

PRE-K

Week

20

Smart Activities



SMART CHOICE. SMARTER CHILD.®

How to Be a Kid and Love Yourself

Materials: internet access, website:
<https://youtu.be/-rDgKzWUC8c>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Watch the short video clip together.
3. Ask questions, "How do you be yourself?" "What makes you special?"



I Like Myself

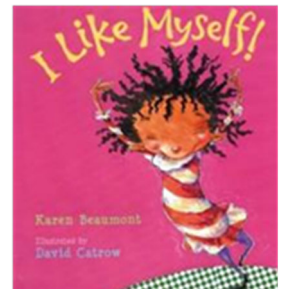
by Karen Beaumont

Materials: internet access, website:
<https://youtu.be/kTLxkMa0XDk>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, ex: "Why does she like herself?" "How are you different from others?" "What do you think is special about you?"



Chalking Myself

Materials: chalk

Preparation: Find an open area of concrete.

Instructions:

1. Tell your child you are going to trace him/her on the concrete with chalk.
2. Have your child color the drawing in the way he/she sees her-/himself.
3. Praise your child for his/her effort.



My Body Is Special

Preparation: Find a safe area for exercising.

Instructions:

Say, "We are going to exercise our bodies to make them the best they can be."

Inchworm: (10 reps) Get body in a push up position with arms and elbows locked. Then, lift your bottom and slowly walk your feet inward towards your hands.

Star Jumps: (10 times) Stand up tall with feet slightly apart. Then, bend knees and squat springing up into the sky with arms spread wide.



My Amazing Body

Materials: internet access, website:

<https://youtu.be/LrPm7BasRBo>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Watch the short video clip together.
3. Ask questions, ex: "What was special about the children in the video?" "What do you like to do like the children?"



Be Who You Are

by Todd Parr

Materials: internet access, website:

<https://youtu.be/QGkXyT5tMas>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, ex: "Why should you be who you are?" "How can you share your feelings?" "What new thing will you try?"



Celebrating Me

Materials: paper, crayons, markers, pencils

Preparation: Gather materials.

Instructions:

1. Remind your child how special he/she is.
2. Have your child create a drawing of her-/himself celebrating who he/she is and share it with you.



Stretching My Body

Preparation: Find a safe area for exercising.

Instructions:

Say, "We are going to exercise our bodies to make them the best they can be."

Sky Reaches: (10 reps) 1. Stand up straight. 2. Swing arms up to the sky and rise on your tippy toes reaching for the sky (keep your body tight). 3. Hold for 15 seconds, lower heels and arms.

Shoulder Blast: (10 times) 1. Hold arms straight at your sides. 2. Make arm circles forward (start small then increase to big circles) then reverse your circles. 3. Then raise your arms in front of your body up and down then side to side and pump your arms above your head.



Sesame Street: I'm Really Glad I'm Me

Materials: internet access, website: <https://youtu.be/E9NSeBocfDY>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Watch the short video clip together and sing together.
3. Ask questions, "What do you see in mirror that you like about you?" "What is your favorite thing to do?"
4. Make up your own song about why you are special.



I Like Me

by Nancy Carlson

Materials: internet access, website: https://youtu.be/q_ZzsyLALB0

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, ex: "Who is her best friend?" "What does she do when she feels down or makes a mistake?" "What do you when you feel sad?"



Head, Shoulders, Knees, & Toes

Materials: Lyrics for HSKT template

Preparation: Print template and read over words.

Instructions:

1. Encourage your child to join you.
2. Say, "We are going to do the song 'Head, Shoulders, Knees, & Toes' and each time I will get faster."
3. Each verse gets faster and faster. Have fun together.



My Feet Give Me Control

Preparation: Find a safe area for exercising.

Instructions:

Say, "We are going to exercise our bodies to make them the best they can be."

One Foot Hops: (10 reps) Stand up tall then lift one knee and jump on standing leg (alternate). *Great for balance/coordination.*

Criss-Cross Feet: (10 times) Stand up tall and jump straight up, then cross one foot in front of the other as going up. Then switch it up the next jump.



What Makes You Unique?

Materials: internet access, website:

https://youtu.be/UdIkshczT_w

Preparation: Preview video.

Instructions:

1. Watch the short video clip with your child.
2. Ask questions, ex: "What did you see was special about the different children?" "What do you have in common with them?" "Why are you special?"
3. Maybe make a recording of your child telling others why he/she is special and share with family and friends.



