



**Cullen's ABC's**  
Preparing children for school and life

## Live Classroom Material

This material is intended for live classroom usage only. If you are not leading a live classroom, we encourage you to use the interactive version of the preschool day over at [cullensabcs.com/online-preschool](http://cullensabcs.com/online-preschool)

# Lesson Plan

## Theme: Non-Motor Transportation

### Day: 1

Module	Activity
Circle Time	What is a Carriage?
Letters & Numbers	Y
Worship Time	Joy to the World
Art & Science	Wood 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: What is a Carriage?

Talk with the children about how people use to get around from place to place. Introduce the concept that cars were not always around. How did people get from place to place? Show the children pictures of horse drawn carriages. Have some Lego's and other manipulative builders out and challenge the children to build a carriage.

## Skills

- Using fine motor skills
- Concept development of carriages
- Social skills
- Hand-eye coordination
- Increasing vocabulary

## Materials

- Listening ears
- Photos of carriages
- Looking eyes
- Lego's or other manipulative builders

# Letters & Numbers

## Activity Description – Letters: Y

Learn about the letter Y with Miss Cullen and Gator. First, Miss Cullen and Gator are going to show the upper and lower case letter Y. Then review the sound of the Y. Next look at three types of food that start with the letter Y: yogurt, yogurt covered pretzel, and egg yolk. 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.

## Skills

- Increases language development
- Works on concepts: Identifying letters
- Taking turns and sharing

## Materials

- Three types of food that start with the letter Y. Miss Cullen uses yogurt, yogurt covered pretzel, and egg yolk, but feel free to use other food items that start with the letter Y. Other food ideas include yams, yellow squash, and Yakitori.

## Prep Video

<http://www.youtube.com/watch?v=fe-9fFAzt-w>

# Worship Time

## Activity Description: Joy to the World

Now we are going to sing "Joy to the World with Miss. Cullen.

## Skills

- Increasing vocabulary
- Increasing receptive language skills

## Materials

- Listening ears
- Singing voices

## Music & Movement

Joy to the world, the Lord is come!  
Let earth receive her King;  
Let every heart prepare Him room,  
And Heaven and nature sing,  
And Heaven and nature sing,  
And Heaven, and Heaven, and nature sing.

## Prep Video

<http://www.youtube.com/watch?v=q2eJKYQcJUs>

# Art & Science

## Activity Description – Art: Wood Art

Put out different shaped wood pieces (scrap pieces of wood work great), markers and wood glue for the children to create with. Have the children make a carriage, encourage them to use their imagination while doing this project. You can do this project over a course of a couple days.

### Skills

- Fine motor skills
- Color recognition
- Hand-eye coordination
- Sensory-motor

### Materials

- Wood pieces
- Markers
- Wood glue
- Any other items the children would like to add to their carriage

## Theme: Non-Motor Transportation

### Day: 2

Module	Activity
Circle Time	Hot Air Balloon
Letters & Numbers	Hot Air Balloon Match
Worship Time	Jesus is Alive Today
Art & Science	Hot Air Balloon

## 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.  
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One two three let's shout HOORAY.  
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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: Hot Air Balloon**

Talk with the children about hot air balloons. Ask if they have ever seen a hot air balloon. Tell the children that a hot air balloon is a large balloon made of fabric that is filled with heated air to make the balloon lift off the ground. Show the children pictures of hot air balloons.

### **Skills**

- Increasing vocabulary
- Concept development (understanding specifics about hot air balloons)
- Color recognition

### **Materials**

- Looking eyes
- Listening ears
- Photos of hot air balloons

## **Letters & Numbers**

### **Activity Description – Numbers: Hot Air Balloon Match**

Make hot air balloons with 5 or 6 different patterns. Instead of making just one match, have some that have three or four or five matches (balloons that are the same). Once the children find all the balloons that are the same, have them count how many of each pattern there are.

### **Skills**

- Increases language development
- Works on concepts: Identifying patterns
- Taking turns and sharing
- Counting

### **Materials**

- Hot air balloons with 5 or 6 different patterns

## **Worship Time**

### **Activity Description: Jesus is Alive Today**

Now we are going to sing "Jesus is Alive Today" with Miss. Cullen three times.

