

PRE-K

Week

19

Smart Activities



SMART CHOICE. SMARTER CHILD.®

How to Grow a Bean

Materials: internet access, website:

<https://youtu.be/QGFUWqSt-sI>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What items did they need to grow a bean plant?" "What did they do first?" "What happened?"



Jack and the Beanstalk

by Ronnie Randall

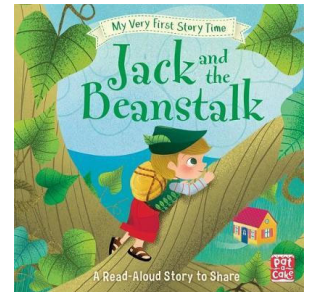
Materials: internet access, website:

<https://youtu.be/XnnSRy3v-1Q>

Preparation: Preview video.

Instructions:

1. Enjoy this fairy tale story with your child.
2. Ask questions about the story, ex: "What did Jack swap the cow for?" "What did he find when he climbed the beanstalk?" "What did Jack take from the giant?"



Growing a Beanstalk

Materials: clear container, bag of dried lima beans, cotton balls or paper towels, water

Preparation: Gather materials.

Instructions:

1. Say, "We are going to grow our own bean stalk." Talk about the steps seen in the video.
2. Have your child stuffed cotton balls in the container and then add a few dry beans around the edge of the container.
3. Make sure to keep watering the plant. After 7 days, there should be a good amount of growth. Begin asking your child what changes he/she sees.



Beanstalk Yoga

Preparation: Find or create an open area.

Preview exercises.

Instructions:

Say, "We are going to do some exercises like a beanstalk growing!"

Bean Push-ups (10 reps): 1. Position your body on your stomach. 2. Stretch toes, hands, fingers, and wrists out and pull head back like a cobra. 3. Then pull yourself up reaching up to the sky and bend back and hands behind your body and try to touch your feet. (You are seeking sunlight like a bean.)

Beanstalk: Stand in place and move arms (alternate) with feet like you are climbing. Then go up and down, run from the giant, and chop the stalk down.



10 Strange Requirements to Be a Real-Life Princess

Materials: internet access, website:
<https://youtu.be/R1oXRNofZi4>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "Who plans the menu for the princess?" "What is important about the napkin for a princess?"



The Princess and the Pea

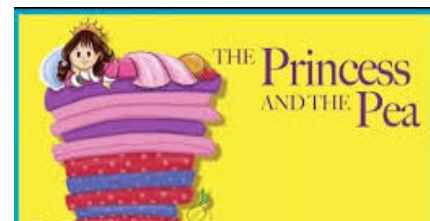
Retold by Wandy Hoh

Materials: internet access, website:
<https://youtu.be/k5BhrMV7OEY>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you to listen to the story about a princess.
2. Ask questions about the story, ex: "Who did the prince want to marry?" "What determined the princess was a princess?"



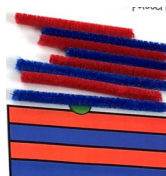
Princess and the Pea Patterns

Materials: Princess and the Pea Patterns template, pipe cleaners, scissors, crayons

Preparation: Print template and cut pipe cleaners to length. (You can choose to just use crayons.)

Instructions:

1. Say, "Let us talk about patterns. Remember an AB pattern looks like red, yellow, red, yellow."
2. Encourage your child to continue the exact pattern using pipe cleaners or crayons to cover up the pea.
3. Then, encourage your child to make his/her own patterns.



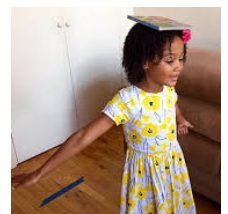
Walking Like a Prince/Princess

Materials: book

Preparation: Find or create an open area.

Instructions:

1. Say, "We are going practice walking straight and tall. Just like a princess/prince!"
2. Help your child place a book on his/her head.
3. Encourage your child to keep his/her back straight and walk as far as possible. As balance and control are gained, encourage him/her to walk faster.



How Homes Are Built?

Materials: internet access, website:

https://youtu.be/i4im5Al_t4c

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions, ex: "What are some of the materials used to build a house?" "What types of houses did you see?" "What is your favorite type of house?"



The Three Little Pigs

by Dara Goldman

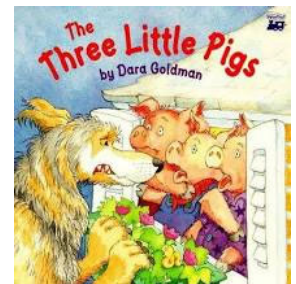
Materials: internet access, website:

<https://youtu.be/UN-73zQtNC0>

Preparation: Preview video.

Instructions:

1. Enjoy reading and listening to the story with your child.
2. Ask questions about the story, ex: "What did the pigs build their houses of?" "What happened to each of the houses?" "What happened to the wolf?"



