

Theme: Me, Myself, and I

Day: 1

Module	Activity
Circle Time	Exploring Family Photos
Letters & Numbers	
Worship Time	Jesus Returns John 20:19-29
Art & Science	Family 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: 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 during this time. Give each child a chance to talk about the people in their picture, who they are, how many people are in the picture and anything else they would like to share about the picture or their family.

Skills

- Math & Counting: Counting the number of family members in the photos
- Language: Following directions
- Expressive language skills
- Cognitive: Cultural awareness
- Increasing vocabulary and descriptive skills
- Social: Children are socializing with one another as they are talking about what they see in the pictures

- While children are waiting their turn they are working on their social skills and public speaking skills.

Materials

- Photos of multicultural families
- Picture of their family photo

Letters & Numbers

Activity Description - Numbers:

Skills

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Materials

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Worship Time

Activity Description: Jesus Returns | John 20:19-29

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

Jesus Returns

John 20:19-29

After Jesus had died his disciples were afraid and were hiding in an upstairs room with the door locked. They were afraid the leaders would send soldiers to arrest them because they knew

and were friends with Jesus. Suddenly Jesus was there with them! "Peace be with you," Jesus said. Jesus' disciples couldn't believe their eyes. The disciples cheered! They were overjoyed when they saw the Lord. The friends ate together and chatted happily.

Now Thomas, one of Jesus' disciples was not in the room when Jesus came. So the other disciples told him, "We have seen Jesus!" Thomas said to them, "I will not believe that Jesus is really alive until I see the nail marks in his hands and feet." A week later Thomas and the disciples were in the house again with the doors locked. Jesus came and stood with them and said, "Peace be with you!" Then Jesus said to Thomas, "Put your finger here and touch the places where the nails went in. Stop doubting and believe." Thomas said, "You are Jesus, my Lord and my God." Then Jesus said to him, "You have seen me and you have believed. Blessed are those people who haven't seen me and still believe anyway."

Jesus came back to life and showed many people that He was alive. Thomas saw Jesus and believed and many other people saw that he was alive and believed. Even though you may have not seen Jesus you can believe he is real!

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:

- After Jesus had died how did Jesus' disciples feel? (Afraid)
- The disciples were hiding in a room. Was the door locked or un-locked? (Locked)
- What were the disciples afraid of? (They were afraid that the leaders would arrest them because they knew and were friends with Jesus)
- Who appeared in the room with the disciples? (Jesus)
- What did Jesus say to the disciples? ("Peace be with you.")
- Did Jesus and his disciples eat a meal together? (Yes)
- What was the name of the disciple who doubted that Jesus was
- What did Jesus tell Thomas? (Stop doubting and believe)
- Did Jesus show many people that he was alive? (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 believe in Jesus (children repeat)

Even though I can't see him (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 children's Bible, your Bible or you can use the story above.

Art & Science

Activity Description - Art: Family Portrait

Give each child a piece of construction paper and some crayons, colored pencils or markers. Your children draw a picture of themselves and their family. Let the children draw the picture of their family however they like. They can just draw the faces or they can draw the whole bodies. You may want to remind the children to include details like hair, ears, eyes, and mouths in their pictures. Remember these drawings are how the child sees themselves and their families, so keep in mind that they may not draw the heads proportional to the bodies or they may not put the eyes in the accurate spot on the faces and that is okay.

Skills

- Math & Counting: Color recognition with the colors of crayons being used
- Counting the number of people in their family to draw
- Physical: Fine motor skills that strengthen the muscles in their hands when picking up the crayons with their grasping fingers
- Cognitive: Spatial awareness the understanding how much space they need on the paper to fit in and draw their family
- Emotional: Creativity Social: A lot of times children will be talking and interacting with one another during a project like this

Materials

- Construction paper
- Colored pencils, crayons or markers

Theme: Me, Myself, and I

Day: 2

Module	Activity
Circle Time	How Are You Feeling Today?
Letters & Numbers	
Worship Time	Memory Verse Coloring Sheet Jesus Returns
Art & Science	Body Outline

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.
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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?

Use these [emotion cards](#) to explore the different feelings with the children.

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?

You can print out one set for each child to use for the song or you can have them come up to choose one of the cards and then they can hold up 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.

Skills

- Math & Counting: Counting all the emotion cards
- Language: Following directions
- Cognitive: Increasing vocabulary and descriptive skills for how they are feeling
- Emotional: Concept development which is the understanding about specific feelings they have and other people have
- Social: Children are socializing with one another as they are talking about how they are feeling
- While children are waiting their turn they are working on their social skills and public speaking skills.

