

# Theme: Winter & Arctic Animals

## Day: 1

Module	Activity
Circle Time	Harp Seals
Letters & Numbers	Letter Uu Food Series
Worship Time	Jesus Is Lost Story, Questions, Prayer
Art & Science	What's that Smell?

## 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: Harp Seals

Today we are learning about harp seals. [Here](#) is a great website that has pictures and information about harp seals. You can go here and show children these pictures and you can read the information to them as well. Have the children identify characteristics of harp seals like the color, size, shape, etc. When looking at the harp seals home; ask the children to compare the seals home to the places they live in. (Do they look the same, different, etc.)

Next, have the children role play as harp seals. Tell the children that harp seals spend relatively little time on land and prefer to swim in the North Atlantic and Arctic Oceans. These sleek swimmers cruise the chilly waters and feed on fish and crustaceans. They also can remain submerged for up to 15 minutes in the water. Get a large piece of butcher paper or use colored tape to create a "river" or "ocean" on the carpet. Have the children lie on their stomachs and slide or wiggle their way across/through the water like a seal might.

## Skills

- Math & Counting: Color recognition with the colors being used and the colors in the pictures being shown
- Language: Increasing expressive language skills as children are talking to each other about what they are doing and learning about. Increasing vocabulary
- Cognitive: Children are recalling information they have learned about harp seals and using their imagination to be a harp seal
- Physical: Gross motor skills as children are pretending to be harp seals
- Social: While children are interacting with each other and with adults they are building their social skills
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## Materials

- Pictures of Harp seals and their homes OR a way to look at them through the link provided
- Butcher paper or colored tape

# Letters & Numbers

## Activity Description - Letters: Letter Uu Food Series

Learn about the letter U with Miss Cullen and Gator. Here is the [Letter U Video](#) with Gator and Cullen for you and your children to watch. 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 one type of food that start with the letter U: Upsidedown cupcake. If you have this item at home you can try it 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

- Here is a type of food that starts with the letter Uu. Miss Cullen uses Upside-down Cupcake but feel free to use other food items that start with the letter U.

## Prep Video

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

# Worship Time

## Activity Description: Jesus Is Lost Story, Questions, Prayer

Below you will find the Jesus Is Lost story that you can read to your children. Under that you will see some questions that go along with the story. You can ask your children these questions after reading the story to see if they remember these areas in the story. Just before you are finished you can say a prayer.

### Story:

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

Jesus is Lost!

Luke 2:41-52

Jesus grew up in Nazareth. Every year, Jesus and his family would go to Jerusalem to celebrate the Passover Feast.\* When he was 12 years old they went up to the Feast as usual. The streets were crowded with people.

After the Feast was over and on their way back home to Nazareth, Mary and Joseph couldn't find Jesus. He had stayed behind in Jerusalem, but they were unaware of it. Thinking he was with them, they traveled on for a day. Then they began looking for him among their relatives

and friends. They asked, "Have you seen Jesus?" But no one knew where he was. When they did not find him, they went back to Jerusalem to look for him.

After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. The teachers were amazed at his understanding and his answers. Jesus was very wise for such a young boy.

Mary and Joseph rushed to Jesus. "We were so worried about you!" said Mary. Jesus knew God was his Father. He said, "I had to come to my Father's house." He loved and obeyed his parents, too. So he returned home with them and grew stronger and wiser. Jesus can be your example. He shows what to be like.

- \*In case you have a question about what is Passover here is a preschool answer: "Passover is the festival that reminds us of when the Jewish people were slaves in Egypt a long time ago, and how God freed them from the evil Egyptian king Pharaoh. It reminds us of God's promise to "pass over" the Jewish people when he sent the last plague onto Egypt. This last plague was the worst one that he sent to force Pharaoh to free the Jews." For more detailed Passover information from the NSW Board of Jewish Education [click here](#). Use your best judgment when teaching the details of Passover to preschoolers.