3 Little Pigs Activities

Materials: 3 Little Pigs activity template, scissors (child-size)

Instructions:

1. Say, "We are going to put the Three Little Pigs story in the correct order, and then we are going to match letters with pictures."
2. Encourage your child to retell you the story as he/she cuts out the items and then puts them in chronological order.
3. Then, have your child say the words as he/she matches the correct letter sounds.



Push and Pull Exercise

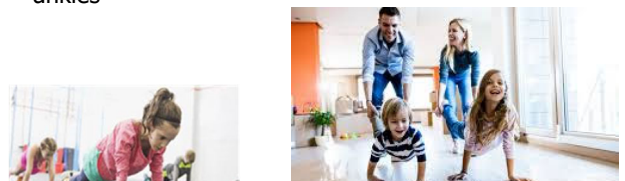
Preparation: Find or create an open area. Preview exercises.

Instructions:

Say, "We are going to do some exercises that work our muscles!"

Pushups (10 reps): 1. Position your body with arms straight out shoulder width apart. 2. Lower your body until your chest is an inch or two off the floor. 3. Push your torso away from the floor until your arms lock. Repeat.

Wheelbarrow: Child places hands on floor, grown-up holds child's legs off floor and helps him/her walk with only their hands on the floor. Child should keep fingers facing forward as much as possible. Easier = hold child's legs at knees or hips; harder = hold child's legs at the ankles



Baby Goat Field Trip to Sunflower Farm

Materials: internet access, website:
<https://youtu.be/c9BXqiiqh5I>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What sound does a goat make?" "What was your favorite goat?" "What did they do when they were out of the barn?"



Three Billy Goats Gruff

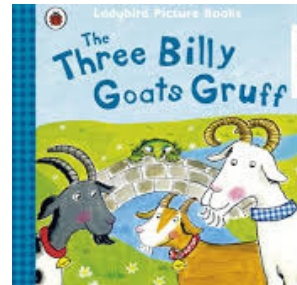
by Irene Yates

Materials: internet access, website:
https://youtu.be/aNMBhGPU1_U

Preparation: Preview video.

Instructions:

1. Enjoy this book with your child.
2. Ask questions about the story, ex: "How many goats were there?" "Who tried to eat them?" "How did the goats get across the bridge?"



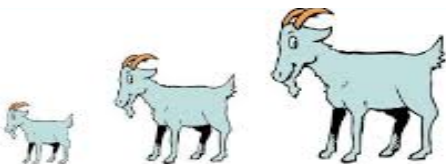
Directional Goats

Materials: Directional Goats template, scissors (child size), printer, cardstock

Preparation: Print out the template and cut out pieces. (You can have your child do this too.)

Instructions:

1. Say, "We are going to do an activity about directional words."
2. Place all the pieces in front of your child and follow directions on the template for lesson.



Body Bridge Exercise

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

Instructions:

Say, "We are going to do some exercises that make us a bridge!"

- Plank Bridge** (hold for the count of 10): 1. Position your body with arms straight out shoulder width apart. 2. Lower your body until your chest is an inch or two off the floor. 3. Push your torso away from the floor until your arms lock and stretch out your toes. Hold in place.
- Glute Bridge** (10 reps each leg): 1. Lay down on your back 2. Push your heels into the floor and tighten your glutes and abdominal muscles as you lift your hips off the floor.



How to Bake-Bake Shop

Materials: internet access, website:

<https://youtu.be/1bgTjkAbx8U>

Preparation: Preview video.

Instructions:

1. Watch the video with your child.
2. Ask questions about the video, ex: "What bakery items did you see?" "What senses did the children use to tell apart the different cupcakes?" "Why is it important to measure your ingredients?"



The Little Red Hen

by Paul Galdone

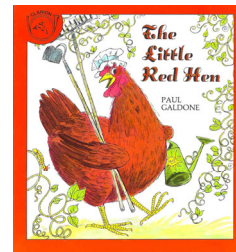
Materials: internet access, website:

<https://youtu.be/2uFsnkWrtz4>

Preparation: Preview video.

Instructions:

1. Enjoy this video about how rides are created.
2. Ask questions about the story, ex: "Who did all of the housework?" "What did she make?" "What happened when they didn't help with the chores or baking?"



English Muffin Pizza

Materials: English muffin, pizza sauce, mozzarella cheese, spoon, English Muffin Pizza template (for directions)

Preparation: Gather ingredients.

Instructions:

1. Say, "We are going to make a pizza by you following directions."
2. Show your child the directions and then help him/her follow the step-by-step instructions.
3. While waiting for the pizza to cook, encourage your child to walk you through the instructions.



