

5 YEAR OLD

Week

21

Smart Activities



SMART CHOICE. SMARTER CHILD.®

Enthusiasm!

Materials: internet access, website:

<https://youtu.be/em5SSa-IVUU>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about enthusiasm!"
2. Ask questions about the video, ex: "What does enthusiasm mean?" "What makes Mindy enthusiastic?" "What makes you enthusiastic?"



I'm Big Now

by Anthea Simmons

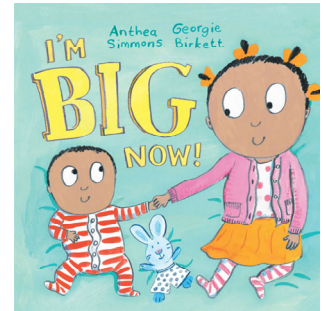
Materials: internet access, website:

https://youtu.be/_7eqmzWdx4c

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about a young girl not being a baby anymore.
2. Ask questions about the story, ex: "What happened when she tried to take back her toys?" "What does her mom tease her about?"



Sequence of Events

Materials: construction paper, marker, scissors

Preparation: Gather materials.

Instructions:

1. Encourage your child to join you.
2. Say, "What are some things that you do during the day?" ex: Get dressed, brush teeth, etc.
3. Write activities on construction paper as your child tells you.
4. After your child provides you 10 activities, cut them out.
5. Encourage him/her to place activities in the order they occur during the day.
6. Encourage your child to say events using ordinal numbers, ex: "First we wake up."



Good Morning Yoga

Materials: internet access, website:

<https://youtu.be/WhHmcA3DgJ4>

Preparation: Preview video. Create or find an open area.

Instructions:

1. Say, "We are going to do an enthusiastic morning yoga routine!"
2. Encourage your child to follow along and perform poses.



Growing Up!

Materials: internet access, website:

<https://youtu.be/d3fH87YPQW0>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about growing up."
2. Ask questions about the video, ex: "What did Katy's mom do to see if she is growing?" "What did Katy try on and didn't fit any more?"



When I Grow Up

by Al Yankovic

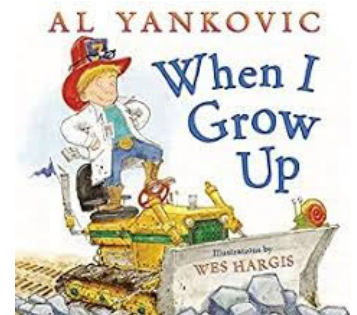
Materials: internet access, website:

<https://youtu.be/IE7ntiNkEQY>

Preparation: Preview video.

Instructions:

1. Enjoy this read aloud story with your child.
2. Ask questions about the story, ex: "What is a lathe operator?" "What famous dish did Billy want to make as a famous chef?"



When I was Born

Materials: construction paper, marker

Instructions:

1. Encourage your child to join you.
2. Say, "We are going to talk about when you were born!"
3. Utilize open-ended questions to promote discussion, ex: "What are some unique qualities you had when you were born?"
4. Record your child's responses on the construction paper in the form of sentences.
5. Encourage your child to read the sentences about when he/she was born.



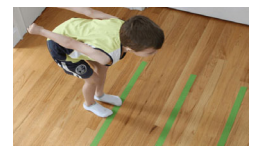
Jumping My Age!

Materials: measuring tape, masking tape

Preparation: Create or find an open area.

Instructions:

1. Encourage your child to join you.
2. Say, "We are going to do a fun activity. You are going to jump your age!"
3. Find a starting place and place a strip of tape on the floor.
4. Discuss how old your child is and all the new things he/she is doing.
5. Encourage your child to get behind the tape and take big jumps forward. One jump per year of age.
6. Use tape measure to see how far your child jumped.



Senses Fun Facts!

Materials: internet access, website:

<https://youtu.be/UekBgS8Ropk>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about our five senses."
2. Ask questions about the video, ex: "Which sense helps us to balance?" "How many taste buds does an average person have?" "Which sense helps make our food taste better?"



My Five Senses

by Aliki

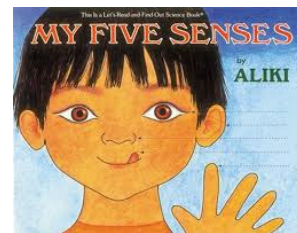
Materials: internet access, website:

<https://youtu.be/qgl7FAHygOc>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about how a boy uses his five senses.
2. Ask questions about the story, ex: "How many senses did he use when he plays with is dog?" "What sense did he use when ate dinner and drank milk?"



