

PRESCHOOL

Week

6

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Picnic Song

Materials: internet access, website:
<https://www.youtube.com/watch?v=mM4CW0urV7I>

Preparation: Preview video song.

Instructions:

1. Listen to song with your child.
2. Ask questions about best foods for picnics.
3. Ask child to name foods that are easy to carry on picnics. "Why are some foods easier than others to carry on picnics?" "What weather do we want on our picnic?" "What makes picnics fun?"



One Hundred Hungry Ants

by Elinor J. Pinczes

Materials: internet access, website:
<https://youtu.be/8qhUaQpaRrQ>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child about hungry ants.
2. Ask questions related to the story, ex: "Why do we have ants in the world?" "Why would ants come to a picnic?" "Why do we get hungry?"



My Plate

Instructions:

1. Discuss the five food groups (fruit, vegetable, grain, dairy, and protein) that we use each meal.
2. Encourage your child to walk with you through the kitchen to name foods in your home from each food group. For example, black beans are a protein. Cheese is dairy.
3. Make a colorful plate of foods together.

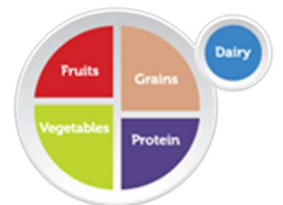


Colors of Foods

Materials: paper plate, markers (or crayons)

Instructions:

1. Encourage your child to draw the five food groups on the paper plate: fruits, vegetables, grains, proteins, and dairy. Fold the plate in the middle for the dividing line.
2. Ask your child to name a few foods that go in each group. List the answers in each group's area on your plate. (Use the flip side of a paper plate if your paper plate design is distracting.)



Recycling Center Virtual Field Trip

Materials: internet access, website:
<https://www.youtube.com/watch?v=-jAAux3g17k>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the recycling video, ex: "What would happen if we threw every used object in the trash?"



The Ants Go Marching

Materials: internet access, website:
https://www.youtube.com/watch?v=2S_fbCGwOM

Preparation: Preview video.

Instructions:

1. Listen to this song and sing along with your child.
2. Count along with the song as your child learns numbers.



Recycling

Materials: recyclable objects

Preparation: none

Instructions:

1. Encourage your child to look on objects for the recyclable triangle sign.
2. Walk around your home spotting items that may be recycled, such as plastic bottles and cardboard.
3. Encourage recycling to lower trash in landfills.



A is for Ant

Materials: paper, pencil, crayon

Instructions:

1. Encourage your child to draw the letter A.
2. Form dots in the shape of the letter A if needed.
3. Explain the letter A starts the word Ant.
4. Help your child form the word Ant.



Virtual Field Trip on the River

Materials: internet access, website:
<https://www.youtube.com/watch?v=7x18VdIX8oA>

Preparation: Preview video.

Instructions:

1. Watch video with your child about rivers.
2. Ask questions about the video, ex: "Why do we have rivers?" "Why are rivers important?"



The Whale Who Ate Everything

by Dan Devoe

Materials: internet access, website:
https://youtu.be/CFq441el_lS

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child that is entertaining for all ages.
2. Ask questions related to over-eating. Ask questions, such as "Why do people and animals eat?" "Can we overeat?" "What does 'yummy' mean?"



I Spy Something

Instructions:

1. Encourage your child to walk inside and outside today looking for items that are pink and/or purple, such as flowers.
2. Now allow your child to "spy" something of another color in the room or throughout the house.
3. Compliment him/her on recognizing colors.



Sink or Float?

Materials: large bowl or pot, objects/toys that are waterproof

Preparation: Find a flat workspace and protect it from possible water spills with a towel or paper towels. Add room temperature water to a large bowl or pot.

Instructions:

1. Encourage your child to test objects to see if they will sink or float.
2. Ask your child why he/she thinks that some objects float at the top of the water and some objects sink to the bottom of the bowl/pot?
3. Enjoy being scientists together!

Days of Week Video

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

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Explain the days of the week.



Spot Goes to the Park

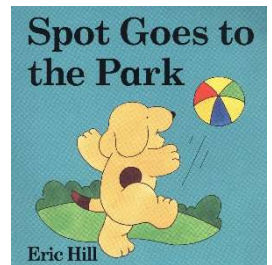
by Eric Hill

Materials: internet access, website:
<https://www.youtube.com/watch?v=qgmXTvad4IA>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, ex: "Why would we have a picnic?" "Where are places we could have a picnic?" "What will we take?"



Reduce, Then Recycle

Instructions:

1. Talk with your child about ways to reduce the use of extra objects, such as reusing plastic water bottles before we recycle them.
2. Brainstorm ways to reuse books and clothing, such as passing them to a younger child or donating them.
3. Let's clean out our rooms to give to another.



Scavenger Hunt

Instructions:

1. Encourage your child to hunt for objects that may be reused. Ask "How may we reuse a shoebox or tissue box when empty?"
2. Repurpose an empty cardboard or shoe box together.
3. Let's find ways to reuse objects to save trash from our landfills.



Food Choices

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

Preparation: Preview video.

Instructions:

1. Watch video with your child as you discuss healthy foods.
2. Ask questions about the video, ex: "Why do we eat?" "How many times per day should we eat?" "Should we eat snacks?" "What snacks are healthy?"
3. Ask your child to name food choices for their next meal or picnic.



Scaredy Squirrel Makes a Friend

by Melanie Watt

Materials: internet access, website:
<https://www.youtube.com/watch?v=40xWk-4ZLxE>

Preparation: Preview video.

Instructions:

1. Listen to this read aloud book with your child.
2. Ask questions related to the story, such as when to try to be brave. "How does it feel to be brave?" "Do I need a friend?"

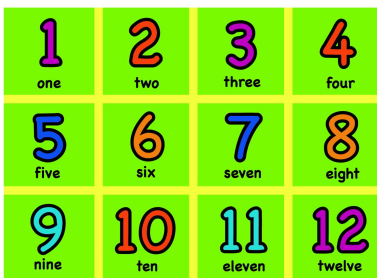


Counting

Materials: toys or books

Instructions:

1. Encourage your child to see how high they can count.
2. Count objects together.
3. Numbers are fun!



Noodle Tower

Materials: uncooked noodles, play dough or tape

Instructions:

1. Encourage your child to create a tower with uncooked noodles as the building blocks. Should we build up or wide?
2. Connect the noodles using the play dough or tape.
3. Show a family member your creation!

