

Theme: Mail Carrier

Day: 1

| Module | Activity |
|-------------------|-----------------------|
| Circle Time | Mail Carrier |
| Letters & Numbers | Letter Xx Food Series |
| Worship Time | The Good Samaritan |
| Art & Science | Mail Carrier 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: Mail Carrier

Since we are getting close to Valentine's Day and sending cards let's learn about the job of a mail carrier. Ask the children what they think a mail carrier does and write down what they say. Once the children give their answers; you can explain to the children that a mail carrier someone who delivers the mail every day. Ask the children if they have ever met their mail carrier or if they have ever seen their mail carrier delivering the mail? If you'd like you could print out a picture of a mail carrier, their bag and the truck they drive so that you have something to show the children and then they will become a bit more familiar with who you are speaking about.

Skills

- Language: Increasing vocabulary, Expressive language skills
- Physical: Taking turns, Listening
- Cognitive: Concept development (understanding specifics about mail carriers)
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Materials

- Listening ears

Letters & Numbers

Activity Description - Letters: Letter Xx Food Series

Learn about the letter X with Miss Cullen and Gator. First, Miss Cullen and Gator are going to show the upper and lower case letter X. Then review the sound of the X. Next look at two types of food that start with the letter X: Pringle Stixs and Twix. 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

- Language: During this time children are working on sharpening their language skills by recognizing a letter and the sound that the letter makes. They are working on their language skills when talking about their senses when tasting, feeling, touching and smelling the Pringle Stixs, Twix
- Physical: Children will work on their physical skills when using their grasping fingers to touch and pick up the food
- Social: Taking turns & sharing

Materials

- Watch the [letter X video](#)
- If you'd like to try the foods with Miss Cullen and Gator you will need Pringle Stixs and Twix or you can choose other items that start with the letter Xx.

Prep Video

<http://www.youtube.com/watch?v=Aud4FSVPrU>

Worship Time

Activity Description: The Good Samaritan

For those of you that joined us last week, we learned about The Good Samaritan. Because we are starting with the month of February and learning about how to love one another I thought this would be a great story to continue to learn about. For those of us that need a little bit of a refresher on the story I have it below for you and then an activity for you to do with children.

The Good Samaritan

Luke 10:25-37

One day, a lawyer put Jesus to the test. He said, "I know the law says to love God with all my heart and to love my neighbor as myself. But who is my neighbor?"

Jesus told him this parable:

"A man was on his way to the city of Jericho when he was attacked by robbers. They took his clothes, beat him, stole everything he had and went away. The man was hurt. He needed help. Along came a priest. When he saw the man, he passed on the other side of the road. Along came a helper in the temple. He saw the man but did not stop. Along came a Samaritan man. When he saw the hurt man, he stopped. The Samaritan man put bandages on him cleaned up the man's wounds. He lifted the man onto his own donkey and took him down the road to an inn to care for him. The Samaritan man took care of him all night long," said Jesus. "In the morning, the Samaritan man gave the innkeeper two silver coins and said, 'Take good care of him until I return.'" After Jesus finished the story, he asked, "Who was a neighbor to the injured man?" The lawyer answered, "The Samaritan who took care of the hurt man." Jesus said, "Yes. Be kind, like that man and love your neighbor."

Let's make a themed snack to go along with the story.



If you have the time, making a themed snack is so fun and can be used to start wonderful preschool discussions about the overall theme. They take time and energy so go for it if you are doing this lesson over a week's time at home or in a classroom.

Themed Snack: Bandages

Here is how to make some yummy bandages in honor of the good Samaritan helping his neighbor that he found hurt on the road!

