

THE APPELBAUM

DAILY CURRICULUM

Age 3-5



AUGUST

Dear Subscriber,

It's August! We are in the heat of the summer, the last month before we begin officially a new school year. We have lots of fun activities for you and the children.

Have a wonderful August filled with smiles, learning, love, and laughter.

Appelbaum Training Institute

PS. We welcome you join the over 100,000 early childhood providers who get our free daily messages of classroom management tips and inspiration, Monday thru Friday from MaryIn via email. Go to <https://www.atiseminars.org/mfm>

PSS. Check out our online webinars for topics that interest you. Go to: www.atiseminars.org

Below is a sample letter you can use. Feel free to edit it based on your needs.



Dear Parents,

We have a great month planned for your children. Our August themes are:

- Insects
- Happy Laughter
- Perfect Pasta
- Let's Move
- Hands and Feet

It would be helpful for our classroom if you could please donate a few items to assist us this month with the many activities we have planned.

- Please send a clean empty rinsed can by Tuesday, August 6.
- Please send a pair of old globes by Tuesday, August 20.

Thanks so much. Looking forward to a great month. Thank you for sharing your child with us.

Sincerely,



THE APPELBAUM DAILY CURRICULUM

Best practice activities after the COVID pandemic may vary depending on your location, community, or state.

Alter or eliminate activities as deemed necessary by local conditions, policies, licensing, government mandates and CDC guidelines.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Insects				"Fireflies" 	"Ladybugs"
Week 2 Happy Laughter	"Puppets" 	"Silly Faces" 	"Silly Dancing" 	"Happy People" 	"Happy Times"
Week 3 Perfect Pasta	"Round Pasta" 	"Straight Pasta" 	"Colored Pasta" 	"Pattern Pasta" 	"Pasta Art"
Week 4 Let's Move	"Dance" 	"Stretch" 	"Jump" 	"Roll" 	"Walk"
Week 5 Hands and Feet	"Waving/High Fives" 	"Hugs" 	"Clapping" 	"Running" 	"Walking"

Remember to plan ahead and use alternative activities for those with food sensitivities/food allergies as needed.

Theme for the Week



Insects

Activities for "Fireflies"

Materials Needed: Pictures of a firefly (provided), yellow spoons, tape, glue, Spoon Firefly shapes (provided), flashlight(s) picture of insects (provided)



CIRCLE ACTIVITIES

Tell children that today's flying bug is a firefly. It flies and it also lights up! Show pictures (provided) of a firefly. Does it have six legs? Yes.

Does it have antennae? Yes. Does it have three body parts? Yes. Is it an insect? Yes. Fireflies have a mixture of chemicals in their body that make light. You can see them light up at night.



LANGUAGE-LITERACY

Flashlight Writing

Write each child's name very large on white poster board with a black marker. Turn off the lights. Children trace their name with a flashlight.

If time permits, continue with letters and words.



FUN ART

Spoon Firefly Art (Shapes provided.)

Pre-cut shapes to form firefly. Glue or paste together. Tape to yellow spoon. If no spoons are available, use a small circle from Welcome Packet patterns. Color the circle yellow or use yellow construction paper and attach at the end of the body for the light on the firefly.



MATH

Count the Legs

Look at several or all pictures of crawling and flying bugs that are insects. Count their legs in each picture, 1-6.

Challenge: Show children how the legs are across from each other in twos. Count 2, 4, 6. Repeat this several times with each bug.



MUSIC-MOVEMENT

Sing Insects (tune of "Twinkle Twinkle")

Fireflies and butterflies, buzzing bees up in the sky.

Teeny, tiny little ants, crawling up and down the plants.

Many insects can be found, in the sky and on the ground.

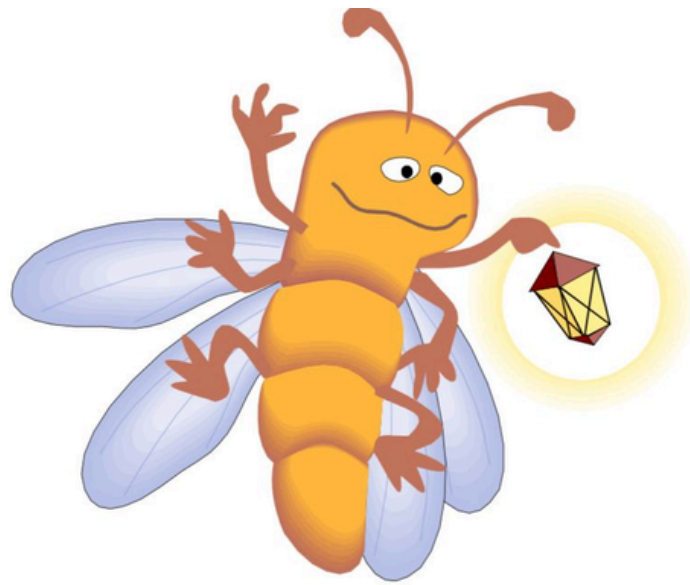


SOCIAL SKILLS

If I Were A Firefly

Children take turns sharing with the class: My name is _____ and if were a firefly I would fly to _____ because _____. This is a great way for children to be creative and learn more about each other.

"You light a fire in the minds of children."



FIREFLIES FOR CIRCLE ACTIVITY

Insects



SPOON FIREFLY



Cut out parts.

2. Glue or paste parts together to form firefly shape.

3. Tape to yellow plastic spoon leaving the spoon to show as the light of the firefly.



Theme for the Week



Insects

Activities for "Ladybugs"

Materials Needed: Pictures of a ladybug (provided), large red circle, five (or more) pre-cut black circles for each child, white crayon or chalk, egg cartons, red paint, black markers



CIRCLE ACTIVITIES

Tell children that today's flying bug is a ladybug. Show pictures (provided) of a ladybug. Does it have six legs? Yes. Does it have antennae? Yes. Does it have three body parts? Yes. Is it an insect? Yes. Ladybugs are known as very helpful bugs because they eat other harmful bugs. Kids are helpful too. Each child tells something they have done that is helpful to others.



LANGUAGE-LITERACY

Ladybug Letter Sounds

Place a large red circle on the floor. Precut black circles (the ladybug's dots) so that each child will have 3 or more circles. Before you give them to the children, use white chalk or a white crayon to write letters on all of the black circles. Make sure there are two of each letter sound. Pass them out to the children. Ask if anyone has the letter s that sounds like "s-s-s." If so, they tape it to one side of the ladybug. Then ask if anyone has the match of that letter. They tape it on the other side of the ladybug. Continue having children tape their letters on the ladybug. When they are finished, it is the "class ladybug."



FUN ART

Egg Carton Ladybugs

Give each child one single cup cut from an egg carton. Children paint it red. Let it dry. Using a black marker, children draw a head on the front, a stripe down the middle and dots on each side of the stripe.



MATH

Ladybug Count

Children color and paste buttons or construction paper circles on the lady bug to give it spots on the wings. Help them decide how many spots. Have children count how many spots in all. Help them write the number.



MUSIC-MOVEMENT

Sing and Act Out Ladybug, Ladybug Ladybug, ladybug, (Move fingers.)
Can I see you crawl, (Crawl slowly on all fours.)
Hurry after those hurtful bugs (Move quickly on all fours.)
And be careful, do not fall! (Fall over.)

SOCIAL SKILLS

Being Helpful

Ladybugs are very helpful to gardeners because they like to eat bugs that cause problems in gardens. Who has helped you? Who would you like to help? How? Children share these answers with the class. This is a great way to teach what it means to be kind/helpful.

