

Early Years Preschool Playful Family Activities

Week of: May 4

Theme: My Home, My Community
Look Up! Sky, Moon, Stars



Arts and Crafts

Paper airplanes! Make a paper airplane with your child. You will need to do most of the folding, but your child can help crease the paper as you fold it. Then, see how well your airplane flies. If you make more than one, which will fly the farthest? Sometimes adding a paperclip to the nose can be helpful to help it fly straight. See what works!

Rocket ships! What materials do you have around your house to make a rocketship? Paper towel tubes are a good place to start. Add a few paper wings, a nose cone, and a few decorations and you are ready for lift-off!

Play

How about a trip to the moon this week? Find a box or use couch cushions or chairs to create a rocket ship. Climb aboard - do you have everything you need? Don't forget to count down as the engines start - 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, blast off! What happens on your space adventure?

If you need some inspiration, try this video:
<https://www.youtube.com/watch?v=DEHBrmZxAf8>

Science and Nature

Let's look up!

Stand or sit under a tree and take some time looking up into the branches. Talk about what it looks like.

Spend some time looking at the clouds as they go by. Can you find any clouds that look like something else?

Before bed, take a walk outside and look up at the sky. Is the moon out? What does it look like? Can you see any stars in the sky?

Gross Motor (Get Moving)

How about this nursery rhyme:

Hey diddle, diddle
The cat and the fiddle
The cow jumped over the moon.
The little dog laughed, to see such sport
And the dish ran away with the spoon.

Let's work on jumping (safely) this week!

How far can your child jump? Mark the spot and see if she can go farther the next time. What things can he safely jump over?

- If you want, make a moon with your child to jump over while saying this rhyme.

Fine Motor

Draw some stars on a piece of paper for your child. Make them different sizes - small, medium, and large. Have your child color in the stars. When your child colors the larger stars he uses larger back and forth strokes; for the smaller stars your child might just be using her fingers to move the crayon or marker in small back and forth strokes. Stars are different colors, so any color will do for this project! You could use this picture as a prop for your pretend trip to the moon!

Conscious Discipline/Social Emotional

"Twinkle, twinkle, little star,
What a wonderful child you are! With
bright eyes and nice round cheeks, A
talented person from head to feet.
Twinkle, twinkle, little star,
What a wonderful child you are!" ~by Dr.
Becky Bailey

This is a wonderful "I Love You Ritual" - a song you sing with your child daily as a check-in and to have a loving moment together. You can see others doing this song with the interactive motions at:

<https://www.youtube.com/watch?v=dhScVr0hnOw>

This is also a great time to practice the S.T.A.R. breathing we learned about a few weeks ago. Remember: Smile, Take a breath, and Relax.

Language & Literacy

Can you make your own Twinkle, Twinkle, Little Star book?

Cover - Write, "Twinkle, Twinkle, Little Star".

Draw a star

Pg 1: Write "Twinkle, twinkle little star"; draw a small star and have your child color it in

Pg 2: Write, "How I wonder what you are";

help your child draw a picture of himself

Pg 3: Write, "Up above the world so high".

Have your child draw a big circle for the world; draw a star above the world"

Pg 4: Write, "Like a diamond in the sky". Help your child make a diamond.

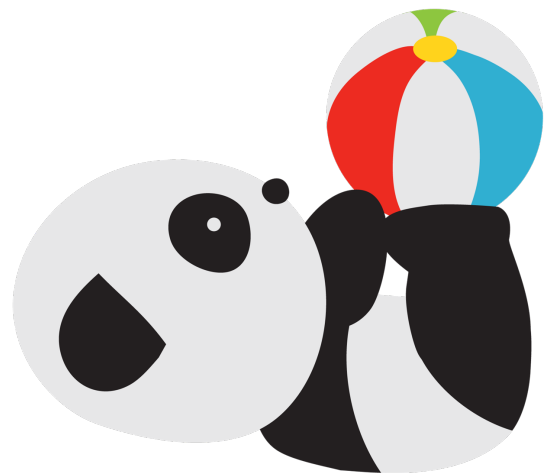
Pg. 5. Write "Twinkle, twinkle little star"; draw a small star and have your child color it in

Pg 6: Write, "How I wonder what you are"; help your child draw a picture of himself

Read the book together. After a while, your child may be able to read it on his own!

Here is one of our favorite Twinkle Twinkle youtube videos:

<https://www.youtube.com/watch?v=yCjJyiqpAuU>



Sensory

Slime: Mix cornstarch with colored water (water with a few drops of your choice of food coloring). The mixture should be hard to pick up, but then run through your fingers once in your hand. This one gets a little messy, but is easy to clean up!

Make a galaxy in a bottle! This website offers great instructions. It uses glitter, but you can still make it without!

<https://www.littlepassports.com/blog/craft-diy/galaxy-in-a-bottle/>

Math

"Counting Down" is a space song that focuses on numbers 1-5 and counting down from 10. You can use it as you are preparing to blast off on your pretend trip to the moon!

<https://www.youtube.com/watch?v=Sam-kFNaw8c>

Cooking/Food fun

Star toast! Cut a piece of toast into a star shape. Or, if you have a star cookie cutter, cut the bread, then toast it to make star toast. Adding butter makes it a yellow star, adding jam may turn the star red or purple!

Online Resources

Check us out online for new ideas being posted daily!

- Facebook: Early Years Program @ EarlyYearsredclay
- Instagram: rcearlyyearsprogram
- Website: <https://www.redclayschools.com/eyp>

We wish you well!

EYP staff realizes this can be a stressful time for both adults and children. Our intention is not to overload families with 'have-to' activities, but to provide opportunities for times of connection throughout the day that can be restorative for everyone. Getting outside to take a walk (maintaining distancing, of course!) is helpful because movement allows us to 'work out' some of the stress in our bodies. Taking moments throughout the day to give your full attention to your child and his/her play and thinking can be so helpful to his/her feeling of safety. Doing easy chores together such as washing dishes, making beds, folding laundry, setting the table, or feeding a pet can help our children feel they are being of service to the family while also being able to spend time with you as you guide them through the chore. Take care, have some fun, and hug those preschoolers for us. We wish you well!