

Category: Dramatic Play

Title: Pajama Day

Wait for a cold and dreary day (best when there are children that are starting or ending with a cold). Try not to plan it in advance.

Call all of the families first thing in the morning and say it is pajama day so leave the children in their PJs. Spend the day on the floor with pillows and blankets, eating popcorn, watch a video, play games, read stories.

Levels: ALL LEVELS

Title: Shaving for Fun

Materials: Shaving cream, Toothpaste 'roller-uppers', Bowls, Towels, Warm water, Mirrors

Procedure:

1. Have mirrors, towels, shaving cream, bowls of warm water and toothpaste 'roller-uppers' ready for use.
2. Let the child shave like Daddy by squirting a small amount of shaving cream into his/her hand and letting him/her rub it onto his/her face, arms, or legs.
3. Give each child a toothpaste 'roller-upper' to pretend it is a razor. Boys and girls enjoy it.
4. Be sure to wipe off area when the child is finished.
5. Using scented shaving cream is fun too.

Levels: ALL LEVELS

Category: Fairy Tales

Title: Goldilocks

When Goldilocks went to the house of the bears.

What did her blue eyes see?

A bowl that was big, a bowl that was small,

A bowl that was tiny and that's not all

She counted them 1 - 2 - 3

(Repeat with 'chair', 'bed' and 'bear', but substitute for the last line, 'They growled at her

Grrrr Grrrr

Grrrr)'

Levels: P1, K

Title: There Was A Princess Long Ago

There was a princess long ago,

Long ago, long ago,

There was a princess long ago,

Long, long ago.

And she lived in a big high tower.

A wicked fairy waved her wand.

The princess slept for a hundred years.

A great big forest grew around.

A gallant prince came riding by.

He chopped the trees down one by one.

He took the princess by the hand.

So everybody's happy now.

Levels: K

Category: Families

Title: A Day with Dad

My dad works in an office downtown,
And when he's home, he works all around.
He cleans up dishes and that job's hard;
Then he rakes up leaves and mows the front yard.
But Dad always finds some time for me,
And that's what makes a family.

Levels: P1, K

Title: Basic Food Groups

Here are the food groups:
Dairy, bread, and meat;
And don't forget that vegetables
Are important for you to eat.
Have a food from each food group
Each and every day,
And you'll grow strong and healthy -
Good nutrition is the way!

Levels: K

Title: Divorce

I didn't understand at first
why Daddy went away.
I thought that it must be my fault
because he wouldn't stay.
Did he still love Mom and me?
'Yes,' he said, 'Of course.'
'Then,' I said, 'Explain to me:'
'What does it mean, 'divorce'?'

Levels: K

Title: Family Book

Each child is given a book at the beginning of the unit with a caption on each page.
(Books can be made using newsprint and construction paper.)
My mother is special because...
My dad can...
Grandparents are special because....
The best part of being a brother/sister is...

Each day the children are asked to draw a different picture and complete the sentence
with your help. A wonderful book to bring home and 'read')

Levels: P1, K

Title: Family Collage

Have the children go through magazines and find pictures of all the things their mothers
do. Cut them out and glue them onto construction paper. The same can be done for dad.
Another variation is to have the children cut out pictures to represent the people in their
family and the things they like to do as a family.

Levels: K

Title: Family Diorama

Bring a shoe box for each child.

Have the children:

Paint a background on the inside of it.

Make stand up pictures of your house and family.

Glue the pictures in your box.

Levels: K

Title: Family Mobile

Illustrate a picture of each member of the family. Include the pet if the child has one.

Cut out each family member.

Glue each picture on strong paper or cardboard.

Hang your pictures on a hanger with yarn or string to make a mobile.

Print the last name on a piece of paper and fasten it to the hanger.

Hang your mobile in the classroom.

Levels: K

Title: Family Models

Use plasticene to model different members of your family.

Make a name tag for each one.

