

**Week 16 SERIES 1100-1250**

**LEARNING GOALS**

- Eat a variety of nutritious foods and recognize healthy foods
- Recognize that the letters of the alphabet are a special category of visual graphics that can be individually named (L)
- Experiment with a variety of materials to express individual creativity
- Recognize and name two-dimensional shapes with adult guidance (square)
- Spontaneously pretend to take on the characteristics of a person, character, or animal
- Engage in structured play using water
- With prompting and guidance, begin to slide, rotate, and flip objects to make them fit
- Listen to and follow simple directions
- Identify traditions and cultural celebrations of his/her own family
- Participate in a variety of sensory experiences and differentiate between the senses

**DAILY SCHEDULE**

Morning Routine  
 (Brush teeth, get dressed, breakfast)  
**Curriculum Activity**  
 Snack  
 Independent Play  
**Brain Waves**  
 Lunch  
 Rest/Nap  
**Curriculum Activity**  
 Outdoor Play  
 Evening Routine

**MATERIALS NEEDED**

- blanket
- bowls
- brown lunch bag
- bucket
- cardstock (white)
- container
- cotton balls
- cups
- dolls or plush toys
- flavor extracts
- food coloring (red)
- household items shaped like a square (boxes, blocks, pillows, etc.)
- household items that match (ex: socks, shoes, plates, etc.)
- internet access
- paint (red, white)
- paper
- picnic basket
- play food
- scissors
- shoeboxes
- sponges
- spoons/scoops
- water

**CURRICULUM SCHEDULE**

**MONDAY**

Language/Literacy: *Brown Bag Lunch*  
 Creative Exploration: *Picnic Blanket*  
 Brain Waves: *Go-Togethers*

**TUESDAY**

Math: *Meet Me at the Square*  
 Music and Movement: *Ant March*  
 Brain Waves: *Go-Togethers*

**WEDNESDAY**

Science: *Fishing for Red*  
 Cognitive Exploration: *Flipping for Red*  
 Brain Waves: *Go-Togethers*

**THURSDAY**

Language/Literacy: *Ll is for Lunch*  
 Dramatic Play: *Red Board*  
 Brain Waves: *Go-Togethers*

**FRIDAY**

Social Studies: *Family Picnic*  
 Sensory Activity: *Smells Like*  
 Brain Waves: *Go-Togethers*

## Language/Literacy

### Brown Bag Lunch

**Learning Goal:** Eat a variety of nutritious foods and recognize healthy foods

**Materials:** brown lunch bag, Brown Bag Template (provided with packet), internet access, website for read aloud version of *The Teddy Bear's Picnic* by Jimmy Kennedy  
<https://www.youtube.com/watch?v=wwM3oN6B3co>

**Preparation:** Preview story. Print template and cut out pictures.

**Instructions:**

1. Encourage your child to join you to listen to the story, *The Teddy Bear's Picnic*.
2. After reading the story, give him/her a brown paper bag.
3. Say, "Some people pack their lunches in brown bags before a picnic."
4. Ask your child to select food from the pictures and count as he/she packs the bag for the picnic. Talk about why each item is a healthy choice.



## Creative Exploration

### Picnic Blanket

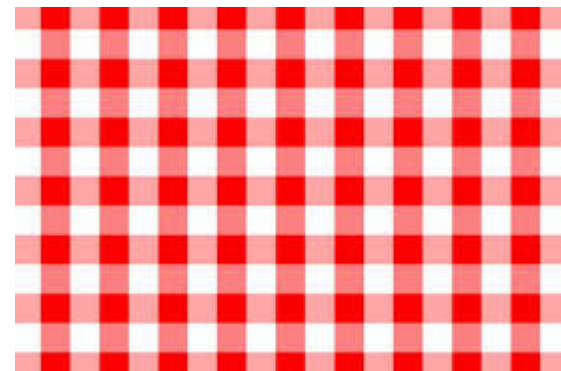
**Learning Goal:** Experiment with a variety of materials to express individual creativity

**Materials:** bowls, paint (red, white), paper, scissors, sponges

**Preparation:** Cut sponges into squares. Gather paints.

**Instructions:**

1. Encourage your child to join you.
2. Hold up the sponge and ask him/her to identify the shape.
3. Say, "You are going to paint with sponges today using red and white paint to make a picnic blanket."
4. Model how to dip the sponge in the paint and then stamp on the paper.



## Math

### Meet Me at the Square

**Learning Goal:** Recognize and name two-dimensional shapes with adult guidance (square)

**Materials:** household items shaped like a square (ex: boxes, blocks, pillows, etc.)

**Preparation:** Gather square items.

**Instructions:**

1. Encourage your child to join you.
2. Talk to your child about a square shape and pick up an item. Show him/her the four sides and count them. Show him/her the four corners and count them.
3. Then say, "Let's find items in our house that are square."
4. Encourage him/her to find squares around the house.



## Music and Movement

### Ant March

**Learning Goal:** Spontaneously pretend to take on the characteristics of a person, character, or animal

**Materials:** internet access, website for sounds in nature: <https://www.youtube.com/watch?v=sbNZ1pi2Us8>

**Preparation:** Locate your favorite nature sounds.

**Instructions:**

1. Encourage your child to join you.
2. Say, "Ants like to eat food. When on a picnic, you may see ants on your blanket."
3. Begin to play the nature sounds and have him/her walk around like an ant looking for food.
4. Continue activity if interest remains.