I am Special

Materials: aluminum foil, cardboard, cups (for paint), dishwashing liquid, measuring cup, paintbrushes, tape, teaspoon, tempera paint

Preparation: Cover cardboard with aluminum foil, and tape it on the back. Add 1 teaspoon dishwashing liquid to ½ cup paint and mix. This helps paint stick to foil. If it does not stick, add ½ teaspoon more dishwashing liquid to the mixture.

Instructions:

1. Encourage your child to join you. Say, "You are going to make a special picture of yourself!"
2. Provide materials and explain how special your child is as he/she paints a self-portrait!



Time to Step Up!

Preparation: Preview exercise. Make a step-up bench. Find or create an open area.

Instructions:

Say, "We are going to do some exercises that build up our legs!"

Bench Step-ups: (10 reps): Step right foot, then left, up onto a low bench, then step down. Switch your starting side with each set.

Calf Raises: (10 reps): From standing, lift up onto your tiptoes and hold, then lower.



All About Baseball

Materials: internet access, website:

<https://youtu.be/vjUHSgdzWJo>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a fun video about baseball."
2. Ask questions about the video, ex: "What is the nickname of a baseball field?" "How many games are played in a major league season?"



Bats at the Ballgame

by Brian Lies

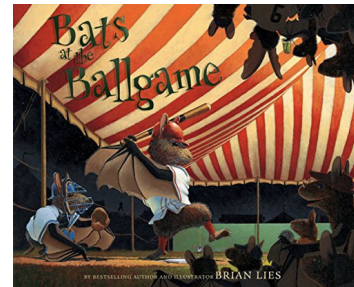
Materials: internet access, website:

<https://youtu.be/qEUOAIHgHuM>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about bats playing ball!
2. Ask questions about the story, ex: "What are some of the snacks being sold at the game?" "What item was used to rake the field?"



The Big Diamond

Materials: crayons, construction paper, cups (for paint), paintbrushes, paint

Preparation: Prepare area. Gather materials.

Instructions:

1. Encourage your child to join you. Say, "You are going to create your own baseball diamond!"
2. Discuss characteristics of a baseball field.
3. Provide materials and encourage your child to illustrate a baseball field.



Swing Batter, Batter Swing!

Materials: ball (rubber), baseball bat or broomstick (if you do not have a baseball bat)

Preparation: Gather materials. Find an open area outdoor. Park preferably.

Instructions:

1. Encourage your child to join you. Say, "We are going to play ball!"
2. Model how a baseball player swings a bat.
3. Encourage your child to take several practice swings.
4. Stand a moderate distance away and toss the ball underhand.
5. Praise your child for any effort.
6. Continue activity if interest remains.



The Many Jobs of Grover

Materials: internet access, website:

<https://youtu.be/smMJew9yl1w>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a fun video all the different jobs Grover has!"
2. Ask questions about the video, ex: "What job does Grover have that you would like to do?" "Name some of the jobs Grover has performed."



Clothesline Clues to Jobs People Do

by Kathryn Helling and Deborah Hambrook

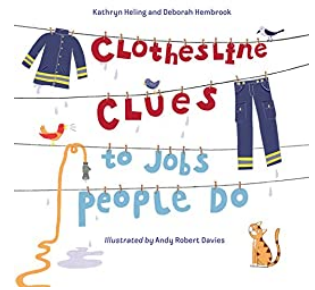
Materials: internet access, website:

<https://youtu.be/0qEA6mVzAt0>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about different occupations.
2. While the story is being read, encourage your child to guess the occupation from the clothes on the line.



My Initials

Materials: breadstick or soft pretzel dough (found in freezer department of grocery store), parchment paper

Preparation: Prepare area. Gather materials. Wash hands prior to and after activity.

Instructions:

1. Encourage your child to join you.
2. Say, "We have distinct or special set of letters that begin each of our names called 'initials.' For example, Mary Ann Smith's initials are **M.A.S.**"
3. Encourage your child to identify his/her initials.
4. Provide dough, parchment paper, and follow directions for shaping dough.
5. Encourage your child to make letters for the initials in his/her name and place on the parchment paper.
6. Follow baking instructions. Allow to cool and enjoy!

Animals in Action

Materials: internet access, website:

<https://youtu.be/DYPTJj6hd44>

Preparation: Create or find an open area.

Instructions:

1. Tell your child that we are going to get in action like animals.
2. Play the song and encourage your child to act like the various animals.

