

## Getting Ready for C Week

### Suggested Books:

Cloudy with a Chance of Meatballs, by Judi Barrett  
 If you give a mouse a cookie, by Laura Joffe Numeroff  
 The Everything Kids Cookbook, by Sandra K. Nissenberg  
 Cookies: Bite-size Life Lessons, by Amy Krouse Rosenthal  
 Cookie's Week by Cindy Ward  
 The Chocolate-Covered Cookie Tantrum by Deborah Blumenthal  
 Richard Scarry's Cars and Trucks by Richard Scarry  
 The very hungry caterpillar by Eric Carle  
 Here is a link to the Very Hungry Caterpillar on Youtube:  
<http://www.youtube.com/watch?v=-goYPLtqqVk>

### Music:

Sesame Street –Learning about Letters  
 Baby Songs ABC by Hap Palmer

### Related Toys and Games:

Candyland

### Songs:

#### Five Cookies

*Action poem*

Five little cookies in the bakery shop.  
 Shinning bright with the sugar on top.  
 Along comes (child's name) with a nickel to pay.  
 He/she buys a cookie and takes it away.  
 (continue with four, three, two and one).  
 (If you have only one child to sing this song with, then use a few dolls or teddy bears for the other children!)

#### Making Cookies

I am making cookie dough. (hold out arms in a circle, like a bowl)  
 Round and round the beaters go. (roll hands)  
 Add some flour from a cup. (shake a

pretend cup)  
 Stir and stir the batter up. (stirring motion)  
 Roll them, cut them nice and neat. (rolling pin motion)  
 Put them on a cookie sheet. (place pretend cookies)  
 Bake them, count them 1-2-3. (counting motion)  
 Serve them to my friends for tea. (take a bite!)

#### Five Little Cookies

(Cut five pretend cookies of different colors. At each verse, ask your child to fill in the color, and then count the remaining cookies. Again, if you don't have a father, or a brother, in your family, substitute teddy bears and toys for the cookie thieves.)  
 Five little cookies with frosting galore.  
 Mother ate the \_\_\_\_ one, and then there were four.  
 Four little cookies, two and two you see.  
 Father ate the \_\_\_\_ one, and then there were three.  
 Three little cookies, but before I knew,  
 Sister ate the \_\_\_\_ one, and then there were two.  
 Two little cookies, oh, what fun.  
 Brother ate the \_\_\_\_ one, and then there was one.  
 One little cookie, watch me run.  
 I ate the \_\_\_\_ one, and then there was none.

#### Calendar Song (sung to Adams Family tune)

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 clap)  
 Days of the Week (clap clap)  
 Days of the week, days of the week, days of the week (clap clap)

#### Domestic Play:

Set out toy cooking pots and pans, child-sized apron, hot pad, and if available, toy

food. Hang some pictures of people cooking. If you have some old cookbooks you don't use, add them to child's play.

**Blocks:**

Set out bucket of toy cars, or add the Fischer Price toy car garage to the blocks area.

**Materials to Gather:**

1. Make vocabulary cards for teaching vocabulary words. Cut pictures from magazines or newspaper, paste to index cards and letter the word below or on the back.
2. Make Breakfast cookies: See recipe at the end.
3. Paint, any color. Large brushes, paper.
4. Sidewalk Chalk
5. Scissors, paper to cut
6. Candyland
7. Use an empty Pringles can or Oatmeal can as a "candlestick". Child practices jumping over it. You can say the nursery rhyme while he does it. "Jack be nimble, Jack be quick! Jack Jump over the candlestick! He jumped, and he jumped, and he jumped so high! He didn't come back 'till the fourth of July!"
8. Ingredients to make your favorite cookies
9. White crayon, white paper, blue watercolor or thin blue tempera paint.
10. Precut circles from colored construction paper. Child will glue them together on a blue sheet to make a caterpillar.
11. Butterfly net. Jar with lid with holes punched through it for safely holding a caterpillar or butterfly for a little while.
12. Collage materials: tissue paper, fabric scraps, string, etc. Cut butterfly outline from sturdy paper. Child decorates wings with scraps and watered glue and a paint brush.
13. Teach counting with cars. If you have a large bucket of matchbox cars, great! If not, you may print off copies of the car shape included at the end of this unit, color and cut out. Teach child to count like this: show one car, and count it as "one". Then line up two cars, and count them, one- two. Line up three cars and count them, one-two-three. Don't just count one car as one, and one more car as two, or it may confuse child –is "two" the car on the right or the left?
14. Campout materials for play: sleeping bag, tent, stick for marshmallows, pillow, build a pretend campfire. Let the dolls come outside for a campout. Maybe take nap outside in the tent
15. Large cardboard box, paint, old steering wheel from a broken lawnmower or a plastic lid for steering wheel, circles for tires, etc.
16. Spray bottles filled with soapy water, a hose, a wash rag, and outdoor toys. Child washes toys, rinses them off. Wear swimming suits, have towels handy.
17. DVD movie Cars by Pixar. Or color pictures of cars.
18. A prism, a kaleidoscope, or a big book filled with pretty, colorful pictures. Perhaps a coffee table book of Van Gogh's paintings.
19. Old white sheet, spray bottles, tempera paint.
20. Splash pool, dish soap or bubble bath, bubble wands.
21. Box of water color paints, paper. Sometimes "freezer paper" makes a good paper for water colors

