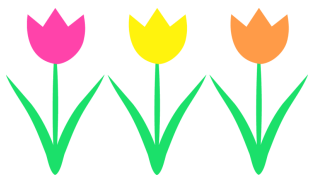


This week we are learning about

FLOWERS & PLANTS



Books and Stories

Miss Jen reads "The Flower Garden" & plants a flower box

Miss Erika reads, "The Giving Tree"

Miss Stacey reads "If You Have a Seed"

Miss Kristin reads a book called "Flowers"

Miss Monica reads "Miss Maple's Seeds"

Miss Lindsay's visual vocabulary video

Fly Beetle Grasshopper

Bee Ladybug Dragonfly

Ant Mosquito Cricket

Miss Lindsay's English & Spanish vocabulary pictures
(see below)

Miss Elsie-English & Spanish Garden Picture Cards
(see below)

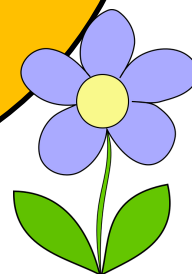
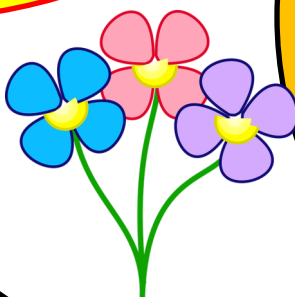
Art

Miss Kristin Flower Art with upcycled materials-video

Miss Mariette-plant art activities
(see below)

Miss Elsie-Tulip Activities
(see below)

Miss MaryClaire-Make a field of tulips
(see below)



Science & Math

Miss Cynthia-"I can eat a whole plant"!

Miss Carrie-flower petal math

Miss Lindsay (Miss Chris)-Oxygen experiment

Miss Amy-6 part Seed Sprout observation and Journaling

Seed Sprout Intro/Set-up

Seed Sprout Part 1

Seed Sprout Part 2

Seed Sprout Part 3

Seed Sprout Part 4

Seed Sprout Part 5

Letters and Writing

Miss Claire- name flower garden

Miss Nadine's-flower phonics

Miss Ann- 4 part Forsythia Plant observation and journaling

Forsythia Part 1 Introduction

Forsythia Part 2

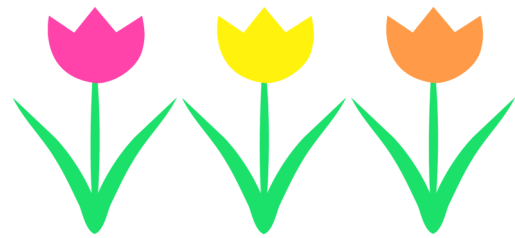
Forsythia Part 3

Forsythia Part 4

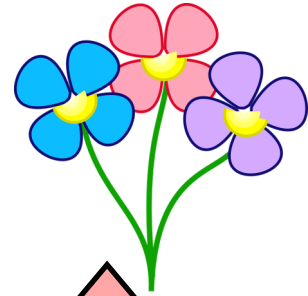
Letter Writing Chart (see below)

This week we are learning about

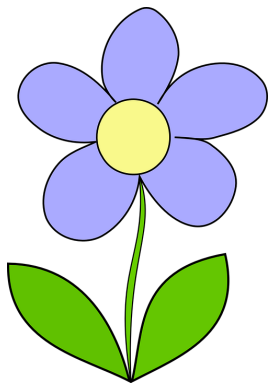
FLOWERS & PLANTS



Music, Movement & Meditation
Miss Sarah– Flower Movement Game
Miss Amy– Plant Yoga Poses
Learn to Belly Breath with Rosita from Sesame Street
Miss Elsie– Mindfulness Breathing Exercises
(See Below)



Miss Ruth's Food Fun
(See Below)



Social - Emotional Skills
Second Step Lessons
Strong Feelings Day 1
Strong Feelings Day 2
Strong Feelings Day 3



