

Theme: Family, Feelings and 5 Senses

Day: 1

Module	Activity
Circle Time	Exploring Family Photos
Letters & Numbers	Letter D Food Series
Worship Time	Bible Story Questions & Answers
Art & Science	Name Art

Circle Time

Review – Start your preschool day with Circle Time and sing the “I Can Sit Down” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the “Hi There” song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.*

*Hi there, so glad you're here.
Hi there, so glad you're here.
One two three let's give a cheer. Yay*

Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then
there's Saturday.*

*Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the
week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: Exploring Family Photos

Find and print various photos of multicultural children with their families and show them to the children. Ask the children to describe what each of the families are doing. Next, have each child share a picture of their family. Have the child explain what they like to do with their family and why their family is special to them.

Skills

- Math & Counting: Color recognition with the colors that are in the pictures being shared
- Language: Expressive language skills as children are talking about what they are seeing
- Increasing descriptive skills as they are describing what they are seeing
- Physical: Actively listening to the video
- Cognitive: Cultural awareness
- Social: As children are talking about what they are seeing in the pictures they are socializing with one another

Materials

- Photos of multicultural families

Letters & Numbers

Activity Description - Letters: Letter D Food Series

Learn about the letter D with Miss Cullen and Gator. First, Miss Cullen and Gator are going to show the upper and lower case letter D. Then review the sound of the D. Next look at three types of food that start with the letter D: Ding Dong, Donut, Date. If you have these items at home you can try them with Miss Cullen and discuss what it feels like, tastes like, sounds like and smells like.

Remember, when trying the different foods, it has to go in your mouth but it doesn't have to stay there. But it is always good to try something new.

[Click here](#) to watch the video!

Skills

- Math & Counting: Color recognition with the colors of the paint being used
- Working on recognizing the sound and uppercase and lowercase letter D
- Language: Increasing expressive language skills as they are learning new letters and conversations they are having with each other
- Physical: Children are strengthening the muscles in their hands as they are using their fine motor skills to pick up the foods to eat
- Social: While children are interacting with each other and with adults they are building their social skills
- Great sensory activity.

Materials

- Foods that start with the letter D in case you'd like to try them with me: Ding Dong, Donut, Date

Extra Content

<http://www.youtube.com/watch?v=bJ1DUdJ6WkI>

Worship Time

Activity Description: Bible Story Questions & Answers |

Read the Bible Story

You can read from a Children's Bible, your Bible or use the following story.

Cain and Abel

Genesis 4

Adam and Eve had two sons named Cain and Abel. Cain was a farmer and Abel was a shepherd. They each decided to give God a gift. Abel's gift to God was his best lamb, something he really wanted to keep and was very hard for him to give away. Cain's gift to God was some of his ordinary fruits and vegetables he grew from the ground. Cain did not give away something that was hard for him to give away, he chose to give something that was easy for him to give away.

Even though Cain and Abel both gave gifts to God, Abel trusted God and gave his best to Him. God liked that and accepted Abel's gift. God was unhappy with Cain's gift because it was not special like Abel's gift. Cain had a lot of fruits and vegetables so giving them away was not a hard or difficult choice for Cain. God was upset with Cain's bad choice to give a gift that was not very important to him. God asked Cain, "Why are you angry?" Then God said to Cain, "If you make a good choice I will like that. But if you make a bad choice you are sinning and I do not like that. You must make good choices." That made Cain mad, even jealous of his brother because God liked his brother's gift better than the gift he gave.

Later, the two brothers were in a field. Cain felt so angry that he attacked and killed his brother Abel! He was not sorry for what he had done. God saw what happened. "Cain, where is your

brother Abel?" He asked. "I don't know," Cain lied. Cain was punished by God for his great sin, and for the rest of his life he was a wanderer who never got to stay in one place for very long.

When Cain was angry he should have gone to God and asked Him for help to make a good choice.

