

Theme: Grocery Store

Day: 1

Module	Activity
Circle Time	My Plate-Learning about Food Groups
Letters & Numbers	
Worship Time	Story, Questions, Prayer A Changed Man
Art & Science	Science Activity with Eggs and Vinegar

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.

This website, choosemyplate.gov, has some great information about food groups and what is good for our bodies to eat and ways to stay healthy. They didn’t have a section for preschoolers but the [link for grades 1 & 2](#) is packed full of great information for you and for your preschooler. The first 2 pages are really neat and you can print them out and talk about them with your children. The rest of the pages are packed full with information that you can read about, with activities to do and even songs to sing.

If you’d like to expand on these pages you could print out the first page that has the picture of the plate and print out some pictures of fruits, vegetables, grains, protein and dairy and have children place the pictures on the plate where they belong.

- Math & Counting: Color recognition of the colors in the pictures
- Language: Expressive language skills as children are talking about where pictures need to go on their plate
- Physical: Fine motor skills when using their grasping fingers to pick up the pictures
- Cognitive: Increasing vocabulary and descriptive skills
- Hand-eye coordination
- Social: Children are socializing with one another as they are talking about what they see in the pictures
- Children are working on their social skills and public speaking skills.

- Pictures of fruits, vegetables, grains, protein and dairy printed out
- Picture of the plate printed out

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How to Introduce the Bible Story

If you'd like to make this an extra special time you can gather together with blankets, pillows, and even light or turn on a candle (making sure to blow it out when finished). Depending on how many children you have you could have one be responsible for getting the pillows, one responsible for helping you to light the candle, and one responsible to blow out the candle. You can change the jobs between the children each week.

You already started introducing the Bible story to your children. You have done so through the Memory Verse Coloring Sheet and the Song. You can say: "We we will learn in this story about a man named Paul. At first he did not like followers of Jesus. Then Paul saw a very bright light and heard the voice of Jesus, he made a change and he became a follower of Jesus like you can."

Read the Bible Story

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

A Changed Man

Acts 9:1-19

Saul was a well known religious teacher, that kept to the rules of the religious leaders. He thought he was so important. He was very proud. And very good. But Saul wasn't very nice.

Saul did not like Jesus followers. He traveled around looking for them. He wanted to catch them and put them in prison. He wanted everyone to forget about Jesus. Saul had never see or met Jesus, so

he did not believe he was ever alive or that Jesus was the Rescuer. People that followed Jesus were afraid of Saul.

One day Saul was traveling on the road to a town called Damascus. He was on his way to put some Jesus followers in jail. That day Jesus met Saul...

Suddenly, a bright light from heaven flashed around Saul. "I can't see!" Saul yelled as he stumbled to the ground. A loud voice asked, "Saul, why are you against me?" Saul was afraid. He cried out, "Who are you?" The voice replied, "I am Jesus, the one you are against." "Go to the city of Damascus and wait for Me there." Saul waited in Damascus, terribly afraid and unable to see. But Jesus did not leave him without help.

Jesus soon after appeared to one of his followers Ananias. Jesus sent Ananias to Saul. "Lay your hands on him," Jesus said to Ananias. "I want Saul to see and be filled with My Holy Spirit." So Ananias put his hands on Saul's head and said, "Jesus sent me to you. You may see again. Be filled with the Holy Spirit." Immediately Saul could see! All at once, Jesus' Spirit filled his heart with love and joy. Suddenly Saul could see again, but he saw everything differently. He was not mean anymore.

Then Ananias baptized Saul. After this, Saul changed his name to Paul. He was a new man! Instead of not liking Jesus' followers, Paul loved them. And he became a great follower of Jesus and told many others about Jesus. You can be a great follower of Jesus too.

Bible Story Questions & Answers

Talk about what the Bible story was about by asking the children questions. You can decide ahead of time how you want them to answer the questions. I like to have the children raise their hand to answer the question. If they are incorrect that is fine. You can say what the answer is or ask: "Does anyone else have a thought or answer to the question?"

