

Getting Ready for Beat the Heat Week

Suggested Books:

- Hot City by Barbara Joosse
- One Hot Summer Day by Nina Crews
- Teddy Bear's Picnic by Jimmy Kennedy
- The Berenstain Bears Go to Camp by Stan Berenstain
- Mouse's First Summer by Lauren Thompson
- Feel the Sumer by Sarah L. Thomson
- F is for Fireflies: God's Summertime Alphabet by Kathy-Jo Wargin
- Fireflies (Reading Rainbow) by Julie Brinckloe
- I love You as Much by Laura Krauss Melmed
- Watermelon Day by Kathi Appelt
- Beach Day by Karen Roossa
- On the Way to the Beach by Henry Cole
- Snowy Day by Ezra Jack Keats

Vocabulary Words:

Hot, humidity, water, water play, diamond, clear, translucent, W, watermelon, whale, wish, transparent, opaque

Songs and Fingerplays:

Five green speckled Frogs

Five Green and Speckled Frogs
Sitting on a speckled log
Eating some most delicious bugs! Yum, Yum!
One Jumped into the Pool,
Where it was nice and cool,
Then there were four green speckled frogs!

Down by the Shore

(tune of "Down by the Bay")
Down by the shore
In the sand and the sun
I like to dive and splash and run
and as the waves
roll out and in

I'll get warm in the sun
and have tons of fun
Down by the shore!

Beach Song

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

It Is Summer

(sung to "If You're Happy And You Know It")
It is summer
and it's time to take a swim!
It is summer
and it's time to take a swim!
It is summer
that's the season!
We don't need
a better reason!
It is summer
and it's time to take a swim!

It is summer and we should drink lots of water!
(repeat & chorus)
In the summer we wear hats to save our skin
(repeat & chorus)
In the summer we like to play out in the shade
(repeat & chorus)
Make up your own verses, to reflect what you
like best about summer.

A Sailor Went To Sea

A Sailor went to sea, sea, sea
To see what he could see, see, see
But all that he could see, see, see
Was the bottom of the deep blue sea, sea, sea!
(Salute every time you sing "see" or "sea". Sing
it faster and faster, three times. On the fourth
time through, do not say the words "sea" or
"see" – just zip your lips and salute anyway.)

I'm a Little Fishy

(Tune of "I'm a little tea pot")

I'm a little fishy
 Watch me swim
 Here is my tail
 Here is my fin.
 When I want to have fun
 With my friends,
 I wiggle my tail
 And dive right in!

Materials to Gather:**Dramatic Play:**

Dress the dolls in swimming suits, or shorts and tee shirts. Let them all go barefoot. Put an ice-cube tray in the toy kitchen, or add toy ice cream shop props.

Blocks:

Penguins and Polar Bears. Let child build zoo homes for them. Use blue paper for water.

Music:

A recording of ocean waves might be fun, and soothing at nap time.

Projects:

Backyard Camp-Out: Use some old sheets, rope or clothesline, and clothespins. Set it up in the backyard. Sheets are lighter and airier than most nylon or canvas tents, and you can even dampen the sheets with water to cool them down more. Let your child drag some toys into the tent to play. Serve lunch or snack in the tent.

Diamond Art: Get a diamond-shaped paper punch from a craft or hobby store (wherever scrapbooking supplies are sold). Let child cut diamond shapes from colored paper. Then

your child can glue them onto a crown or bracelet to wear for the day, or onto white construction paper for a collage.

Outdoor Obstacle Course: Design and build an obstacle course in your backyard. Step into hula hoops, crawl through a tunnel, climb up the slide, duck under the picnic table, splash through the pool, hop in the sandbox, etc. Make it as long or short as you and your child feel like. Then play silly games as you run through the obstacles. Can you go through it backward? Can you go through it, hopping like a bunny, or on your belly like a snake?

Play Bridge: Not the card game! Find a bridge near you, and go explore it. It can be big, like the Mackinac Bridge, or just a small footbridge across a narrow stream. There is usually a good breeze over a bridge, so on a hot day, take your tot to a bridge and just stroll across it. Feel the breeze. Count the boats or seagulls. On a small bridge, float flower petals or leaves under the bridge and watch them be carried away. Pack a picnic and stay for a while, or walk (or drive) back home when you're done.

Chilly Air: This is especially useful if you don't have air conditioning. Freeze a large block of ice, then pop it out and set it in a cake pan to catch the melting water. Put it in front of a fan. The fan blowing air over the ice, cools the air somewhat. Sit in front of the fan to play a game or do some puzzles. Talk about the air and how it feels. Talk about how the moving air feels cooler than when you turn the fan off. If it's really sultry, you can lightly mist your skin and your child's skin with water, then sit in front of the fan. You might even get goose bumps as the water evaporates! (Did you know that Elephant's skin is wrinkled, so that it can trap water, and cool the elephant as the water evaporates?)