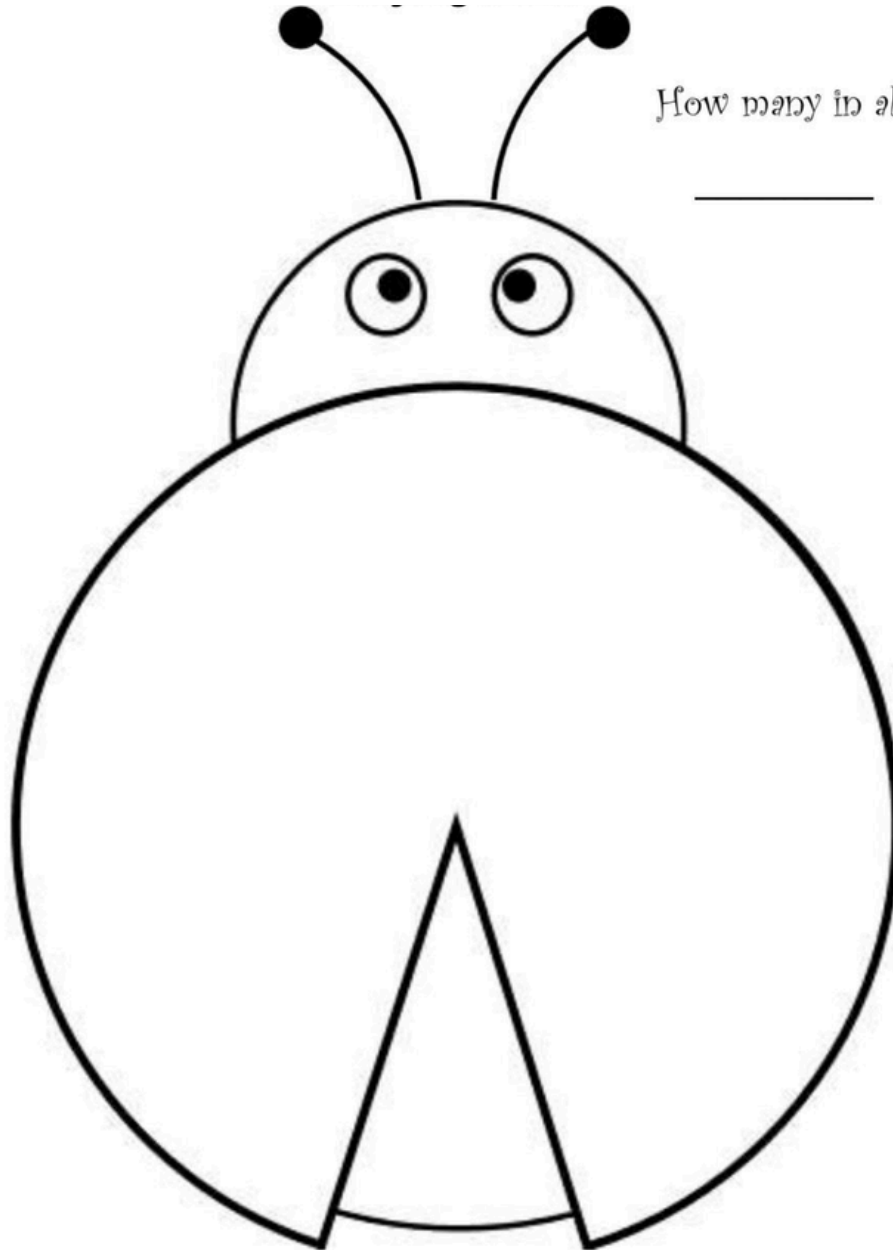


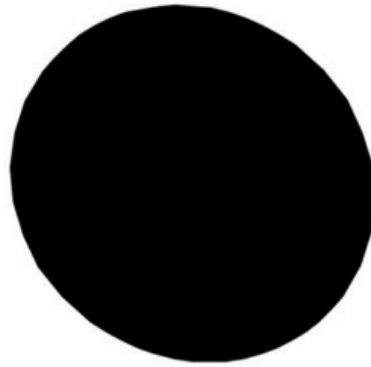
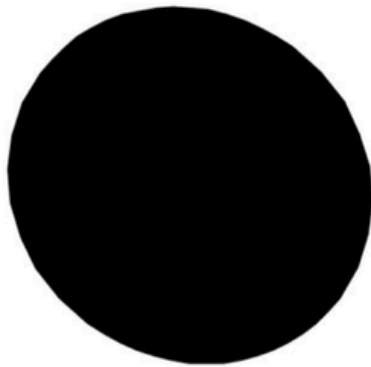
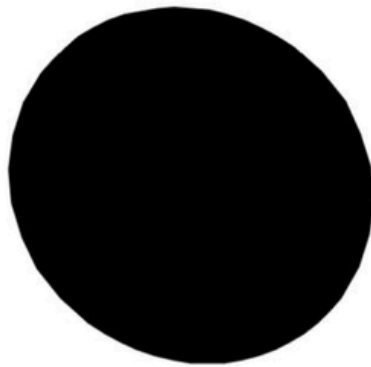
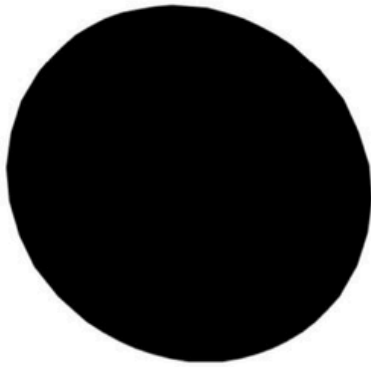
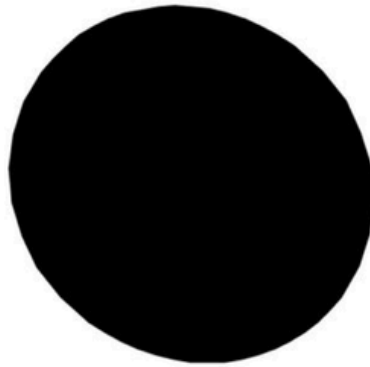
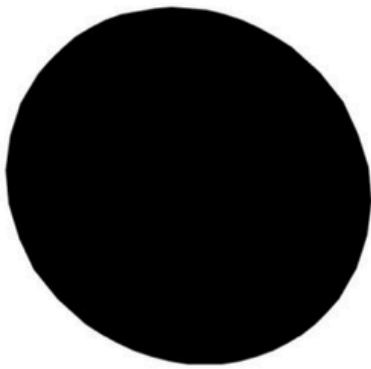
"Your care and support help children when they are hurting."



LADYBUGS FOR CIRCLE ACTIVITY

LADYBUG COUNT





Theme for the Week



Happy Laughter

Activities for "Puppets"

Materials Needed: Class puppet, dessert-sized paper plates, tape, craft sticks, finger paints, poster board to cut into 6" by 6" squares, various art supplies to decorate a silly face, photo sample for Art (provided), strips of orange paper, deck of cards (numbers only) Special Note: If you think you would like a "Talking Puppet, for your class, click <https://www.teacherboutique.com/Dog-Musical-Puppet-p/ati017.htm>

CIRCLE ACTIVITIES



Introduce children to a class puppet. Have the puppet lead them into smiles and laughter.

Watch this video link of MaryIn Appelbaum for ideas: <https://www.youtube.com/watch?v=v1BW44qjIZA>

Children take turns giving your class puppet a high five and saying their names as an introduction. Explain how laughter is good for our bodies and helps us to stay healthy. It is fun to laugh with fun people and fun puppets/stuffed animals. Chant: Puppets can be fun. I want to laugh inside and outside and have tons of fun. (Click on the link in Materials Needed if you want a puppet for your class.)

LANGUAGE-LITERACY



Plate Puppet Parade of Letters

Give each child the number of dessert sized paper plates to match the number of letters in their names so they have one plate for each letter. They finger paint one letter per plate and then tape the plates to craft sticks. Take turns doing a letter parade for each child's name. Example: Jacob will have five plates for the letters J, A, C, O and B. Five friends will stand up and each hold one of Jacob's letter plates. They will line up in order of the name Jacob. Jacob watches the parade and claps when it's over. Repeat for each child.

FUN ART



Personal Puppets

Give each child a pre-cut 6" X 6" poster board square. They can cut it into any shape they choose and make it into a silly face using various art supplies. Punch two finger holes in the bottom area so it can be held as a finger puppet. See photo sample (provided) as a guide. Save for Music and Social Skills today.

MATH



Feed the Puppet

Pre-cut several small pieces of orange paper to be pretend carrots. Place the numbered cards from a deck of cards in a pile. Children take turns drawing a card and "feeding" that number of carrots to the class puppet. After each carrot, the puppet rubs its stomach and says, "Oh yummy, yummy, I have carrots in my tummy. Yum!"

MUSIC-MOVEMENT



Silly Singing Puppet Pals

Children all stand holding their personal puppets made in Art today. Sing and act out: Silly puppets sing la, la, la. Silly puppets singing la, de, da. Watch my puppet wiggle while I walk. I can freeze with my friends and our puppets talk, talk, talk. My puppet and me, we dance all around. We can even touch the ground. Come with me on a wacky wiggle walk! Silly puppets sing la, la, la. Silly puppets singing la, de, da.

SOCIAL SKILLS

Listen to My Puppet Please (Practice Listening)

Children take turns having their personal puppet from Art today tell them something to tell the class. You can model this first after watching this video link of Marty and MaryIn Appelbaum for an idea: https://www.youtube.com/watch?v=_H6KkreGZto

"You deserve a standing ovation for being a difference maker in the lives of children!"



PHOTO SAMPLE FOR ART

Theme for the Week



Happy Laughter

Activities for "Silly Faces"

Materials Needed: Child safe mirror, paper plates, various art supplies to decorate plates, colored butcher paper, pictures of eyes/ears/nose/mouths (provided), index cards, paste



CIRCLE ACTIVITIES

Sit in the circle and make a silly face. Ask if your face was silly or serious. Tell children that they get to continue laughing and having fun today. They take turns making a silly face to get the others to laugh in the circle. Chant: Silly, silly face.

Who will be the first to laugh in this silly race?



LANGUAGE-LITERACY

Silly Face Story

Children sit in a circle. You begin a story by telling of a pretend walk you went on and someone or some animal you saw making a silly face. Continue around the circle with each child adding something new to the class story.



FUN ART

Banner of Silly Face Smiles

Pass around a mirror and have children look at themselves and make a silly face. Give each child a paper plate with various art supplies to re-create their own silly face on the plates. Hang all of the plates on a long piece of colored butcher paper to become a Banner of Silly Smiles to decorate the classroom.



MATH

Silly Face Matching

Paste pictures of eyes, ears, nose and mouth (provided) on separate index cards. Children turn them face down to start a matching game. Then they turn over two at a time looking for matches. Once they find all the matches they place them on the floor to make two silly faces.



MUSIC-MOVEMENT

Chant and Act Out Silly Face

Silly face, silly face: shake, shake, shake. (Shake body.)

Silly smile, silly smile: clap, clap, clap. (Point to smile and clap.)

