

4Cs Weekly Activities

November 28-December 4², 2022 Theme: Families

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Literacy Activity:</u></p> <p>What do we know about families?</p> <p>All families are special and different in many ways.</p> <p>First Listen to this story about families.</p> <p><u>Families By Ann Morris</u></p> <p>Now make up your own Family story!</p> <p>Who is in your family?</p> <p>How does your family help one another?</p> <p>How do you play together?</p> <p>What do you cook and eat together?</p> <p>How do you celebrate together?</p> <p>Teaching tip: After listening to the story have paper and pens ready. Make a list of who is in your family. Discuss the questions and write the words your child says on the paper. Your child can add drawings on each page. This can become your own family story</p>	<p><u>Math Activity: Who's in a family?</u></p> <p>Practice counting and writing numbers</p> <p>Materials: paper and color pens</p> <p>Have fun counting your family and other families. How many people are in your family?</p> <p>On a piece of paper draw each member of your family. You can include whoever you think is part of your family, extended members, pets... Next count each family member and write the number as you count. Teaching tip, as you write each number count with your child until they want to count on their own. 1, 2, 3, 4, 5...</p> <p>Is your family big, medium or small?</p> <p>Think about other families, friends or neighbors and count them too. How many did you count? Are they big, medium or small families? Are they the same or different from your family? You can use another piece of paper for each new family and make a family counting book.</p> <p>For more counting fun listen to the book <u>Families</u> again and count the families you see in the book. Small, medium or Large? Same or different?</p>	<p><u>Science Activity:</u></p> <p><u>Families cook together</u></p> <p>Baking pumpkin bread is a yummy science project.</p> <p>This is an <u>easy pumpkin bread recipe</u> and as you and your child follow the directions notice one bowl is wet ingredients and one bowl is dry ingredients. Wet and dry are opposites. What other opposites can you think of? Hot/cold, up/down...</p> <p>Before you put the pumpkin bread batter in the oven</p> <p>Ask your child to make a prediction: The pumpkin bread batter is wet when you put it in the pan. What do you think it will be like when it comes out of the oven? Wet or dry?</p> <p>When it's done cooking ask your child to stand back while you take it carefully out of the hot oven. Let them observe, but not touch. It will be hot.</p> <p>What do they observe? How is it different? Does their observations match their prediction?</p> <p>Teaching tip: be patient when cooking with young children. Let them work with you, to measure, pour, count, stir, and learn.</p>	<p><u>Art Activity: Thankful Pie</u></p> <p>Families have different routines</p> <p>Use your creativity to make a Good Night poster.</p> <p>Materials: Poster paper, crayons, glue stick and collage material</p> <p>Here are 2 fun books to listen to</p> <p><u>How do dinosaurs say good night?</u></p> <p><u>How do Dinosaur's go to sleep?</u></p> <p>On your paper write how you say good night at your house</p> <p>When it's time to go to bed I ...:</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Draw a picture of each step and put it on the wall by your bed so you can follow your routine every night. That's how you say goodnight</p>	<p><u>Social-Emotional/Movement Activity:</u></p> <p>Our Family loves us even on the bad days</p> <p>Glitter Bottle Materials: clean small plastic bottle, glitter, water and tape.</p> <p>Everyone feels mad, angry, frustrated or sad sometimes. Here's a video of children talking about big emotions and how to calm down the big emotions.</p> <p>Parent tip: The brain has different parts for different functions. The upstairs thinking prefrontal cortex does not fully develop until age 21. The downstairs limbic and brainstem are the emotional center that reacts. When the brain calms down the upstairs brain gets back to work so we can think and talk.</p> <p>Your child can make a <u>glitter bottle</u> like the video by adding glitter and water to a clean water bottle. Tape the top and watch the glitter swirl around and settle.</p> <p>How do you feel when you watch the glitter as it settles to the bottom? Feel your heart slow as you watch and breathe calmly. Practice this so when you do feel big emotions you can calm down.</p> <p>Talk about a time when you felt very mad or sad. Think about how your brain felt, how your heart felt. Watch your glitter settle and breathe. How do you feel now?</p>