Diamond Cards: Use a standard deck of playing cards. Have your child help you sort out all the cards that have diamonds on them. Use the cards from one (Ace) through ten, but put the face cards back into the box with the rest of the deck. Spread the ten diamond cards out on the floor, and have your child put them in order from one through ten. Count the diamonds on each card.

Make Homemade Popsicles: This can be done any time of year, but is a must-activity for summer heat! You simply freeze flavored liquid into a plastic form, adding craft sticks to give the child something to hold on to. You can buy popsicle makers in most grocery or big box stores. You can make them from sugared kool-aid, or from pureed fruit and vegetable pulp. One of my favorites is to puree straight watermelon (rind and seeds removed) and freeze that, with no added liquid or sugar. This can be a great math activity, if you help your child measure and pour. It is a science activity, as your child discovers the differences between solid, liquid, and gone! Most of all, have fun!

Go Somewhere Air Conditioned: I don't know why so many guides to "how to beat the summer heat" recommend this! It's as though they think we're all a little too slow to figure that one out for ourselves! Then I got to thinking – what if we could find some place different, besides the mall or grocery store? Children's museums are air-conditioned, too. So this week, your assignment is to find someplace air-conditioned that you haven't been to before, or that you haven't been to in a long time. Check with the Sunday paper for upcoming events, or the chamber of commerce for "things to see and do" in your area. Do pack a light sweater! Some air-conditioned buildings actually feel cold, especially for young children. In my area, there are two children's

museums, the Air zoo, an indoor Bounceland park, bowling, mini-golf, and more.

Wash the Car (or the dog): Dress in swimsuits or old clothes, and tackle the car with mild dish detergent and water and rags. Getting wet is half the fun and just maybe your car will look a little cleaner when you're done. Little children love to help us do chores – encourage this and nurture this, so when they are actually big enough to be helpful, they'll know how to do it!

Make Frosty Bandanas: Get a couple of cheap bandanas and let your child decorate them with sequins, and glitter glue. Allow to dry overnight. Then in the morning, get it lightly damp and put in the freezer. When your child gets hot playing, tie the frosty bandana on his head to help cool him off.

Go to the Beach: it is usually cooler at the beach, thanks to the winds that come off the water. Wear plenty of sunscreen, or a hat and a lightweight shirt with sleeves. Protect skin from burning! Also, teach the "buddy system". Teach your child that he should never swim alone. If you have more than one child, pair them up. If you brought friends, pair them up. If it's just you and your child, teach him that you are not just his mom at the beach, but also his swim-buddy. Periodically whistle or wave your hands or do something to get his attention, and call out "Buddy time!" Then the children are to grab their buddy's hand and raise them in the air. Keep it fun, but the goal is for the children to do so quickly. If it takes them a while, then they are not staying close to their swim buddy, which is not safe. The bigger the lake (and waves) the more important this lesson is, but water should never be taken lightly. A child can drown in an inch of water. Learning the Buddy system can also teach your child about the number "two". Matching two things together

creates a one-to-one correspondence, the first major mathematical concept all children must understand before they can add and subtract.

Make Large Sand Castles: Pack large shovels to the beach this time. A child's gardening shovel is a nice size, and usually sturdier than the plastic toy that comes with a pail. How big can you make your castle? Take pictures!

Triangles to Diamonds: Cut out pairs of triangles from colored papers. Have child find the matching pairs. Then show him how to put the two triangles together to make a diamond. Make all the triangles into diamonds. He can color them, paste them, or scramble them together and sort them again.

Lacing Mittens: Cut out large mitten shapes from colored paper. Holding two at a time, punch holes around the outside edge, but not at the cuff. Cut a long piece of yarn and stiffen on end by either dipping it in glue and letting it dry, or wrapping tape around it securely. Let child lace the two mitten pieces together, then decorate his mittens with crayons or stickers.

Snow Day: Pretend it's the middle of winter all day! Turn the air-conditioning a bit cooler and wear a scarf or put on some mittens. Read "Snowy Day" or any wintery story. Look at pictures from last winter. Watch a snowy cartoon, like Frosty the Snowman or Happy Feet. Make Snow Cones for snack.

Make Snow Cones: Shave ice, add flavored syrups. Try adding frozen fruit juice concentrate instead of the sugared syrups that are sold with most snow cone machines. Add a straw – that's half the fun!

Penguins and Polar Bears Sensory Play: Fill sensory table with cold water and ice cubes that you froze in various containers – large

plastic bowls and buckets. Add penguins and polar bear and other arctic animals for some cold fun. Child might want to have mittens handy to warm up his hands as he plays!