Silly eyes, silly eyes: blink, blink, blink. (Blink eyes.)

Shining kindness with a silly face: Blow a kiss! (Blow kisses and give hugs.)

SOCIAL SKILLS

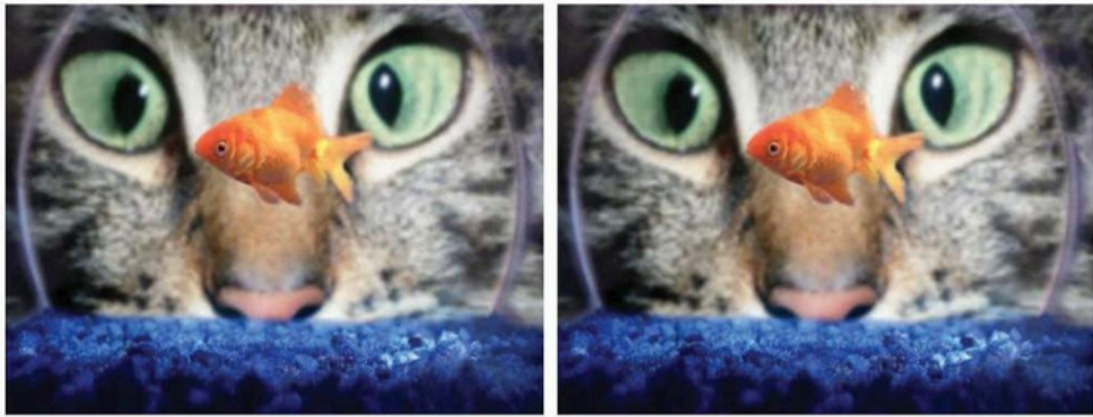
"Thank You for the Smile. You're Fun!"

Children each have a partner. Partner A has a serious face. Partner B says,

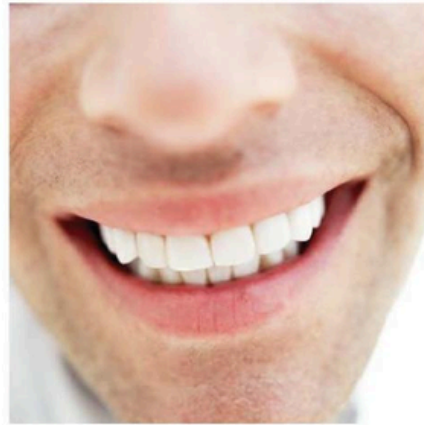
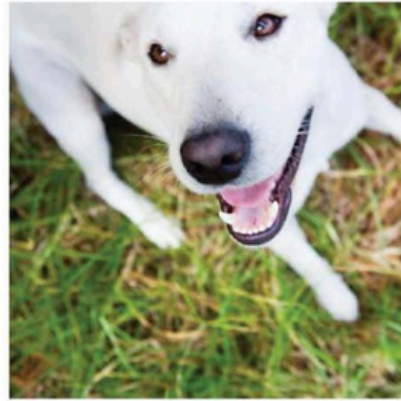
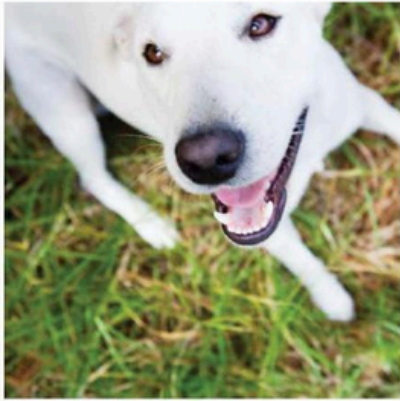
"I'm going to try and make you laugh." Partner B makes silly faces until Child A laughs. When Child A laughs, he/she says, "Thank you for giving me a silly smile. You are fun!" Switch roles.

"Laughter increases the release of endorphins which is healthy for the body."





FACE FEATURES FOR MATH



FACE FEATURES FOR MATH

Theme for the Week



Happy Laughter

Activities for "Silly Dancing"

Materials Needed: Magnetic letters, colored construction paper, paints, ribbons, pipe cleaners, paste, white butcher paper, several paper cups (at least 20 per pair of children) fun music



CIRCLE ACTIVITIES

Do a seat dance by moving your body and acting silly, but staying seated. Say, "I am doing a silly dance in my circle seat." The children then do their own silly seated dance.

Ask them to share places they like to dance. Who do they like to dance with? They take turns showing a silly dance move. Chant: We are silly dancing friends. Oh what fun from beginning to end.



LANGUAGE-LITERACY

Dancing Letters

Show children magnetic letters that they have learned, one at a time. As you show each letter, children "finger dance" the way the letter looks in the air doing air writing. Then they take turns making up a pretend dance to an item in the room that begins with each letter.



FUN ART

Silly Dancing Feet

Children stand on a piece of colored construction paper with their shoes on. Trace around their feet and cut out the feet prints. Children decorate their own feet cutouts with paints, ribbons, pipe cleaners, etc. to look like silly feet. Paste the pairs of silly feet onto white butcher paper as a pretend dance floor. Hang below their Banner of Silly Smiles from yesterday. Now they have a Banner of Silly Dancing Feet too.

MATH

Tumbling Down Dance of Cups

Children work together to stack paper cups. Start with five cups on the table side by side, and the children stack them. Then have the children stack four cups on top of the five cups, three cups on top of the four, etc. Once the pyramid tower is built, the cups will tumble when they are knocked over. It's the tumbling down dance of cups. Rebuild with a base of six. Then a base of seven, etc. Count all of the cups each time.



MUSIC-MOVEMENT

Silly Dancing

Play fun music for the children to dance in the room. Stop the music throughout the song. When the music stops, they stop dancing, hug a friend and make a silly face.



SOCIAL SKILLS

Silly Dance Off (Taking Turns and Following Directions)

Everyone sits in a circle. One person stands and shows a silly dance move. The others stand up and repeat it. They all sit down. A second person stands and shows a silly dance move. The others stand and repeat it. Play until all children have led the group.

"Dance new ideas and fun energy into your day."

Theme for the Week



Happy Laughter

Activities for "Happy People"

Materials Needed: Crayons, plain paper, empty and rinsed cans, paste, pipe cleaners, googly eyes, red Twizzlers candy, photo sample for Art (Provided), colored construction paper



CIRCLE ACTIVITIES

Children show you a happy face. They name a time they have been super happy. They show you a sad face. They name a time they have been sad. Explain that it is okay to have any feeling, happy or sad. Say, "It is best to be happy as much as you can. When you are sad, talk to someone who can help you find your happy face again." They name a person they think of as a happy person. Chant: It's fun to be happy. I love to smile, giggle, and grin.



LANGUAGE-LITERACY

My Happy People

Who makes you happy? Have each child draw a picture of a person or people who make them happy. Write with them beneath the picture _____ makes me feel happy. Staple all of the pages together and make a cover that says Happy People for the book corner.

FUN ART

Happy Can Do People

Bring a rinsed clean can to child care for each child and/or have parents donate these. Be sure to cover the rim with thick tape to be sure there are no jagged edges. Children decorate their cans into happy people. Together they will be the CAN DO kids who can do anything! They can use pipe cleaners, googly eyes, tissue paper, paints, etc.. See photo sample (provided) as a guide.

MATH

Happy Colors Graph

Children name a color that makes them happy. Give them that color of construction paper. Once all children have their "happy color" of paper, make a life size graph. Line up all of the red papers by asking those who chose red as their happy color to give you their papers. Then line up all of the blues beside the reds. Continue through all of the colors. Then look at each row of colored paper. Which color is the longest (has the most)? Which is the shortest (has the least)? Are any tied with the same number?

MUSIC-MOVEMENT

Sing and Act Out Happy People Song

Happy people wear a smile. (Point to smiles.) Even their eyes smile for a while. (Point to eyes.) Ha-ppy, ha-ppy, ha-ppy ---makes it fun to be by them. (Link arms with friends.) Being happy is such a joy! We are hugging girls and boys! (Hug a friend.)

SOCIAL SKILLS

Happy-Cise (Working Together)

Children pair up and face each other. On the teacher's cue, they do the following one at a time while facing each other: Make silly faces facing each other; Put hands on hips and rotate back and forth, etc. When finished they tell each other, "I am happy exercising with you!" Video: Happy-Cise with Marty Appelbaum <https://www.youtube.com/watch?v=IKze8tMOBUU>

"Happy teachers help create happy children."



PHOTO SAMPLE FOR ART

Theme for the Week



Happy Laughter

Activities for "Happy Times"

Materials Needed: Pipe cleaners, 12X18 white construction paper, finger paints, crayons, plain paper



CIRCLE ACTIVITIES

Talk to the children about a happy time you have all enjoyed in child care.

They take turns sharing a memory of a happy time. Sing: Happy times are here today. We just love to learn and play. Happy times are at child care.

Dance your hands in the air! Children wave their hands in the air and chant:
We have fun being happy.



LANGUAGE-LITERACY

Building Letters

Tell children that happy times are created with happy people. Partner children with a "happy learning buddy." Partner A traces a letter in the palm of Partner B's hand. Partner B guesses the letter. Then they both make the letter out of pipe cleaners. Switch roles and repeat several times, doing different letters.



