

# Theme: Safety

## Day: 1

Module	Activity
Circle Time	What is Safety?
Letters & Numbers	Letter: Y
Worship Time	The Wiseman and Foolish Man Song
Art & Science	Stop Signs

## 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 Safety?

Ask the children what is safety? How can we stay safe? Have the children explore different ways they can stay safe. Who are some of the people that keep us safe? Once the children name some of the people that keep us safe bring out photos of community helpers. Then have the children discuss how they help us and what they do to keep us safe. Lastly, ask the children what happens when we are not safe.

## Skills

- Increasing vocabulary
- Cognitive development
- Concept development
- Socialization
- Expressive language skills

## Materials

- Print out of community helpers
- Listing ears
- Looking eyes

# Letters & Numbers

## Activity Description - Letters: Letter: 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: The Wiseman and Foolish Man Song

Now we are going to sing The Wiseman and Foolish Man song with Miss. Cullen. Below are the lyrics and hand motions for the song:

### **The Wiseman and Foolish Man Song**

The wise man built his house upon the rock

*(Make a fist with both hands and rotate hitting your fist on top of each other)*

The wise man built his house upon the rock

*(Make a fist with both hands and rotate hitting your fist on top of each other)*

The wise man built his house upon the rock

*(Make a fist with both hands and rotate hitting your fist on top of each other)*

And the house on the rock stood firm.

Oh, the rains came down

*(Wiggle your fingers downward)*

And the floods came up

*(Have your palms facing up and move your hands upward)*

The rains came down

*(Wiggle your fingers downward)*

And the floods came up

*(Have your palms facing up and move your hands upward)*

The rains came down

*(Wiggle your fingers downward)*

And the floods came up

*(Have your palms facing up and move your hands upward)*

And the house on the rock stood firm.

*(Have your fist hit one more time)*

Oh the foolish man built his house upon the sand

*(Have your fists hit once then wiggle fingers sideways)*

The foolish man built his house upon the sand

*(Have your fists hit then wiggle fingers sideways)*

The foolish man built his house upon the sand

*(Have your fists hit then wiggle fingers sideways)*

And the rains came tumbling down

*(Wiggle your fingers downward)*

Oh, the rains came down

*(Wiggle your fingers downward)*

And the floods came up

*(Have your palms facing up and move your hands upward)*

The rains came down

*(Wiggle your fingers downward)*

And the floods came up

*(Have your palms facing up and move your hands upward)*

The rains came down

*(Wiggle your fingers downward)*

And the floods came up

*(Have your palms facing up and move your hands upward)*

And the house on the sand went “crash!” *(clap hands once)*

So, build your life on the Lord Jesus Christ

*(Make a fist with both hands and rotate hitting your fist on top of each other)*

Build your life on the Lord Jesus Christ

*(Make a fist with both hands and rotate hitting your fist on top of each other)*

Build your life on the Lord Jesus Christ

*(Make a fist with both hands and rotate hitting your fist on top of each other)*

And the blessings will come down

Oh, the blessings come down

*(Wiggle your fingers downward)*

And the prayers go up

*(Have your palms facing up and move your hands upward)*

The blessings come down

*(Wiggle your fingers downward)*

And the prayers go up

*(Have your palms facing up and move your hands upward)*

The blessings come down

*(Wiggle your fingers downward)*

And the prayers go up

*(Have your palms facing up and move your hands upward)*

So build your life on the rock.

*(Make a fist with both hands and rotate hitting your fist on top of each other)*

## **Skills**

- Increasing vocabulary
- Increasing receptive language skills

## Materials

- Singing voices
- Listening ears
- Looking eyes

## Music & Movement

<http://www.youtube.com/watch?v=vICu2EPJe1o>

# Art & Science

## Activity Description - Art: Stop Signs

Hand each child a precut hexagon from white paper. (Can also have child try and cut out their own hexagon.) First, have the children count each of the sides to work on their numbers. Next, have the children color or paint their signs red. While the children are painting their stop signs, talk about how red means stop. Also, when you are at a stop sign you should look both ways to make sure it is safe before crossing the intersection. Once their project is dry; write the word "stop" and have the children trace each letter with a black marker. Lastly, have the child glue a popsicle stick to the paper to create a stop sign.