I'm Gonna Like Me

by Jamie Lee Curtis

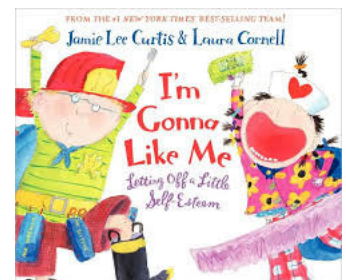
Materials: internet access, website:

<https://youtu.be/129mQD7eORO>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, ex: "Why does she like herself?" "How can you show off your personality?" "What rhyming words did you hear?"



Finger Painting the Alphabet

Materials: Finger Painting the Alphabet template, paint or stamp pad

Preparation: Print out template and gather materials.

Instructions:

1. Show your child the alphabet pages and the supplies. Have him/her identify each letter and say upper case and lower case.
2. Instruct your child to use his/her index finger to make the letters by dipping it in the paint and making the letters.



Hand Walking

Preparation: Find a safe area for exercising.

Instructions:

Say, "We are going to exercise our bodies by walking with our hands."

Hand walks: (5 reps) 1. Bend forward at your waist. 2. Reach down and touch hands to floor. 3. Walk your hands out for a count of 8. Then, walk your hands to left for a count of 4. Walk your hands back to the center for a count of 4. Walk your hands right for a count of 4. Walk your hands back to the center for a count of 4. Walk your hands back for a count of 8.



My Amazing Body - My Healthy Body

Materials: internet access, website:
<https://youtu.be/j8AsYElycIY>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Watch the short video clip together and sing, move, and dance.
3. Ask questions, ex: "Can you name some of your body parts and what they help you do every day?"



Parts

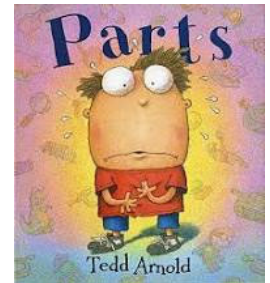
by Tedd Arnold

Materials: internet access, website:
<https://youtu.be/mMloFX8kqY>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Listen to the story together.
3. Ask questions, ex: "What happens to his hair and tooth?" "How does he react?" "What does he learn from his parents?"



My Body

Materials: My Body template, glue stick, scissors, internet access, website:
<https://youtu.be/-6-Q1yTE54>

Preparation: Preview video and print template.

Instructions:

1. Encourage your child to listen to the video with you and point out the various parts. Even sing along.
2. After viewing the video, have your child take the template, cut out the body part names, and paste in the correct body area of the girl/boy.



Heart Pumping Exercise

Preparation: Find a safe area for exercising.

Instructions:

Say, "We are going to exercise our bodies to make them the best they can be."

- Mountain Climbers:** (15 reps)
1. Get on the floor in a plank position with hands flat on the floor shoulder-width apart and arms straight.
 2. Mimic a running motion by switching one foot at a time. Then sit up and breathe in and out slowly to slow down your heartrate.



HSKT Template

Lyrics for "Head, Shoulders, Knees, & Toes"



(Each verse gets faster and faster)

Verse 1:

Head, shoulders, knees and toes,
Head, shoulders, knees and toes,
Eyes and ears and mouth and nose,
Head, shoulders, knees and toes.

Verse 2:

Head, shoulders, knees and toes,
Head, shoulders, knees and toes,
Eyes and ears and mouth and nose,
Head, shoulders, knees and toes.

Verse 3:

Head, shoulders, knees and toes,
Head, shoulders, knees and toes,
Eyes and ears and mouth and nose,
Head, shoulders, knees and toes.

Finer Painting the Alphabet Template

Directions: Use your finger tip to write out the alphabet.