Levels: P1, K

Title: Family Picnic

Sung to: Teddy Bear Picnic

Let's all go to the woods today,
We're sure of a big surprise.
Let's all go to the woods today.
We'll walk there side by side.
We know that we'll have lots of fun,
We'll eat and play and dance and run.
Today's the day we have our family picnic.

Materials: Felt-tip markers.

Making the Puppets: Use felt-tip markers to draw two eyes, a nose and a mouth on each finger of one hand.

Levels: P1, K

Title: Family Tree

Encourage your children to talk about all the people that belong in their family. Mother, father, sister, brother, grandparents, aunts and uncles.

To make a family tree you will need: an orange juice can for each child, a small branch from a tree for each child, construction paper cut into circles and punched with a small hole, string or wool and some plaster of paris. Cover the can with paper and decorate. Go for a walk and have each child pick a branch to put in the can 2/3rds full of plaster. Allow to dry overnight. Ask the children to draw a picture on one side of a circle, and you write the name of the family member on the other side. Punch hole and thread - hang on tree.

Levels: K

Title: Food Group Snacks

During family week take the time to discuss what we should eat to stay healthy. Talk about the different food groups and a food group for each day. Encourage your children to have healthy eating habits.

Milk Products- milk, yogurt, ice cream, cheese

Fruit - fruit salad, fruit kebabs or sliced fruits.

Vegetables - an assortment of fresh vegetables, vegetable soup or a garden green salad.

Grain Products - muffins, crackers, toast or cookies for a real treat

Meat & Alternatives - chicken, peanut butter, eggs and tofu for something new.

Levels: P1, K

Title: Good Foods

Mommy says to try some cheese;

Eat your spinach, if you please.

A glass of milk is good for you --

But shouldn't moms eat good foods, too?

Levels: P1, K

Title: Grandpa's Clock

'Now go to bed,'

Says Grandpa's clock.

'Tick-tock, tick-tock,

Tick-tock, tick-tock!'

So I put down my big red block,

And then pull off each wrinkled sock.

Levels: P1, K

Title: I Hear People

Sung to: Frere Jacques

I hear Mother, I hear Mother
Hear her shout, hear her shout
Clean up your mess
Clean up your mess
Hear her shout, hear her shout.

I hear Father, I hear Father
Hear him shout, hear him shout
Time to go to bed now
Time to go to bed now
Hear him shout, hear him shout.

Levels: P1, K

Title: I Wouldn't Miss It

I'm always in the kitchen
When mother's there to bake.
Because I like to watch her
Spread frosting on the cake.

She does it very quickly -
It hardly takes a minute -
And then she lets me lick the bowl
That had the frosting in it!

Levels: K

Title: Making Breakfast

Sung to: Frere Jacques

I am bacon, I am bacon
In the pan, In the pan.
Watch me curl and sizzle,
Watch me curl and sizzle,
Sizzle, Sizzle, Sizzle, Sizzle, Sizzle, Sizzle.

I've got friends, I've got friends.
Toast and eggs, Toast and eggs.
Put us all together - We are good for you,
Crunch, crunch, crunch, crunch, crunch, crunch.
(Have children lay on floor and sizzle/shake)

Levels: P1, K

Title: Mommy

When I woke up this morning,
My Mom had gone away.
She didn't say goodbye to me,
Or tell me where she'd stay.

Now who will fix my breakfast,
And tuck me in a night?
'Don't worry, Son,' my Daddy said,
'We'll work it out all right.'

Levels: K

Title: My Family

Here is Daddy. (thumb)
Here is Mommy. (index)
Here I am for three. (pinky)
Together we're a family,
As happy as can be! (clap!)

Levels: P1, K

Title: My House

Here are the windows,
Here is the door.
Come on in, I'll show you more.
Here is the kitchen, the living room too.
A bathroom, three bedrooms, and a room for you!
An attic, a chimney, and a roof above.
And my house is a home,
'Cause it's filled with love!

Levels: K

Title: My Puppy

My puppy has a doghouse,
just outside my door.
He licks me when I pet him,
and wags his tail for more.
He's always there beside me,
no matter what I do.
My puppy is my special friend,
and a family member too!