Bandage: graham crackers, broken into shape of bandages

White Gauze Pad: cream cheese or you can cut some jack cheese

Blood (optional): drop of red food coloring on the cream cheese, or a red hot candy, or a red jelly bean smashed

Skills

- Language: Listening to the story and answering the questions works with children on their language skills. Children are also recalling the story and the Bible verse
- Cognitive: As children continue to pray they are building their relationship with God and learning to trust Him
- Social: When children are answering the questions they are working on public speaking which is a great social skill. Children are also working on taking turns when answering questions

Materials

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Art & Science

Activity Description - Art: Mail Carrier Art

Today we are going to make a mail carrier. I thought it would be neat for the children to draw their own person and then if they want they can glue on the items provided in the pattern. You can have the children draw their mail carrier on a piece of construction paper then glue on the items. This is a fun way to use their imagination and to work on fine motor skills while drawing their person and gluing on the items.

[Click here](#) for the pattern

[Click here](#) for the video

Skills

- Math and Counting: Color recognition with the color of crayons that children are using
- Language:
- Physical: Fine motor skills and strengthening the muscles in their hands when squeezing the bottle of glue and picking up items with their grasping fingers, and when drawing their mail carrier person
- Cognitive: Talk about the purpose of a mail carrier
- Emotional: Using their imagination to put together their own person
- Social: While children are interacting with each other and with adults they are building their social skills.

Materials

- Drawing utensil (crayon, marker, pencil)
- Construction paper
- Patterns if you'd like to use them
- Scissors for cutting out the patterns

Prep Video

<http://www.youtube.com/watch?v=YFGn-rjFCw8>

Extra Content

Mail Carrier Pattern

Theme: Mail Carrier

Day: 2

| Module | Activity |
|------------------------------|---|
| Circle Time | Write a letter |
| Letters & Numbers | Mailbox and Envelope Matching with the letter X |
| Worship Time | The Good Samaritan-Helping Hands |
| Art & Science | Creating a mailing piece |

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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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.

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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).

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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: Write a letter

Let's write a letter and send it in the mail. Discuss with the children about what writing a letter means. You may want to find some examples about what a letter looks like when written properly and show it to them. Then take a dictation as the child tells you what they want to say in the letter. At the end of the letter have the child sign their name. Of course this is a fun

activity to do at anytime of the year but just around Valentine's day is a neat time to send a letter to someone.

Skills

- Language: Increasing vocabulary
- Expressive language skills
- Physical: Working on fine motor skills as they hold the pencil and strengthen the muscles in their hands
- Cognitive: Understanding specifics about mail carriers
- Social: Taking turns

Materials

- Paper
- Writing utensil

Letters & Numbers

Activity Description - Letters: Mailbox and Envelope Matching with the letter X

This will be a fun game to work on the letter of our week and many other letters in the alphabet. You could also use it to work on colors, numbers or shapes as well. See the video for ideas on how to play and make the game.

[Click here](#) for the pattern.

[Click here](#) for the video.

Skills

- Math and Counting: Working on letters and sound recognition, numbers and colors, Matching, Letter and sound recognition
- Physical: Fine motor skills when using their grasping fingers to pick up the items
- Cognitive: Recalling any information they know or remember about the letter X
- Social: Working together with others, Taking turns

Materials

- Print out the patterns provided and figure out the way that you are going to use them
- Scissors to cut them out

Prep Video

<http://www.youtube.com/watch?v=-NU51vbkeDU>

Extra Content

[Mailbox Matching Pattern](#)

Worship Time

Activity Description: The Good Samaritan- Helping Hands

How can you be a helper to others just like the Samaritan man was a helper to the hurt man? Print and cut out the [hand pattern](#) and on each hand write a way that we can help others. You can always trace your child's hand if you'd rather. You can cut the hands out of different colors of construction paper or leave them on white paper. Have children come up with ways that they can help others. You do not need to cut out each hand perfectly, to make it easier you can just cut them out in a square shape. When you and your children have finished you can hang them up on a wall, the fridge or make a "Helping Hands" bulletin board.

If you'd like to expand on this activity you can have children carefully color their hands.