Questions to ask if you like:

- Did Saul like people who believed in Jesus? (No)
- Where was he going to put the Jesus followers? (In jail)
- What flashed down onto Saul from heaven? (A bright light)
- What happened to Saul? (He couldn't see)
- What did the voice ask Saul? (Why are you against me?)
- Who was the voice that was talking to Saul? (Jesus)
- What was the man's name that Jesus sent to Saul to help him? (Ananias)
- When Ananias laid his hands on him on Saul what happened? (Saul could see)
- After Ananias baptized Saul what did Saul change his name to? (Paul)
- Did Paul start to follow Jesus and tell others about Jesus? (Yes)
- Can we follow Jesus too? (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 Jesus (children repeat)
Thank you for this day (children repeat)
Please help me (children repeat)
to tell others about you (children repeat)
and to follow you (children repeat)
I love You (children repeat)
Amen (children repeat)

- 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.
- A Children's Bible, your Bible or use the story below

Provide the children with eggs and vinegar. Have the children observe regular eggs. What do they feel like? Have them help you place some eggs in glasses and pour vinegar in, enough to cover the eggs completely. You may see bubbles coming off the eggs. Allow them to sit for the week. On Friday take the eggs out and observe them. Feel them. Carefully squeeze them. The hard eggshells have changed into a soft and rubbery material. Write down the children's observations.

Explain to the children that eggshells are made up lots of calcium. The calcium makes the shells hard. Vinegar has what we call acid in it. Acid breaks down and eventually dissolves the calcium in the eggshells. Over time, the shells become soft and rubbery feeling. We need calcium in our diets everyday for our bones to stay nice and dense and hard. When people don't get enough calcium in

their diet, their bones become brittle and break more easily. Sometimes people can tell they need calcium when they find their nails get soft, too.

- Language: Following directions
 - Physical: Being a part of this activity of touching and feeling the eggs works with children on their fine motor skills that strengthen the muscles in their hands
 - They are also touching the egg in the beginning of the week and then touching it at the end of the week and seeing and feeling the difference which is a great sensory motor skill
 - Cognitive: Observation skills
 - Social: When children are talking and answering the questions they are working on speaking in public which is a great social skill.
- Raw eggs
 - Clear drinking glasses or beakers
 - Vinegar
 - Paper
 - Pen

Theme: Grocery Store

Day: 2

Module	Activity
Circle Time	What's in the kitchen?
Letters & Numbers	
Worship Time	Memory Verse Coloring Sheet A Changed Man
Art & Science	Fruit and Vegetable Prints

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.

Have the children explore the kitchen. While supervising your children allow your child to look in the pantry at all the different foods. While looking in the pantry have the children describe the different foods they see. Also, allow your child to look in the cabinets. While looking at the different items in the cabinets ask the children what items can be used for cooking and preparing food. Ask the

children if they know what it is. Ask them what it is used for. This is a great time to talk about eating and preparing healthy foods. For example, a small plastic knife is used to cut bread and spread peanut butter and jelly onto sandwiches.

- Math & Counting: Color recognition of the colors of items in the cupboards
 - Language: Expressive language skills as children are talking about what they are seeing and how they could be used
 - Physical: Fine motor skills when using their grasping fingers to pick up items
 - Cognitive: Increasing vocabulary and descriptive skills
 - Social: Children are socializing with one another as they are talking about what they see
 - Children are working on their social skills and public speaking skills.
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- Looking eyes
 - Listening ears
 - Kitchen

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A Changed Man

[Print out the Bible memory verse coloring sheet](#) and have your children color the picture. Sit with your children while they are coloring and talk about what they see in the picture (see questions below if you'd like some ideas). Your discussion will lead into the A Changed Man story you will read later together.

Questions to ask if you like:

- Does it look like something is shining on the man? (Yes)

- Do you think the light is bright or not? (Yes it looks like the light is bright)
- How many people are in the picture? (One)
- Does the person look like a man or a woman? (A man)
- What does it look like the man is doing? (Accept all answers)

This is a perfect time to talk about the Bible and how to use it. You can show the children your Bible so they have a better understanding of what a book, chapter and verse are. You can say:

“The Bible is one big book made up of many smaller books. Each book has a name. Today we are learning a Bible verse in the book of Acts. When you find Acts in the new testament look for the number 9 at the top left or right of the page, this is the chapter. You will see Acts 9. We are looking for verse 3, and those numbers are much smaller under the big 9.”

After looking at the Bible show them “Acts 9:3” written out on their Memory Verse Coloring Sheet. To see and hear all of the Books that make up the Bible watch this fun, short video, [The Books of the Bible](#), by Readeez!

After they are done coloring they can hang their Memory Verse Coloring Sheet up in a special place. Then when your child walks by the sheet they can work on memorizing the Bible verse.

