

4Cs Weekly Activities

4Cs Weekly Activities July 25th – July 29th - Theme: Water

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Literacy Activity Alphabet Fishing and Matching Game <u>Materials needed</u></p> <ul style="list-style-type: none"> • Large box of ping-pong balls or plastic eggs, Legos, shells, gems • Black Sharpie • Egg carton • Plastic container filled with water • Fishing net for kids <p>Using a Sharpie permanent marker write one letter of the alphabet on each ball, uppercase on one side and lowercase on the other. Then drop them into the tub of water colored with a few drops of blue food coloring. Next write out the letters of the alphabet into the spaces in some empty egg cartons and place those next to the tub. Children can take turns to find the letter of the alphabet that adults call out. Adults may say the letter sound or the letter name. Encourage children to join in repeating the letter sound/name out-loud as they looked for its corresponding letter. When they find it they fish it out and look for its matching letter in the egg carton and put it in.</p>	<p>Math Activity Exploring Volume using water play <u>Materials Needed</u></p> <ul style="list-style-type: none"> • Plastic measuring cups & spoons • Water • Funnel • Food Coloring • Variety of containers in different sizes and shapes • Tray and Paper Towels (To Catch Spills) <p>Set out a variety of differently-shaped/sized containers, spoons, jugs, and cups that your children can use to fill, pour, and re-fill. Provide plenty of water. You might like to dye some of the water with food coloring to make it easier for your children to see the different levels of water within the containers. Then invite children to play and explore. As they play, lots of mathematical language can come into practice, using vocabulary such as bigger, smaller, more, less, volume, how many, height and width. They have the opportunity to count and add.</p> <p>Let children lead the way with their enquiries, but adults can support their learning by reflecting on what they are noticing and asking extension questions, like, "I wonder how many cups you'd need to fill this bottle?", "I wonder which one of these bottles/containers can hold the most water?"</p>	<p>Science Activity Will it absorb or repel water?</p> <p>Exploring with the concepts of absorb and repel. Gather samples of several materials (foil, wax paper, felt, tissue paper, napkins, sponges, coffee filters, rubber erasers, feathers, etc.) and a few droppers. After discussing the concepts of absorb and repel, have children select one of the samples and make a prediction as to whether it will absorb or repel water. Then test out that prediction by using droppers to send down a few water drops. As you test the materials, sort them out into two piles according to their response to the water.</p> <p>Support the ongoing exploration and comparison of water drops on different surfaces, until all interested children have participated.</p>	<p>Art Activity Water Painting Provide large sheets of paper outside and spray bottles filled with watered down paint for children to paint with</p> <p>Water Art with Crepe Paper <u>Materials needed</u></p> <ul style="list-style-type: none"> • Crepe paper in various colors of your choice or streamer paper • White paper • Water • Dropper & paint brush <p>Invite children to tear up or cut using scissors the crepe paper into small pieces. Then have children arrange the pieces of crepe paper on the white paper and moisten the bits with water and see the colors bleeding out on to the white paper. Once the entire paper is dry, children can have fun peeling off the crepe paper bits and enjoy the beautiful bleeding art.</p> <p><u>Here are numerous ways to do this art project activity</u></p> <ol style="list-style-type: none"> 1. Spray water on a white paper and stick the colored crepe paper bits 2. Use a brush and paint with water and then stick the colored pieces 3. Arrange the bits in groups and use a medicine dropper to drench them with water 4. Arrange the bits in small groups and then dab them with water using a brush 	<p>Social Emotional/ Movement Activity Ocean Breath Let's bring attention away from our mind and into our body. In this activity children can watch their bellies rise and fall like the ocean waves https://youtu.be/lcivU0WXow</p> <p>Kids Yoga Adventure "Down by the Ocean" Head underwater for a fun yoga adventure & help children develop strength and flexibility. Learn crab pose, shark pose + more. Children derive enormous benefits from yoga & mindfulness! https://youtu.be/nUowFTgnOO0</p>