Flowers and Plants



Flower flor



Stem tallo



Roots raices



Dirt tierra



Grass grama



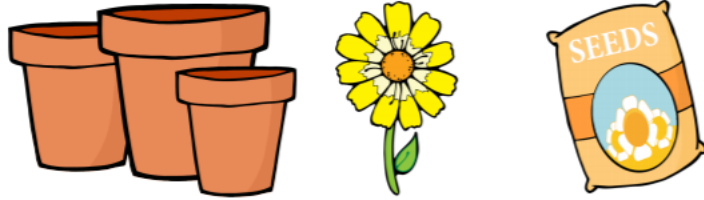
Petal petalo



Pollen polen

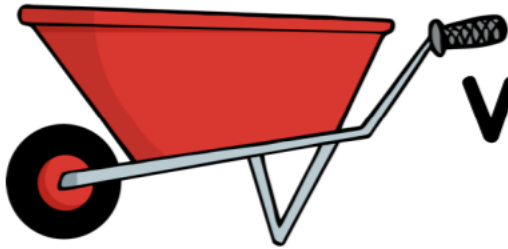


Seeds semillas



Garden Words

Palabras de jardín



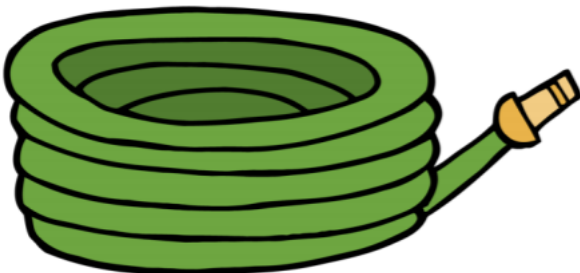
wheelbarrow

carretilla



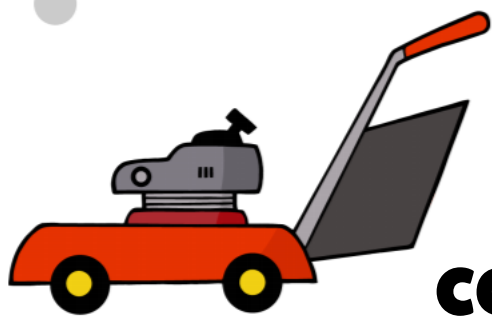
watering can

regadera

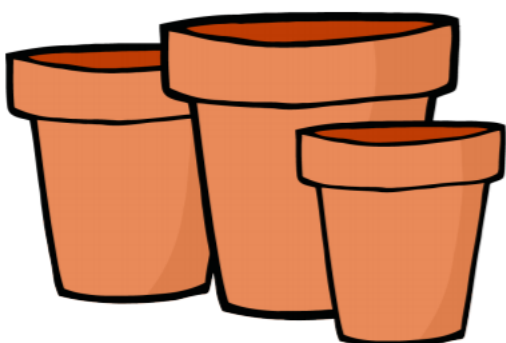


hose

manguera



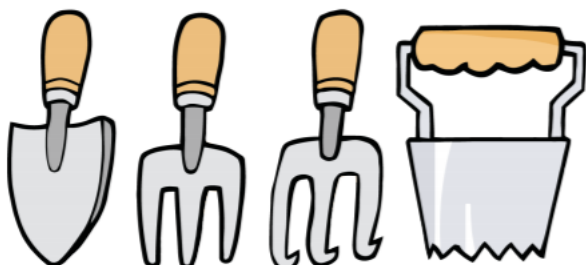
lawnmower
cortador de grama



pots
tiestos



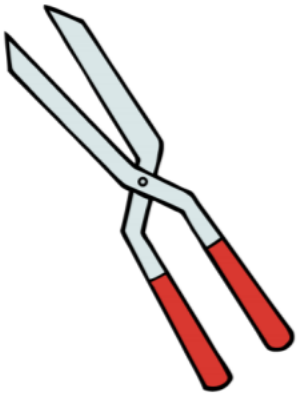
seeds
semillas



tools
herramientas



trowel
paleta



clippers
tijeras



gloves
guantes



boots
botas



sprayer
rociador



flower
flor



sun
sol



rain
lluvia

Tulip Activities

From Miss Elsie



My Tulip Garden- Mi jardín de tulipanes

Things needed- Cosas necesarias

1. Strawberries-fresas
2. Celery-apio
3. Carrots-zanahorias
4. Spinach-espinaca
5. Dressing-adereso



Tulip art-arte de tulipanes

1. 3 spoons-3 cucharas
2. 2 foam cups-2 vasos de poliestireno
3. Markers- marcadores de color