FUN ART

Happy Meals Placemat

Explain to children that there are lots of happy times during meals (breakfast, lunch and dinner). Children decorate a 12X18 piece of white construction paper. They can paint, color, paste items, etc. Encourage them to take it home and eat with loved ones who make them happy.



MATH

Number and Shape Following Directions

Tell the children that you have had many happy times helping them learn their shapes and numbers. Say, 'Let's review shapes and numbers.' Give each child a blank piece of paper. Tell them to draw three yellow circles, two blue triangles, etc.



MUSIC-MOVEMENT

Sing and Act Out Happy Shakes

Shake, shake, shake a hand. I want a happy shake with you.

I say, "How happy are you? You are such a terrific friend too." Shake, shake, shake a hand. Happy high fives too. It's a happy day to come and play too. Yay!



SOCIAL SKILLS

Happy Times Friends Circle (Building Community)

Children hold hands and walk in a community circle while saying, "Friends, friends. Happy friends. We have happy times together." Stop. They turn to a friend and say, "I am so happy to have you as my happy time friend."

"Child care days are happy time opportunities."

Theme for the Week



Perfect Pasta

Activities for "Round Pasta"

Materials Needed: Pictures of pasta (provided), colored 9 X 12 construction paper, paste, various types of round pasta (macaroni, wheel, spiral, etc.), white letter board and marker, pre-cut circles, crayons, large bowls or plastic bins with round types of pasta, measuring cups, small paper bowls, plain paper (Note; Always be careful of small objects like pasta with young children.)

CIRCLE ACTIVITIES



Show children pictures of pasta (provided). Have them guess what it is in the photos. Have them raise their hands if they like macaroni and cheese. Explain that macaroni is a type of pasta. There are many types of pasta. Point out that the macaroni pasta is curved. Notice the wheel pasta comes in colors and is a circle shape. They name their favorite piece of pasta. Then tell them, "We eat pasta only when it is cooked and soft. The pasta we will use today is dry and we don't eat it. They chant: "We don't ever eat dry pasta in our class. We eat only cooked soft pasta!"

LANGUAGE-LITERACY



(Round Letter Sounds with Round Pasta

In advance, largely write one of the letter sounds children know on a piece of 9X12 construction paper. Make a letter on a white board that has a round shape in it, like, e, o, b, d, etc.) Tell them that has a "round" shape. Then make a letter that has no round shape like an l, f, t. Tell the children those have nothing round. Then have them look at letters on large paper, and point to all the ones that have "round" in them. Tell them the names and have them say them together. Then children paste various types of pasta that has a round shape on the on the letters. Then together say the letter sounds. Save for music today and Day 2, Literacy.

FUN ART

Round Pasta on Round Paper

Give each child a large paper circle pre-cut out of 9X12 colored construction paper. Children use different types of round pasta to create designs on the round paper. They trace around the round pasta with crayons. Save the pasta for Day 3 Art.

MATH

Measuring Pasta

Fill a large bowl or plastic bin with a variety of round pasta. Children use measuring cups to scoop out pasta and fill small paper bowls. How many cups fill a bowl? How many $\frac{1}{2}$ cups fill a bowl? How many $\frac{1}{4}$ cups fill a bowl? Save the pasta bins for Social Skills today.

MUSIC-MOVEMENT

Musical Pasta Letters

Put chairs in a circle with the pasta letters from Literacy today taped to the backs of the chairs. Children dance in a circle while music plays. When the music stops they sit down in an empty chair. They take turns naming the letter taped to their chair. After a few rounds, begin removing one chair at a time. Then the children left standing sit on the outside of the circle and clap while the others dance. Play until no chairs are left in the circle and only one child is left standing.

SOCIAL SKILLS

Funnel Friends (Working Together and Sensory Play)

Partner children with bins of round pasta from Math today. Child A uses a piece of paper as a funnel and holds the small end inside an empty water bottle. Child B scoops pasta into the paper funnel until the bottle is full of pasta. Switch roles. Chant: We can work together to fill the bottle with pasta.

"Teachers help create a perfect atmosphere for learning with structure, love and limits."



PICTURES FOR CIRCLE TIME

Theme for the Week



Perfect Pasta

Activities for "Straight Pasta"

Materials Needed: Lettered papers from Day 1 Literacy, various types of straight pasta (spaghetti, fettuccini, angel hair, etc), non-toxic washable paints, paint brushes, paste, wax paper, white construction paper, yellow paper circle. (Note; Always be careful with small objects like pasta with young children.)

CIRCLE ACTIVITIES



Have children raise their arms straight into the air. Then have them give themselves a hug. Ask what happened to their arms to give the hugs. They had to bend/curve their arms around their bodies. What were their arms doing when raised in the air? They were staying straight. Show them a piece of curved pasta like macaroni. Then show them a piece of straight pasta like fettuccini, spaghetti, etc. What else can they see in the room that is straight? Chant: Round and straight. Learning with pasta is first rate!

LANGUAGE-LITERACY



Straight Letter Sounds with Straight Pasta

Children look at the straight letter sounds that you put aside yesterday like l, k, and h. Say the letter sounds with the children. Then children paste various types of straight pasta (spaghetti, fettuccini, angel hair, etc.) to cover each letter. Have the children feel the texture of the letters and talk about what it feels like. Then put all the letters on the wall or a long table and children trace over the letters feeling the texture of the pasta.

FUN ART

Line Art

Place several pieces of spaghetti (or any other type of straight pasta) across a sheet of wax paper for each child. They paint the sticks of spaghetti different colors. Let them dry. Then they paste them in various positions on white construction paper to make line art.

MATH

Bundles of Ten

Place a several pieces of spaghetti (about a whole package) on a plate. Count out ten pieces. Place them in a bundle. Put one piece of spaghetti beside the bundle. Ask, "How many pieces of spaghetti now?" Eleven. Ten and one more is eleven. Continue adding one piece at a time until you get to twenty. Then put the group of spaghetti in a second bundle. Ask how many are in each bundle. Ten. Count 10, 20. Give each child 20 sticks of spaghetti and have them repeat with a partner.

MUSIC-MOVEMENT

Sing Sunshine Smile (tune of "Row, Row, Row Your Boat")

In advance, place a yellow paper circle in the center of the circle. Children place dry spaghetti around it to be rays of sunshine. Children open their arms wide like sunshine rays and smile really big as they sing: Smile, smile, smile real big. Sweetly in child care. Happily, happily, happily, happily sunshine in the air.

SOCIAL SKILLS

Skip to My Silly Spaghetti (Taking Turns)

Partner children. Child A stands beside a piece of dry spaghetti. Child B stands several feet away. Child A says, "Skip to my silly spaghetti friend." Child B skips to the spaghetti and makes a silly face. Reverse roles.

"Teachers are straight up significant influences in the lives of children."

Theme for the Week



Perfect Pasta

Activities for "Colored Pasta"

Materials Needed: Magnetic letters, sealable containers, white vinegar, several large bags of spaghetti noodles and tiny macaroni for Literacy; bins for Literacy; various types of dry pasta for other activities; large sheet of white paper for Social Skills. (Note: Always be careful of small objects like pasta with young children.)



CIRCLE ACTIVITIES

Show children a piece of white paper. Ask how they can get it to be a different color. They share. Paint, crayons, chalk, etc. Explain that today they will get to change colors —the colors of different pasta. Show them different white pastas and tell them these are what they will be coloring. Which color do they think they will want to use first? They share their responses. Chant: Colors, colors everywhere. We get to have fun with pasta and colors today!



LANGUAGE-LITERACY

Sensory Sounds Spaghetti

Break apart dry spaghetti noodles into small pieces or use tiny macaroni pasta. You will need several bags. You are going to make sensory bins. Fill bins with the pasta and add magnetic letter sounds the children know. Several children can work together using each bin looking for the letter sounds. When they find them, they say the name of the letter and the sound.

FUN ART

Coloring Pasta

Give each child a sealable container. Help them measure and pour in two teaspoons of white vinegar, 12 drops of food coloring and ½ cup of dry pasta. (Use different types of pasta and different colors to get a variety.) Seal the containers. Shake the pasta to be sure it is all covered well with the dye solution. Let it set for at least five minutes. Drain off the liquid and pour the pasta onto paper towels to dry. Turn the pasta pieces every 15 minutes to dry better and prevent the pasta from sticking to the paper towels. Save for Math today and Day 5 Art.

MATH

Color Sort

Children sort all of the dyed pasta from Art today by color. Organize into containers to be used for tomorrow's activities. How many pieces of pasta in each container?

MUSIC-MOVEMENT

Macaroni and Spaghetti Fives

Show children how they can bend their arms to look like a piece of macaroni. Everyone bends their arm. Have them touch their elbow. Now have them give a "macaroni five" by touching their elbow with a friend's elbow. They move around the room while music plays. When the music stops, they give a "macaroni five" to a friend. Play the music again. When the music stops they give a "spaghetti five" by putting their arms straight into the air for a very high "spaghetti" five. Repeat several times.

SOCIAL SKILLS

In advance, cut out a strip from a very large sheet of white paper. Tell them that they are pretend spaghetti. Pass the piece of pretend spaghetti around the circle. Play music. When the music stops, everyone blows a kiss to the person holding the spaghetti. Then have the children say, "Fun! Colorful pasta and a cute kiss. It is fun playing games like this." Start the music again. Change the action from a kiss to a clap, smile extra big, nod, etc.

