

## Getting Ready for Week

### Suggested Books:

My Five Senses by Alik  
Sight by Maria Ruis  
Little Blue and Little Yellow by Leo Lionni  
Red Light, Green Light by Anastasia Suen  
Green Start: The Five Senses by Ikids  
Brown Bear, Brown Bear, What do you see?  
By Bill Martin Jr.

### Songs and Fingerplays:

(to the tune of "Did you Ever See a Lassie")  
My eyes can see it's springtime, it's  
springtime, it's springtime.  
My eyes can see it's springtime, the grass is  
so green.  
The green grass, the flowers, the sunshine  
and showers  
My eyes can see it's springtime, and I am so  
glad!

(To the tune of "Are you sleeping")

Pop, pop, popping,  
Pop, pop, popping,  
Our popcorn!  
Our popcorn!  
Popping, popping popcorn,  
Popping, popping popcorn,  
Yum, yum, yum.  
Yum, yum, yum.

### I have so many parts to see

I have two hands to clap with (clap)  
One nose with which to smell (sniff)  
I have one head to think with (tap head)  
Two lungs that work quite well (take a deep  
breath)

I have two eyes that let me see (point to  
eyes)  
I have two legs that walk (walk in place)  
I have two ears that help me hear (cup  
hands to ears)  
And a mouth with which to talk (point to  
mouth)

### Grandmother's Glasses

These are grandmother's glasses (make  
glasses over eyes)  
This is grandmother's cap (peak hands on  
head)  
This is the way she folds her hands (fold  
hands)  
And puts them in her lap. (place them in  
lap)

### If you're wearing Red

(Sung to "If you're happy and you know it")  
If you're wearing red and know it, shake  
your head.  
If you're wearing red and know it, shake  
your head.  
If you're wearing red and know it, then I  
want you to show it,  
If you're wearing red and know it, shake  
your head!  
(Add more verses with other colors)

### Dramatic Play:

Candles, broken or toy camera, magnifying  
glass, phone book, toy phone.

### Blocks:

toy road signs, small cars, small boats

### Music:

A Young Children's Concert with Raffi:  
Singable Songs  
Preschool Learning Series: Songs for Rest  
Time CD

### Materials to Gather:

1. Binoculars, magnifying glass, large  
bag or carry-all
2. Tempera paints, paper, brushes,  
assorted colors, inc. black and white
3. Collage items, glue or paste,  
cardboard, etc.
4. Shells, jewelry, shiny items to look  
at under magnifying glass
5. Toy boats for blocks area
6. Playdough. Bright new colors, or  
make your own (recipe follows)

7. Large sheet of paper, mount to wall. Crayons or markers
8. Popcorn, large pot with fitting lid, butter, salt
9. Salt, flour, powdered tempera paint, water, sturdy paper or cardboard
10. Jump ropes
11. Display of things we read: books, pamphlets, newspapers, magazines, posters.
12. Bean bags, box or bucket for a target
13. Crayons, paper, textured objects – rough wall, penny, relief map, leaves, etc.
14. Colored construction paper cut into shapes, paste
15. Box of Jello, water, etc.
16. Display things that give light – lamp, flashlight, candle.
17. Picnic lunch, trip to Museum
18. Lotto game – purchased or home-made

**Sight Week: Monday**

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

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity: Practice vocabulary words – glasses, eyes, contact lenses, eyebrows, eyelashes, look, see, sight, vision, blind, iris, pupil, frames, magnifying, binoculars. Teach song: My eyes can see it's springtime.
7:45	Breakfast
8:00	Table Activities: Play lotto.
8:15	Free Play: Set out candles on toy table. Place magnifying glass and a phone book next to toy phone. Set out a broken camera (or toy camera) to play with. Put road signs in blocks area. Add library books and music CDs to books and music area.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Go for a "sight" walk. Bring binoculars, magnifying glass, and a bag to carry treasures.
11:15	Project: Paint with tempera paints on white paper. Add black and white for mixing.
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: Kick a ball to a fence or other designated spot. Play in sandbox.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: Collage. Glue items found on the sight walk to sturdy paper or cardboard. Add bits of yarn or colored paper as desired.
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.