Food Fun

Try this fun activity at home submitted by Miss Ruth, Holy Cross Head Start Nutrition Coordinator.

This activity helps children to listen and follow directions, practice spatial awareness and try new foods if they are unfamiliar. It also adds some fun to a yummy snack.

Directions:

1. Cut an orange into slices
2. Cut grapes in half
3. Cut baby carrots in half
4. HAVE FUN!!!!



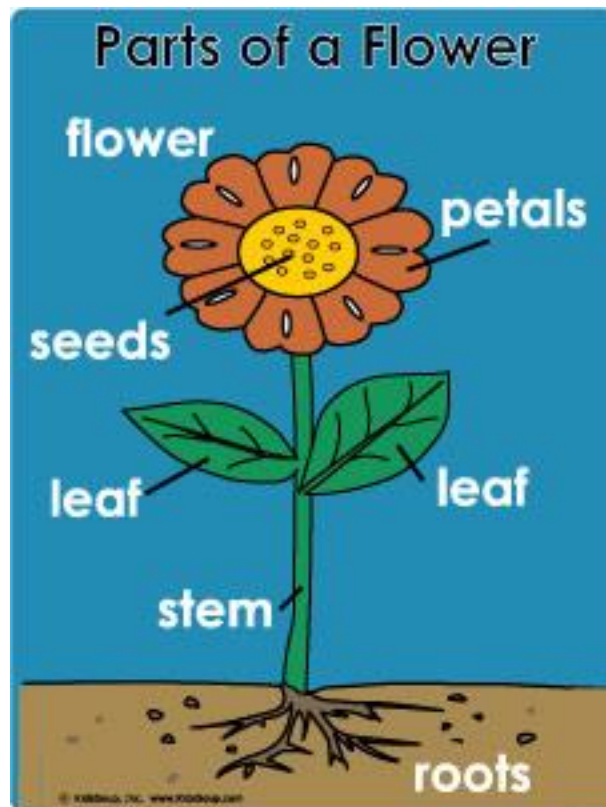
PLANT ART ACTIVITIES



DAISY PLAYDOUGH ART:

Some of the ideas for this activity came from [Kids Craft Room](#).

BEFORE THE ACTIVITY: Have an image of a flower and its parts for your child to look at. Review the parts of a flower. You can say the name and then your child can say it. Have the image available during the art activity for your child to refer back to. (The image below was taken from KidsSoup.com)



MATERIALS NEEDED: Playdough (Three different colors. Yellow, green, and brown if you have it. If you do not; you can use any colors. I did not have brown for the roots so I used pink instead.), pencil/ruler, Q-Tips, and the picture of a flower mentioned above.





STEPS:

1. Roll yellow playdough into a ball.
2. Flatten the ball with your hand.
3. Insert the Q-tips into the circle until they go all around the circle.
4. Create a stem and leaves.
5. Put a pencil or ruler under the stem to make a line for the ground. This is a good opportunity to review the concept of above and below.
6. Create roots under the pencil.
7. Review the parts of a plant again.

AFTER THE ACTIVITY: You can count how many petals, leaves, stem, etc. your child's flower has. You can ask your child what colors they used. You can talk to them about their favorite flower and what color it is.

- Below is a poem/song from Scholastic.com to continue to review the parts of a plant. You can refer back to your child's playdough flower as you sing!

Parts of a Plant

(sung to "The Wheels on the Bus")

The roots on a plant grow underground,
Underground, underground.
The roots on a plant grow underground,
Roots are part of a plant.