## Science

### Fishing for Red

**Learning Goal:** Engage in structured play using water

**Materials:** bucket, cups, food coloring (red), container, spoons or scoops, water (if you have red items you can add, it helps with the learning colors)

**Preparation:** Fill container with water and add red food coloring. Prepare area.

**Instructions:**

1. Encourage your child to join you.
2. Ask him/her to identify the color of the water.
3. Then, encourage your child to scoop the water out of the container using the items provided into the bucket. (If you added other red items, have him/her identify them and the color.)



## Cognitive Exploration

### Flipping for Red

**Learning Goal:** With prompting and guidance, begin to slide, rotate, and flip objects to make them fit

**Materials:** Flipping for Red template (provided with packet), cardstock (white)

**Preparation:** Print out puzzle on cardstock or glue on cardstock. Cut into 4 pieces and lay out on table mixed up.

**Instructions:**

1. Encourage your child to join you.
2. Show him/her the puzzle pieces and point out the color red.
3. Then encourage your child to put the pieces together. Allow him/her to explore and manipulate the puzzle. Provide assistance if your child becomes frustrated.
4. When the puzzle is completed, praise your child for his/her efforts.



## Language Exploration

### LI is for Lunch

**Learning Goal:** Recognize that the letters of the alphabet are a special category of visual graphics that can be individually named (LI)

**Materials:** picnic basket, LI is for lunch template (provided with packet), internet access, website for read aloud book *My L Book* by Jane Belk Moncure: <https://www.youtube.com/watch?v=Erbwngofl3Q>

**Preparation:** Cut out pictures from template. Preview story.

**Instructions:**

1. Encourage your child to join you to listen to a story about the letter “LI.”
2. After listening to the story, have your child tell you different words heard that began with the letter “LI.”
3. Now, pull out the picnic basket and the pictures. Encourage him/her to pick up the pictures and identify. Each time say, “Yes, it begins with “LI.”



## Dramatic Play

### Red Board

**Learning Goal:** Listen to and follow simple directions

**Materials:** Red Items template (provided with packet)

**Preparation:** Cut items from template and place items out on a table face up.

**Instructions:**

1. Encourage your child to join.
2. Say, “We are going to find only the red items and put them in a pile.”
3. Encourage him/her to look at the various items and only choose the red pictures. As your child chooses the items, have your child name the items.



## Social Studies

### Family Picnic

**Learning Goal:** Identify traditions and cultural celebrations of his/her own family

**Materials:** blanket, dolls or plush toys, picnic basket, play food

**Preparation:** Gather materials.

**Instructions:**

1. Encourage your child to join you.
2. Remind him/her a picnic is a meal that is eaten outdoors. Say, “When the weather is nice, I like to go on a picnic. Would you like to go on a picnic?”
3. Invite your child to help set out the items with his/her dolls or plush toys and have a picnic. Make it fun and play along.



## Sensory Activity

### Smells Like

**Learning Goal:** Participate in a variety of sensory experiences and differentiate between the senses

**Materials:** cotton balls, flavor extracts, shoeboxes

**Preparation:** Soak cotton balls in a variety of food scented flavor extracts (ex: banana, berry, mint, etc.). Cover shoeboxes and poke holes in the top of the containers. Identify all the containers.

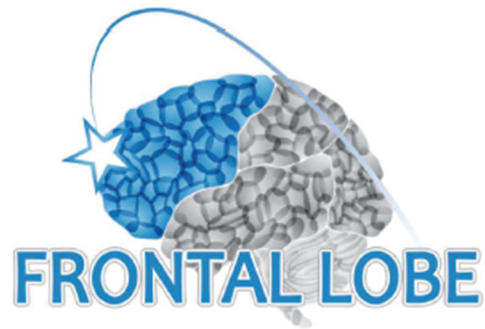
**Instructions:**

1. Encourage your child to join you.
2. Show your child the scent containers and tell them each has a different scent.
3. Allow him/her to choose which one to start with and smell. Ask your child, “What do you smell?”
4. Continue until all scents have been smelled and identified.



## Supporting the Development of the Frontal Lobe

A main function of the frontal lobe is cognitive thinking, such as reasoning and problem solving. This portion of the brain is also responsible for motor development, language development, social-emotional behavior, and impulse control. Research shows that lack of development in the frontal lobe can lead to deficits in concentration and decreased problem solving and creativity skills.



## Reasoning Go-Togethers

**Materials:** real objects that match (i.e., socks, shoes, plates, etc.)

**Preparation:** Gather items.

**Instructions:**

1. Encourage your child to join.
2. Tell him/her we are going to play a game called “Go-Togethers.”
3. Then pull out one set of items (2 that go together and 1 not). Encourage him/her to show you which two go together. Continue with other items.

*\*Making thoughtful choices sparks motivation for critical thinking skills.*



Brown Bag Template for Language and Literacy: Brown Bag Lunch Activity







Ll is for Lunch Template for Language Exploration: Ll is for Lunch Activity