- 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

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

Cut up some pieces of fruit like oranges and apples for the children to dip in paint and use like stamps. Pieces of carrots can be used to stamp or roll around. Have the children make the different prints of food on a piece of construction paper. Here is a video of [apple prints](#) that you can look at to get an idea. No need to spend a lot of money on as you will be tossing them after using them. I don't like to do a lot of activities using food to paint with because I think it's a waste, however I think a little bit is okay and children love to do it.

- Math & Counting: Color recognition with the colors of fruit and vegetables being used
- Language: Following directions
- Physical: Being a part of this activity of touching and feeling the fruits and vegetables works with children on their fine motor skills that strengthens the muscles in their hands
- Cognitive: Observation skills when noticing the print that the fruit and vegetable are making and leaving on their paper
- Social: While children are interacting with each other and with adults they are building their social skills
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 - Cut fruit and vegetables
 - Construction paper
 - Paint
 - Bowl to hold paint

<http://www.youtube.com/watch?v=WsgFem8TbAk>

Theme: Grocery Store

Day: 3

Module	Activity
Circle Time	Field Trip
Letters & Numbers	
Worship Time	Song I Can Be a Follower
Art & Science	Egg Float

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

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I can sit down as quite as can be.
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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.

Take a field trip to a local grocery store. Many grocery stores will provide a tour of the different areas of the grocery store including the stockroom. Make sure to call the grocery store a couple days

before to see if they can provide you and the children a tour of the store. The behind-the-scenes tour gives the children a new perspective of the grocery store.

- Math & Counting: Color recognition of the colors of items they see all around them
 - Language: Expressive language skills as children are talking about what they are seeing and how they could be used
 - Physical: Fine motor skills when using their grasping fingers to pick up items
 - Gross motor with walking through the store
 - Cognitive: Increasing vocabulary and descriptive skills
 - Social: Children are socializing with one another as they are talking about what they see
 - Children are working on their social skills and public speaking skills.
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- Looking eyes
 - Listening ears
 - Grocery store

This information came from:

http://www.ehow.com/list_5798124_grocery-theme-ideas-kids.html#ixzz21lvNcIhL

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I Can Be a Follower is a song that reminds us that Paul became a follower of Jesus and we can be followers of Jesus as well.

I have put in two signs that you can learn from the video and then teach them to your children. You may want to have the children stand up to sing this song since they have been sitting for a bit and you can sing it with them a couple of times.

I Can Be a Follower

To the tune of: "Do You Know The Muffin Man?"

Paul became a follower,
a follower, a follower. (sign for [follower](#))

Paul became a follower
of Jesus my friend. (sign for [friend](#))

I can be a follower,
a follower, a follower. (sign for [follower](#))

I can be a follower
of Jesus my friend. (sign for [friend](#))

- Physical: Listening
- Following directions
- This is a great large motor song where children will work on squatting, standing and balance
- Language: Phonics or auditory discrimination, which is recognizing differences in sounds, necessary for learning to read
- Strengthening vocabulary
- Emotional: To be conscious of others
- Growing in and deepening their relationship with God
- Cognitive: Memory skills
- Math & Counting: Sequencing

- Listening ears

Provide the children with a drinking glass 3/4 full of water. Measure and put into one of the glasses 6 tablespoons of salt. Use a spoon to stir the salt and water until you can no longer see any of the salt. Tell the children that by doing this they have made a solution. They mixed up two substances until

they became one substance. Put the two glasses in front of the children on a table. Be sure to remember which one has the salt in it. Carefully drop one egg into the water without the salt. (It might be easier to lower it gently with a spoon.) See what happens. Carefully drop the other egg into the water with the salt in it. See what happens.

Why did it work? When you added salt to the one glass of water, you made this water heavier. A heavier liquid will support objects with more weight than a lighter liquid will. The salty water actually weighs more than the plain water.

When you put the egg in the salty water, it is able to float. The same thing happens when we swim in seawater or, especially, in the very salty water of the Great Salt Lake in Utah or the Dead Sea in the Middle East. When we are in salty water, we float more easily or feel more "buoyant."

- Language: Increasing expressive language skills as they are learning about how and why the egg is floating or not
- they are having conversations with each other and growing their language development
- Physical: Children are strengthening the muscles in their hands as they are using their fine motor skills to mix and help lower in the egg
- Cognitive: Increasing observation skills as they are seeing and talking about the experiment they are doing with the eggs
- Social: While children are interacting with each other and with adults they are building their social skills
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- Salt
- Spoon
- Eggs
- Glasses

- See more at: <http://cullensabcs.com/lesson-plan/?i=628#sthash.fGNrKRz5.dpuf>