Levels: P1, K

Title: Nutritious Snacks

Set out foods from each food group.

Yogurt, cottage cheese, apple slices, orange slices, carrot and celery sticks, peanut butter and tuna sandwiches. Give each child a paper plate and ask them to select something from each food group to make their snack plate today. A great way to see if the children have really learned the food groups.

Levels: P1, K

Title: Ode to Blue

Blue was hit by a car today.
Mom wouldn't let me see.
We put Blue in the ground today,
Behind the big pine tree.

If there's a special place for cats,
I know they have my Blue.
'Cause all around the old pine tree
The prettiest flowers grew.

Levels: K

Title: Rock Families

Take a walk and have the children collect four or five different sized rocks to make a family. Bring them back and paint them. Then let the children play with their families. Encourage them to make up stories about their rock families. For example, have them name their rocks and tell what each one likes to do. Help them expand their stories by asking questions.

Levels: P1, K

Title: Shaving Just Like Daddy

Materials: whipping cream, mixer, bowl, small cups, craft sticks or tongue depressors, mirror

Procedure: Give each child a small cup full of 'shaving cream' (whipped cream) and a 'razor' (craft stick). Looking into a mirror, the children put the shaving cream on their faces, all over their imaginary beards and mustaches. Then, slowly and carefully, they 'shave' off their whiskers until they can feel their smooth faces. Next time they can give someone else a shave. Be sure the children understand that real razors are not to play with. -----Put on the cream. You can have a taste, Now shave it off carefully, And make a funny face!-----

Levels: ALL LEVELS

Title: Skipping Rhymes

My little sister dressed in pink
Washed the dishes in the sink.
How many dishes did she break?
One, two, three, four, five....

My old granddad made a shoe.
How many nails did he put through?
One, two, three, four, five.....

Levels: P1, K

Title: The New Baby

I used to be the 'special one,'
Till baby sister came along.
Mom's busy changing diapers,
Feeding Baby and, you see,
She doesn't seem to have the time
She used to spend with me.
Sometimes it makes me angry,
Sometimes I want to cry.
My new job as big brother
Isn't easy, but I'll try!

Levels: K

Title: They're So Good For You

Sung to 'Row, Row, Row Your Boat'

Milk, fruits and vegetables,
Meat and bread, too.
Try to have some every day
They're so good for you.

Levels: P1, K

Title: Triplets

Mom said, 'We're gonna have a baby.'
Dad said, 'Twins, maybe?'
But no one said that it could be
Triplets! Count'em: one! two! three!!!

Levels: K

Title: Vegetables

I always eat my vegetables,
Carrots and broccoli too.
My mother says they'll help me grow:
'Eat them, they're good for you!'
But there is just one vegetable
I can't seem to eat:
I don't care if I ever grow
If I have to eat a beet!

Levels: K

Title: With My Family

Sung to 'The Muffin Man'

Tell me what you like to do
Like to do, like to do.
Tell me what you like to do
With your family.

Edward likes to rake the leaves
Rake the leaves, rake the leaves.
Edward likes to rake the leaves
With his family.

Let the children talk about what they like to do.

Levels: K

Title: Working Moms

My mommy has to work each day.
She used to stay with me and play.
But daddy said, 'We need more money.'
Mommy said, 'Don't worry, Honey.
There'll be lots of time for you and me.
It's not love's amount, but the quality.'

Levels: K

Title: Four Feelings

Tell the following story:

Joe got a brand new puppy for his birthday. He loved the puppy very much, but the puppy was very naughty. The first day he chewed up Daddy's slipper. The second day he chewed up the garbage and spilled garbage all over the kitchen floor. The third day he woke up everyone barking at the cat on the window sill. That day mother said. 'No more puppy in the house.'

Ask the children questions about how Joe might have felt, how daddy might have felt, how mother might have felt, and how the puppy might have felt.

