

## Welcome Summer! Week

### Suggested Books:

Summer by Alice Low  
Summer (Four Seasons) by Nuria Roca  
Mouse's First Summer by Lauren Thompson  
Mama, Is It Summer Yet? By Nikki McClure  
Carl's Summer Vacation by Alexandra Day  
Caterpillar Spring, Butterfly Summer by Susan Hood  
Under Alaska's Midnight Sun by Deb Vanasse  
One Hot Summer Day by Nina Crews  
Sunflower House by Eve Bunting

### Vocabulary Words:

Summer, sunshine, sunglasses, sunscreen, sunburn, vitamin D, photosynthesis, sunflower, ladybug, dragonfly, rectangle

### Songs and Fingerplays:

#### Sunshine Fingerplay

The sun makes the outside a warm place to play  
(arms above head in circle)  
It makes the flowers grow each day  
(holding up hands wiggling fingers)  
The sun hides its face during the night  
(cover face with hands)  
But during the day it shines - oh so bright!  
(arms above head in circle)

#### You are My Sunshine (adapted for preschool)

You are my sunshine, my lovely sunshine  
You make me happy when skies are gray  
You'll never know, Sun,  
How much I love you,  
Please don't take my sunshine away!

#### These are My Sunglasses

These are my sunglasses.  
(circle eyes with fingers)  
This is my great sun hat.  
(Hands over head)  
This is the way I fold my hands  
(Fold hands)  
And rest them, just like that.  
(Place hands into lap)

#### Beach Song

(Tune of "Are You Sleeping?")  
I see seashells by the seashore  
Starfish too! Sky so blue!  
All the boys and girls play  
On a hot and sunny day  
Summer's here, summer's here!

### Materials to Gather:

#### **Dramatic Play**

Set out summer clothes for the dolls – shorts, tank tops, swimsuits, sandals. Put away all wintery doll clothes. Add a picnic basket to toy kitchen area, with a small sheet or blanket for pretend picnics.

Quiet Corner- Set up an area for quiet play, as summer can be a time of over-excitement. You can use a small child's tent, and put pillows and books inside. Some preschools have filled a small splash pool with blue tissue paper scraps (water) an inflated pool toy or two, and books. Children sit in the pretend water to read and relax.

#### **Blocks**

Set out construction trucks in block play area. After all, summer does mean road construction, doesn't it?

#### **Music:**

Sing-able Songs for the Very Young by Raffi

#### **Projects:**

Nature Walk: Look for signs of summer. Notice the grass is much greener, and longer – in some areas, it may even be starting to turn brown depending on your rainfall. Look for nuts or fruits growing on trees that may have been blooming earlier. Look for young birds that are no longer babies. Young ducks and geese are swimming and half-grown now.

Notice clear blue skies (if it's not raining!), people wearing skimpy clothes, sunglasses, sunscreen, floppy hats. What signs of summer are in your area?

Summer Scrapbook- talk with your child about scrapbooks, how they are special memory books that include pictures, stories, cards, and other mementoes. You and your child will make a special summer scrapbook this week (you may extend this activity, if interested) Every day, add something to the book that reminds you and your child of summer. Your child might pick some flowers to press and add. She might draw a picture of something she did today. You might print off some pictures of days at the beach, the sand box, playing in the sprinkler, etc. Together, you might write short stories about special trips. Put it all in the scrapbook, and print labels in large red letters. Give the book to your child to "read". (To press flowers, slip them between the pages of an old phone book. Then stack several heavy books on top of the phone book. Wait a week.)

Sunshine Painting- set out large sheet of paper, yellow, orange, red, and white paint, brushes, cotton swabs, feathers, (fingers). Child paints a picture of the sun, choosing what colors to use, and what objects with which to paint. May set up outside at a picnic table. You may move most of your "messy" craft projects to the backyard for the summer.

Summer Mural, Day 1: Cover one wall with mural paper, or tape the following finished art projects right to the wall. You might even tape them all to a large glass window or sliding patio door. Day 1, make grass. Let child snip the edges of green paper, not snipping all the way through. Tape (or glue) grass to bottom of paper/wall.

Summer Mural, Day 2: Summer Sun – Trace the child's hand on a yellow piece of paper five times, and on orange construction paper five times. Child may cut out hands, or you may help, depending on his skill level. Child paints a paper plate yellow. When dry, child glues his hands around the edge of

the plate, alternating yellow and orange. Talk with child, and help him discover the pattern. Which color comes next? Mount to the top of the summer mural, in the center or off-center, as you wish.