Colorful Suncatchers: Need contact paper, colored tissue paper. Peel off the paper backing on a large square of contact paper. Hold the contact paper down with masking tape or weights. You can cut tissue paper into small squares (about 1 ½ in, or so) or let your child tear the tissue paper into small pieces. Child puts the tissue paper onto the contact paper in his own design, overlapping them a little. Then you place a second piece of contact over the project, and cut out a shape – it can be a circle, square, cross, or whatever you desire. Hang in the window to see the pretty colors the best.

Go Ice Skating at an indoor rink: If available near you. Try this, especially if your child has never tried ice-skating before. Most ice-rinks let you rent skates. The indoor artificial ice will feel pleasantly cool, and doing something wintery can help take your mind off the heat.

Indoor Playground: Many cities and smaller towns now have indoor playgrounds or bounce-parks. Check around and see if one is available near you. These places are generally air-conditioned and although they charge admission, for a once-in-a-while treat on a very hot day, they can be well worth it!

Build Your Own Backyard Water Park: This activity might be easier if you get together with a few neighbors friends. Gather as many waterplay toys and materials as you can and fill them all in one backyard! Get a couple of small splash pools, a watery slide, a water-play table, a funky sprinkler, some water pistols, and a few beach balls. Invite the neighborhood in their swimsuits for a fun-filled afternoon. Don't

forget to either wear sunscreen, or put on a light-weight long-sleeved shirt to prevent sunburns.

Transparent: You need a glass of water, some blue or black tempera paint and a paintbrush or spoon to stir. Show your child the glass of water and ask him what color it is. He may stumble a bit, because water doesn't really have a visible color, or he may say it is blue, because large bodies of water do tend to look blue. Either way, have him look through the water, and notice that he can see on the other side. You might hold up a picture or a flashcard on the other side of the glass for him to see. We say that something is transparent when we can see through it. A shorter word is clear. Have him say transparent a few times. Now add a bit of blue or black paint to the water and stir. The water is cloudy, but you can still see through it. It isn't clear anymore, because it has a color to it, but it is still transparent. Add a bit more water. Now maybe it is harder to see through it. We would say it is translucent now, not transparent. When something is transparent, you can see fine when you look through it, but when it is translucent, you can only see a little. Eye glasses are transparent. Stained glass windows in churches are translucent. Now, add enough paint to make the water opaque, and teach that word. Something is opaque when you cannot see through it. Set the paint and water aside to paint with later.

Cool Packs: A great way to re-purpose some miss-matched socks! Set out a funnel, a darning needle threaded with yarn or string, a jar of rice, and some socks. Help your child to half-fill the socks with rice, using the funnel. Then fold the cuff over, and over again, and stitch it shut with the darning needle, to keep the rice inside. Your child can sew with the darning needle, but if you have access to a sewing machine, two rows of stitching will work better to keep the rice contained. When finished, toss rice-filled sock into the freezer. When your child gets sweaty, he can apply the cold rice pack to his skin. It also works wonders on boo-boos. When it has warmed up, just toss it back in the freezer.

Watermelon Painting: Cut large circles from white construction paper or paint paper. Cut circles in half. Set out jars of green paint, and dark pink or pale red paint, and some glue. Direct child to paint the curve of the circle with green to look like watermelon rind. Then paint the rest of the circle red or pink. When the paint is dry, glue a few of the saved watermelon seeds onto the pink part. Display in a window or on the calendar wall, when dry.

Library Story hour: Many libraries have story hours all summer long. Some children's libraries are filled with toys and puzzles and more, and they are generally air-conditioned. Use this as a substitute activity on any day.

Beat the Heat : Monday

Date: _____

Concepts: Ww, 2, Diamond, clear

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Practice vocabulary words & concepts. Teach "Five Green Speckled Frogs"
7:45	Breakfast.
8:00	Table Activities: Play lotto. Make a lotto game from beach stickers, if you wish.
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:
10:15	Outside time: Backyard Camp Out.
11:15	Project: Diamond Art
12:00	Lunch. Go potty, read a story, sing & cuddle
1:00	Nap
3:00	Up from nap. Make bed, go potty, wash hands
3:15	Snack: Diamond Kites. Cut bread in diamond shapes, spread with cream cheese and finely chopped veggies.
3:30	Outside time: Obstacle Course or Play Bridge
4:30	Table Time: Worksheet 1 & 2, W beginning sounds
4:45	Project: Chilly Air and Diamond Cards
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

Beat the Heat: Tuesday

Date: _____

Concepts Ww, 2, Diamond, clear

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Vocabulary words; Songs teach "A Sailor Went to Sea, Sea, Sea"
7:45	Breakfast
8:00	Table Activities: Puzzles Do you have any summery puzzles?
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack:
10:15	Outside time: Go Someplace Air Conditioned. What did you find in your neighborhood?
11:15	Project: make home-made popsicles
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: Popsicles, if ready.
3:30	Outside time: Car Wash. Wash the car (or dog, or trike). Ride tricycle.
4:30	Table Time: Worsheets # 3, 5. What begins with W, and the number 2
4:45	Project: Make Frosty Bandanas
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.