Questions to ask if you like:

- What were the names of the two brothers? (Cain and Abel)
- What was the gift that Abel gave to God? (His best lamb)
- What was the gift that Cain gave to God? (Fruits and vegetables)
- Was it hard for Abel to give away his gift to God? (Yes)
- Was it hard for Cain to give away his gift to God? (No)
- Which gift did God like the best? (The lamb from Abel)
- Did Cain become mad because God liked his brothers gift better? (Yes)
- What did Cain do to his brother? (He killed his brother)
- What did God ask Cain after he killed his brother? (Where is your brother?)
- Did Cain tell God the truth or did he lie to God saying he didn't know where he was? (He lied and said he didn't know where he was.)
- Did Cain get in trouble by God for making a very bad choice? (Yes)
- Does God want us to ask him for help and make good choices? (Yes)

Prayer

While sitting on the floor with criss cross legs, have the children repeat after you. You can have them fold their hands and close their eyes or just sit quietly and say after you. Following is a prayer written out that you can use, or you can make up your own.

Dear God (children repeat)

Thank you for this day. (children repeat)

Please help me (children repeat)

To ask for help (children repeat)

And trust you (children repeat)

Like Abel did.(children repeat)

I love You (children repeat)

Amen (children repeat)

Skills

- Language: Listening to the story and answering the questions work with children on their language skills, Following directions
- Cognitive: As children continue to pray they are building their relationship with God and learning to trust Him
- Emotional: Growing in and deepening their relationship with God
- Social: When children are answering the questions they are working on speaking in public which is a great social skill.

Materials

- A Bible to read the story OR you can just read the text I have

Art & Science

Activity Description - Art: Name Art

Skills

- Math & Counting: Letter recognition with recognizing the letters in their name
- Color recognition when talking about the colors of the items they are gluing onto their name
- Language: Following directions
- Learning how to spell their name
- Early literacy
- Physical: Fine motor skills when using their grasping fingers to pick up the different items to glue on and also when squeezing the bottle of glue
- Emotional: Children find new ways to express themselves
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Materials

- Paper
- Marker
- Beads
- Pom poms
- Glitter (anything small to decorate with)
- Glue

Prep Video

http://www.youtube.com/watch?v=usDIOgyj5_4

Extra Content

Theme: Family, Feelings and 5 Senses

Day: 2

Module	Activity
Circle Time	How are you feeling today?
Letters & Numbers	Decorating the Letter D
Worship Time	Day 2 Worship Memory Verse Coloring Sheet Cain & Abel
Art & Science	Self-portrait

Circle Time

Review – Start your preschool day with Circle Time and sing the “I Can Sit Down” song (Improvise your tune)

*I can sit down as quite as can be.
I can sit down just to look at me.
I can sit down as quite as can be.
I can sit down just to look at me.*

Then sing the "Hi There" song. (Improvise your tune)

*Hi there, so glad you came.
Hi there, so glad you came.
Hi there, so glad you came.
One two three let's shout HOORAY.
Hi there, so glad you're here.
Hi there, so glad you're here.
Hi there, so glad you're here.
One two three let's give a cheer. Yay*

Next do your Special Help activity.

Look at the calendar and sing the "Days of the Week" song. (Tune of the "Adams Family")

*Well there's Sunday and there's Monday,
there's Tuesday and there's Wednesday,
there's Thursday and there's Friday and then
there's Saturday.*

*Days of the week. (Clap hands 2 times).
Days of the week. (Clap hands 2 times).
Days of the week. Days of the week. Days of the
week. (Clap hands 2 times).*

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: How are you feeling today?

Today we are going to learn about our feelings. Create emotion cards for the children to use or [click here](#) for some cards you can use. Explore the cards with the children and discuss each emotion. Next have the children sing:

“How Do You Feel”

(Tune: Happy Birthday)

Oh how do you feel?

Oh how do you feel?

Please tell us (say child’s name here)

Oh how do you feel?

When the child’s name is said have them pick the emotion card they are feeling. Have the child show the card to you or their other classmates, discuss what we can do or how we can express the emotion they picked in a safe way.

Music and Movement: [If You’re Happy and You Know It feltboard](#)

Extra Content: [If You’re Happy and You Know it](#)

If you're happy and you know it clap your hands.(CLAP,CLAP)

If you're happy and you know it clap your hands.(CLAP,CLAP)

If you're happy and you know it then your face will surely show it,

If you're happy and you know it clap your hands.(CLAP,CLAP)

If you're happy and you know it stomp your feet.(STOMP,STOMP)

If you're happy and you know it stomp your feet.(STOMP,STOMP)

If you're happy and you know it then your face will surely show it,

If you're happy and you know it stomp your feet.(STOMP,STOMP)

If you're happy and you know it shout "Hurray!"(HURRAY!)

