

Week of April 20, 2020

www.hs4kc.org

Head Start for Kent County

Preschool Weekly Guided Learning Plans

Starting this week, we will be providing preschool families with Weekly Guided Learning Plans that are prepared by our curriculum and assessment partner Teaching Strategies. These plans are intended to help families continue the kinds of learning and development experiences that children have been enjoying at school right in their own homes. Each day there will be an investigation question for families to explore together as well as several skill building activities.



frogstreet

Frog Street for Young Learners

Access over 250 English and Spanish electronic books, activities and songs from the Frog Street “Empowering Families” and “Sing and Read” collections. Access to these collections is free during school closures due to COVID-19.

<https://parents.frogstreet.com/>



Family Resources

First Aid: Animal Bites

These guidelines can help you care for a minor animal bite, such as one that only breaks the skin:

- Wash the wound thoroughly with soap and water.
- Stop any bleeding by applying pressure with a clean cloth or towel.
- Cover the bite with a clean bandage. Keep the bandage on until the wound forms a scab. Change the bandage if it gets dirty.

Seek medical care if:

- The wound is deep or you're not sure how serious it is
- The skin is badly torn, crushed or the bleeding won't stop.
- You notice signs of infection, such as swelling, redness, pain or oozing.



RECIPE OF THE MONTH: *Farmers Market Salsa*



- ✓ Dice 1 cup Roma tomatoes, 1/2 onion, 1/2 green pepper and 1/2 cup of cilantro.
- ✓ Mix together with 1/2 cup of corn and 1 can of black beans.
- ✓ Slice 1 lime in half. Using a half, squeeze about 2tsp of juice on top.
- ✓ Enjoy with tortilla chips, baked pita chips or use as a dip for burritos or tacos.

Food Experience

Fruit Kabob

INGREDIENTS:

10 Bananas

½ Watermelon

EQUIPMENT:

Plastic Knife

Bowl

Stir Sticks



PROCEDURE:

SERVES 20

1. Site Aide/Staff sends watermelon washed and sliced in wedges.
2. Children cut watermelon into chunks.
3. Each child peels and cuts into chunks ½ banana.
4. Adult models threading watermelon and banana onto stir sticks and then child creates their own kabob.
3. Enjoy!

Also see related mini book suggested activity.

Language & Literacy:

GOLD Objectives for Development and Learning 8-10, 15-19

- Ask open-ended questions about the ingredients. (who, what, when, where, why and how questions)
- Use all five senses to describe the ingredients. (hearing, seeing, smelling, tasting, and touching)
- Introduce new vocabulary terms during menu writing.
- Use zoo-phonics to introduce sounds heard when saying the ingredients.

Cognition & General Knowledge:

GOLD Objectives for Development and Learning 11-14

- Build concept development by talking about the source of the ingredients. (Where does this grow? What animal does this come from?)
- Make predictions, graph results. (What will happen when we mix these together?)
- Make a graph of the experience. (Do you like? Color? Taste? Smell? Etc.)
- Use the Head Start High Five Mathematize Resource Guide for further suggestions.

Approaches to Learning:

GOLD Objectives for Development and Learning 1-19, 33-36

- Use a variety of mediums (paint, paper, etc.) to create murals, collages, or paintings as either a classroom activity or individual activity to reflect on the food experience.

Social & Emotional Development:

GOLD Objectives for Development and Learning 1-3

- Children should recognize needs of others at the table.
- Teachers should encourage children to take turns, wait for a turn, and pass food to each other.
- Engage in frequent conversations during the experience using open ended questions and self and parallel talk.
- Have children share family customs and traditions related to the food experience.

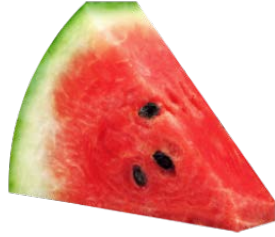
Physical Development & Health:

GOLD Objectives for Development and Learning 4-7

- Encourage Healthy Habits. (washing hands, utilizing serving utensils, tooth brushing)
- Incorporate Organ Annie/Andy into Food Experience.
- IMIL-I'm Moving, I'm Learning! (gross motor activities)

FRUIT KABOB

INGREDIENTS:



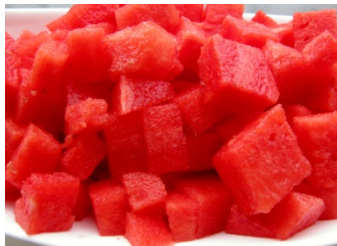
EQUIPMENT:



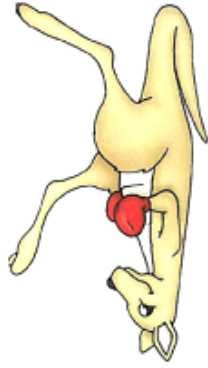
PROCEDURE:



+



Zoo - Phonics:
Kayo Kangaroo



5.