Summer Mural, Day 3: Cut out flower shapes from colored construction paper – one for each family member. You may add one for each of your child's friends, or cousins, etc. Let child decorate the flowers any way she wishes – with gluing on tissue paper bits, or sequins, or yarn, or pompoms, etc. She can add colored paper scraps, snip fringes around the edge of the flower, whatever. Then you will cut small photos of family members and tack in the center of each flower. Glue (or tape) flowers to the mural paper (or wall). Add stems with green markers, and leaves cut from green construction paper.

Science: Plants Need Sun. Buy two small plants just alike (tomatoes, beans, flowers, whatever). Put one in the yard in a sunny location, and one in heavy shade. Make sure to water them as needed. You and your child check the plants every day. Eventually the plant in the sunny location will be taller, healthier, and covered with buds or fruits. The shaded one will be "leggy", spindly, and while it may flower, it won't set fruits. Talk with your child about the importance of sunshine. You might teach your child the big word "photosynthesis" which is the process plants use to "digest" sunlight".

Ice Cream Sandwiches – use chocolate graham crackers, and softened ice cream (Try strawberry, since its red week, if your child will eat it). Put about ½ cup ice cream on top of the cracker, smoothing it around. Top with another cracker, wrap in plastic wrap, and then put in a freezer bag or container. Repeat. Freeze about 3 hours or more. Will keep up to three weeks.

Summer Mural, Day 4: Child colors on coffee filters with markers. You spritz the filter with a spray water bottle, to let the colors blend a bit. Gather up the coffee filter in the center and "pinch" it with a clothes pin for wings. Add colored pipe cleaners for antennae.

Sunlight Science: The sun can cause fabrics to fade, and burn our skin. Set some sheets of bold-colored construction paper in the sun and arrange some objects on top of the paper. Set some more sheets in the shade, also covered with objects. (try keys, blocks, nuts and bolts, interestingly shaped toys). Wait an hour or more. Then examine the sheets of paper. The one in the sun will have faded except where it was covered. The one in the shade won't have faded. Help your child to draw a conclusion, that if we want to protect our skin from sunlight, we need to either wear sunscreen, or cover up with light, loose clothing, or move to the shade.

Summer Mural, Day 5: Ladybugs. Cut out three inch circles from red and black construction paper, and 1 inch circles from the black. Cut a red circle in half, and glue both halves to a black circle, slightly parted, for wings. Add a small black circle for a head. Child colors a few large black circles on the red wings, or can make black circles with fingerpaint and a thumb. Let dry before adding to the mural. You can finish off the mural by added gummy worms to the ground, or fairy stickers to the flowers, or whatever you wish. This large picture can really brighten up a room! Place it in a hallway, or the child's bedroom, and leave up for a few weeks at least.

**Welcome Summer: Monday**

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

Concepts: Rr, Red, rectangle, 4

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity: Practice vocabulary words. Teach Sunshine Fingerplay. Introduce concepts Rr, red, rectangle, and the number four.
7:45	Breakfast: Add red craisins to your favorite cereal. Talk about the color red in food this week.
8:00	Table Activities: Play lotto.
8:15	Free Play: Set out props in dramatic play, blocks, music, books areas.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: red juice and crackers
10:15	Outside time: Nature walk. Look for signs of summer.
11:15	Project: Begin Summer Scrapbook. Press any flowers your child picked on your walk.
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: red applesauce. You can make your own by leaving the peels on the apples when you cook them or puree them raw.
3:30	Outside time: Let your child add water from a hose to the sandbox for extra fun! Supervise all waterplay activities. A child can drown in one inch of water.
4:30	Table Time: Letter R worksheet 1
4:45	Project: Sunshine painting. (May do outside, depending on weather).
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Welcome Summer: Tuesday**

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

Concepts: Rr, Red, rectangle, 4

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary. Concepts. Teach: "You Are My Sunshine"
7:45	Breakfast Make red oatmeal by adding a sliver of raw beet to the cooking water. Remove the beet before serving.
8:00	Table Activities: Puzzles
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Watermelon popsicles. (Puree watermelon, then pour into mold and freeze until firm).
10:15	Outside time: Swing and slide
11:15	Project: Summer Mural, Day 1 Cutting practice, snip green paper for grass.
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: cherries or strawberries
3:30	Outside time: ride tricycle.
4:30	Table Time: Letter R worksheet 2
4:45	Project: Summer Mural, Day 2 Make a sunny yellow and orange sun!
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Welcome Summer: Wednesday**