If you're happy and you know it shout "Hurray!"(HURRAY!)

If you're happy and you know it then your face will surely show it,

If you're happy and you know it shout "Hurray!"(HURRAY!)

If you're happy and you know it do all three.(CLAP CLAP,STOMP STOMP,HURRAY)

If you're happy and you know it do all three.(CLAP CLAP,STOMP STOMP,HURRAY)

If you're happy and you know it then your face will surely show it,

If you're happy and you know it do all three! (CLAP CLAP, STOMP STOMP, HURRAY)

Skills

- Language: Following directions
- Increasing vocabulary. Children are seeing pictures and understanding the functionality of what they mean towards how they feel with their emotions
- Physical: Fine motor skills when using their grasping fingers to pick up the different items to glue on and also when squeezing the bottle of glue
- Cognitive: Concept development of understanding specifics about theirs and other people's feelings
- Emotional: Children find new ways to express themselves
- Social: As children are listening and talking with one another they are socializing

Materials

- - Emotion cards

Music & Movement

<http://www.youtube.com/watch?v=2KVNxAyge8Y>

Extra Content

<http://www.youtube.com/watch?v=SBDd0MbOONQ>

Letters & Numbers

Activity Description - Letters: Decorating the Letter D

Today we are going to decorate the letter D. The word decorate starts with the Letter D. Have out a bunch of collage items like sequins for the children to Decorate the letter D with. Watch the video to gather some ideas.

Skills

- **Math & Counting:** Color recognition with the colors being used **Language:** Increasing expressive language skills as they are learning new letters and the sounds they make and conversations they are having with each other **Physical:** Children are strengthening the muscles in their hands as they are using their fine motor skills when squeezing the glue bottle and picking up the objects to glue on **Social:** While children are interacting with each other and with adults they are building their social skills.

Materials

- Glue
- [Letter D](#)
- Objects to Decorate the letter D with such as sequins, beads, pom poms, feathers, glitter etc.

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Prep Video

<http://www.youtube.com/watch?v=5NOeXCBVjYY>

Worship Time

Activity Description: Day 2 Worship Memory

Verse Coloring Sheet | Cain & Abel

Questions to ask if you like:

- How many boys are in the picture? (Two)
- Does the boy that is holding the lamb look happy? (Yes)
- What is the other boy holding? (A basket of vegetables)
- Does the boy that is holding the basket of vegetables look happy or mad? (He looks mad)
- Do you know that God wants us to ask Him for help and make good choices? God will help us when we ask Him.

Skills

- Physical: Fine motor skills, strengthening the muscles in their hands when using their grasping fingers to hold onto the crayon
- Cognitive: Memory skills when working on memorizing the Bible verse
- Emotional: Growing in and deepening their relationship with God
- Math & Counting: Color recognition with the colors of crayons they are using
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Materials

- Crayons
- [Bible Memory verse coloring sheet](#)

Art & Science

Activity Description - Art: Self-portrait

Skills

- Math & Counting: Color recognition with the colors of crayons they are using
- Language: Following directions
- Learning how to spell their name
- Early literacy
- Physical: Fine motor skills when using their grasping fingers to draw their portrait
- Cognitive: Self-reflection when children are looking in the mirror and drawing how they see themselves
- Emotional: Children find new ways to express themselves through their drawing

Materials

- Construction paper
- Mirror
- Pencils or crayons

Prep Video

<http://www.youtube.com/watch?v=iTT0SBt3MRI>

Extra Content

Theme: Family, Feelings and 5 Senses

Day: 3

Module	Activity
Circle Time	5 Senses
Letters & Numbers	Letter D
Worship Time	Sheep Art
Art & Science	Ice Cream in a Bag

Circle Time

Review – Start your preschool day with Circle Time and sing the “I Can Sit Down” song (Improvise your tune)

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Next do your Special Help activity.

