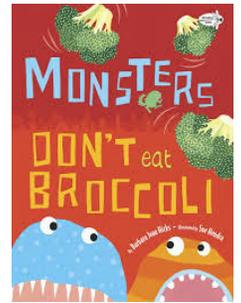
Materials: internet access, website:

<https://youtu.be/M69VI0Hs8lo>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud book with your child.
2. Then ask questions, ex: "What do monsters like to snack on?" "What items did they get at the store?" "What did the monsters chomp down on?"



Trees of Broccoli

Materials: broccoli florets, dipping sauce, plate

Preparation: Set out florets of raw broccoli.

Instructions:

1. Have your child identify the vegetable.
2. Encourage your child to dip and try the broccoli. If he/she already likes it, have him/her describe the taste to you in detail.



Superman Moves

Preparation: Locate a safe open area.

Instructions:

1. Say, "We are going to be like Superman."
2. Have your child lay on his/her belly, then lift arms and feet off the ground.
3. This exercise is great for working the back, neck, glutes, and hamstrings.



Grocery Store Field Trip

Materials: internet access, website:

<https://youtu.be/HK0eKHT95Y>

Preparation: Preview video.

Instructions:

1. Have your child watch the video about touring around a grocery store.
2. Discuss with him/her how you go shopping.
3. Have your child list the different items he/she remembers seeing in the store.



Pete the Cat's Trip to the Supermarket

by Kimberly and James Dean

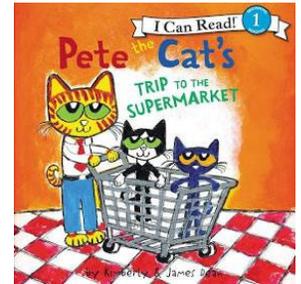
Materials: internet access, website:

<https://youtu.be/g0fF-WVv2hs>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud book with your child.
2. Then ask questions, ex: "Where were Pete and Bob when they got hungry?" "What happened to the list?"



Cutting Out Healthy

Materials: grocery flyers, magazines, scissors (child), paper, glue

Preparation: Set out materials.

Instructions:

1. Show your child the flyers and talk about what foods are healthy and not healthy.
2. Look through the flyers together and encourage your child to use the scissors and cut out the food.
3. Then have him/her glue them onto the paper.



Frankenstein Walk

Preparation: Locate a safe open area.

Instructions:

1. Say, "We are going to be walk like Frankenstein."
2. Have your child put his/her hands straight out like Frankenstein's monster then bring one leg out straight so it's almost parallel with the ground. The object is to touch the toe with the opposite hand. Growling like a monster is optional.



Counting 1-10 Song

Materials: internet access, website:

<https://youtu.be/DR-cfDsHCGA>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Discuss with your child the numbers one to ten.



The Crayons Book of Numbers

by Drew Daywalt

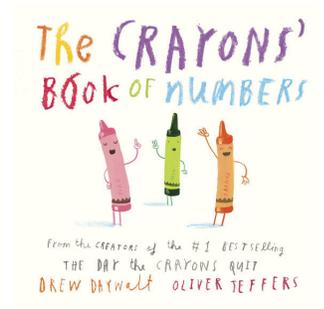
Materials: internet access, website:

<https://youtu.be/DTWOiTkE2Kg>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud story with your child.
2. Then, encourage your child to count with you after the story.



What Number Am I?

Materials: marker, index cards (20)

Preparation: On each index card, write a number 1-10. Then, on the other ten cards, make dots 1-10 for matching.

Instructions:

1. Show your child the cards and help him/her identify the numbers on the cards.
2. Then, have your child count the dots on each card.
3. Lastly, have your child match up the dots to the correct number with you helping as needed.

1	2	3	4
•	••	•••	••••
5	6	7	8
••••	•••••	••••••	•••••••
9	10	•••••••	••••••••

Balloon Taps

Materials: balloon, string, tape

Preparation: Locate a safe open area. Tie a string on the balloon and hang the balloon in a doorway a few inches higher than your child's arm reach.

Instructions:

1. Say, "We are going to jump up, tap the balloon, and count."
2. Have your child begin jumping and tapping the balloon counting 1-10.
3. Get exercise and math in at the same time.



Cereal Box Puzzle

Materials: cereal box, scissors

Preparation: Cut the front off the cereal box and then cut into 6 pieces. Mix up the pieces.

Instructions:

1. Show your child the pieces of the cereal box.
2. Encourage him/her to fit the pieces back together correctly.



My "c" Book

by Jane Belk Moncure

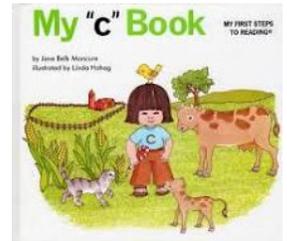
Materials: pencil, paper, crayons, internet access, website:

<https://youtu.be/kBH8tjMWppw>

Preparation: Preview video. Write the letter "c" on the paper.

Instructions:

1. Listen to the read aloud book with your child.
2. Repeat the "c" words together.
3. After listening to the story, encourage your child to write the letter "c" and draw items that begin with the letter "c".



Writing My Name

Materials: pencil, paper

Preparation: Write your child's name on the paper.

Instructions:

1. Show your child his/her name on the paper.
2. Then, have your child take the pencil and write or scribble his/her name.
3. Have your child identify the letters in his/her name.



Balloon Waddle

Materials: balloon

Preparation: Locate a safe open area where your child can move with the balloon.

Instructions:

1. Say, "We are going to waddle like a penguin."
2. Have your child put the balloon between his/her knees and walk slowly.
3. As your child walks, count to 10 with him/her.