Levels: K

Category: Flowers

Title: Daffodils

Materials: Baking cups, Popsicle stick or pipe cleaner

Procedure: Give the children yellow and white paper baking cups. Have them each flatten one of the cups and spread glue on the center portion. Then have them each place a second cup upright on top of the glue to make a daffodil. If desired, let the children attach Popsicle sticks or pipe cleaners for stems.

Levels: P1, K

P1, K

Title: Egg Cup Bluebells

Materials: Egg carton, Pipe cleaners, Paper leaves, Tempera paint

Procedure: Cut the egg cups out of cardboard egg cartons. Then cut the cups into bluebell shapes and let the children paint them blue. When the paint has dried, make stems by inserting the ends of green pipe cleaners through the bottoms of the bluebells, then bending the pipe cleaners into cane shapes. Let the children poke holes in the ends of precut green construction paper leaves and thread them on their bluebell stems.

Variation: Cut the egg cups into tulip shapes and let the children paint them different colours.

Levels: P1, K

Title: Flower Box

Materials: Construction flower shapes (different colours), Popsicle sticks, Aluminum square pan, Sand

Procedure: Cut flower shapes out of various colours of construction paper. Let the children glue them to Popsicle sticks. Fill a shallow box with dirt or sand. Have the children 'plant' the flowers in the dirt in rows of twos, threes or fours. Encourage them to plant the rows from left to right or from back to front. Or direct the children to plant a red flower in front of a yellow flower, an orange flower behind a blue flower, etc.

Levels: P1, K

Title: Flower Hangings

Materials: Fresh flowers, wax paper, yarn, iron

Procedure: Cover a table with towels. Give each child two circles cut out of waxed paper. Place a variety of fresh flowers in the center of the table and let each child choose several to arrange on top of one of his or her waxed paper circles. Have each child cover his or her flowers with the second piece of waxed paper. Then place a towel on top of each child's waxed paper circles and press with a warm iron to seal the edges together. Use a hole punch to make holes at the tops of the circles. Thread pieces of yarn through the holes and arrange the flower hangings in a window.

Levels: K

Title: Flower Jars

Materials: Small dried or silk flowers, Small baby food jar, Ribbon, Clay

Procedure: Let the children place small amounts of clay in baby food jar lids. Give them small dried flowers to arrange in the clay. Help the children screw the jars onto the lids. Tie ribbons around the necks of the jars and let the children give them as gifts.

Levels: P1, K

Title: Flower Match-Ups

Materials: Flower shapes (5 identical pairs of colours)

Procedure: Cut ten identical flower shapes from construction paper and group them in pairs. Glue a different kind of fabric to each pair of flowers. Mix up the flowers and let the children take turns finding the matching pairs.

Variation: Cut pairs of identical flower shapes from five different colours of construction paper. Let the children take turns finding the flowers with matching colours. For older children instead of matching colours they can match number with dots.

Levels: P1, K

Title: In Our Springtime Garden

Sung to 'The Mulberry Bush'

What a lovely time of year,
Time of year, time of year.
What a lovely time of year
In our springtime garden.

See the flowers swing and sway,
Swing and sway, swing and sway.
See the flowers swing and sway
In our springtime garden.

Levels: P1, K

Title: Kazoo flower

Materials: toilet paper roll, hole puncher, 4 in. X 4 in. piece of paper, elastic band, coloured paper for flower and leaves.

Procedure: Punch hole into toilet paper roll about an inch in. Use the piece of paper and attach it to the toilet paper roll using the elastic band. (This must be done on the side that has the hole.)

Attach a colourful fringe for the petals and green leaves for decoration.

Levels: P1, K

Title: Raised Flower Painting

Materials: toilet paper, paper towels, paint, paper, paint brush

Procedure: After painting a picture of a flower pot and leaves have the children roll a piece of toilet paper (or paper towel) into a spiral (snail shape) and dip it into the paint. Apply the toilet paper to the paper in a spiral motion. Glue may be needed to keep the paper in place after it dries.

Levels: ALL LEVEL