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Days of the week. (Clap hands 2 times).

Days of the week. Days of the week. Days of the week. (Clap hands 2 times).

This is a great time to review the days of the week, months of the year and the number of the day. Then check the weather and compare it to your weather dial.

Discussion: 5 Senses

Today we are learning about and exploring our 5 Senses. Taste tests are fun to have with children as it is neat to see what their reactions are to different foods. When I have done this in the classroom I have had out three different types of food for children to try. For example:

Sweet: Candy Corn; Salty: Pretzels; Sour: A lemon wedge.

Of course if you can think of other items to try that is great. I have all the children sit down together, hand out each item one at a time and we all try it together then record if they liked it or did not like it. [Click here](#) if you'd like to print out a chart to record the children's answers.

I won't tell the children if they are going to eat something sweet, salty, sour, I have them try it first and then say: "tell me what your taste buds (the bumps on your tongue) tell your brain. Do you like it? It's okay if you don't like it because we are all made differently and some people may like it more than others. Is it salty, sweet or sour?"

Skills

- Math & Counting: Color recognition in the colors of food being used-talk about the colors they are seeing so they are learning to recognize them
- Language: Expressive language skills as children are talking about what they are seeing
- Increasing descriptive skills as they are describing what they are seeing
- Physical: Recording their answers
- Social: As children are talking about what they are eating and trying they are socializing with one another

Materials

- 3 items to try that are salty, sour and sweet
- A way to record the children's answers-[can use the chart provided](#)
- Writing utensil for recording answer

Letters & Numbers

Activity Description - Letters: Letter D

Let's learn about the letter Dd and do some Discovering together. The word discover starts with the letter D so let's discover what happens when we put ice, salt and watercolors together.

Watch this [Ice Art and Science](#) video to gather the items you will need to start Discovering together!

Skills

- Math & Counting: Color recognition in the colors of food coloring being used
- Language: Expressive language skills as children are talking about what they are seeing
- Increasing descriptive skills as they are describing what they are seeing
- Physical: Fine motor skills as children use their grasping fingers to pick up the ice and rock salt
- Social: As children are talking about what they are discovering they are socializing with one another.

Materials

- Ice Cubes
- Salt
- Food Coloring
- Containers

Prep Video

<http://www.youtube.com/watch?v=VCJ00ixtqPU>

Worship Time

Activity Description: Sheep Art

Abel gave God a lamb which was the best he had to give him. Children can make their own lamb with construction paper, cotton balls and glue. If you'd like to get some ideas you can watch this art idea [sheep video](#) and you can find the sheep pattern at the end.

Skills

- Physical: Fine motor skills, strengthening the muscles in their hands when using their grasping fingers when coloring
- Math & Counting: Color recognition with the colors of crayons used
- Physical: Listening, Following directions
- Emotional: Deepening their relationship with Christ through this project.

Materials

- Construction paper
- Cotton balls
- Glue

Prep Video

<http://www.youtube.com/watch?v=-WmPH66Wr6s>

Art & Science

Activity Description - Science: Ice Cream in a Bag

We are going to make ice cream in a bag for our science time and continue to explore our 5 Senses. This yummy science activity explore all of our 5 Senses. [Click here](#) to watch the video. [Click here](#) for the recipe.

Skills

- Math & Counting: Children are working on measuring ingredients. They are working on number recognition and counting
- Language: As children are talking about what they are doing they are learning new words and strengthening their vocabulary when talking with others
- Physical: As children are measuring and pouring they are working on their fine motor skills. When children are shaking the bag they are working on their large motor skills
- Cognitive: Children have been learning about their 5 senses and with this activity all of their 5 Senses are being used
- Emotional: Children will need to work on taking turns and waiting patiently
- Social: A lot of times children will be talking and interacting with one another during an activity like this

Materials

- [Recipe Card](#)
- Whole Milk
- Sugar
- Vanilla
- Ice
- Rock Salt
- Measuring Cup
- Measuring Spoons

Prep Video

<http://www.youtube.com/watch?v=pufDz2Ax5Z0>

- See more at: <http://cullensabcs.com/lesson-plan/?i=626#sthash.eM77K5AO.dpuf>