

PRE-K

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

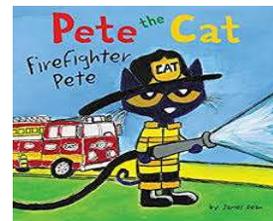
by James Dean

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.



Virtual Field Trip: Take a Field Trip to the Doctor's Office

Materials: internet access, website:

<https://www.youtube.com/watch?v=gXXmVqS3tLk>

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?"



Splat the Cat Goes to The Doctor

by Rob Scotton

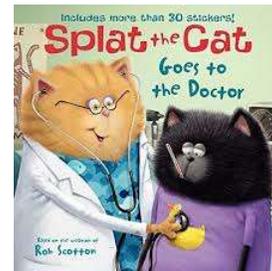
Materials: internet access, website:

<https://www.youtube.com/watch?v=26CvFtURgUM>

Preparation: Preview video.

Instructions:

1. Listen to the read aloud book with your child.
2. Ask questions about the book, ex: "Where did Splat have to go?" "What did he see when he got to the doctor's office?" "What did Splat get after seeing the doctor?"



How Tall?

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.



Doctor's Orders Exercises

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!)



I Want to be a Scientist!

Materials: internet access, website:

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

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Discuss all the different types of scientist your child can become.
3. Ask questions about the video, ex: "What type of scientist study rocks and mountains?" "What type of scientist studies plants?"



What is Science?

by Rebecca Kai Dotlich

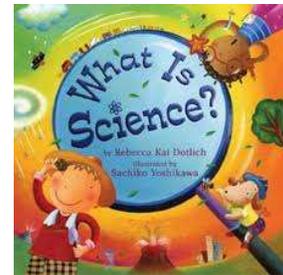
Materials: internet access, website:

<https://www.youtube.com/watch?v=PzqHs2Qb9Tk>

Preparation: Preview video.

Instructions:

1. Enjoy this story about all the things scientist study.
2. Ask questions about the book, ex: "What do scientist question?" "What is science?"



Making Slime

Materials: 2 bowls (one to mix, one to store slime), baking soda, contact solution, food coloring, glue, internet access, measuring spoon, mixing spoon,

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

Preparation: Preview video. Gather materials and prepare area.

Instructions:

1. Watch the video and follow instructions on how to create slime.
2. During the activity, discuss what is happening with ingredients when added, e.g., Describe the consistency of slime. Is it sticky? Is it soft?
3. Store and save for future use.



Brain Break

Materials: internet access, website:

<https://www.youtube.com/watch?v=9nKq4jm4LD8>

Preparation: Preview video. Find or create an open area.

Instructions:

1. Say to your child, "It's time for a brain break and energize our body!"
2. Play the video.
3. Encourage your child to follow the movements.
4. Enhance activity by joining your child.



Virtual Field Trip: A Day With a Police Officer

Materials: internet access, website:
<https://www.youtube.com/watch?v=MJ6FIPuhYk0>

Preparation: Preview Video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "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 is a police officer?"



A Day at the Police Station

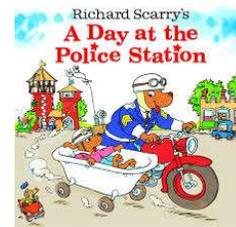
by Richard Scarry

Materials: internet access,
<https://www.youtube.com/watch?v=3xhlqM79xNk>

Preparation: Preview video.

Instructions:

1. Listen to the book with your child.
2. Ask questions about the book, ex: "Why was Bridget Upset?" "What does Sergeant Murphy do with the broken traffic light?" "What adventures did Bridget go on with her dad?"

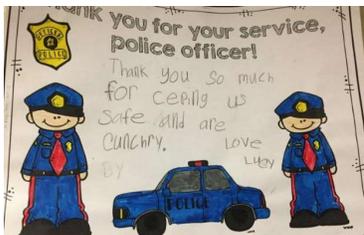


Thank You for Your Service

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.



Sniffing Out the Missing Items

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.



Virtual Field Trip: A Trip to a Veterinarian

Materials: internet access, website:
<https://www.youtube.com/watch?v=sGBvLwzWgX4>

Preparation: Preview video.

Instructions:

1. Watch video with your child.
2. Ask questions about the video, ex: "What machine is used to see inside animals?" "What is the name of Ms. Penny's dog?" "What object is used to check an animal's eyes?"



Biscuit Visits the Doctor

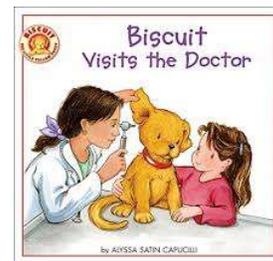
by Alyssa Satin Capucilli

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

Preparation: Preview video.

Instructions:

1. Enjoy this story about a puppy visiting a veterinarian.
2. Ask questions about the book, ex: "What is the name of the veterinarian?" "What was Biscuit's treat for the doctor?" "What did Biscuit find when it was time to go home?"



Puppy Roll Animal

Materials: crayons, glue, paper towel tube (cut in half), template (provided)

Preparation: Gather materials.

Instructions:

1. Encourage your child to join you. Say, "We are going to create dog using a paper towel tube!"
2. Use materials and template to create your paper roll dog.



Animal 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 exercises like animals."
2. Play video and encourage your child to participate and follow movements.



Puppy Roll Animal

