

# PRESCHOOL

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Week

# 23

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Smart Activities



SMART CHOICE. SMARTER CHILD.®

## Cotton Swab Skeletons

**Materials:** cotton swabs, glue, black construction paper, child-appropriate scissors, white paper

**Instructions:**

1. Using the Q-tips and glue, encourage your child to create his/her own skeleton using the white paper to create a head.
2. You may have to bend and shorten the "bones" to make the pieces fit. Encourage your child to help you do this.



## In My Tummy Collage

**Materials:** magazines/newspapers, glue, construction paper, markers

**Instructions:**

1. Encourage your child to complete this activity with you.
2. Draw an outline of the shape of a stomach on the construction paper using a marker.
3. Using the magazines and newspapers, have your child select things he/she would like to eat and have him/her cut or tear those pictures.
4. Glue the selected food pictures in the stomach shape.



## This Is My Body

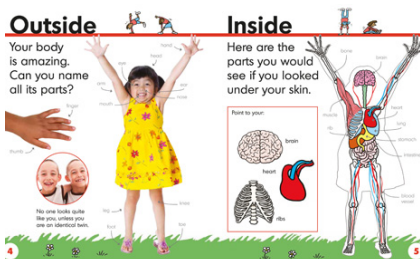
**Materials:** internet access, website:

<https://youtu.be/RKCxrbuKNx8>

**Preparation:** Preview video.

**Instructions:**

1. Watch this video with your child.
2. After listening to and viewing the story, discuss with your child all of the functions that our bodies can do. "What do we use our feet for?" "What can we use our hands for?" "What do we use our legs for?"
3. Encourage your child to name more than one function.



## Playing Doctor

**Materials:** doctor tools, bandages, medical gauze, notepads, pens, lab coat

**Instructions:**

1. Using materials found around your home, encourage your child to pretend to be a doctor. Set up a station in the area of your home that could serve as a doctor's office.
2. Discuss with your child things that happen when they go to the doctor. "What does the doctor do?" "What does the doctor give them?" "What does the doctor wear?" "What kind of tools does the doctor use?"



## Head, Shoulders, Knees, and Toes!

**Instructions:**

1. Using the lyrics provided, sing and act out the song with your child.
2. Point to each body part as it is mentioned in the song.
3. Discuss with your child what each body part helps us do and how they look.



## Body Parts Vocabulary

**Materials:** internet access, website:

[https://youtu.be/j6g\\_OPGdbLU](https://youtu.be/j6g_OPGdbLU)

**Preparation:** Preview video.

**Instructions:**

1. Watch the video with your child.
2. After listening to the vocabulary, go back and review the video with your child again.
3. Discuss each body part with your child, its function, and how it looks.



## "Head, Shoulders, Knees, and Toes" Song Lyrics



bethnotes.com

## Moving My Body Game

**Materials:** two pieces of paper, scissors, tape,

**Instructions:**

1. Using the materials, make two separate dice.
2. On one dice, label each side with the following words: lift, wiggle, shake, twist, bend, point.
3. On the other dice, label each side with the following words: hand, foot, head, elbow, hips, knee.
4. Have your child roll each dice and do the actions that correspond with the body part. Repeat this game as many times as desired.



## Thumbprint Math

**Materials:** washable paint, paper, markers/crayons

**Instructions:**

1. Write different numbers on sheets of paper.
2. Help your child dip the same number of fingers as is written on the sheets of paper into the paint.
3. Have your child then make the correct number of fingerprints next to each number.
4. Go back after paint has dried and count numbers and corresponding fingerprints.



## All by Myself

by Alike

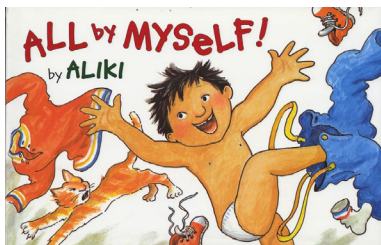
**Materials:** internet access, website:

<https://youtu.be/V6VndX0pKpM>

**Preparation:** Preview video.

**Instructions:**

1. Listen to the read aloud book with your child.
2. After listening to the story, ask your child related questions, ex: "What do we need help doing?" "What things we can do on our own?" "What things do you want to try to do by yourself?"

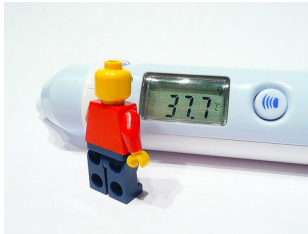


## Temperature Experiment

**Materials:** digital thermometer, pen, paper

**Instructions:**

1. Explain to your child the importance of keeping a regular temperature. Explain how numbers go up (increase) when we exercise.
2. Take your temperature and your child's temperature. Write both numbers down.
3. Do some exercises together, examples: jumping jacks, push-ups, etc.
4. After finishing, take your temperatures again. Note if the temperature went up (increased) or went down (decreased).



## Zip-lock Body Book

**Materials:** pictures of your child's body, zip-lock bags, tape, ribbon/fabric, paper

**Preparation:** Take pictures of your child's body parts that he/she would identify easily (i.e., eyes, mouth, hands, arms, feet, etc.).

**Instructions:**

1. Using the pictures, tape on both sides of the paper. Place piece of paper in its own zip-lock bag.
2. After pictures are in the bags, secure all pictures together with ribbon/fabric.
3. Review picture book with your child and discuss each body part and its function.



## From Head to Toe

by Eric Carle

**Materials:** internet access, website:

<https://youtu.be/Q6e-gfhN678>

**Preparation:** Preview video.

**Instructions:**

1. Listen to the read aloud book with your child.
2. After listening to the story, ask related questions, ex: "What each animal can do?" "What can the giraffe do?" "What can the monkey do?" "What can the seals do?" "What can you do?"





## Body Snacks

**Materials:** long and skinny foods (ex. pretzel sticks), round foods (ex: bananas, cucumbers, crackers), any other desired materials

**Instructions:**

1. Make a body with the materials provided.
2. Enjoy the snack.
3. Encourage your child to not only make his/her own face but the faces of family members as well.



## Strong Lungs

**Materials:** bowl of water, straws

**Preparation:** Fill bowl with minimal amount of water.

**Instructions:**

1. Using straws, encourage your child to blow as hard as he/she can into the water, creating bubbles.
2. Discuss with your child how our lungs work and how they work harder when we make them.
3. Have your child take deep breaths in between blowing.



## The Night I Followed the Dog

by Nina Laden

**Materials:** internet access, website:

<https://youtu.be/MHEhJ-EY4u4>

**Preparation:** Preview video.

**Instructions:**

1. Listen to the read aloud book with your child.
2. After listening to the story, ask related questions, ex: "What made the boy follow his dog?" "What did the dog get into?" "How do you think this changed the dog and the boy?"

