


4Cs Weekly Activities May 30- June 3, 2022 Theme: SUMMER!

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3
<p>Literacy Activity:</p> <p>Make a List</p> <p>Idea 1: Make a list with children of things they like to do in the summer.</p> <p>Idea 2: Make a list of items we use to protect our selves from the sun.</p> <p>The adult can bring some of these items beforehand, and when the child names it, pull it out and place it on a child or adult.</p> <p>Some of these items can be played with in the dramatic play area too.</p>  <p>Advanced Activity: Try picture dictation with the list of ideas. The teacher describes a picture and the children draw what they hear.</p>	<p>Math Activity</p> <p>Pool Noodle Marble Run</p> <p>Materials: a pool noodle, marble</p> <p>Pool noodles are used during the summer when playing in the pool, and today we can use them one other way.</p> <p>An adult can cut the pool noodle in half, so you get two long pieces. Give a marble to the children and see how the marble rolls down the pool noodle.</p>  <p>Extension: try different items to roll. Children can take notes on which ones go faster and slower. Try elevating the noodles and testing which marble runs faster. As well, using a timer can help children visually see and compare how fast it travels.</p>	<p>Science Activity.</p> <p>Sand Play</p> <p>Summertime means fun days at the beach, and what's better than playing in the water, sand!</p>  <p>Idea 1: Materials: baking soda & vinegar. Make a volcano with sand by piling up as much sand together forming a triangle/pyramid. Place a cup through the top of the volcano, pour the ingredients in and see what happens!</p> <p>Idea 2: Practice writing names, numbers, shapes in the sand. Children can use their finger, a stick or a pencil.</p> <p>Idea 3: Materials: loose parts such as: sea shells, sticks, buckets, shovels, glass gems. Shoes off, socks off and let the play begin!</p>	<p>Art Activity</p> <p>Make a Visor</p> <p>Materials: paper plates, string, colors</p> <p>One way to protect ourselves from the sun is a hat or a visor.</p> <p>Pre-cut the paper plate. The child can color and decorate it. Cut string long enough to fit the child's head. Place the visor on the child's head and tie the string on the back of their head.</p>  <p>Promote Sun-Safe Behaviors</p> <ul style="list-style-type: none"> • Encourage students to wear hats, sunglasses, and sunscreen outdoors. • Try to avoid scheduling outdoor activities when the sun is strongest. • Provide breaks during outdoor activities so that students can reapply sunscreen and get water. 	<p>Social Emotional/Movement Activity</p> <p>Bear Hunt</p> <p>Summer calls for a hike, a walk, camping or a day outdoors. Try some of the ideas listed on Monday.</p> <p>Here is a fun song: "Bear Hunt"</p> <p>Take a moment with children to be present and enjoy the outdoors. Being outdoors helps the mind, body and soul. Here is a book that teaches breathing exercises.</p> 