Beat the Heat Week : Wednesday

Date: _____

Concepts: Ww, 2, Diamond, clear

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Vocabulary words; Songs. Teach "Down By the Shore"
7:45	Breakfast
8:00	Table Activities: Playdough (if you need to make new playdough, color it blue for water)
8:15	Free Play
9:45	Outside: Go to the Beach. Pack snack and stay a while
10:00	Snack: small wrapped foods are better than sandwiches. String cheese, juice boxes, etc.
10:15	Project: Build large sand castles, take pictures of them. Float toy boats in the moat.
11:15	--return home in time for lunch and nap.
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: bubbles
4:30	Table Time: Worksheet 4 – W mini book
4:45	Project: Triangles to Diamonds
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.

Beat the Heat Week : Thursday

Date: _____

Concepts: Ww, 2, Diamond, clear**SNOW DAY!**

7:00	Wake up, go potty. Get dressed, Brush hair. Today is a pretend "Snow Day!"
7:30	Do Calendar activity; Vocabulary; Songs. Sing some Wintery songs today – Jingle Bells or Frosty the Snowman
7:45	Breakfast: hot oatmeal or cocoa. (Turn down the air conditioner to make it chilly, just for one day. Wear a scarf or mittens inside. Pretend it's winter and you are snowed in!)
8:00	Table Activities: Lacing Cards – lace matching pairs of mittens together
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack: Snow Cones
10:15	Outside: Polar Bears and Penguins (Can be done inside if it rains, but spread a shower curtain or towels for the splashes.)
11:15	Project: Colorful Suncatchers
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: Go Ice Skating at an indoor rink! (or to indoor playground, if no ice available)
4:30	Table Time: worksheets #6 and 7, on diamonds and shapes flashcards
4:45	Project: Crayons and coloring books – if there's time.
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.

Beat the Heat Week: Friday

Date: _____

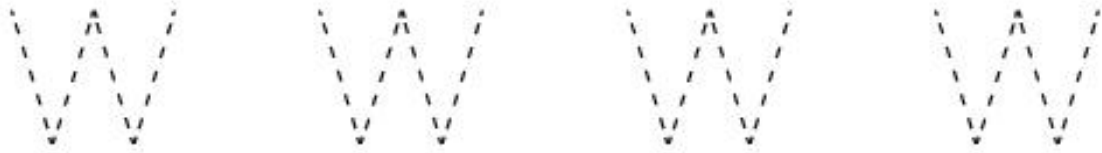
Concepts: Ww, 2, Diamond, clear**Backyard Water Park**

7:00	Wake up, go potty. Get dressed, Brush hair
7:30	Do Calendar activity; Vocabulary words; Songs. Teach "I'm a Little Fishy".
7:45	Breakfast
8:00	Table Activities: Legos (or duplos for the younger child)
8:15	Free Play
9:45	Child picks up toys. Go potty, wash up for snack
10:00	Snack
10:15	Outside: Today is Water Park Day! This may take all day, with a naptime interruption.
11:15	Project: Transparent activity. Do outside.
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: Cut open a watermelon and eat outside. Spit the seeds, but save a few for art.
3:30	Outside: Continue Water Park Day.
4:30	Project: Make Cool Packs – again, you can do this outside at a picnic table.
4:45	Project 2: Watermelon Painting. You can skip the projects if the children are enjoying the water play. These are just "emergency" plans, in case some of the children are bored.
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.

Extra worksheets included, if you would like to use them.

A B C D E F G H I J K L M N
O P Q R S T U V W X Y Z

Trace the Ws.



Color the W.



W is for Whale

Circle the Ws.

P W Y C W T M G W

a b c d e f g h i j k l m
n o p q r s t u v **W** x y z

Trace the **Ws**.



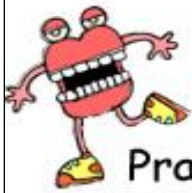
Color the **W**.



watermelon

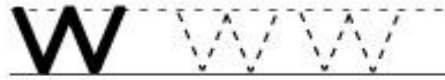
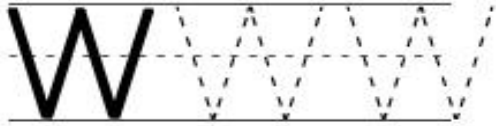
Circle the **Ws**.

q v w i w p w l u



Initial Sounds: Ww

Practice writing the letters.



Write a 'w' in the blank under the pictures that begin with 'w'.



1) _____orm



2) _____ear



3) _____ock



_____an



_____hale



_____itch