### **Skills**

- Increasing vocabulary
- Increasing receptive language skills
- Fine motor skills

### **Materials**

- Singing voices
- Good looking eyes

### **Music & Movement**

Jesus is alive today

(Tip of middle finger touches the center of one hand then repeat motion with other hand)

Alive today

Alive today  
 Jesus is alive today  
 (Tip of middle finger touches the center of one hand then repeat motion with other hand)  
 It is Easter morning.

**Prep Video**

<http://www.youtube.com/watch?v=MO2OveQ4mk>

**Art & Science**

**Activity Description – Art: Hot Air Balloon**

Have the children work together to make a hot air balloon. Ask the children what they will make it out of? What materials do they need? Ask the children if they would like to use a real balloon to paper Mache to make their hot air balloon?

**Skills**

- Fine motor skills
- Hand-eye coordination
- Creativity
- Sensory-motor

**Materials**

- Balloon Any materials the children would like to use to make a hot air balloon
- Paint
- If making paper Mache
- Newspaper in strips
- ¾ glue and ¼ water mixture

**Theme: Non-Motor Transportation**

**Day: 3**

Module	Activity
Circle Time	Bicycles
Letters & Numbers	Q
Worship Time	Palm Sunday
Art & Science	Map 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.  
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 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.  
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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).  
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: Bicycles**

Talk with the children about bicycles. Ask if they own a bike and what color their bike is. Tell the children there are all different kinds of bikes. There are bikes made for two people and some bikes have more than two wheels. Show the children different pictures of bicycles.

### **Skills**

- Increasing vocabulary
- Concept development (understanding specifics about bicycles)
- Increasing receptive language skills
- Increasing descriptive skills

### **Materials**

- Looking eyes
- Listening ears
- Photos of bicycles

### **Extra Content**

Here are two videos of Miss. Cullen talking about the Strider bike. This small bike with no pedals develops incredible balance, creates loads of confidence a

[http://www.youtube.com/watch?v=0b-RPsn1\\_\\_k&feature=relmfu](http://www.youtube.com/watch?v=0b-RPsn1__k&feature=relmfu)

<http://www.youtube.com/watch?v=X4xXVN3FiUs&feature=relmfu>

## **Letters & Numbers**

### **Activity Description – Letters: Q**

Learn about the letter Q with Miss Cullen and Gator. First, Miss Cullen and Gator are going to show the upper and lower case letter Q. Then review the sound of the Q. Next look at two types of food that start with the letter Q: Quaker oaks and Nestle Nesquik. 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.

### **Skills**

- Increases language development
- Works on concepts: Identifying letters
- Taking turns and sharing

### **Materials**

- Three types of food that start with the letter Q. Miss Cullen uses Quaker oaks and Nestle Nesquik but feel free to use other food items that start with the letter Q. Other food ideas include quail, quiche and quesadilla.

### **Prep Video**

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

## **Worship Time**

## Activity Description: Palm Sunday

Jesus rode a burro on Palm Sunday. Palm leaves were laid down before him to form his path.

Now when people go on a trip, they typically will take a car, bus, or airplane. Yet, during Bible times, they rode on animals when they had places to go, or would sometimes even walk miles and miles to get where they needed to be. Jesus once went on a special trip to Jerusalem. On this trip to Jerusalem, Jesus rode on a baby donkey!

### Skills

- Increasing vocabulary
- Increasing receptive language skills
- Increasing descriptive skills

### Materials

- Good listening ears

## Art & Science

### Activity Description – Art: Map Art

Print out a couple different maps so you can review them with your child. Point out the different roads, land, water, freeways and the name of the different cities. Next, give your child half a sheet of construction paper and markers. Have the children draw the roads, rivers or lakes. Have the children use their imagination to add different items to their maps. Once the children are done drawing their maps you can give them stickers of cars, trees, trucks or flowers to see if they would like to add any of those items to their maps.

### Skills

- Creativity
- Using fine motor muscles
- Color recognition
- Concept development of maps
- Hand-eye coordination

### Materials

- Maps
- Stickers of trees, flowers, cars, trucks
- Half a sheet of construction paper
- Markers or crayons

### Prep Video

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