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

Concepts: Rr, Red, rectangle, 4

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary, concepts. Review songs. Teach "These are my sunglasses".
7:45	Breakfast: Toast with Strawberry Jam
8:00	Table Activities: Playdough or Stikki Wikks.
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Watermelon
10:15	Outside time. Play with Bubbles
11:15	Project: Summer Mural, Day 3 Make flowers for the mural, add photographs.
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: Try Beet-Red Pickled Eggs
3:30	Outside time, Project "Plants Need Sun".
4:30	Table Time: Letter R worksheet 3
4:45	Make Ice Cream Sandwiches
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journals
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Welcome Summer: Thursday**

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

Concepts: Rr, Red, rectangle, 4

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Vocabulary, Concepts, Songs. Teach "Beach Song".
7:45	Breakfast: Red fruit smoothie- puree frozen banana, left-over red fruits like strawberries, cherries, or watermelon. Add a festive straw and drink up.
8:00	Table Activities: Color with Crayons
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: serve ice cream sandwiches outside!
10:15	Outside time: Ride Tricycle
11:15	Project: Summer Mural, Day 4. Add colorful dragonflies from clothespins and coffee filters.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap (Fill a small splash pool outside while child is resting. Let sun warm the water)
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: red juice and crackers
3:30	Outside time: Water Play! Always supervise water activities with young children.
4:30	Table Time: Number 4 worksheet
4:45	Project: Sunlight Science
5:15	Clean up. Read a story, free play time
6:00	Dinner: Can you make Red Flannel Hash?
6:30	Put away food, load dishwasher, Journal
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

**Welcome Summer: Friday**

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

Concepts: Rr, Red, rectangle, 4

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity. Review concepts, vocabulary words and songs.
7:45	Breakfast: Try a Strawberry Fruit and Fiber bar, or make your own
8:00	Table Activities: Lacing cards
8:15	Free Play.
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Strawberry yogurt tube
10:15	Field Trip: If you visited a farm in the spring to see the baby animals, return to see how much
11:15	The animals have grown! Otherwise, consider a trip to the zoo.
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap (fill splash pool again, if weather permits)
3:00	Up from nap. Make bed, go potty, wash.
3:15	Snack: Cherry tomatoes cut in half, stuck with a toothpick, with ranch dressing or mayo.
3:30	Outside time: water play in the splash pool. Add a squirt of dish soap.
4:30	Table Time: Rectangles worksheet
4:45	Project: Summer Mural, Day 5. Make some Ladybugs from red and black paper.
5:15	Clean up. Read a story, free play time
6:00	Dinner
6:30	Put away food, load dishwasher, Journal
7:00	Bath time. Get in Pajamas, read stories, or play a quiet game together
8:00	Bed.

Recipes:

### **PICKLED BEETS AND EGGS**

**Printed from COOKS.COM**

---

2 c. sugar

1 1/2 c. vinegar

1/2 c. water

1/4 tsp. salt

1 can beets (sliced) with juice

Hard boiled eggs

Combine sugar, vinegar, water, salt and beets in a pan. Heat all together until sugar is melted. Cool. Add hard boiled eggs. Refrigerate overnight.

### **RED FLANNEL HASH**

**Printed from COOKS.COM**

---

1 1/2 c. chopped cooked corned beef

1 1/2 c. chopped boiled potatoes

1 1/2 c. boiled & chopped beets

1 sm. minced onion

1/2 c. milk

Dash of ground cloves

1 tsp. Worcestershire sauce

Salt & pepper to taste

2 tbsp. butter

Mix all ingredients except butter. Melt butter in a large skillet and add mixture. Cook over medium heat until a slightly brown and crisp crust has formed. Flip the "pancake" and cook until crusty. Serve with salad and French bread.

My note: You can substitute any left-over meat, even hamburger. You do not have to use corned beef, which is high in sodium. Use less beets and more potatoes if you aren't sure how your child will like the beets. Beets are nutritious, so encourage your child to taste them.