A a

B b

C c

D d

E e

Ff

Gg

Hh

Ii

Jj

Kk

Ll

Mm

Nn

Oo

Pp

Qq

Rr

Ss

Tt

Uu

Vv

Ww

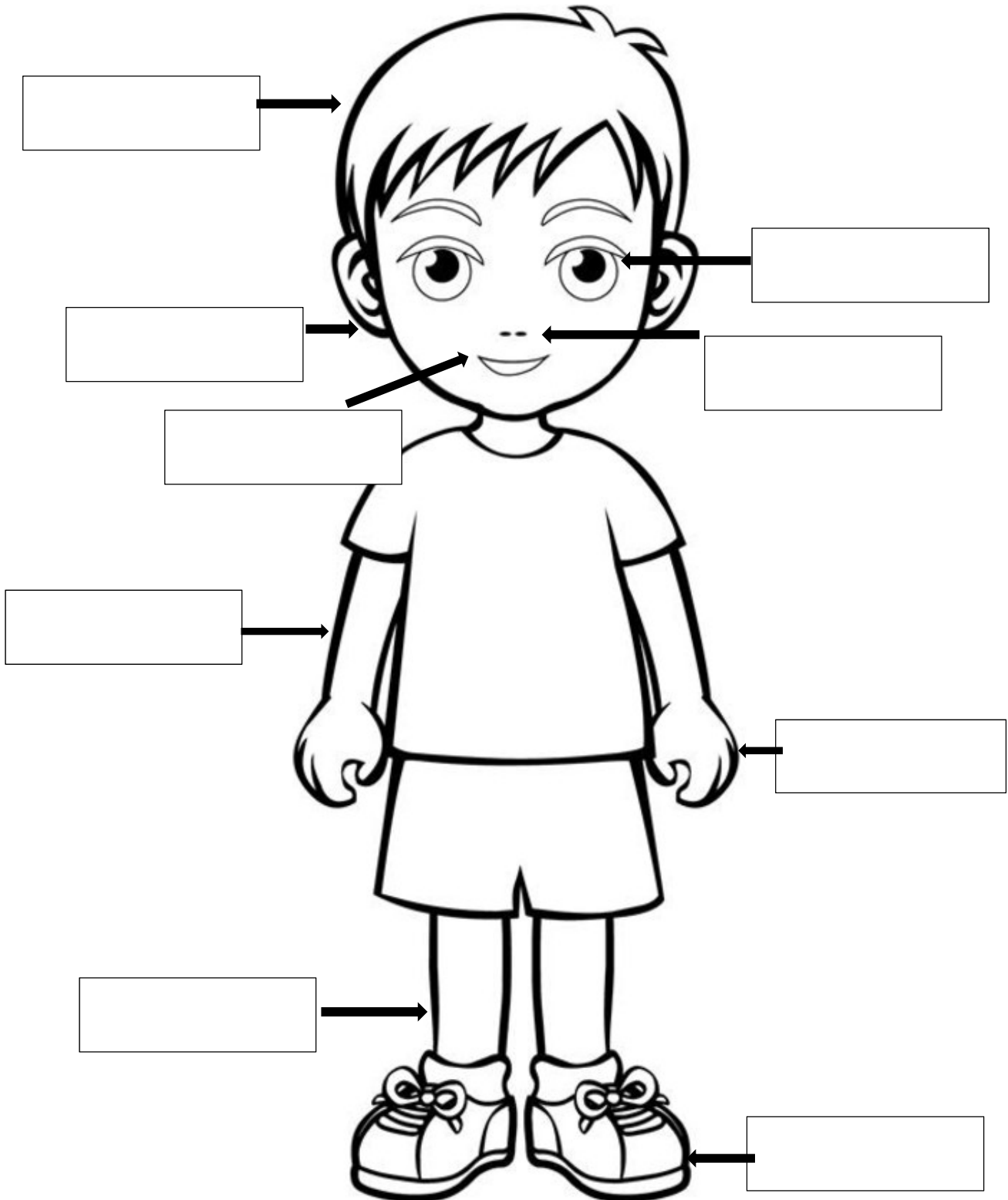
Xx

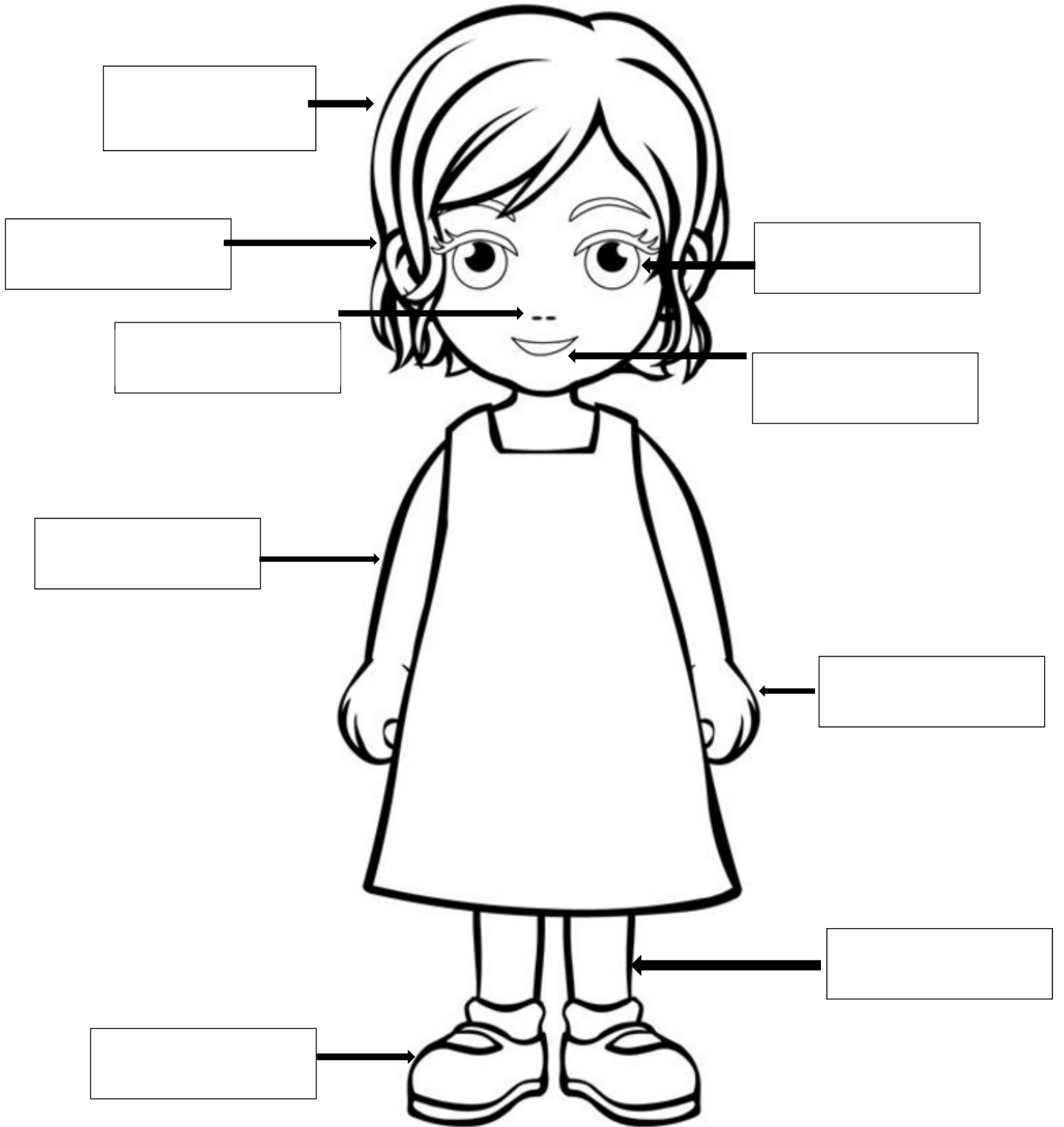
Yy

Zz

My Body Template

Directions: Paste in the correct body part label





Directions: Paste in the correct body part label

Cut out the parts and have your child place it on the correct area. Help your child sound out the words.

