

5 YEAR OLD

Week

23

Smart Activities

New York City

Materials: internet access, website:
<https://youtu.be/kGWI98omIbM>

Preparation: Preview video.

Instructions:

1. Encourage your child to join you.
2. Say, "We are going on a virtual tour of New York City!"
3. Ask questions about the video, ex: "How many pizzerias are in New York?" "How many sculptures are in Central Park?"



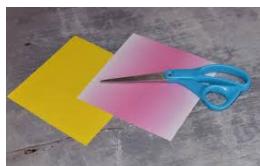
Island Hopping

Materials: boats (2, toy), chalk, chalkboard, construction paper, markers, scissors

Preparation: From construction paper, cut out medium squares. Draw sets of islands on each square (up to 10). Place squares on the floor.

Instructions:

1. Say, "We are going island hopping!"
2. Demonstrate tossing a boat onto "islands." Pick up the square and count how many "islands" are in the set.
3. Encourage your child to follow.
4. Repeat activity if interest remains.



Arthur In New York

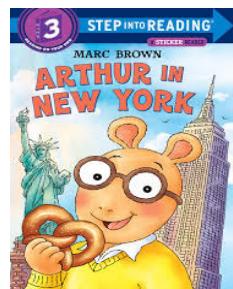
by Marc Brown

Materials: internet access, website:
<https://youtu.be/28Rze-p4uH0>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about Author visiting New York City with his family.
2. Ask questions about the story, "What did Author like the best in the museum?" "What hotel did they stay at?"



Crab Walk

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

Instructions:

Give your child step by step instructions:

Crab Walk - Sit on your bottom with your knees bent and feet flat on the floor. Place your hands behind your hips on the ground. Press your hands and feet down as you lift your hips up high. Lengthen your belly, chest, and back of the neck. Release your bottom down. Now move around like a crab.



New York City Facts

Materials: internet access, website:

<https://youtu.be/eLYH8viJ5Qc>

Preparation: Preview video.

Instructions:

1. Say, "We are going to some interesting facts about New York City!"
2. Ask questions about the video, ex: "How many different languages are spoken in New York City?" "What is New York City's nickname?"



My New York City Skyline

Materials: construction paper, crayons, paint, paintbrush, internet access, website:

<https://youtu.be/UN3uF3990Q0>

Preparation: Preview video. Prepare area.

Instructions:

1. Say, "We are watching a video of the New York City skyline!"
2. Explain to your child that "skyline" means "an outline of land and buildings defined against the sky."
3. After watching the video, provide materials and encourage your child to paint a N.Y.C skyline.



The Adventures of Big Sil New York, NY

by A.J Bennett

Materials: internet access, website:

<https://youtu.be/Gs-Lcijr2Pg>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about a dog's magical adventure in New York City!
2. Ask questions about the story, "Why didn't Big Sil want to drive?" "Where did Big Sil go to eat?"



New York Workout

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

Instructions:

Encourage your child to join you in doing some exercises.

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!)



The Brooklyn Bridge

Materials: internet access, website:
<https://youtu.be/HWw4tPUzk8c>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about the Brooklyn Bridge!"
2. Ask questions about the video, ex: "What type of bridge is the Brooklyn Bridge?" "Who supervised the completion of the bridge?"



Bridge Building

Materials: craft sticks, white glue, paper, pencil, toy cars

Preparation: Prepare area. Gather materials.

Instructions:

1. Say, "We are going to build our own bridge!"
2. Provide your child paper and pencil to draw/design a bridge.
3. After your child designs his/her bridge, provide craft sticks and glue. Discuss the design and assist while he/she builds.
4. Allow to dry.
5. Use the cars to drive across the bridge.



The Five Borough Song

Materials: internet access, website:
https://youtu.be/MrqqSZjM_78

Preparation: Preview video.

Instructions:

1. Say, "We are going to listen to a song about the five boroughs that make up New York City!"
2. Ask questions about the song, ex: "Name the five boroughs." "Which of the five boroughs is the smallest?"



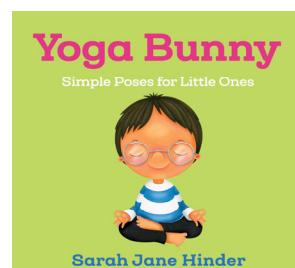
Yoga in the Park

Materials: internet access, website:
https://youtu.be/wwFLNNY_3c4

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

Instructions:

1. Say to your child, "We are going to do animal yoga poses."
2. Try to do the poses with your child.
3. Continue activity if your child shows interest.



The History of Pizza

Materials: internet access, website:
<https://youtu.be/PRn5iONxSQQ>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about the history of pizza!"
2. Ask questions about the video, ex: "What does the word pizza mean?" "What was pizza considered?"



Pizza, Pizza

Materials: baking pan, cheese, English muffins, toaster oven, tomato sauce, toppings (desired)

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

Instructions:

1. Say, "We are going to make English Muffin pizzas!"
2. Toast the English muffins. (This prevents sogginess)
3. Place toasted muffins on baking pan and spread sauce on muffins.
4. With adult supervision, bake muffins at 400 degrees for 10 minutes or until cheese is melted.
5. Remove and cool for several minutes. Enjoy!



Smart Activities

Pete the Cat and the Perfect Pizza Party

by Kimberly & James Dean

Materials: internet access, website:
<https://youtu.be/yrVrFBGi43w>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about Pete the Cat's pizza party!
2. Ask questions about the story, ex: "Who wanted papaya on the pizza?" "Do you think you would like the pizza Pete and his friends made? Why?"



Indoor Volleyball

Materials: balloon or beach ball, string/yarn or pool noodle

Preparation: Find or create an open area. Tie string or yarn to two objects like a net or have two people hold the noodle.

Instructions:

1. Encourage your child to join you to get that energy out.
2. Have your child toss and hit the balloon or beach ball over the string. Make it challenging and raise string up higher as he/she masters the skills.



The Empire State Building

Materials: internet access, website:

<https://youtu.be/PDL0ImZjeQc>

Preparation: Preview video.

Instructions:

1. Say, "We are going to watch a video about the Empire State Building!"
2. Ask questions about the video, ex: "How many floors does the Empire State Building have?" "Why does the building have a Mooring Mast?"



Building the Empire State Building

Materials: building blocks

Preparation: Prepare area. Gather materials.

Instructions:

1. Say, "We are going to build our own Empire State Building!"
2. Give your child building blocks.
3. During this activity, discuss characteristics about the Empire State Building.
4. Praise for effort.



Goodnight New York City

by Adam Gamble

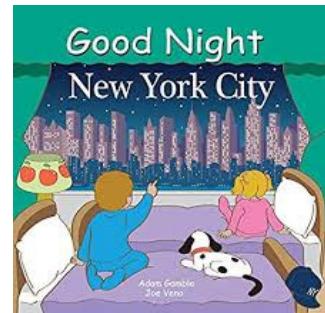
Materials: internet access, website:

<https://youtu.be/2I50Cjwb-Ys>

Preparation: Preview video.

Instructions:

1. Enjoy this wonderful story about New York!
2. Ask questions about the story, ex: "Which park can you have a picnic?" "What was the name of the museum that had dinosaur bones?"



Hoop Star

Materials: bin, pair of socks

Preparation: Find or create an open area. Roll a pair of socks into ball.

Instructions:

1. Say, "We are going to play basketball indoors!"
2. Place bin in an open area.
3. Encourage your child to "dribble" the ball of socks and shoot into the bin.
4. Praise for his/her effort.
5. Continue activity if interest remains.

