

4C's Weekly Activities January 2-6, 2023 Theme: Calm Down and Cozy Areas

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Literacy Activity</p> <p>Read the story, “Sometimes I’m Bombaloo” by Rachel Vall.</p> <p>Provide a cardboard box for children to decorate as the Bombaloo House. This can be a place to go when they are feeling bombaloo (of whatever class word the children picked to represent bombaloo!) or they just want to be alone.</p> <p>Provide copies of the turtle technique steps to put inside their house to help them remember Tucker Turtle’s secret way of calming down.</p> <p>Encourage the children to “try out” their Bombaloo house by thinking of a time they might feel bombaloo. They can then go inside the Bombaloo House and try to calm down and think of a way to feel better.</p>	<p>Math Activity</p> <p>Today we will be shape dancing! Make shape outlines on the floor with construction paper or masking tape. Children get a shape to hold and they have to find the one on the floor that matches.</p> <p>Play music and they walk, dance or march around their shape. Stop the music and they exchange shapes with a friend. Now they find the new shape and dance around the new shape when the music comes back on.</p> <p>The children can work as a small group to hold hands and dance together around their shape. How did they feel as they danced around shapes? Did they laugh, and feel happy as they dance together?</p> <p>Extension Idea: During circle time, teach children Tucker Turtle’s secret strategy for calming down when he gets angry. For detailed information on the turtle strategy, refer to the CSEFEL website.</p> <p>Read the story “Tucker Turtle Takes Time to Tuck and Think,” which can also be found on the website. Remember to provide lots of opportunities to practice using the turtle technique. Have the children role play how they would teach Katie the turtle technique.</p>	<p>Science Activity</p> <p>Set out water trays to move water and feel calm. It could be colored water, two cups and pipette. Kids can move water with their pipette from one cup to another and experiment with the physical properties of water. Water is very calming and watching the drops move is very focusing and calming. The teachers can use pda’s, you look very calm and focused when you are observing the water.</p> <p>Encourage children to talk about how this might help them feel better when they are angry. Talk about other ways children can deal with their anger.</p>	<p>Art Activity</p> <p>Make a classroom “Feel Better Book.”</p> <p>Remind the children how Katie started to feel better when something funny happened and she laughed.</p> <p>Ask the children to think of things that make them feel better when they are angry.</p> <p>Have the children draw pictures of things that make them feel better when they are upset and write about them. Compile the pictures to make a “Feel Better” book of all the things that make the children happy. Refer to the class “Feel Better” book for ideas children can use when they are feeling angry or upset.</p>	<p>Social Emotional/Movement Activity</p> <p>Draw or paint to music with sounds that represent many emotions.</p> <p>Pick some music that might portray different emotions: happy, sad, angry, excited, etc. Play the different types of music and let the children draw or paint to each type.</p> <p>While they are working, talk with the children about the feeling that it represents to them. What are they drawing, and why? After an angry piece of music, try to play some calming music.</p> <p>Discuss with the children how listening to music might be one way to calm down when they are angry.</p>

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