Exercise Chores

Materials: bowl, whisk, broom

Preparation: Find materials and create an open area. Preview activity.

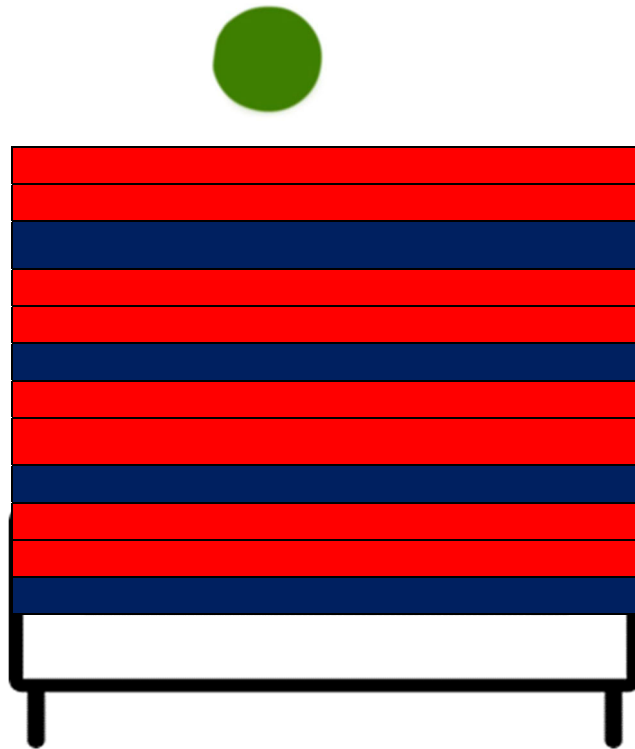
Instructions:

1. Say, "We are going to work like The Little Red Hen!"
2. Have your child use the bowl and whisk his/her pretend batter counting to 100.
3. Then, have your child grab a broom and sweep designated area counting to 100.
4. Then, have him/her help fold laundry or help you in the kitchen. Talk about how busy the Little Red Hen was doing it by herself.



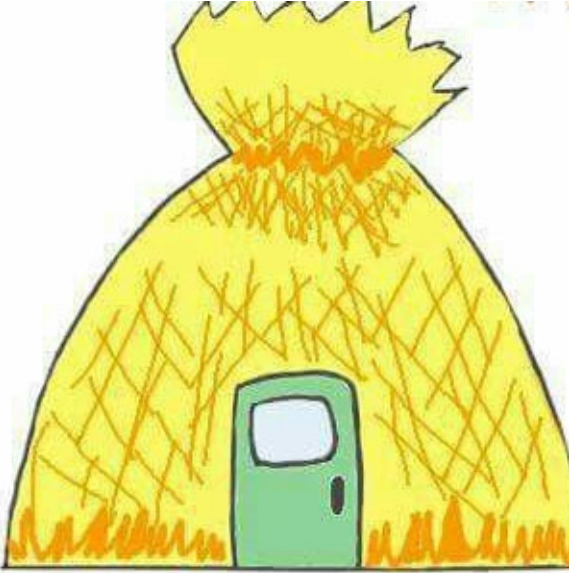
Princess and the Pea Pattern

Cover the pea by continuing the pattern and then make your own patterns.

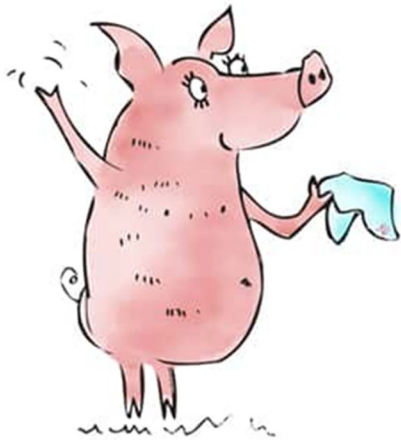


3 Little Pigs Activity
Story Sequencing

Cut out each picture and then place in the correct order of the story. Listen to the story again, if needed. (3 wolves for each event)



3 Little Pigs Activity



3 Little Pigs Activity



3 Little Pigs Activity



3 Little Pigs Activity



Cut out the Letters and Match to the correct picture.