Feet

Ear

Eye

Arm

Mouth

Head

Hand

Leg

Nose

ANATOMY SET



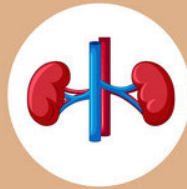
brain



lungs



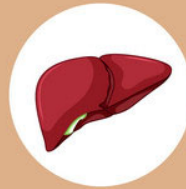
heart



kidneys



stomach



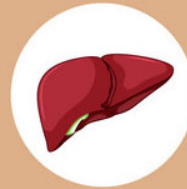
liver



kidneys



stomach



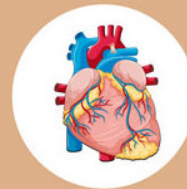
liver



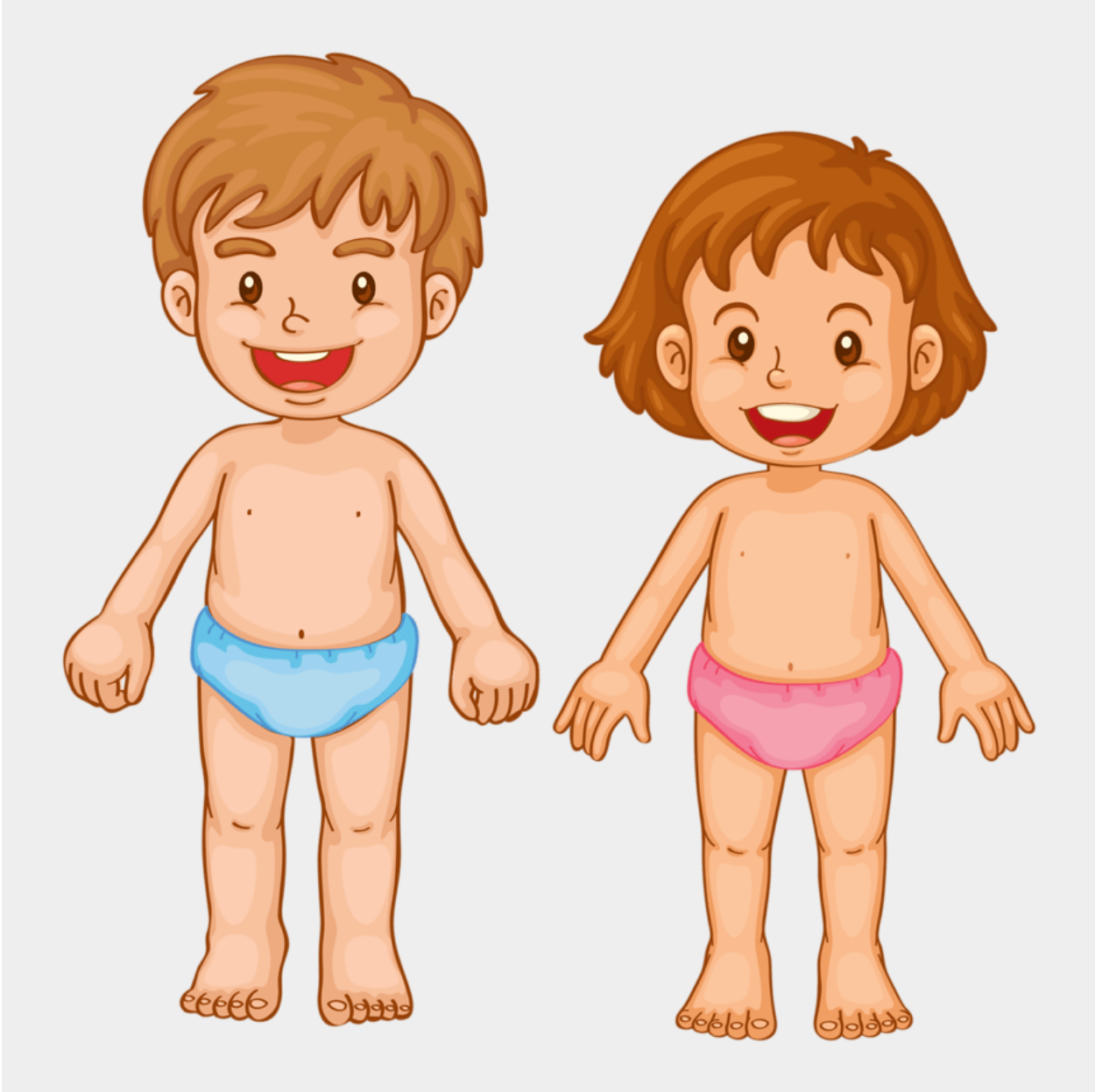
brain

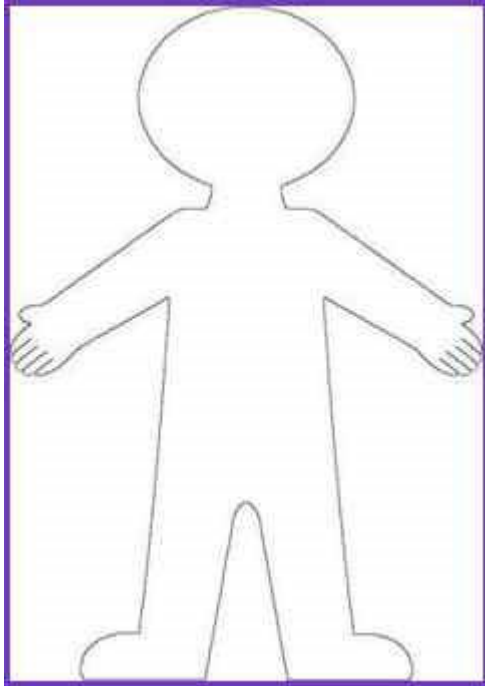


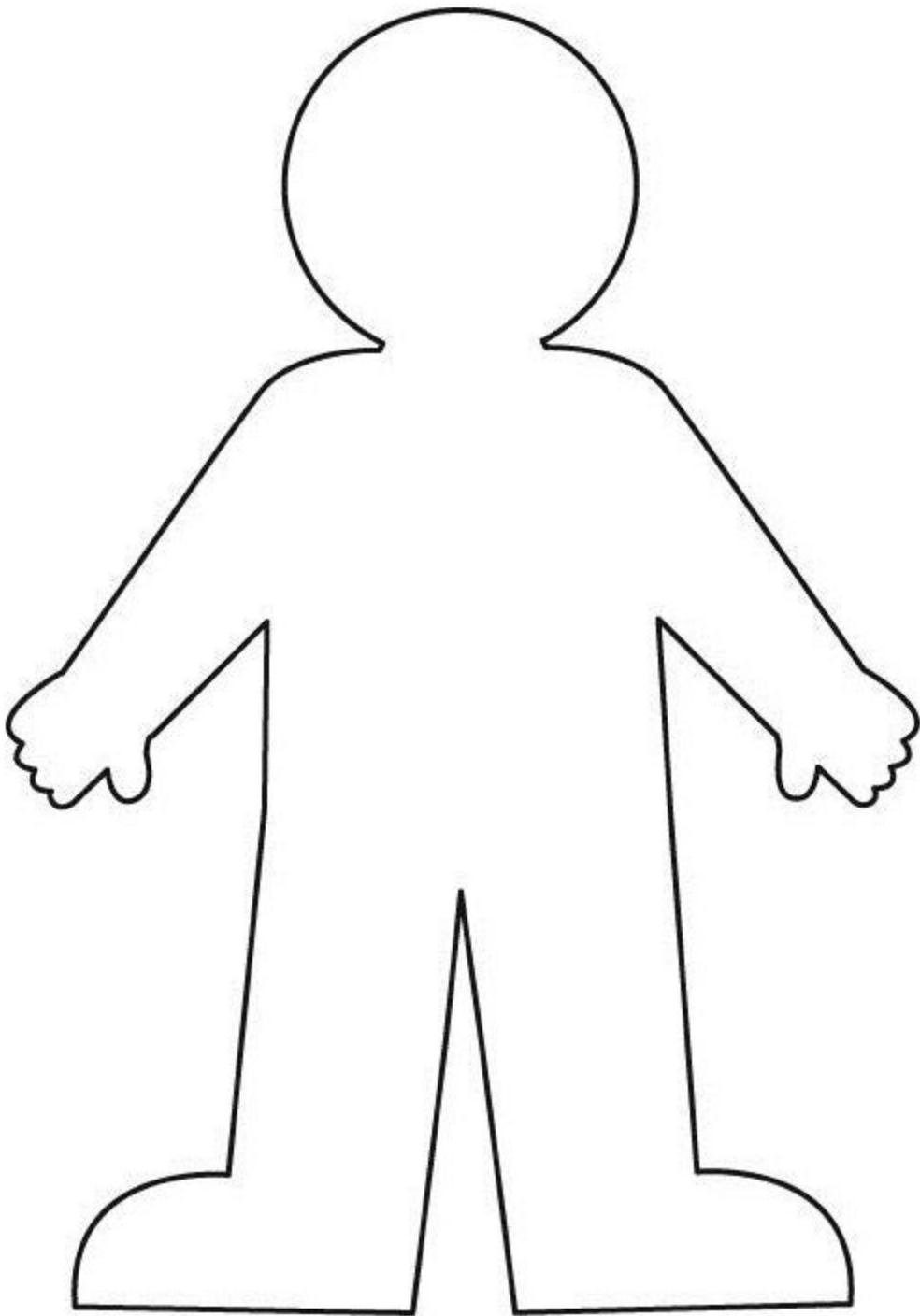
lungs



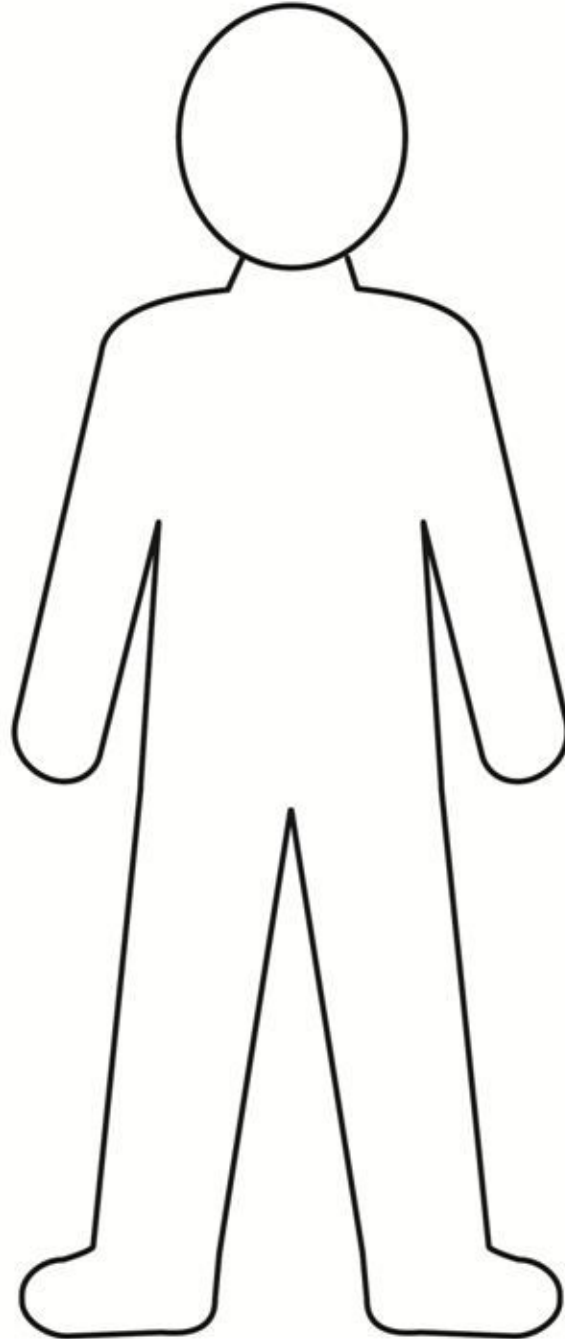
heart



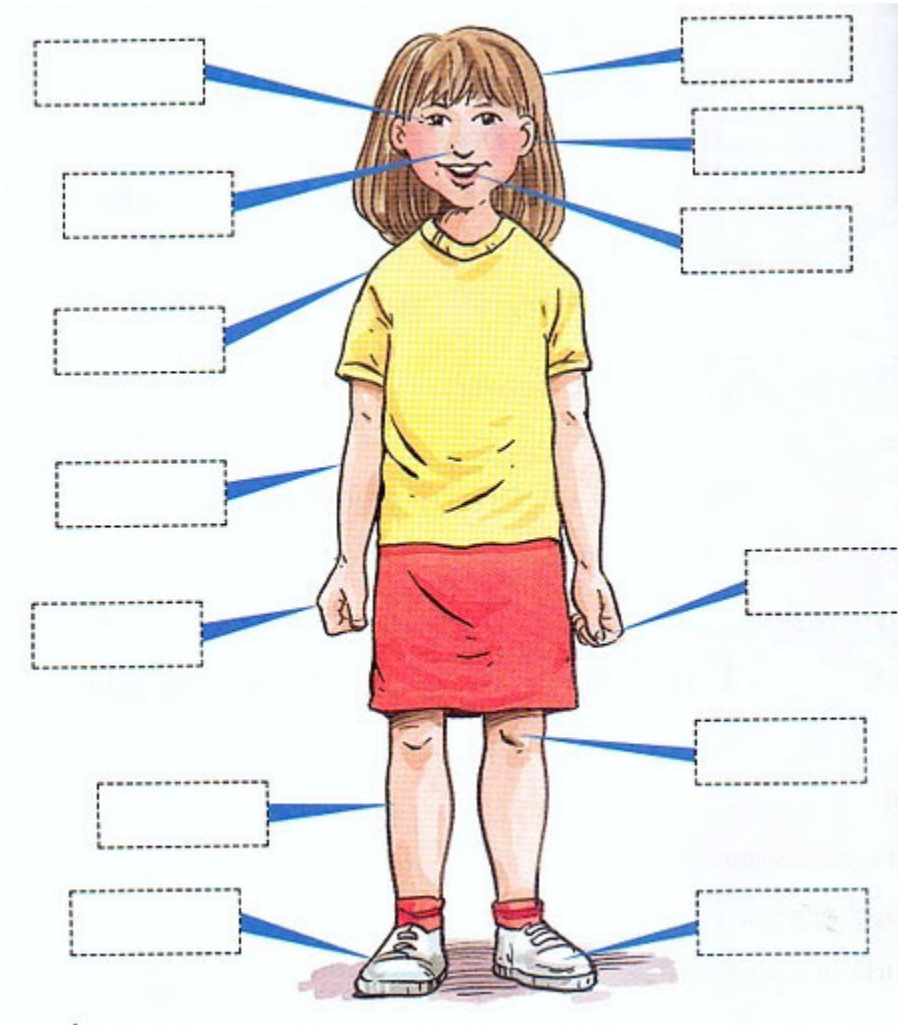


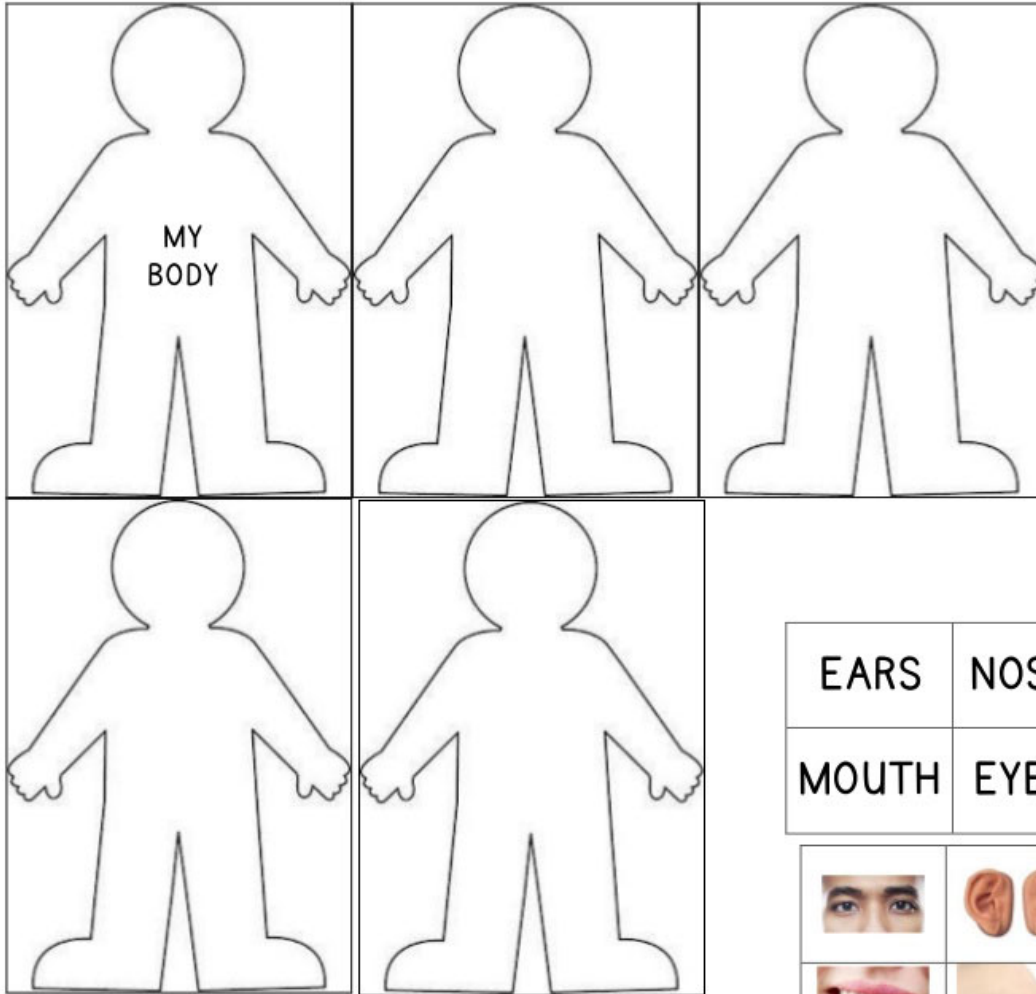


I Have a Body



