

5 YEAR OLD

Week

9

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Virtual Field Trip: I Want to be a Firefighter

Materials: internet access, website:
<https://www.youtube.com/watch?v=YQggIFvn7gU>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "What can cause a fire?" "What do firefighters have to do a lot of and why?"



Pete the Cat: Firefighter Pete

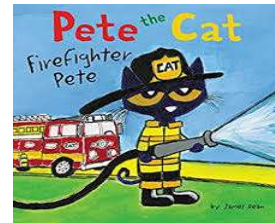
by James Dean

Materials: internet access, website:
<https://www.youtube.com/watch?v=AvuHfFq6gI4>

Preparation: Preview video.

Instructions:

1. Enjoy this book about Pete the Cat's field trip to a fire station.
2. Ask questions about the book, ex: "What is the principal's name?" "How many trucks can the fire station hold?"



Fire Safety

Materials: paper, pencil

Instructions:

1. Say, "We are going to talk about fire safety!" Discuss how important it is not to play with items that can cause fires, ex: stove, electrical outlets, etc.
2. With your child, walk around the home and find items that your child should not touch without adult supervision and are considered fire hazards.
3. Make a list of the items and discuss why they are fire hazards.



Fire Fighter Drills

Preparation: Find or create an open area. Pre-read exercises.

Instructions:

1. Encourage your child to join you for fire fighter exercises.
Run in Place (30 sec.)
Jumping Jacks (30 sec.): stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to center on landing
High Knees (30 sec): stand with feet hip width apart. Lift your knee to your chest switching from right to left at a running pace.
2. Continue activity if your child shows interest.



A Trip to the Doctor's Office

Materials: internet access, website:

<https://www.youtube.com/watch?v=qXXmVgS3tLk>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "What is the nurse's job?" "What instrument takes your temperature?" "What is a child's doctor called?" "What does the doctor use to listen to your heart and lungs?"



The Berenstain Bears Go to the Doctor

by Stan and Jan Berenstain

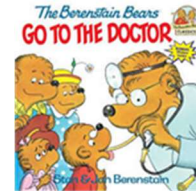
Materials: internet access, website:

https://www.youtube.com/watch?v=B-uAkBpt_sY

Preparation: Preview video.

Instructions:

1. Listen to the book with your child.
2. Ask questions about the book, ex: "What did brother and sister see at the doctor's office?" "What did the bears get that had medicine in it?" "What happened to Papa Bear?"



Measuring Me and My Things

Materials: tape measure, streamer, masking tape

Instructions:

1. Encourage your child to join you. Remind him/her when you go to the doctor for a checkup, the nurse measures his/her growth.
2. Give your child the various measuring items and have him/her measure you, other household members, and items around the house. Write down the results. Use standard units and non-standard units of measurement, ex: tape/streamer.



Police Academy Workout

Preparation: Pre-read exercises.

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!)



Science is Everywhere!

Materials: internet access, website:

<https://www.youtube.com/watch?v=TdmZsmjYJ-U>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "Where does solar energy come from?" "What method was used to grow plants?" "What did the children use to look at small living creatures?"



Cece Loves Science

by Kimberly Derting

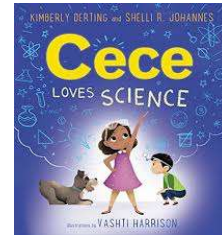
Materials: internet access, website:

<https://www.youtube.com/watch?v=ysnf0gZuVWo>

Preparation: Preview book.

Instructions:

1. Enjoy this wonderful story about a young girl who loves science!
2. Ask questions about the book, ex: "What is the study of insects?" "What area of science did Cece and Isaac choose?" "What was Cece's investigation question? Why?"



24 Hour Observation

Materials: bowl, measuring cup, paper and pencil (to record data), ruler, water

Preparation: Find an area with plenty of sunlight.

Instructions:

1. Say to your child, "We are going observe how water evaporates."
2. Place one cup of water in a bowl.
3. Measure height of water and record number.
4. Place in area with sunlight. Leave for 24 hrs.
5. Measure water level and record. What is the change?



Exercise the Mind

Preparation: Find or create an open area.

Instructions:

Crossing the midline is important for using both sides of the body at the same time for healthy brain development

- **Side Bends:** Place left hand over your head and bend over to the right. Hold 3 seconds. Switch for other side. (10 times)
- **Twist:** Standing, gently place hands behind head. Without pulling on head and neck bring left elbow to right knee. Return to standing position and repeat for other side. Repeat for a count of 10 for each side.

Midline Crossing



Police Station Tour

Materials: internet access, website:

<https://www.youtube.com/watch?v=JtcF915JkG0>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, e.g., "Where is the police officer's office?" "When do police officers turn on their sirens?" "What does a police officer wear to protect him/her?" "What animal helps a police officer?"



I Want to Be A Police Officer

by Laura Driscoll

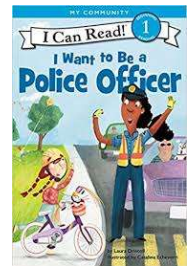
Materials: internet access, website:

<https://www.youtube.com/watch?v=j1V7rwQEZNA>

Preparation: Preview video.

Instructions:

1. Listen to the book with your child.
2. Ask questions about the book, e.g., "What is the officer's name?" "What did Officer Green look over for Eva?" "What did Officer Bell have as his partner?" "Why should they take fingerprints?"



Police Officers Deserve Thank You Cards

Materials: paper, crayons, pencil, markers

Instructions:

1. Encourage your child to join you. Remind him/her that police officers help us stay safe.
2. Give your child the materials and encourage him/her to make a card and write a short note thanking a police officer for what he/she does to keep us safe. Deliver or mail to your local police station.



Detective Sleuth

Materials: various objects: toys, paper, etc.

Preparation: Hide items around the house or yard. Take pictures or make a list like a police report for your child.

Instructions:

1. Encourage your child to join you. Tell him/her to act like a police officer and his/her police dog are searching for the missing items.
2. Give your child the list and/or descriptions of the missing items. Encourage him/her to find them and check them off.



Veterinarian for a Day

Materials: internet access, website:

<https://www.youtube.com/watch?v=sX-iw0vPCLM>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, e.g., "What was the veterinarian's name?" "What machine did the veterinarian use to see inside the dog?"



Paula the Vet

by Julia Donaldson

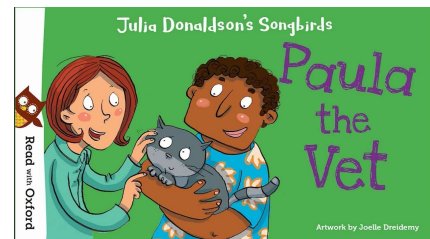
Materials: internet access, website:

<https://www.youtube.com/watch?v=hlxJLC5ioBo>

Preparation: Preview video.

Instructions:

1. Enjoy this story about a great veterinarian.
2. Ask questions about the book, ex: "What was wrong with the cat's paw?" "What did Paula want to see? Why?"



Veterinarian Hospital

Materials: building blocks, camera, Legos®, plush animals

Preparation: Find or create an open area to build.

Instructions:

1. Say to your child, "We are going to build our own veterinarian hospital!"
2. Use the materials to create and build a veterinarian hospital.
3. Take a picture of your build.



Vet Exercises

Materials: internet access, website:

<https://www.youtube.com/watch?v=CT86DI442jA>

Preparation: Find or create an open area.

Instructions:

1. Say, "It's time to veterinarian exercises!"
2. Play video and encourage your child to participate and follow movements.