**Sight: Tuesday**

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

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary. Teach “I have so many parts to see”.
7:45	Breakfast
8:00	Table Activities: Look at objects through a magnifying glass. Which are shiny or dull? Look at a phone book through the glass. Have a supply of shells, jewelry, or other interesting things to look at.
8:15	Free Play. Build roads for small cars with blocks. Set up road signs. Extend activity by building bridges, pushing boats under the bridge.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Discuss the five senses with child during snack, especially sight. What interesting things have you seen today?
10:15	Outside time: Visit the library. Check out books on rainbows, the five senses, colors, our eyes, and more. (See my store for these items if you can’t find them in the library).
11:15	Project: Playdough. Make your own, use bright colors. (Baker’s food coloring is brighter than the regular colors you can buy in the grocery store.)
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: Encourage your child to taste two different food groups. Keep snack small – don’t fill up so the child isn’t hungry for dinner.
3:30	Outside time: ride tricycle.
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Stretch a large sheet of paper across a wall, let child color on it all week long. Watch – so child does not color on the wall! Discuss pretty colors, and where crayons may go (on paper).
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.

**Sight: Wednesday**

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

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary. Teach “Popcorn”. Review old songs.
7:45	Breakfast
8:00	Table Activities: Do some puzzles.
8:15	Project: Make Popcorn. (Sing new son). Make it in a pan with a clear glass lid so you can watch it pop. Directions at the end of lesson plans, if you don’t remember how to do it.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Bring baby dolls outside, with some clothes, a doll stroller or wagon, dishes, etc. Build a toy house out of sheets. Put water in toy dishes.
11:15	Project: Drip Painting. Use two parts salt, one part flour, to three parts water. Add powdered tempura point. Drip from a paint brush onto paper.
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: “Johnny, can you jump the brook?” Set two jump ropes in parallel lines for a brook. Practice jumping over it. Pretend to towel dry if you fall in!
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Free play: (We switched today around.) Have a treasure hunt inside. Distribute familiar objects, such as colored blocks, where they can be easily seen. Child finds them. This can be a fun game for your toddler to play with an older sibling or another adult.
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.

**Sight Week: Thursday**

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

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Practice vocabulary words. Sing favorite songs, teach Grandma's Glasses fingerplay.
7:45	Breakfast
8:00	Table Activities: talk about the things we see. "This ball is big, round, and blue. How do you know it is blue? Can you taste it? Smell it? No, you see it!
8:15	Free Play: set out a display of things we read: books, pamphlets, newspapers, magazines, posters. Allow child to play with them in doll corner.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time: Bean bag toss. Set up some boxes or pails for a target to throw bags into.
11:15	Project: Crayon rubbings. (Place textured objects beneath paper and watch them appear as you rub crayon over the surface of the paper.)
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: Pull a wagon, walk to the park to play on the swings. Look for signs of wildlife – do you have deer, ducks, or squirrels at your park? What about bugs, or birds? See their different colors.
4:30	Come inside. Go potty, wash up, prepare for project.
4:45	Project: Color collage. Paste shapes cut from construction paper into a pleasing design.
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.

**Sight Week: 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
8:00	Table Activities: Make Jello. Notice the differences before and after.
8:15	Free Play. Set out different things that help us see in the dark: lamp, flashlight, candle. Let child play inside a large cardboard box, using flashlight.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside time. Pack a picnic lunch. Visit an Art Museum or whatever points of interest are available in your community. Talk about colors, shapes, and designs. Eat lunch outside at a park before returning home.
12:00	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: Child's choice – sandbox, park or ride tricycle.
4:30	Come inside. Go potty, wash up, and prepare for project.
4:45	Project: play matching games, Lotto, etc.
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.

**How to make popcorn the “old-fashioned” way:**

You need: popcorn that isn't too old, a pot with a tight fitting lid (12-inch, heavy duty, four or five inches deep). Oil – peanut, or corn, or olive is fine. Melted butter, and salt to taste.

1. Put oil in the bottom of the pot – just to cover the bottom. Add 2 or 3 kernels of popcorn. Put the lid on and wait.
2. When the three kernels pop, then the add more popcorn- enough to just cover the bottom of the pot, or about ½ cup. Put the lid back on, hold it on, and lightly shake pot over the burner occasionally.
3. Put a few tablespoons butter in a small pot to melt over low heat.
4. Shake and listen to popcorn, until popping sound stops, about 5 minutes – don't let it burn!
5. Dump popcorn into a serving bowl, drizzle with butter and salt according to taste. Serve immediately.

**Playdough recipe**

This is one of many –

1 cup flour  
½ cup salt  
1 teaspoon powdered alum  
1 tablespoon vegetable oil  
1 cup water  
1 teaspoon vanilla  
Food coloring (or unsugared powdered kool-aide)

Mix flour, salt and alum in a medium pot. Add water and oil. Stir over medium heat constantly, until mixture looks like mashed potatoes. Remove from heat. Add vanilla and coloring. Knead until smooth and elastic. Cool completely, store in air-tight container.