Skills

- Language: Children on their language skills.
- Physical: Fine motor skills that strengthen the muscles in their hands when using their grasping fingers to hold the crayons to color with
- Cognitive: As children continue to pray they are building their relationship with God and learning to trust Him. Working on memorizing the Bible verse works on memorization skills
- Emotional:
- Social:

Materials

- Scissors
- Hand Pattern
- Crayons

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Art & Science

Activity Description - Art: Creating a mailing piece

Today we are going to make a mail piece and pretend to mail it off! Gather a bunch of envelopes, stickers, writing utensils and paper for children to decorate and pretend to mail off. You can add a box/basket/mailbox for the children to put their envelopes in. This is a fun and open ended project for children to use their imagination with and to write some letters and pretend to mail them off.

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

Skills

- Math and Counting:
- Language:
- Physical: Fine motor skills strengthening the muscles in their hands when writing and peeling stickers
- Cognitive:
- Emotional:

- Social: While children are putting together their mail they may be chatting and socializing with others

Materials

- Envelopes
- Stickers
- Writing utensils

Prep Video

<http://www.youtube.com/watch?v=vKKw2UVTswv>

Theme: Mail Carrier

Day: 3

| Module | Activity |
|-------------------|-------------------------------------|
| Circle Time | Send a letter to someone |
| Letters & Numbers | Letter X Coloring |
| Worship Time | The Good Samaritan-Neighbor Collage |
| Art & Science | Decorate a Stamp |

Circle Time

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week. (Clap hands 2 times).*

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Discussion: Send a letter to someone

On Day 2 we wrote a letter and today we are going to send the letter! Obtain the address of the person the child wants to send their letter to. Once you get the address go on a walk with the children to the mailbox or post office to mail the letter.

Skills

- Math and Counting: Having the children help to write the numbers on the envelope and recognizing the numbers and letters that are written
- Physical: Mailing the letter
- Cognitive: Recalling anything they remember about what they have been learning about this week in preschool
- Emotional: The excitement of mailing the letter to a friend or family member and the anticipation of when it arrives.

Materials

- Paper
- Pen
- Address for who the child would like to send their letter to

Letters & Numbers

Activity Description - Letters: Letter X

Coloring

Let's color the letter X today with many different colors. You can lay out a bunch of crayons, colored pencils and markers for children to color their X's however they'd like.

[lowercase x pattern](#)

[Uppercase X pattern](#)

Skills

- Math and Counting: Letter and sound recognition
- Color recognition
- Physical: Fine motor skills and strengthening the muscles in their hands when children are holding the crayons and coloring with them
- Emotional: As children are waiting their turn for a certain color they are working on their emotional skills
- Social: As children are talking with each other and adults they are working on their social skills.

Materials

- Crayons, markers, colored pencils

Extra Content

Worship Time

Activity Description: The Good Samaritan-Neighbor Collage

To make the neighbor collage tear out pages from magazines or newspapers with people in the pictures. Place them on the table with some glue sticks, scissors and construction paper and have the children cut the people out and glue them onto their paper. Ask the question 'who is my neighbor?' All of these people are our neighbors whether we know them or not.

Skills

- Math and Counting: Recognizing the colors in the pictures
- Language: Increasing vocabulary
- Cognitive: Learning and remembering the story of Jesus washing the feet of his disciples in a hands-on way
- Emotional: How to be kind to others as Jesus would
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Materials

- Scissors
- Glue sticks
- Construction paper to glue the people onto
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Art & Science

Activity Description - Art: Decorate a Stamp

Today we are going to decorate a stamp.

[Click here](#) for my very large stamp pattern.

[Click here](#) for the video.

Skills

- Math and Counting: Color recognition when noticing what colors they are drawing with
- Language:
- Physical: Fine motor skills and strengthening the muscles in their hands when holding a writing utensil and coloring with it
- Cognitive:
- Emotional: Using creativity
- Social:

Materials

- Construction paper
- Drawing utensils

Prep Video

<http://www.youtube.com/watch?v=2R7jNGIJ9u8>

Extra Content

[Stamp Art](#)

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