



Pre-K Activity Packet

April 27 through May 1, 2020

Letter of the Week: V

Letter of the Week Instructions:



Each teacher has a variation on the letter of the week. It is possible your teacher may have sent different plans for the letter "V." Please pick and choose the activities that are best for your child.

To Create "V" Letter of the Week:

Supplies:

- Construction paper-different colors
- Crayons, markers, pastels, paint
- Scissors
- Glue
- Magazines or catalogs

Directions:

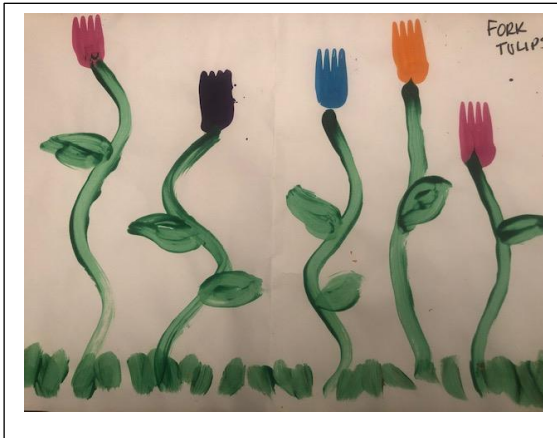
- Select a piece of construction paper for your base.
- Using construction paper, cut out a letter V, for vase, and paste it on the first sheet of construction paper you picked out.
- Using colorful markers, crayons, pastels, paint draw create some flowers.
- Or use more construction paper, or tissue paper, to create flowers.
- Or cut pictures of flowers from magazine or catalogs.
- Fill your vase with your flowers

Options:

- Pick some flowers from your yard and arrange them in a vase for your table or bedroom dresser.
- Search your house inside and outside for objects that begin with "V".
- Ask your family to think of "V" words. Write them down and count them up. See how many you can think up.

Theme of the Week: Flowers

Craft 1: Fork Tulips



Supplies:

- Piece of paper
- Variety of paint colors
- Paint brush
- Fork (can be a variety of different sized forks)
- Table covering – newspaper or a washable cloth
- Water cup to clean brushes

Instructions:

- Have your child paint or draw grass, stems and leaves with paint, crayons, or markers.
- Using colorful paints, use the back of a fork for the tulips! Simply dip the fork times into the paint and press onto the paper at the top of a stem.
- Or do the flowers first and then add the stems and grass. It doesn't really matter which you do first.
- Use different sized forks and talk about big, bigger, and biggest, or small, smaller and smallest which regard to the size of the tulip.
- So easy, fun, and beautiful!

Extension: Take a walk and look for tulips in your yard and your neighbor's yards.

Craft 2: Cherry Blossom Trees

Supplies Needed:

- Construction Paper
- Pink Tissue Paper, pink fabric cut up, or pink crayons
- Glue
- Crayons or Markers

Instructions:

- Using markers or crayons, draw a tree trunk and branches.
- Add anything else you'd like...a sun, clouds, grass, birds, and even yourself sitting under the tree!
- Crinkle up small pieces of pink tissue paper, fabric, and glue the blossoms to the branches. Or draw blossoms.
- You will have a gorgeous cherry blossom tree!



Cooking:

Easy/Flexible Banana Bread Recipe

INGREDIENTS

- ½ cup melted coconut oil or extra-virgin olive oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup mashed ripe bananas
 - (about 2 ½ medium or 2 large bananas)
- ¼ cup milk of choice or water
- 1 teaspoon baking *soda*
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon ground cinnamon, plus more to swirl on top
- 1 ¾ cups [white whole wheat flour](#) or regular whole wheat flour
- Totally optional: ½ cup mix-ins like chopped walnuts or pecans, chocolate chips, raisins, chopped dried fruit, fresh banana slices...