For personal, church, or non-commercial use.
Marchet Butler, <http://sunbeamprintables.blogspot.com>

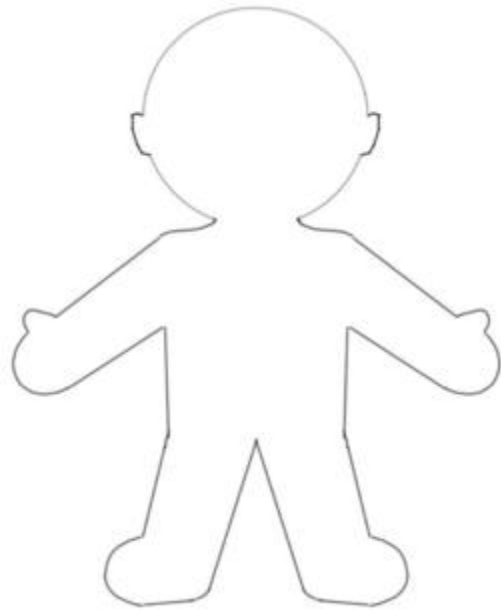




| | |
|-------|------|
| EARS | NOSE |
| MOUTH | EYES |



TWO LITTLE TO LOOK AROUND.
 TWO LITTLE TO HEAR EACH SOUND.
 ONE LITTLE TO SMELL WHAT'S SWEET.
 ONE LITTLE THAT LIKES TO EAT.
 THIS IS MY
 THESE ARE MY
 THERE ARE MY
 THESE ARE MY



Parts of the Body Word Cards

 My Body

 arm


 elbow

 wrist

 hand

 thumb

 finger

 fingernails



 head

 ear

 eye

 hair

 lips

 teeth

 tongue

 nose

Your Body

Name each part of your body in the space below.

