

4Cs Weekly Activities

August 22-26 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Literacy The Color Monster</p> <p>Materials: Poster board or wall area, small mirror, pens paper, tape, take a picture of children's faces and print. Paper with a large oval draw on it.</p> <p>The Color Monster https://www.youtube.com/watch?v=PWujGPb6mqo</p> <p>The book has wonderful descriptive words to describe the emotions and what can you do when you feel each one.</p> <p>Mirror, Mirror, what do I see? I see a _____ face looking at me.</p> <p>Read the poem and have children look into the mirror and choose an emotion to show. What does it look like when you feel ____? They can make a sad, afraid, happy, calm, loved and mad face. You can use all 6 emotions or 3-4 for a younger group. Continue to use the descriptive vocabulary from the book.</p> <p>Make a display by writing the poem and attach the pictures and the small mirror next to the poem for children to see and do again and again.</p> <p>Extension: children can draw their emotion on the paper in the oval shape and teacher writes the emotion.</p>	<p>Math: Glitter Bottles</p> <p>Materials: empty water bottles, glitter, water and tape for the top</p> <p>This video narrated by children gives an explanation of what happens in our brain when we feel angry and how it changes as we calm down.</p> <p>The emotion video https://www.youtube.com/watch?v=RV A2N6tX2cg</p> <p>Make Glitter bottles by using empty water bottles. Children can add glitter and water and then tape the top closed.</p> <p>Belly breaths 1-10 and 10-0 Watch the glitter jar as the glitter spins and slowly settle back to the bottom. Practice belly breathing slowly while watching and count up 1-10. For a challenge try counting down 10-0.</p> <p>Hand breathing: practice breathing 1-5 using a finger to trace up and down each finger or the other hand. Breathe in going up each finger. Breathe out going down each finger.</p> <p>Think about the Color Monster feelings from yesterday. How do you feel when you watch your glitter jar and breath, happy, sad, calm, mad, afraid or loved?</p>	<p>Science: Relaxation Thermometer</p> <p>Materials: paper, pens, printed relaxation thermometer</p> <p>Explore emotions with the relaxation thermometer. Show the children the bottom of the relaxation thermometer is cool blue and the top is hot red. In the middle blue and red mix to create purple.</p> <p>Think about yesterday when you saw hot red angry faces in the emotion video. Remember how the faces changed when they breathed slowly and calmed down?</p> <p>Children can color their own relation thermometer from calm blue to purple to red hot.</p> <p>Teachers can write the word calm at the bottom and angry at the top. Children could draw a face next to the word if they want. They can decide where the other emotions go on their thermometer. You can use all 6 emotions or just 2-3 for a younger group.</p> <p>Extension: have the mirror, mirror display close by so children can experiment making hot angry faces, cool calm faces and all the emotions in between.</p>	<p>Art : Emotion Check-In</p> <p>Materials: 6 small plastic jars, they can be small yoghurt cups, paper, pens, paints, clothes pins</p> <p>Make an Emotions Check In</p> <p>Decorate each jar with the color from Monday's book and emotions name, Blue-Sad, Red-Angry, Green-Calm, Grey-Afraid, Yellow-Happy, Pink-Loved. Children can help decorate each jar. Each children can decorate a clothes pin with their name on it. Every day when they come to school they can identify their emotions by putting their clothes pin in the Mad, Sad, Happy, Loved, Afraid or Calm jar.</p> <p>Read the book Color Monster again and other books about emotions.</p> <p>During the school day a child may have many different emotions. Children can move their clothes pin as their emotions change.</p> <p>Extension: Make a feelings check in for parents to do when they sign in their child. Tell parents the children are naming their feeling every morning and they can too. Children can decorate a clothespin with their parents name on it and ask their parent how they are feeling each morning.</p>	<p>I Can Get Calm Dramatic Play</p> <p>Materials: I can get calm book, puppets, paper, pens</p> <p>Read the story I Can Get Calm and 1 or 2 children at a time can act out the ways to get calm from the story with puppets.</p> <p>How do you like to get calm? Children can make a drawing and a teacher can write I can get calm when I</p> <p>Post the picture and dictation in each child's cubby. Now you have a plan for when you feel mad, or sad or afraid. You can do your idea and feel calm. We all need ideas to help us feel calm, teachers and parents too. What is your plan?</p> <p>Extension Make an Emotions Book for your calm down area. Use the children's pictures for each emotions. Ask children when they feel ____ what can they do? On one side is the picture of a face feeling afraid, happy, sad, mad, calm, loved and the other page is their ideas of what they can do when they have each feeling. Children draw their ideas and teacher writes the words. Here are a few examples☺</p> <p>When I feel mad I can look at my glitter jar and breathe slow and deep. When I feel loved I can do everything. When I feel happy I can play with friends. When I feel sad I can talk to a teacher.</p>

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