**C is for Cookie: Monday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Teach Five Cookies poem. Sing old songs. Teach vocabulary words: Cook, bake, hot, cold, cool, dough, mix, stir, sweet, bitter, sugar, chocolate chips, delicious
7:45	Breakfast: Breakfast Cookies!
8:00	Table Activities: do puzzles.
8:15	Free Play: set out props for dramatic play, blocks, books, music centers.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Make "mud pies". Let child take some toy dishes out to the sand box with a bucket of water or the hose, to stir, mix, and dump.
11:15	Project: Listen to ABC songs, while painting. Encourage child to paint alphabet shapes with large brushes. This week, focus on the C shape. Show how it looks like a donut or a cookie with a bite out of it
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Color is another "C" word. Color the sidewalk with chalk. Make Big and little C's on the sidewalk. Write child's name with chalk.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: practice cutting. Give child scissors and demonstrate use. Let child cut scraps of paper. Use a sheet of construction paper, or old Sunday newspaper ads.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**C is for Candyland and clouds: Tuesday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Teach Making Cookies poem. Review old songs. Practice vocabulary words.
7:45	Breakfast: Can you make pancakes in the shape of a C?
8:00	Table Activities: Try playing a game of Candyland. Twos may not be old enough, but threes might. You can invent your own rules, too, to play with a younger child.
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time: Play Jack Jump Over the Candlestick. Then play with toys.
11:15	Project: Using your favorite recipe, make a batch of cookies with your child. It's okay if they are chocolate chip instead of healthfood nuts and dates. A little sugar is okay unless your child has been diagnosed with a specific health concern.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Climb starts with C. Go to a park and climb, unless you have a climbing playset in your back yard. Take a moment and help your child draw a C in the dirt with a stick.
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Clouds. Scribble with a white crayon on white paper. Scribble hard and fast. Then spread a watery blue paint over the crayon and watch the clouds appear. Water color works better than tempra, but tempra will do if very pale and watery.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**C is for Caterpillars: Wednesday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Sing songs and recite poems. Teach Five Little Cookies, but also need five circles of different colors. Do some flashcard vocabulary practice.
7:45	Breakfast
8:00	Table Activities: Play dough. Make long snakes out of dough, and coil them into C shapes. Make cars or cookies or cupcakes with play dough. Add muffin tin to play toys.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Serve some of the foods the very hungry caterpillar ate
10:15	Outside time. Can you crawl like a caterpillar? Maybe you can find a caterpillar and bring it inside to watch?
11:15	<b>Project:</b> Make caterpillars. Precut circles from colored paper. Child glues circles onto a blue background. For older children, they can put the caterpillar on a brown stick on a blue background and add a few green leaves. Write "Cc" on the picture and display by your calendar.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Serve some more of the foods the very hungry caterpillar ate
3:30	Outside time: Hunt for Butterflies with a large net.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	<b>Project:</b> Draw outline of butterfly on large sheet of white paper. Child makes a collage in the wings, gluing bits of fabric, string, tissue paper and whatever inside the wings. (For younger children, cut out the butterfly shape, so child knows exactly where to glue!)
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**C is for Cars: Thursday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Teach Calendar Song, review others. Practice vocabulary.
7:45	Breakfast
8:00	Table Activities: count cars.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time: Play campout. Use sleeping bags, pillows, tent, any materials you can gather. Even build a pretend campfire with stones and a stick for marshmallows.
11:15	Project: Paint a larger cardboard box to be a car. Paint it yellow (or any color). When dry, cut out large black circles and glue to the sides near the bottom for tires. Use a paper plate (or old steering wheel from a defunct lawnmower). Child sits in the box and pretends to drive. If you have a really big box, you can make a bus instead, but that doesn't start with "c".
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Car Wash. Set out squirt bottles of soap and water, and wash the trikes and outside toys. Wear swimming suits!
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Maybe watch the DVD from Pixar, CARS. Or color a picture of cars, if you don't let your child watch television.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**C is for Colors: Friday**

Date: \_\_\_\_\_

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary words. Sing songs.
7:45	Breakfast Try coloring your child's oatmeal for a new twist. Use a bit of cranberry or beet juice to make it red, or some food coloring to make it green or purple.
8:00	Table Activities: Set out a prism and let child discover the rainbow. Or set out a kaleidoscope and talk about all the pretty colors. Or look through a coffee table book together, and discuss all the colors you can find.
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Hang an old white sheet on a fence. Fill spray bottles with tempera paint, and let child spray paint the fabric. Allow to dry, and hang in child's bedroom. Use as curtains, or a bedspread, for a while.
11:15	Project: (Did project outside, allow extra outside time to play)
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack
3:30	Outside time: Splash pool. Fill child's splash pool. Add a little dish soap, and give child some bubble wands. He can play in the water, and look for rainbows in the bubbles. Supervise carefully! Do not allow a child to play in or near water unsupervised for even a second. Can substitute "Mr. Bubble" bubble bath, esp if child has sensitive skin to dish soap.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: paint with water colors. Show child how to wet paper first, then use a box of watercolor paints to let the colors flow together.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