### **Questions:**

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:

- Where did Jesus and his family go to celebrate the Passover Feast? (To Jerusalem)
- How old was Jesus? (12 years old)
- When they were on their way back home did Mary and Joseph think Jesus was with them? (Yes)
- Was Jesus with them? (No)
- When Mary and Joseph went to look for Jesus where did they find him? (In the temple listening to the teachers and asking questions)
- Did Jesus love and obey his parents? (yes)
- Did Jesus go back home with his parents? (yes)
- Is it good to act and obey like Jesus? (yes)

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 be like Jesus. (children repeat)***

***To listen and obey (children repeat)***

***my parents (children repeat)***

***and to listen to you. (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

- If you would like to read from your own Bible you can or you can read from the story I have provided.

# Art & Science

# Activity Description - Science: What's that Smell?

Let the children know that harp seals are very sensitive to smell and can identify their babies by their scent. Once you [watch this video](#) and get your activity ready and the cotton balls are scented, have the children smell each cup. Ask the children what they smell. Record their answers on a big piece of paper. At the end of the activity compare the children's answers with the real scents.

Prepping for activity:

- Place a couple cotton balls inside each cup (the number of cups and cotton balls depends on the number of scents you would like to have)
- Use an eyedropper to squeeze the extract (scent) onto the cotton balls
  - If you do not have/want to use extracts, you can use things such as juice, coffee grounds, cinnamon, etc. (You may just want to cover the cups and poke holes in the cover so the children cannot see what is inside.)
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## Skills

- Math & Counting: Children can count the number of cups and scents
- Language: Increasing expressive language skills as children are talking to each other about what they are doing
- Physical: Using sensory-motor skills
- Social: While children are interacting with each other and with adults they are building their social skills.

## Materials

- Cotton balls (if you are using them)
- Different extracts/ scents
- Cups
- Eyedropper
- Paper
- Pen (to record answers)

## Prep Video

## Theme: Winter & Arctic Animals

### Day: 2

Module	Activity
Circle Time	Penguins
Letters & Numbers	Bubble Painting the Letter U
Worship Time	Jesus Is Lost Coloring Page
Art & Science	Penguins

## 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: Penguins

[This link](#) to penguins has a lot of information and a few pictures to look at. You may want to pull a bit of information from here according to what you think your children may be interested in.

Also, here is a link to an [Antarctica Penguin Cam Live](#) where you and your children can watch the penguins live at SeaWorld in Orlando. It is fun to watch them and chat about with children. Talk about what they are doing, what colors they are and you can even have the children walk like a penguin.

Music and Movement: [5 Little Penguins](#)

## Skills

- Math & Counting: Color recognition with the colors being used and the colors in the pictures being shown
- Language: Increasing expressive language skills as children are talking to each other about what they are doing and learning about. Increasing vocabulary
- Cognitive: Children are recalling information they have learned about penguins

- Social: While children are interacting with each other and with adults they are building their social skills

## Materials

- The ability to look at this site for information and pictures about penguins.

## Music & Movement

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

## Extra Content

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

# Letters & Numbers

## Activity Description - Letters: Bubble Painting the Letter U

[Click here](#) to see the video on how to go about getting this project ready. In this video I talk about cutting out shapes but you can use the letter U and reinforce learning about the letter U and the sound it makes.

[Click here](#) for the Uppercase letter U pattern

[Click here](#) for the Lowercase letter u pattern

## Skills

- Math & Counting: Color recognition with the colors of paint being used
- Language: Increasing expressive language skills as children are talking to each other about what they are doing and learning about
- Cognitive: Children are recalling times when they have played with bubbles and how this may be similar or different
- Physical: Blowing through a straw

- Social: While children are interacting with each other and with adults they are building their social skills.

## Materials

- White construction paper
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- Letter Uu
- Paint
- Dish Soap
- Water
- Straw

## Prep Video

[http://www.youtube.com/watch?v=\\_os1NvPtZnw](http://www.youtube.com/watch?v=_os1NvPtZnw)

## Extra Content

Uppercase letter A pattern:

<http://cullensabcs.com/wp-content/uploads/2013/02/Letter-U-Uppercase.pdf>

Lowercase letter a pattern:

<http://cullensabcs.com/wp-content/uploads/2013/02/Letter-u-Lowercase.pdf>

# Worship Time

## Activity Description: Jesus Is Lost Coloring Page

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 **Jesus Is Lost** story you will read later together.