"Bring colors of brightness into the lives of children with your smile and compassion."

Theme for the Week



Perfect Pasta

Activities for "Pattern Pasta"

Materials Needed: Various types of dry pasta including lasagna pasta, plain paper, crayons, non-toxic and washable paints, paste, paint brushes, white construction paper (Note; Always be careful of small objects like pasta with young children.)



CIRCLE ACTIVITIES

Show children a pattern of pasta on the floor. Example: fettuccini, penne, fettuccini, penne, etc. Children name what comes next. Repeat with a few more patterns using different types of pasta. Seat children in the circle in a boy, girl pattern. Name other patterns that can be seen in the classroom. Chant: Patterns, patterns everywhere. We will look for them today.



LANGUAGE-LITERACY

This Pasta Can Be...

In advance, copy a page for everyone that says: This _____ pasta can be a _____. Children choose a piece (or pieces) of dry, colored pasta and paste it (them) to their papers. They use crayons to create a picture with it. Then you fill in the blanks with their responses. Example: They paste a piece of wheel pasta on the paper and draw yellow sun rays off of it. They add clouds around the sun. The sentence will read: This wheel pasta can be a sun in the sky.



FUN ART

Flower Patterns

Children paint a piece of dry lasagna green and paste it to the bottom of a piece of white construction paper to be grass. They paint three pieces of dry spaghetti green and paste them coming out of the lasagna to be stems. Next, they paint a red piece of penne, a yellow piece of penne and a blue piece of penne and paste them on the top of the spaghetti to be a flower. They choose three pieces of a different type of pasta such as spiral and paint them red, yellow and blue. They paste them onto the second spaghetti piece to be a flower in the same color pattern. Lastly, choose three more pieces of a different type of pasta, such as macaroni, and paste in the same flower pattern.



MATH

String of Spaghetti Patterns

Children paint penne pasta in advance. Then they string it onto dry spaghetti in a pattern such as red penne, red penne, blue penne, red penne, red penne, blue penne, etc. Each child shares his/her pattern.



MUSIC-MOVEMENT

Sing and Act Out I've Got Pasta

Children place a piece of wheel pasta on their bodies as they sing:

I've got pasta on my knee. (Point to knee.) I am ha-a-py. (Point to smile.)

I've got pasta on top of my head. (Point to head.) It will fall off if I go to bed!

I've got pasta in my palm. (Point to palm.) I can blow it off and stay real calm.



SOCIAL SKILLS

Handful of Kindness (Speaking Kindly and Giving Compliments)

Children take turns standing in the center of the circle with their palms open in front of them. Each child says a kind word and places pieces of colorful pasta in the palm of the child in the center. Continue until each child has received a handful of kindness pasta.

"Create a routine pattern to your days. It can help children feel safe and secure with structure."

Theme for the Week



Perfect Pasta

Activities for "Pasta Art"

Materials Needed: Various types of dry pasta that have been used this week, playdough, painted pasta from Day 3 Art, white construction paper, paste, body shape (provided), heavy paper (Note; Always be careful of small objects like pasta with young children.)



CIRCLE ACTIVITIES

Show children various types of dry pasta that has been used this week. Make a picture using the different types of pasta on the floor. Children name your "pasta drawing." It may be a rainbow, smiling face, triangle, etc. Explain that they too will create more art with pasta today. They name their favorite piece of pasta. Chant: Cooked pasta is yummy to eat. Dry pasta can make an art treat.



LANGUAGE-LITERACY

Artsy Letter Stamps

Children roll out play dough to make it flat. They "write" letters in the play dough with dry pieces of pasta by pressing them into the play dough to make imprints. They make impressions in the shape of various letters. They name each other's letters. Then they smooth out the play dough and make a new letter.



FUN ART

Colorful Creations of Pasta

Children choose and place various types of colored pasta from Day 3 Art on a piece of white construction paper. They create a design or picture of their choice. Once the picture is the way they like it, they paste the pieces in place. Save for Social Skills today.

MATH

Body of Pasta

Give each child a pre-cut body shape (provided) out of heavy paper. They use the variety of colored pasta to follow your directions to clothe their body shape. Say: Place two circle pastas as eyes. Place one round pasta as a nose. Place one piece of macaroni as a mouth. Make a shirt using 15 pieces of straight pasta. Make pants using 20 pieces of straight pasta. They place the pasta pieces onto the paper body shape.



MUSIC-MOVEMENT

Chant Pasta Stew

Give each child a different type of pasta to hold and place in a bowl as they chant: I'm making pasta stew, pasta, pasta stew. I'm making pasta stew for me and you. Toss in a piece of pasta and give it a stir. (One child puts their pasta piece in the bowl and stirs it.) Which kind of sauce do you prefer? Repeat until all children have had a turn to add their pasta piece and stir.



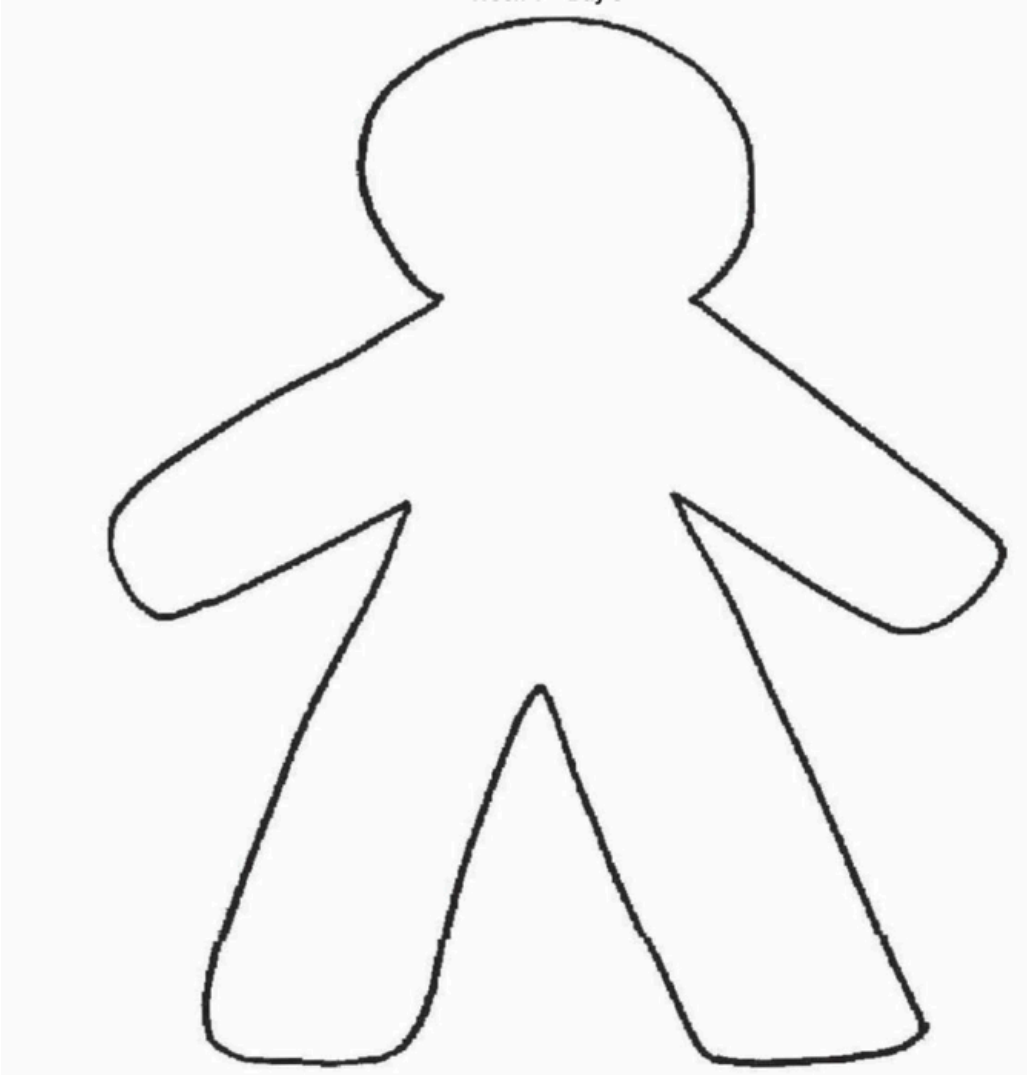
SOCIAL SKILLS

Story Art (Sharing and Listening Practice)

Children take turns telling a story about their creation from Art today by simply sharing what their picture is and why they like it. The other children then give compliments on their friend's artwork.



"Your classroom is a canvas where you create masterful artwork inside the hearts and minds of children."



BODY SHAPE FOR MATH

Theme for the Week



Let's Move

Activities for "Dance"

Materials Needed: Butcher paper, crayons, clear cups or bowls, raisins, carbonated water, fun music



CIRCLE ACTIVITIES

Sit quietly in the circle and start to sway your body gently. Have the children join you. Sway to the right. Sway to the left. Stand up and sway up and down. Sit back down and sway to the right and left again. Sit still. Explain that they were dancing very slowly and gently. Dancing can also be fast. You can dance with or without music. Chant: We can move our bodies to dance while seated or standing. We can dance fast and slowly. Let's just dance all day long!



LANGUAGE-LITERACY

What's the Word?