INSTRUCTIONS

1. Preheat oven to 325 degrees Fahrenheit (165 degrees Celsius) and grease a 9×5-inch loaf pan.
2. In a large bowl, beat the oil and honey together with a whisk. Add the eggs and beat well, then whisk in the mashed bananas and milk. (If your coconut oil solidifies on contact with cold ingredients, simply let the bowl rest in a warm place for a few minutes, like on top of your stove, or warm it for about 10 seconds in the microwave.)
3. Add the baking soda, vanilla, salt and cinnamon, and whisk to blend. Lastly, switch to a big spoon and stir in the flour, just until combined. Some lumps are ok! If you're adding any additional mix-ins, gently fold them in now.
4. Pour the batter into your greased loaf pan and sprinkle lightly with cinnamon. If you'd like a pretty swirled effect, run the tip of a knife across the batter in a zig-zag pattern.
5. Bake for 55 to 60 minutes, or until a toothpick inserted into the center comes out clean (typically, if I haven't added any mix-ins, my bread is done at 55 minutes; if I have added mix-ins, it needs closer to 60 minutes). Let the bread cool in the loaf pan for 10 minutes, then transfer it to a wire rack to cool for 20 minutes before slicing.

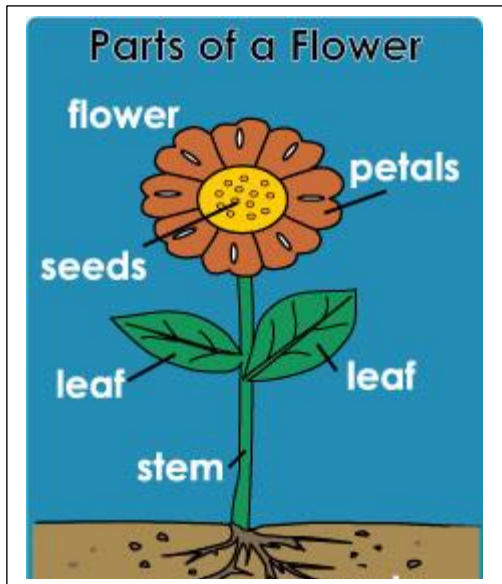
(I make this in mini-loaves. I've tried several different combinations...maple syrup and olive oil; half white and half wheat flour; etc. Sometimes I use milk; sometimes water. One time I substituted plain yogurt for the milk. It always tastes delicious! A perfect recipe for times when our pantry may not be stocked as usual. Source: [cookieandkate.com](#))

“Cooking” challenge:

Make a flower with your vegetables.
Take a picture of you and your vegetable creation and send it to your teacher to share with the class next week.



Science Fun:



Scholastic... April 2020 issue
Let's Find Out, online
“If You See a Spring Flower”
To access the scholastic magazine online it's:
www.scholastic.com/lfo
The code is the same for all classes: PHBBLTK

Experiment:

Supplies:

- 4 or more white carnations or daisies
- 4 different color food color or liquid water colors
- 4 small clear vases or glasses or mason jars
- Water

Steps:

- First fill the mason jars or vases about half way with water. Then added one color of food coloring to each jar, make sure to add enough coloring to make your water quite saturated with color.



- Next cut the stems of the flowers with a diagonal slant to help the stem absorb more fluid, then placed them in the water.
- Then the kids all filled out our Science Experiment Form (see attachment – you may need to help them with the writing) to predict what would happen with the flowers.
- Then wait...surprisingly the flowers should start changing color within about an hour.

How do flowers absorb the colored water?

Putting food coloring in the water with the flowers is a cool way to see capillary action, or the flower's process of drinking water. This process is necessary for a flower to make food. Try a darker color of food coloring, like blue or red, to maximize the effect of the plant's capillary action. White carnations or daisies are good flowers on which to perform this experiment, as you can see the color change easily on their light-colored petals. Capillary action first begins in the stem. The stems absorb the colored water. Food coloring used in this experiment will not harm the flower. Cut flowers can live for a short period of time as the capillaries in their stems perform transpiration, or pulling water up the plant toward the leaves and flowers. If you split open a carnation after you have fed it water dyed with food coloring, you can see the capillaries inside the stem.

As the plant begins drinking the water, you will begin to see the spread of the food coloring in the flowers in a few hours. As capillary action begins in the stem, it will wind up in the flower and eventually will evaporate as water vapor. With this experiment, you can try different colored flowers to see if colors will mix, or you can mix food dyes and see what happens in a white bloom.