Questions to ask if you like:

- Who do you think the boy is sitting down? (Jesus)
- What is the boy sitting down holding in his hand? (A scroll)
- Who do you think the men are? (Teachers in the temple)
- What do you think they are talking about? (God's teachings)
- Do you think that Jesus grew stronger and wiser by listening to the teachers? (Yes)
- Do you think you can grow stronger and wiser by listening to Bible stories? (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 Luke. When you find Luke in the new testament look for the number 2 at the top left or right of the page, this is the chapter. You will see Luke. We are looking for verse 52, and those numbers are much smaller under the big 2."

After looking at the Bible show them "Luke 2:52" 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

- 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.

## Materials

- Coloring page
- Crayons, markers or colored pencils
- Coloring Page:  
<http://cullensabcs.com/wp-content/uploads/2014/02/Bible-Key-Point-Coloring-Page-Jesus-Grew-Stronger-Wiser.pdf>

## Prep Video

<http://www.youtube.com/watch?v=CQriwvO8s6E>

## Extra Content

Bible Key Point Memory Verse Coloring Page:

<http://cullensabcs.com/wp-content/uploads/2010/04/Bible-Key-Point-Coloring-Page-Hole-in-the-Roof.pdf>

# Art & Science

## Activity Description - Art: Penguins

Today we are going to make penguins for art! Yay! [Click here](#) to see the penguin video to give you some ideas on how to go about making this with children. [Click here](#) for the pattern.

These always turn out so cute when you let the children use their imagination and put them together however you'd like. Keepers for a long time to come :).

## Skills

- Physical: Fine motor skills, strengthening the muscles in their hands when squeezing the glue bottle and when using their grasping fingers to pick up the parts of the body to glue on

- Cognitive: Memory skills when working on memorizing the Bible verse
- Emotional: Using their imagination to put together the penguin however they'd like
- Math & Counting: Color recognition with the colors of crayons they are using.

## Materials

- Construction paper
- Glue
- Feathers if you'd like to use them
- Markers to add a face

## Prep Video

<http://www.youtube.com/watch?v=QiVEV4MBL-k>

## Extra Content

Penguin Pattern:

<http://cullensabcs.com/wp-content/uploads/2010/04/Penguin-Art-Pattern.pdf>

# Theme: Winter & Arctic Animals

## Day: 3

Module	Activity
Circle Time	Polar Bears
Letters & Numbers	Letter Uu
Worship Time	Jesus Is Lost-Song
Art & Science	Polar Bear 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: Polar Bears

Today we are going to learn about polar bears by using some pictures and information that I have found. When I was looking around for some information and pictures for you about Polar Bears I ran across this National Geographic site just for kids. [Here](#) is the link to the site that gives some great information and pictures about Polar Bears. The link I have for you takes you to 'Facts and Photos' of polar bears.

### Games and Play:

Match the Polar Bears

[Click here](#) for the video so that you know different way's you can play this game and make this game. [Click here](#) for the pattern

## Skills

- Math & Counting: Color recognition with the colors being used and the colors in the pictures being shown
- Language: Increasing expressive language skills as children are talking to each other about what they are doing and learning about. Increasing vocabulary
- Cognitive: Children are recalling information they have learned about polar bears
- Social: While children are interacting with each other and with adults they are building their social skills.