Vocabulary:

Sweet

Juicy

Stick

Soft

Pattern

4

Science Question:

Talk with your
child about where
bananas and
watermelon grow.

What other fruit

can you add to the

kabob?

3.

Ingredients:

Bananas

Watermelon

Coffee Stir Sticks

Procedure:

1. Adult washes outside of

watermelon, cuts and slices.

2. Children cut watermelon and

bananas into chunks.

3. Child threads fruit on stir

stick.

4. Adult models threading fruit

on to stir sticks and the child

creates their own.

2.

**Math
Activity:**

After slicing the
banana and
watermelon arrange
the fruit in a pattern on
the plate to place on
the straw. Find other
items to make patterns
around the house.

6.

**I'm Moving,
I'm Learning!**

Using your favorite
stuffed animals make
a tossing obstacle
course. Use a rolled
up sock and try to
knock down all the
animals.

7.

Books to Read:

Food For Thought
By: Joost Elffers & Saxton
Freymann

Eating the Alphabet:
Fruits & Vegetables from
A to Z
By: Lois Ehlert

**My First Flip-Flap Book
for Fruit**
By: Robert Salanitro

8.

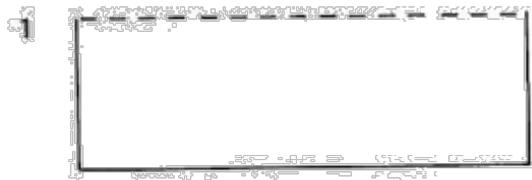


Fruit Kabob

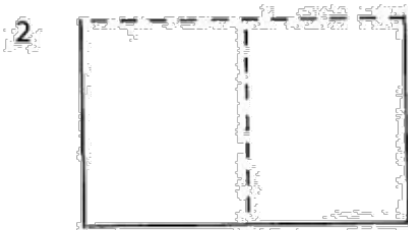


Food Experience Mini Books are
created for Head start families and
teachers to enhance the children's
learning experience through the
home/school connection.

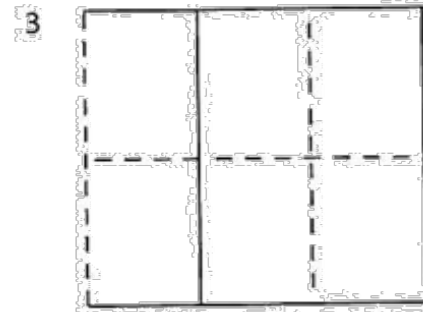
Mini-book Instructions



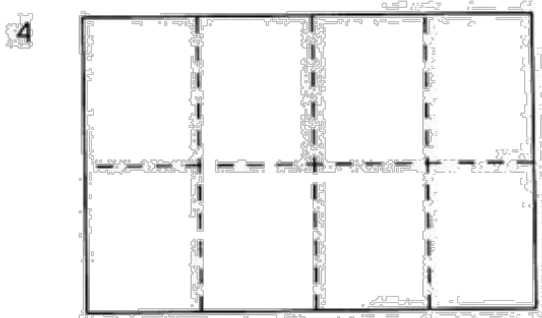
Fold in half long ways



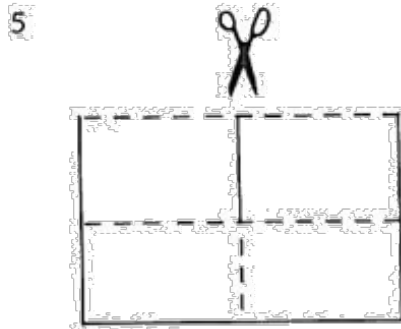
Unfold and then fold in half the other way



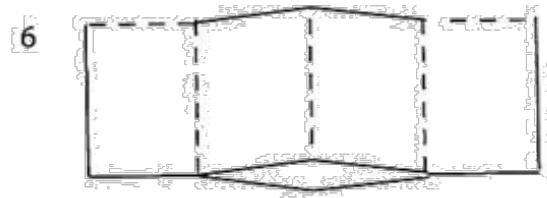
Unfold and then fold the two edges in to meet on the crease line down the middle of the page



Unfold so you have a page with creased lines on it like this



Now fold in half short ways again. Cut along the central line so that the middle two quarters have a slit in them



Unfold and refold long ways again and push the two ends towards each other so that it forms a book shape