Children dance around the room and sing a familiar song like "Mary Had a Little Lamb." Then ask them to count how many times they sang the word "lamb" in the song. They dance and sing the song. Each time they sing the word "lamb" they freeze in place. Repeat with a new song. First they dance freely while singing the song. Then they count a word chosen by you.



FUN ART

Dance Partners

Pair children with a "dance partner." They take turns tracing their "dance partner" on butcher paper. Help them cut out their body shapes. They color their paper bodies. Hang the two paper bodies together on the wall as though they are dancing.



MATH

Dancing Raisins

Fill clear bowls or clear cups half full with carbonated water. Children take turns dropping raisins in, counting each raisin. They watch the raisins "dance" in the air as the bubbles make them rise.



MUSIC-MOVEMENT

The Chicken Dance

Children stand in a circle and dance while pretending to be chickens. They make beaks with their hands. They flap their elbows like wings. Then they wiggle their hips and clap four times.



SOCIAL SKILLS

Conga Line Fun (Working Together and Building Community)

Turn on fun music and start to dance. Children each put their hands on the hips of a person in front of them. They follow you around the room while using their feet in a rhythmic way. When the music stops, they clap and chant: Woo hoo! Dancing with friends is great fun too.

"Teachers dance into the hearts of children as they sing and play with them each day."

Theme for the Week



Let's Move

Activities for "Stretch"

Materials Needed: Construction paper, brand new sponges, pan of water, non-toxic paints



CIRCLE ACTIVITIES

Demonstrate stretches that require slow and controlled movements. Children mimic you. Explain that stretching is good for their bodies. It helps their muscles and can also help calm them down. Chant: Stretch it out. Calm and healthy is what it is all about.



LANGUAGE-LITERACY

Air Alphabet

Children lie on their backs and stretch their arms in the air. They draw letters in the air that you call out to them with their stretched out arms. Next, they draw letters in the air with their legs stretched in the air.



FUN ART

Stretchy Sponge

Give each child a piece of a brand new sponge. (In advance, cut new sponges in half or use whole sponges if enough are available for all the children.) Have them note the size. They place their sponges in a small pan of water and watch them "stretch" to a bigger size. They squeeze out the water and clip a clothespin onto each sponge. Now they use them as paintbrushes to paint a design of their choice.



MATH

Math Rhyme

Children say and act out: I can make myself really big. (Stand up on toes and stretch arms high in air.) By standing straight and tall. But when I'm tired of being big, I can make myself small. (Scrunch down into a ball.) Find items in the room that are small and stretch to become bigger like play dough, Slinkys, pipe cleaners, etc.



MUSIC-MOVEMENT

Sing and Act Out Stretch it Out (tune of "If You're Happy and You Know It")

If you're happy and you know it, stretch your arms. (2X) If you're happy and you know it, then your arms will surely show it! If you're happy and you know it, stretch your arms. (Other verses: legs, neck, fingers)



SOCIAL SKILLS

Be an Ostrich (Stretching Neck to Calm Down)

Teach children to stretch their necks by placing their heads into their hands, like sticking their heads into the dirt if they were an ostrich. They take deep breaths until they feel calm.

"Stretch your arms and take a deep breath before speaking when you are upset."

Theme for the Week



Let's Move

Activities for "Jump"

Materials Needed: Plain paper, non-toxic washable paints, paintbrushes, white construction paper, masking tape, orange paper, masking tape or colored papers



CIRCLE ACTIVITIES

Tell children that they get to move more today. Today they will do the jumping movement. Stand up and show children how to bend their knees to prepare for a jump. As they straighten their legs they push off with their feet for a jump. They spread out and stand in a circle. They take one step backwards, and then all jump forward one time. They sit back down and sing: Here we are together, together, together. Here we are together jumping happily!



LANGUAGE-LITERACY

Jumping Words

In advance, write common words on plain paper and tape them around the room. Some examples of words are: boy, girl, cat, dog, etc. Have the children line up and jump to one of the words. When they get to the word, they stop jumping and name the letters in the word. You read the word to them. They repeat the word. Then they all jump to the next word and repeat.

FUN ART

Double Do Jumping Art

Children hold two paintbrushes (each dipped in a different color of paint) in one hand as pretend legs. They "jump" their paintbrushes around on white construction paper by placing and lifting the brushes on and off the paper. This will create a scattered "jump print" art all over the page.

MATH

Basketball Math

Place a clean and empty wastebasket in the center of the floor. Make several "basketballs" by crumbling orange paper into balls and wrapping around it once with masking tape. Number each ball. Children take turns jumping and tossing a "basketball" into the wastebasket. Once each child has had a turn, they name the numbers on each "basketball" as they collect them from the wastebasket. Then they line them up in numerical order.

MUSIC-MOVEMENT

Jumping Animals

Tape several squares in a row on the floor (or tape colored papers to the floor). Children pretend to be a jumping animal of their choice (rabbit, frog, kangaroo, etc.). They jump from one square to the next while chanting: Jump, jump, jump. Jumping animals we are. We can jump near and far. Jump, jump, jump. Look at us go! We are so special, don't you know?

SOCIAL SKILLS

Bend and Straighten (Working Together)

Pair children. They face each other, hold hands, and sing to the tune of "London Bridge:" Bend and straighten. Bend and straighten. Move around. Move around. As they sing, they bend their knees and then straighten back up. Then they drop hands, turn around in place, and then jump up and hold hands again. Repeat several times.

"Jump with joy and celebrate each positive behavior of all children."

Theme for the Week



Let's Move

Activities for "Roll"

Materials Needed: Balls, potato, masking tape, cookie trays, crayons and/or finger paints, paper, various toys for Math, boxes (like shoe boxes), wooden spoons, small soft balls or paper balls



CIRCLE ACTIVITIES

Roll a ball to a child. Ask how the ball moved. It rolled. Can their bodies move like a ball? Children pull their knees into their chests and wrap their arms around their legs to be in a "ball" shape. They gently roll forward and backward. Chant:

Forward and backward. Backward and forth. We can roll our bodies like a ball.



LANGUAGE-LITERACY

Roll a Potato (Position Words)

Children sit in a circle and take turns rolling a potato to a friend. Then they play a version of the game of Hot Potato. Children pass the potato around the circle doing the motions of the following chant: The potato goes over your head. If you're the one to hold it last, you can choose how to pass it next. Repeat with: behind your back, under your knee, etc.



FUN ART

Unique Balls

Children place several strips of masking tape on cookie trays. They decorate their masking tape strips with crayons and/or washable finger paints. Once dry, they wrap their decorated tape pieces around a crumbled ball of paper to make a colorful ball that they can roll.



MATH

Let's Roll or Not

Fill a box with toys that roll and some that don't, such as little cars, balls and blocks. Children explore which items can roll down a cookie tray and which cannot. Group the items. How many can roll? How many cannot? Which group has more? Which has less?



MUSIC-MOVEMENT

Rock and Roll Your Boat

Pair children. They hold hands, facing each other, and sitting on the floor. They pretend to be in a boat. They make their "pretend boats rock in the water and roll around in the water and chant: Rock, rock, rock our boat. Be very, very careful to not roll out and float! Repeat with a new partner.



SOCIAL SKILLS

Let's Play Golf! (Taking Turns and Cheering for Friends)

Lay a few open boxes on their sides to create an indoor "golf course." Show children how to use wooden spoons as golf clubs. Then let them play "golf," taking turns with the "golf clubs" to "move" small soft balls or paper balls into the open boxes. Children cheer for one another.

"You get to create rock and roll times for children."

Theme for the Week



Let's Move

Activities for "Walk"

Materials Needed: Plain paper, clipboards, crayons



CIRCLE ACTIVITIES

Remind children of all the movements they have done this week: dance, stretch, jump and roll. Say, "Our last movement to talk about this week is very common and very important to do when you are inside. It is walking. Children stand up, and slowly walk in a circle. When they return to their original position, they say, "We can walk slowly to our seat."



LANGUAGE-LITERACY

Walking Warm Up (Learning Left and Right)

Have children touch their right hands to their left knees. Then their left hands to their right knees. Explain that this "crossover" is warming up their brains. Have them walk around the room with their left hands touching their left knees and saying, "My left hand is on my left knee." Repeat with their right hands on their right knees.



FUN ART

Listening Walk

Give each child a piece of plain paper on a clip board. You carry a basket of crayons. They follow you outside on a listening walk. They walk quietly and listen for sounds like birds, cars, etc. Stop a few times during the walk. At this time they draw something they can hear or see on their papers. When they come back to the class room they take turns sharing their drawings.



MATH

Feet and Hand Match

Feet are for walking! Children sit with a partner, legs stretched out and soles of shoes touching. Whose feet are bigger? Whose toes are longer? Next, just for fun, match and compare hands too.



MUSIC-MOVEMENT

Sing and Act Out Child Care Walk (tune of "The Ants Go Marching")

Our friends go walking one by one, hurrah, hurrah. (Repeat.)

Our friends go walking one by one. We love to play and walk each day.

And we all go walking up and down to have lots of fun today, today, today!



SOCIAL SKILLS

Jungle Tour (Working Together and Following the Leader)

Children walk behind you through the classroom. You pretend to be an animal like a lion, monkey, tiger, etc. The children copy you. Then stop and take turns having each child be the leader.

"Walk the talk of a positive example each day."