Materials

- - Emotion cards
 - Singing voices

Letters & Numbers

Activity Description - Numbers:

Skills

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Materials

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Worship Time

Activity Description: Memory Verse Coloring Sheet | Jesus Returns

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).

Questions to ask if you like:

- How many men do you see in this picture? (Five)
- Do they look happy or sad? (Happy)
- What does it look like they are doing? (Giving high fives, jumping up and down, accept all answers)
- Does it look like Jesus is alive? (Yes!)

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 John. When you find John in the new testament look for the number 20 at the top left or right of the page, this is the chapter. You will see John 20. We are looking for verse 20, and those numbers are much smaller under the big 20.”

After looking at the Bible show them “John 20:20” 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.

Skills

- Math and Counting: Color recognition with the colors of crayons they are using
Language: Recognizing letters, letter sounds and even word recognition with the memory verse written on the coloring page
- 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

Materials

- Crayons
- Memory verse coloring sheet

Art & Science

Activity Description - Art: Body Outline

Since we are learning all about ourselves this week I thought it would be fun to draw a life size picture of our body. First, have the children lie on butcher paper and trace their body. Next, have the child decorate their body. They can draw on their face, hair, clothes, fingernails etc. If the children want to use other items on their outline like pom pom balls, buttons, ribbon, glitter, etc you can provide them with other products like this. This is an activity that can be revisited over multiple days in case your child would like to add more details.

Skills

- Math & Counting: Color recognition with the colors of crayons or objects being used
- Physical: Fine motor skills that strengthen the muscles in their hands when picking up the crayons with their grasping fingers
- Cognitive: Concept development of themselves
- Emotional: Creativity
- Social: A lot of times children will be talking and interacting with one another during a project like this

Materials

- Markers
- Crayons
- Butcher paper
- Glue
- Objects to glue on if you would like to offer that to the children.

Theme: Me, Myself, and I

Day: 3

Module	Activity
Circle Time	If You're Happy and You Know It
Letters & Numbers	
Worship Time	Taste Test
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)

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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: If You're Happy and You Know It

This week we have been learning all about ourselves and the emotions that we have. Today we are going to sing [If You're Happy And You Know It](#) and you can also sing and watch [If You Are Happy And You Know It Feltboard](#) if you'd like.

Skills

- Physical: Large motor skills when doing some of the emotions
- Emotional: Understanding the emotions we have
- Social: A lot of times children will be talking and interacting with one another during a song like this.

Materials

- Computer or tablet so you can watch the video

Music & Movement

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)

Prep Video

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

Extra Content

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

Letters & Numbers

Activity Description - Numbers:

Skills

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Materials

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Worship Time

Activity Description: Taste Test

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. Have all the children sit down together, hand out each item one at a time and have them all try it together then record if they liked it or did not like it. If you would like the children to close their eyes and trust you they can try the items that way. If you would like to print out a [Taste Test Chart](#) to record the children's answers you will find it at the end. I do not 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?"

You can say: "Are you glad you trusted me to try these foods? Did you like the sweet food or sour food? Sometimes trusting Jesus can be hard when we can't see Him. Jesus promises good things to people who follow Him. We can trust Jesus will take care of us and be with us. What did Jesus do after He was raised from the dead? Jesus showed many people that He was alive."

Skills

- Math and Counting: Counting the number of objects that are being tasted
- Language: Using words to describe how the items taste
- Physical: Fine motor skills, strengthening the muscles in their hands when using their grasping fingers to pick up the foods to put into their mouths
- Emotional: Growing in and deepening their relationship with God

Materials

- Items to taste
- Taste test chart if you'd like to record their answers

Art & Science

Activity Description - Art: Name Art

Write your child's name on a half sheet of paper in marker. Next, give your child the paper and glue. Have your child trace their name with the glue the best they can. Lastly, give your child different items to decorate their name. Some items you could use are: beads, pom poms, glitter, little rocks, etc. This can be a difficult task for some children to do, so make sure you give them as much time as they need.

Here is a [video](#) on this project if you'd like to watch it.

Skills

- Math and Counting: Counting the number of objects that are being glued on
- Color recognition with the colors of objects being glued on
- Language: Early literacy with the letters they are recognizing in their name and the sounds they make
- Physical: Fine motor skills, strengthening the muscles in their hands when using their grasping fingers to pick up the small items to glue on
- When children are squeezing the bottle of glue they are strengthening the muscles in their hands

Materials

- Paper
- Marker
- Beads
- pom poms
- glitter (anything small to decorate with)
- Glue

Prep Video

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

The logo for 'Cullen's ABC's' is located in the bottom right corner of an orange banner. The text 'Cullen's' is in a blue, rounded font, and 'ABC's' is in a multi-colored, bubbly font.

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