## Skills

- Fine motor skills
- Color recognition (paint, popsicle stick and color of paper)
- Child finds new ways to express themselves with the paint
- Sensorial experience
- Letter recognition
- Counting

## Materials

- Paper plates or bowl

- Precut hexagons on white paper
- Red paint or a red crayon
- Popsicle sticks
- Black marker
- Glue

## Theme: Safety

### Day: 2

Module	Activity
Circle Time	How do we use our senses to stay safe?
Letters & Numbers	Letter: K
Worship Time	Joy down in my heart
Art & Science	Fire with tissue paper

## 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 do we use our senses to stay safe?**

Encourage the children to think about how they can use their senses to stay safe. We need to look and listen before crossing the street. We use our noses to smell smoke if there is a fire. We use our eyes and ears to hear sirens or see a police/ firefighters flashing lights.

Next have the children sing Twinkle twinkle traffic light with Miss. Cullen. Below are the lyrics and hand motions.

### **Twinkle twinkle traffic light**

Twinkle, twinkle traffic light

Round the corner shining bright.

Red means STOP! (*One hand flat with palm upward, then sharply bring other hand down to palm at right angle*)

Green means Go. (*Pointer fingers facing each other and move them in a circle motion*)

Yellow means very very slow. (*Slide one hand up the forearm a short distance of other hand*)

Twinkle, twinkle traffic light

Round the corner shining bright.

## Skills

- Increasing vocabulary
- Concept development (understanding specifics about staying safe)
- Sensory-motor development
- Expressive language skills
- Comprehension skills

## Materials

- Looking eyes
- Listening ears
- Singing voices

## Music & Movement

[http://www.youtube.com/watch?v=PoW2\\_p1XrtA](http://www.youtube.com/watch?v=PoW2_p1XrtA)

# Letters & Numbers

## Activity Description - Letters: Letter: K

Learn about the letter K with Miss Cullen and Gator. First, Miss Cullen and Gator are going to show the upper and lower case letter K. Then review the sound of the K. Next look at three

types of food that start with the letter K: kidney beans, Ketchup and Kit Kat. 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 K. Miss Cullen uses kidney beans, ketchup and Kit Kats, but feel free to use other food items that start with the letter K. Other food ideas include kiwi, king crab, kippers, kabobs and kettle corn.

## Prep Video

<http://www.youtube.com/watch?v=GdsuW8m38i0>

# Worship Time

## Activity Description: Joy down in my heart

Now we are going to sing the Joy down in my heart song with Miss. Cullen. Below are the lyrics and hand motions to the song.

### **Joy down in my heart song**

I've got the joy, joy, joy, joy down in my heart

*(Use both hands to point to your heart)*

Where?

*(Rise hands and arms as if to ask what or where)*

Down in my heart!

*(Use both hands to point to your heart)*

Where?

*(Rise hands and arms as if to ask what or where)*

Down in my heart!

*(Use both hands to point to your heart)*

I've got the joy, joy, joy, joy down in my heart

*(Use both hands to point to your heart)*

Down in my heart to stay

I've got the love of Jesus, love of Jesus

Down in my heart

*(Use both hands to point to your heart)*

Where?

*(Rise hands and arms as if to ask what or where)*

Down in my heart!

Where?

*(Rise hands and arms as if to ask what or where)*

Down in my heart!

*(Use both hands to point to your heart)*

I've got the love of Jesus, love of Jesus

Down in my heart

*(Use both hands to point to your heart)*

Where?

*(Rise hands and arms as if to ask what or where)*

Down in my heart to stay.

## Skills

- Increasing vocabulary
- Increasing receptive language skills

## Materials

- Good listening ears
- Good looking eyes
- Singing voices

## Music & Movement

[http://www.youtube.com/watch?v=Jle\\_rWVNAIA](http://www.youtube.com/watch?v=Jle_rWVNAIA)

# Art & Science

## Activity Description - Art: Fire with tissue paper

Allow the children rip up red, orange, and yellow tissue paper. Let the children rip the tissue paper into really tiny pieces or they can even leave some of the pieces larger. Then have the children glue the tissue paper to a piece of paper to make a fire.