Theme for the Week



Hands and Feet

Activities for "Waving/High Fives"

Materials Needed: Colored construction paper, paste, pipe cleaners, donations of old gloves to be cut apart, googly eyes, yarn, washable markers, envelopes



CIRCLE ACTIVITIES

Teach children how to do "the wave," while seated in their circle. (The wave is an activity in which people one at a time create a big waving motion.) They stand up with their hands in the air, one at a time, creating a wave around the circle. Then have them stay seated and wave one hand as though saying hello or good bye. Chant: Our hands can wave hello and goodbye. Together, we can make a huge wave like a wave in the ocean.



LANGUAGE-LITERACY

High Five Texture Guess

In advance, write on different sheets of paper, different letter sounds that the children know using a pencil. (Example: One sheet of paper has an "a," another a "b," etc.) Children trace the penciled letters with paste and then place pipe cleaners on the paste so that they have fuzzy letters. Put one of the alphabet papers in a box. Children take turns rubbing their high five palms over the letter to feel the shape without looking. They guess the letter before the paper is revealed.



FUN ART

Finger Waving Puppets

In advance, ask families to donate old pairs of gloves and cut the fingers out of the gloves. Give each child two glove fingers (or more depending on how many gloves are available). They decorate them to make finger puppets with markers, yarn, googly eyes, etc. Save for Music today.

MATH

High Five Math

Children count five fingers on each hand. They wave one hand high and low and say, "This hand has five fingers. They are high and they are low?" Repeat with their second hand. Then they wave both hands and say, "Together we have ten fingers. Five and five makes ten." Last, all the children wave their hands in the air. You walk by and high five each hand. Then count by fives, touching each child's hand, to count how many fingers altogether in the room.



MUSIC-MOVEMENT

Chant and Act Out Wave With Me

Children wear their finger puppets from Art today while singing:

Wave, wave, wave with me. Count my fingers, 1, 2, 3.

Wiggle, wave and dance around. Watch my fingers touch the ground.

Say hello and how are you? Fingers jump and say, "Howdy do."



SOCIAL SKILLS

Puzzle partners (Working Together and Problem Solving)

Trace each child's hand on different colors of construction paper. (Try to give each child a different color.) Cut out their hand shapes. Help them cut each hand shape into five pieces for the fingers and one piece for the rest of the hand. Place all six pieces in an envelope. Children sit with a partner and they each bring their envelope of six puzzle pieces. They help each other put their hand puzzles together. Then they high five each other and say, "Thanks for helping me!"



"Give a high five and dance a jive for making a difference with children."

Theme for the Week



Hands and Feet

Activities for "Hugs"

Materials Needed: Magnetic letters, heart shape (provided), various art supplies for Art, paste, pipe cleaners, crayons/blocks/Legos for Math



CIRCLE ACTIVITIES

Show children different ways to hug with their hands. They can give thumb hugs and pinky hugs. Pass thumb hugs around the circle. Then pass pinky hugs around the circle. Last, explain that they can give big hugs by wrapping their arms around a person and placing their hands on the person's back. Ask each child if they would like to have a big hug. If so, give big hugs to the children. Chant: Hugs feel so sweet. Thumb, pinky or a big hug. They just can't be beat.



LANGUAGE-LITERACY

Letter Hugs

Scatter a set of magnetic letters on the floor. Children take turns choosing two letters to "hug" one another. The letters "hug" by making their sounds together. For example, the letters A and Thug to make the sound "at." The letters B and R "hug" to make the sound "br." Swap out several letter combinations to make several "hug" sounds with the children.



FUN ART

My Hugging Heart

Children decorate an individual heart (provided) with various materials such as construction paper, fabric, foil, gift wrap, tissue paper, etc. Once finished, they tape a pipe cleaner on each side to look like arms coming off of the heart. It is a hugging heart!

MATH

Hug on Ten

Pair children. Give each pair a basket full of crayons or small blocks or Legos. They count how many items are in the basket by making groups of ten. Together they count out ten items. Stop and hug each other. They count ten more. Stop and hug each other. Continue until all are counted. Then count by tens pointing to each pile.

MUSIC-MOVEMENT

Sing Hug, Hug, Hug Your Friend (tune of "Row, Row, Row Your Boat") Hug, hug, hug your friends, Sweetly all day long.

Merrily, merrily, merrily, merrily, hugs are fun to do.

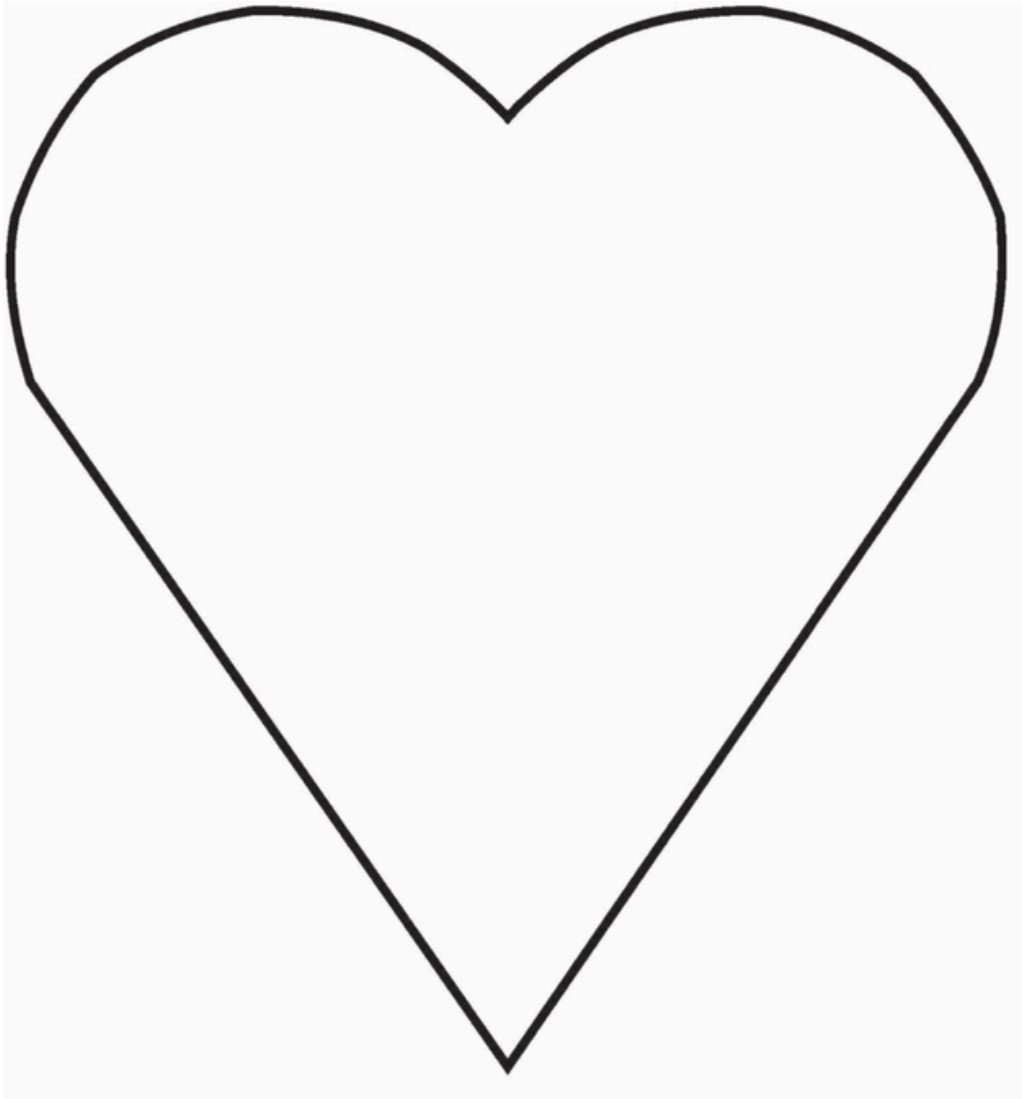
They hug a friend nearby. Dance and sing again. Stop and hug again. Repeat several times.

SOCIAL SKILLS

Love Hugs

Tell children that they are loved. Have them give themselves a hug and say, "I love me." They turn to a friend and give them hug. Explain that hugs show love as does helping, sharing and playing with others. They name someone they want to go home and hug to show love. Chant: We are loved. Giving hug shows love. (Note: Children can give thumb hugs, pinky hugs, or body hugs.)

"Give and receive word or body hugs daily."



HEART FOR ART ACTIVITY

Theme for the Week



Hands and Feet

Activities for "Clapping"

Materials Needed: Coffee filters, food coloring mixed with water in droppers of finger paints, bag of frozen peas to be thawed for Math, plastic forks, paper plates and paper cups



CIRCLE ACTIVITIES

Sit down in the circle and wave both of your hands. Ask if they are touching anything. No, they are moving in the air. What happens if they touch each other? They will make a sound called a clap. Clap your hands three times. The children repeat after you. Clap five times slowly and five times quickly. Children share times they like to clap. Explain that when a large group claps for something or someone it is called a round of applause. Children all clap together and chant: Hear our round of applause for having fun at child care!



LANGUAGE-LITERACY

Clapping Syllables

Children sit in a circle. They all clap the syllables of each child's name. Then they name how many syllables. Example: "Sa (clap), man (clap), tha (clap). Samantha. Three syllables."

