

4C's Weekly Activities August 1-5 2022 Theme: Back to School

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Literacy Activity</p> <p>This activity will give children an awareness of their emotions and will offer a tool to help them express their feelings in appropriate ways. Begin this activity by creating a list with your child of all of the things that friends do together. Then make a list of things that they do with their friends that make them happy and sad? You can say to your child, "Sometimes we have angry feelings and that's ok, but we need to express our anger in a way that does not hurt others or ourselves. Encourage your child to talk about how they feel when they are angry when they are playing with a friend. Help your child write down things they can do when feeling angry. Including pictures can be helpful. Some ideas when in conflict with friends are-</p> <p>"Please stop I don't like that"</p> <p>Ask for help from an adult or a teacher</p> <p>Walk away/take a break</p> <p>Take a deep breath</p> <p>Take time to sit in a cozy corner and draw a picture. Go back to your list you created. Pick something you like to do with a friend that makes you happy. Read through the following story and discuss Tucker's options. How can this help when in conflict with a friend?</p> <p>Tucker The Turtle Takes time To Tuck And Think At School</p>	<p>Math Activity</p> <p>In this activity children will explore differences between letters and numbers, helping reinforce recognition of both.</p> <p>Materials: Magnetic or foam numbers and letters, or cut out numbers and letters from paper, a basket or container. Label one basket letters and the other numbers. Place numbers and letters (mixed together) on the table. Have your child look through the pile. Ask questions like, "what do you notice" "what do you see that is the same or different". Let your child lead the exploration. Next, have your child sort the numbers and letters into each basket. Now, have your child take out each letter and number from the baskets. Ask your child if he can identify them.</p> <p>Next, you can play "what's missing". Have your child pick 3 letters or numbers. Discuss the properties (colors, shapes, size). Have your child close their eyes, then take one away. Have your child guess which letter or number is missing.</p> <p>Lastly, have your child grab a friend and work through all of the letter and number activities.</p>	<p>Science Activity</p> <p>This activity will give children a tool to help regulate their emotions. Sensory activities that involve using your hands can be helpful when feeling big emotions. Your child will create a sensory bag.</p> <p>Materials: Cornstarch, sugar, water, measuring cups, pot, 3 small bowls, wooden spoon for stirring, tape, plastic baggies, red, yellow, and blue food coloring, stove or hot plate (for adult use only).</p> <p>Allow your child to help you measure the following ingredients as you place them in the pot. Mix 1/3 cup sugar and 1 cup cornstarch. Add 4 cups of cold water. Heat the mixture on medium heat until it begins to thicken, stirring constantly. Allow the mixture to cool Once the mixture is cool, divide it equally into the 3 small bowls. Allow your child to add food coloring (one color per bowl). Transfer to plastic bags. Knead the baggie to mix the colors to make a new color of rainbow.</p> <p>Have fun with your child observing the various colors created when squeezing the bag. Ask your child questions like, "why do you think the colors change?" "what would happen if we added more colors?", "what does the bag feel like?"</p>	<p>Art Activity</p> <p>Find a partner to join in this art activity that emphasizes friendship.</p> <p>Materials needed: Paint Crayons or markers Drawing paper Easel or marker boards or clipboards</p> <p>Now set two large pieces of paper side by side on a table or clip them next to each other on a large easel. Tell one partner that they will be first and instruct them to paint or draw a picture, one step at time. Instruct the other partner to follow the leader, painting or drawing the same shapes and lines on their paper. Now switch partners. Ask each partner how it felt to be the leader? Was it easier to be the follower? Why or why not? Can find another partner to paint with? Lastly, try the "copycat" game. Have your child create a movement or a pose. Now you and a friend copy that movement or pose. Can you describe the movement? Switch roles and find another friend.</p> 	<p>Social Emotional/Movement Activity</p> <p>This activity is a silly way to play and have fun with others.</p> <p>First have your child choose a partner to play this movement game.</p> <p>Have both friends sit on the floor together facing each other.</p> <p>Then have each child stretch their legs out in front of them so their feet touch.</p> <p>Now have the children grab onto each other's hands.</p> <p>Next, have the children lean one way and then the other way as if they were rowing a boat.</p> <p>Sing the song "Row, Row, Row Your Boat"</p> <p>Below is a link to a story that will demonstrate the tune of the song. Row, Row, Row Your Boat</p> <p>Next, try a friendship game. With your partner, walk across the room holding the same cup of water. Can you both do it without dripping water? Can you try is while holding hands? How does it make you feel?</p>