## Skills

- Using fine motor
- Color recognition
- Sensorial experience
- Hand-eye coordination
- Child finds new ways to express themselves
- Concept development of different sizes of the tissue paper
- Feeling the different textures of the paintbrush, tissue paper, and of the paper

## Materials

- Bowls
- Glue
- Red, orange, yellow tissue paper
- Paint brush
- Construction paper

## Theme: Safety

### Day: 3

Module	Activity
Circle Time	What do we do in an emergency?
Letters & Numbers	Letter: U
Worship Time	Dear God We Love You song
Art & Science	Make an imaginary campfire

## 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 do we do in an emergency?**

Discuss with the children what to do in an emergency. Provide the children with a note card that is labeled with their parent's phone number and 911. Have the children practice tracing their phone numbers and 911. Let the children know that we only use 911 if there is an emergency and we are in danger or a family member is hurt and needs help. This is also a good opportunity to do a practice drill and evacuate from your home or building. This will help the children know where a safe meeting ground is outside in case there is ever an emergency and they need to get out of the building quickly.

## Skills

- Increasing vocabulary
- Concept development (understanding specifics about what to do in an emergency)
- Early writing skills
- Recognizing numbers
- Fine motor skills
- Hand-eye coordination

## Materials

- Listening ears
- Looking eyes
- Note cards with their phone number and 911
- Markers or crayons
- Safe place to evacuate to outside

# Letters & Numbers

## Activity Description - Letters: Letter: U

Learn about the letter U with Miss Cullen and Gator. First, Miss Cullen and Gator are going to show the upper and lower case letter U. Then review the sound of the U. Next look at food that start with the letter U: upside down cake. 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 U. Miss Cullen uses broccoli, beef and basil but feel free to use other food items that start with the letter U. Other food ideas include udon noodles, ugli fruit, upma, and unsweetened chocolate.

## Prep Video

<http://www.youtube.com/watch?v=k2x9yQ8Z1zA>

# Worship Time

## Activity Description: Dear God We Love You song

Now we are going to sing Dear God We Love You song with Miss. Cullen. Below are the lyrics and hand motions to the song.

### **Dear God We Love You**

Dear God we love you

*(Point up with one hand then cross your hands over your chest)*

We want to know you

*(Point outward)*

And be more like you want us to

*(Point up with one hand)*

Our hearts are open

To spread your love God

*(Point up with one hand)*

Cause we know you love us too

*(Point up with one hand then cross your hands over your chest)*

You brought us Jesus

*(Palms facing upward then have your middle fingers touch each hand)*

Thank you for Jesus

*(Palms facing upward then have your middle fingers touch each hand)*

He died to take our sins away

We want to talk to him and thank him

We know he hears us when we pray

*(Cup your hands around your ears then put your hands together like you're praying)*

## Skills

- Increasing vocabulary
- Increasing receptive language skills

## Materials

- Good listening ears
- Good looking eyes

## Music & Movement

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

# Art & Science

## Activity Description - Art: Make an imaginary campfire

Give your child three precut flames on white paper. Now allow your children you color them on both sides however they would like. At the bottom of each flame make a slit, so your child can

connect each of the flames together once they are done coloring them. Next, go outside and have the children collect different size sticks. Then, put the sticks in a pile and add your art fire in the middle of the sticks. While sitting around your fire your imaginary campfire you can get marshmallows and pretend to roast them. Also, while pretending to roast the marshmallows you can talk to your child about fire safety. Like letting your child know that the only person making the fire is an adult.

## Skills

- Fine motor skills
- Hand-eye coordination
- Dramatic play
- Increasing receptive language skills
- Socialization
- Color recognition
- Manipulation (by putting the flames together)

## Materials

- Precut flames
- Marshmallows
- Sticks
- Red, yellow, orange crayons
- Scissors (if you are having the child cut out their flames)

## Extra Content

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

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 with letters in red, yellow, and blue.

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