FUN ART

Clapping Colors

Give each child a flattened coffee filter. They "clap colors" together by dropping colored water from droppers onto their filters. You can use water that is colored with food coloring or the children can drop colors of finger paint.) They make one drop in one color. Then they make a second drop with a second color. They try to drop it close enough to the first drop so they "clap" (meet) together.

MATH

Counting Peas

Children build strength in their pincer fingers (the fingers they will write with) by using a plastic fork to pick up and count frozen peas that have been thawed. Give each child a paper plate with several peas on it. (Use a bag of frozen peas that have been thawed.) They pick up one pea at a time with the fork and then push them off into a paper cup. They count how many peas as they move them from their plates to their cups. Who had the most peas? Fewest peas? (Have children wash their hands thoroughly first.)

MUSIC-MOVEMENT

Sing and Act Out If You're Special and You Know It If you're special and you know it, clap your hands.

If you're special and you know it, clap your hands.

If you're special and you know it, then your face will surely show it.

If you're special and you know it, clap your hands.

Repeat with: Give a hug, Give high fives, Wave your hands

SOCIAL SKILLS

Standing Ovation (Cheering for Others)

Explain to the children that when a group of people clap, it shows they liked what they saw or heard. If they all stand up to clap, it is called a standing ovation and shows that they really liked what they saw or heard. Children take turns singing part of their favorite song. (They can do this in pairs or groups.) The other children give a standing ovation.

"ATi gives a round of applause for the wonderful job teachers do every day. Thank you!"

Theme for the Week



Hands and Feet

Activities for "Running"

Materials Needed: Chart paper, index cards, playdough, magnetic numbers, colored papers (red, yellow, green).

CIRCLE ACTIVITIES



Remind children of how they can use their hands: waving, high fiving, hugging and clapping. How many fingers are on their hands? Ten. Ask where else they have ten of something on their bodies. Their feet! Their feet have ten toes. Can they wave, high five, hug or clap with their feet? Not as easily as with their hands. Their feet can help them run easily. Where is it safe to run? Outside on the playground. Children chant: Feet are for running and helping us have fun. They stomp their feet on the floor.



LANGUAGE-LITERACY

Run for Words

In advance, hide several index cards around the playground with words written on them. Children take turns running to find the words. Bring all of the words inside. Read each word to the children. Use the words to make up a silly story with the children and write the story on chart paper. Then point to each word and read the story back to them.

FUN ART

Running Through the Play Dough

Children spread out green play dough on a table to pretend it is a grassy lawn. Talk about what they might see or do if running in a big grassy area. They can make a small soccer ball with white play dough and place it on their green play dough lawn. They can place a play dough tree, a big play dough sun, etc.

MATH

Running Numbers

Children each hold a magnetic number. They stand arm's length apart outside. They all toss their numbers out in front of them as far as they can toss. One at a time they run to pick up their numbers. Then they stand in line in numerical order. They run in place holding their numbers in the air. Repeat to give everyone a chance to play and/or be a different number.

MUSIC-MOVEMENT

Relay Runners

Create a relay race around the playground by making sure there is a clear path for running. Position each child equidistant from others around the playground. Give the first child a piece of rolled paper to be a baton. The first child runs to the second child and passes the "baton." The second child runs to the third child and passes the "baton." Continue until all have participated in the relay running. When finished, they all hold hands and chant: We can run in the sun. Run, run, run with our friends. It is fun!

SOCIAL SKILLS

Play Stop, Walk, Run! (Paying Attention and Working Together)

With a partner, children have a red, yellow and green piece of paper. One child holds up green while the other child runs in place. When yellow is held up the child walks slowly. When red is held up the child stops. They take turns playing Stop, Walk, Run!

"Are you run down? Take deep breaths and talk with someone who can help you laugh today."

Theme for the Week



Hands and Feet

Activities for "Walking"

Materials Needed: Masking tape, pre-cut several different colored shapes (provided) for Art, 12X18 construction paper, paste, small toy figurines



CIRCLE ACTIVITIES

Explain that yesterday they learned about running, and running is when their bodies are moving fast. What are they doing with their feet when their bodies are moving slowly?

They are walking! Walking is the most common thing their feet help them do. Children stand up and walk in a circle. They chant: My feet are so important. They bring me from place to place. Running and walking is how my feet move me. Yippee!



LANGUAGE-LITERACY

Walk the Line (Listening for Directions)

Create a line on the floor for each child with masking tape. Give oral directions: Walk across the line. Turn and jump back over the line. Walk with high steps across the line. Jump from side to side over the line. Walk with baby steps across the line. (Demonstrate as you give directions to the children so they can see and hear your directions.)

FUN ART

Walking Path

Pre-cut several different colored shapes (provided) that are small enough to make a "pretend path of shapes" on a piece of 12X18 construction paper. Children paste their shapes in any order on their paper to create a path. Then they "walk" a toy figurine or their fingers across their shape path. Trade papers and walk their toy figurines or fingers on a new path.

MATH

How Many Steps?

Children count how many steps it takes to walk across the room. Each child walks and counts his/her steps. Continue with how many steps to the playground? To the sink? To the door, etc.? If you take giant steps, does it take more or less steps to get there?

MUSIC-MOVEMENT

Chant and Act Out Shaking Feet

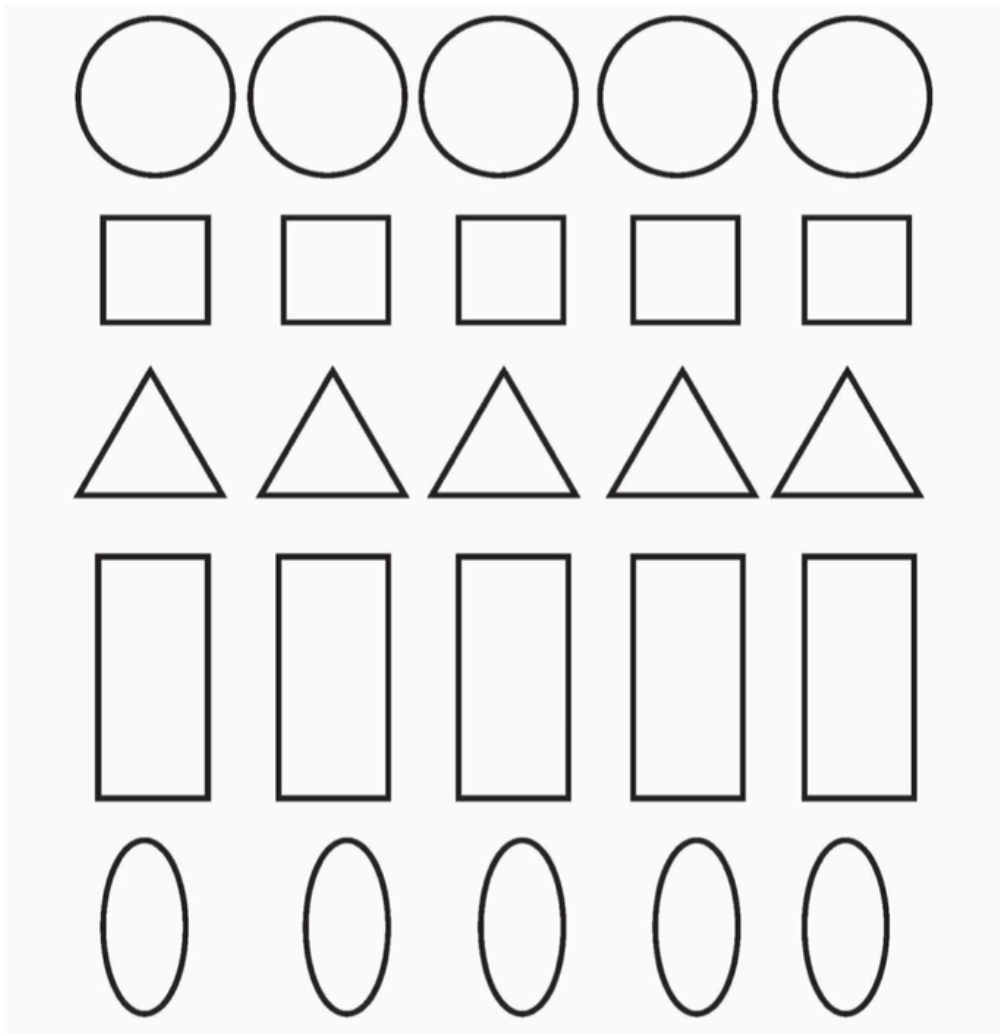
Let's shake, shake, shake our feet. (Shake one foot at a time in the air.)
Stand and shake your feet beside a friend. (Shake one foot in the air while standing beside a friend.) Shaking, shaking, shaking. (Keep shaking feet with different friends.)
Shaking is so grand!
(Walk to a friend and give him/her a hug.)

SOCIAL SKILLS

Walk Like a Cat (Learning to Calm Down)

Talk to children about the way cats stretch their bodies. Explain that stretching your body is a healthy way to calm down. Children walk around the room, pretending to be cats. They stop and slowly stretch their bodies. After a few walks and stretches they chant: Walk, stretch and talk. We can calm down when we walk, stretch and talk.

"Teachers leave footprints on the hearts of children that can last a lifetime."



SHAPES FOR ART ACTIVITY