Results

After your flowers have absorbed color in their petals, take one and split open the stem so you can see the evidence of capillary action throughout the entire plant.

Blessing and Songs: Blessing

O GOD,
we thank you for this earth,
our home;
for the wide sky and the blessed sun,
for the ocean and streams,
for the towering hills
and the whispering wind,
for the trees and green grass.
Amen.

Songs:

Flower Garden

(with the tune of Farmer in the Dell)

The farmer plants the seed
The farmer plants the seed
Hi-Ho the Derry-O
The farmer plants the seed

(Use the following verses)

The rain begins to fall
The sun begins to shine
The plant begins to grow
The flower opens up

Sprinkle, Sprinkle

(with the tune of Twinkle Twinkle Little Star)

Sprinkle, Sprinkle watering can
Spraying things all over the land
We can water things up high
We can water things down low
Sprinkle, Sprinkle watering can
Let's water a thing that rhymes with _____.

Select something in the room and then generate a rhyme for that object for the song.
Kids can use a plastic watering can or use their hand as a watering can to "water" the object.

Book Suggestions:

"Seed to Sunflower" by Camilla de la Bedovere
<https://www.youtube.com/watch?v=qffHEITGNDg>

"Planting a Rainbow" by Lois Ehlert
<https://www.youtube.com/watch?v=sti3PXBeVag>

"The Tiny Seed" by Eric Carle
<https://www.youtube.com/watch?v=ls6wTeT2cKA>

Additional Activities:

Time lapse of sunflower from seed to flower
<https://www.youtube.com/watch?v=Z-iPp6yn0hw>

Musical Activities:

It's Time to Cook! From Little Hands Music – BHCNS' Music Providers

This will be the first in a series of "daily routines" video-and-song lists for your school and families at home!

[Ms Rachel and her baby doing Jelly on a Plate and Tiny Little Baby Bounce](#)

[Time to Cook with Ms. Debbie](#) "Let's get out our pots and pans, because it's time to cook!"

[Spotify "Time to Cook" songs](#) by Little Hands - You'll recognize lots of these songs from music classes this past Fall!

To access more music and movement activities, you are welcome to:

- join our Facebook private Group, called **Musical Moments** (where you have access to live classes, and the premieres of short, one-activity videos made by YOUR school's music teacher and others!) [Invite here.](#)
- follow our business **page on Facebook** for other updates and resources~ [Little Hands](#)
- enroll in a "**Virtual Weekly Class**" (exclusive access to 8 weekly recorded videos, two Zoom meet-ups live during the Spring Session, and a "Water, Water" themed resource list of other videos, book readings and song lists for your use at home this Spring!) Individual families [register here.](#) (starting this week and next!)
- and finally, our **YouTube channel** is where we will post public videos, after they have "aired" in the private group! Here's a link to [Little Hands YouTube.](#)

Outdoor Activities:

From Montgomery County Resource and Referral Center:

1. Pick a special spot in your backyard, under or near a tree, by a beautiful flowering bush or a large rock that you can visit daily. Sit or stand in this spot and let your senses free. What smells or feelings do you experience? What do you notice and hear?
2. Go on a walk around your neighborhood, keeping social distance of course, and notice the changes taking place as spring rolls in. Have your children pick a special tree, rock, garden that you can pass by and greet each day. While you greet the object, do a few rounds of deep breathing – let children count to five slowly while everybody inhales and then exhale with vocalization.
3. Do yoga outside. Take some towels or mats out and let the children choose an animal that you then do a pose to. There are many kid yoga websites, but here's one to try <https://mothernatured.com/animal-play/animal-yoga-for-kids/>
4. On a pleasant day, bring some old blankets outside and have a picnic, then lie back and enjoy the weather. Look at the clouds and identify shapes or images in the clouds.
5. Plant a container garden and watch it grow or let children just have fun digging in the dirt.
6. If you are lucky enough to have a climbing tree, climb up to a low branch and sit for a bit. Notice how different everything looks from this new perspective.

There are lots of story books, Earth Day activities, Spanish and Yoga lessons, and more on BHCNS YouTube Channel:

https://www.youtube.com/channel/UCLw9EC3Qxv9sG6ySuivSSGA?view_as=subscriber