## Materials

- The ability to look at this site for information and pictures about Polar Bears

## Games & Play

<http://www.youtube.com/watch?v=5j3oVtpkzo8>

## Extra Content

National Geographic site:

<http://www.nationalgeographic.com/search?q=polar+bears>

Matching Polar Bear Pattern:

<http://cullensabcs.com/wp-content/uploads/2010/04/Matching-Polar-Bears-Pattern.pdf>

# Letters & Numbers

## Activity Description - Letters: Letter Uu

We are using paint, sponges, winter and arctic animals to paint onto our letter U. There is a video for you to watch and patterns for you to print out to use if you'd like. The video talks about the letter A but we are learning about the letter U and arctic animals so I thought it would be fun to paint the animals onto our letter U's.

[Click here](#) to watch the video

[Click here](#) for the Upper case letter A pattern

[Click here](#) for the Lower case letter a pattern

## Skills

- Math & Counting: Color recognition with the colors being used
- Language: Learning about the letter U and the sound it makes
- Physical: Fine motor skills that strengthen the muscles in their hands when picking up the sponge and pressing it down on the letter
- Social: While children are interacting with each other and with adults they are building their social skills.

## Materials

- Paint
- Construction paper
- Letters and animals

## Prep Video

<http://www.youtube.com/watch?v=j8ARYsHhedY>

## Extra Content

Upper case letter U pattern:

<http://cullensabcs.com/wp-content/uploads/2013/02/Letter-U-Uppercase.pdf>

Lower case letter u pattern:

<http://cullensabcs.com/wp-content/uploads/2013/02/Letter-u-Lowercase.pdf>

# Worship Time

## Activity Description: Jesus Is Lost-Song

If the children have been sitting for a little bit make sure to have them stand up to do this finger play. It will help them to move their bodies around so that they will be able to sit and listen to the story with a more focused attention span. Here is the video for [Jesus Is Lost](#) so you can watch it ahead of time to be able to do it with your children or you can push play and your children can follow along with me. In the video you will find the hand motions that you can do along with your children throughout the finger-play. It is very short so you may want to do it a couple of times.

## ***Jesus Is Lost***

**Mary and Joseph looked around,**

(Put right hand above eyes as if shielding the sun from your eyes)

**But Jesus could not be found.**

(Shake pointer finger from left to right)

**Where was Jesus while they were walking?**

(Hold hands above shoulders and then shrug)

**In the temple he was talking.**

(Point to lips)

## **Skills**

- Physical: Listening. Following directions. Fine motor skills as children are working on doing the hand motions that go with the words in the finger play
- Language: Phonics or auditory discrimination, which is recognizing differences in sounds, necessary for learning to read. Strengthening vocabulary
- Emotional: To be conscious of others when moving their hands and body. Growing in and deepening their relationship with God
- Cognitive: Memory skills.

## **Materials**

- 

## **Prep Video**

<http://www.youtube.com/watch?v=PTtgvvFT0K8>

# **Art & Science**

## **Activity Description - Art: Polar Bear Art**

We are going to make polar bears for art today. Give your child a pre-cut polar bear on white construction paper. Also, give the children a bowl with glue and shaving cream. Next, have the children either use a paintbrush or a clothespin that is holding a sponge to create their masterpiece. Have the children add as much shaving cream and glue to their polar bears. The more shaving cream the children use the fluffier their polar bear will look. When the glue and shaving cream mix dry it will be puffy to the touch-it is super neat :). [Click here](#) to watch the video. [Click here](#) for the polar bear pattern.

## Skills

- Physical: Listening. Following directions. Fine motor skills and gross motor skills as children move their paintbrush around on their paper. Color recognition with the shaving cream and color of the paper. Sensorial experience: Feeling the different textures of the glue, shaving cream and of the paper
- Language: Strengthening vocabulary
- Emotional: To be conscious of others when moving their hands and body.

## Materials

- Precut polar bear on white construction paper
- Bowl
- Glue
- Shaving cream
- Paint Brush. If you'd like to use a sponge you can attach a clothespin to the sponge then the children can hold onto the clothespin so they don't hold the sponge and get their hands painty.

## Prep Video

<http://www.youtube.com/watch?v=MtcYuQ2b2bU>

## Extra Content

Polar Bear Pattern:

<http://cullensabcs.com/wp-content/uploads/2013/02/Polar-Bear.pdf>

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