3 Little Pigs Activity



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3 Little Pigs Activity

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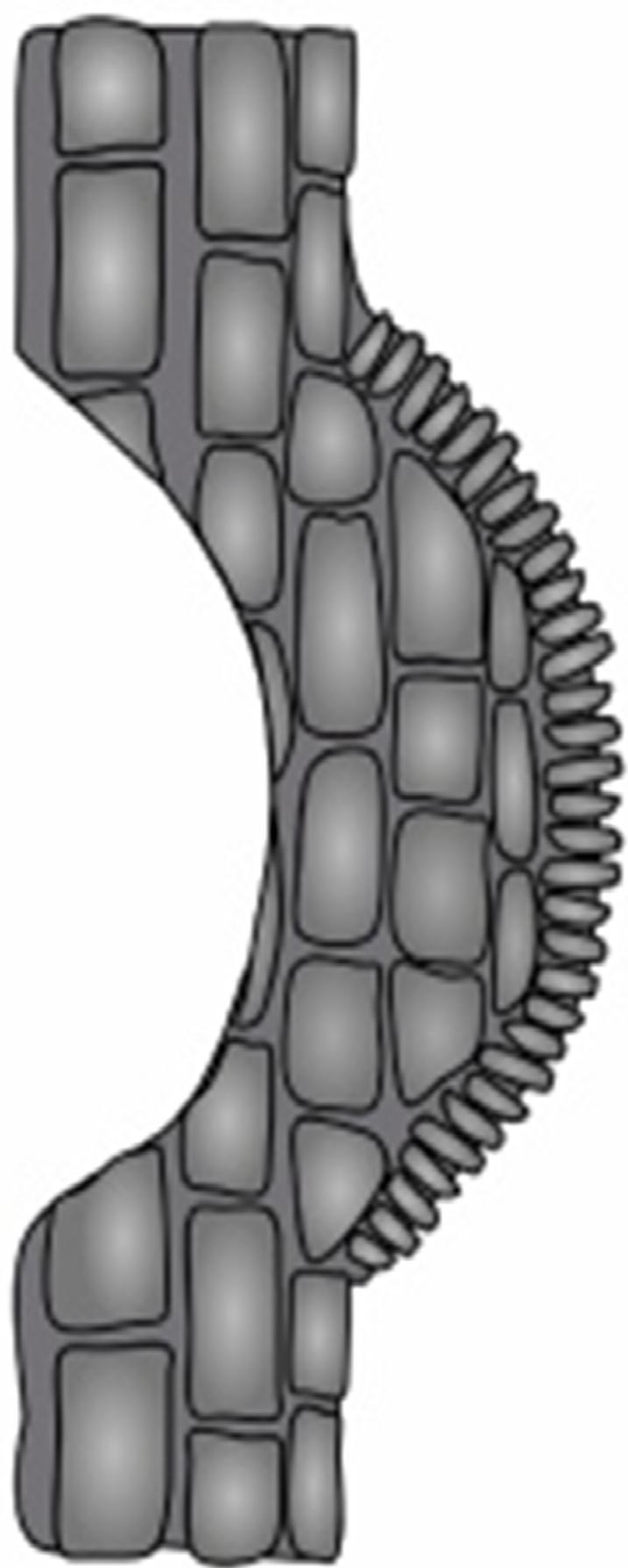
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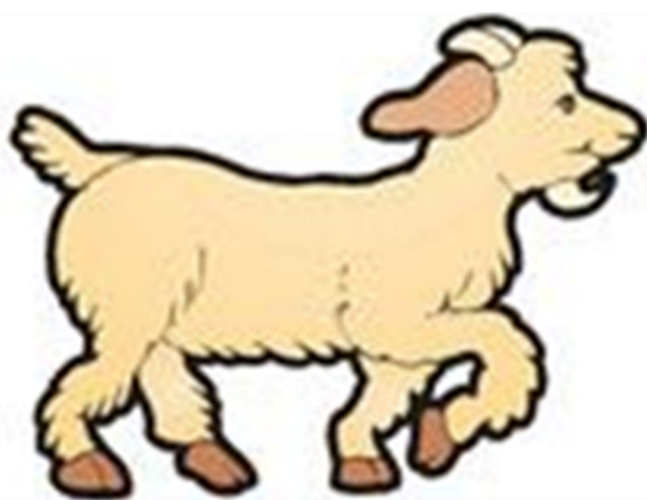
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Directional Goat Activities:

(cut out all items)

- 1. Have your child place in the goats in size order from smallest to largest and then largest to smallest.**
- 2. Next, have your child place the smallest goat on the bridge, the medium goat at the end of the bridge, the largest goat beside the bridge, and the troll under the bridge. Work on giving various directions with the different sizes and using words: above, below, left, right, under, on top, etc. to help build your child's understanding and various words meaning the same thing.**
- 3. Then have your child use the props to tell you the story over in the correct order.**









English Muffin Pizza Directions:

Adult- preheat oven to 350°, grate or slice the mozzarella cheese, add other toppings is desired.

1. Place English Muffin on plat



e or flat surface.

2. Take 1 Tablespoon of sauce and spread over your English Muffin.



3. Sprinkle cheese all over the English Muffin



4. Give to the adult to bake in the oven until cheese begins to melt and English muffin slightly brown.



5. Allow to cool. While cooling help clean up.



6. Eat and enjoy your pizza.