The stems on a plant hold up the leaves,
Up the leaves, up the leaves,
The stems on a plant hold up the leaves,
Stems are part of a plant.

The leaves on a plant are making food,
Making food, making food.
The leaves on a plant are making food,
Leaves are part of a plant.

The flowers on a plant are growing seeds,
Growing seeds, growing seeds,
The flowers on a plant are growing seeds,
Flowers are part of a plant.



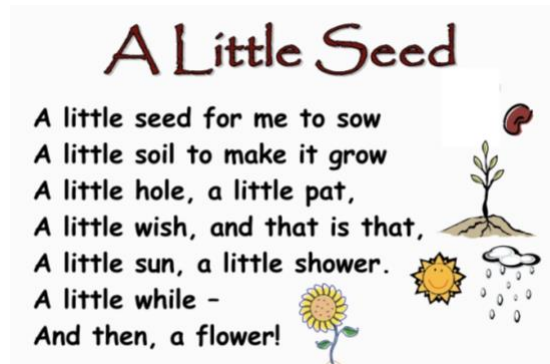
Picture of real daisies that you can show your child. Photo taken from 1stinfores.com



CUPCAKE LINER FLOWERS:

Some ideas for this activity came from Education.com.

BEFORE ACTIVITY: Read this poem with your child. Read it two or three times and see if they can help you read it once the words become more familiar. Tell your child that they are going to make their own flower! As they are creating you can have a conversation with them about the parts of a flower and how they grow. You can refer back to the flower diagram in the daisy activity above. (The poem is from Garden Design Ideas website.)



MATERIALS NEEDED: One piece of paper, cupcake liners (1-3), sprinkles/glitter, markers or paint dabbers, glue, scissors, and green paper (white paper colored green if you do not have green paper).

STEPS:




1. Decorate the cupcake liners with markers or paint dabbers. Glue sprinkles or glitter in the middle of the cupcake liner.
2. Cut green paper into stems and leaves. Cut small slits into a rectangular piece of green paper to make grass.
3. Have your child glue together their flowers.





AFTER THE ACTIVITY:




- Label the parts of a flower. Your child can help to write the words or letters that they are familiar with.
- Get up and moving with some fun Yoga poses from the Botanical Gardens website.

Tree	Seed	Frog
		
<p>Stand up tall with both feet rooted on the ground, lift one leg off the ground and place that foot on your other leg. Put your arms up branches.</p>	<p>Kneel down, sitting on your feet. Place your hands on the ground and slowly lower your forehead to the ground. Place your arms back towards your feet.</p>	<p>Keeping your head up, squat down low with your hips open and knees out wide. Put your hands on the ground between your feet. Can you jump like a frog?</p>



Fun Garden Yoga

Try out these Garden inspired yoga poses. Be creative and remember to breathe.

Butterfly	Flower	Sprout
		
<p>Sitting on the ground, bend your knees and put your feet together. Hold your ankles and slowly move your knees up and down like butterfly wings.</p>	<p>Sitting on the ground, bend your knees and put your feet together. Slide your hands under your legs and hold them. Lean back a little like a flower blooming.</p>	<p>Stand up tall and slowly squat down like you are going to sit in an invisible chair. Stretch your arms up and forward to be a plant sprouting from its seed.</p>

Sun Spiral Breathing

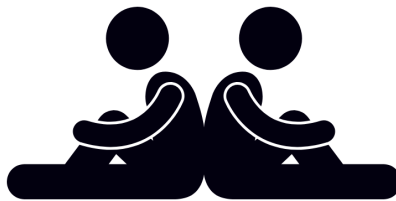


1. Place your finger on the end of the spiral.
2. Breathe in slowly and trace the spiral until you reach the center.
3. Breathe out slowly and trace the spiral in the other direction until you reach the end.
4. Repeat as many times as needed.



THE CALM CLASSROOM

Back-to-Back-Breathing



1. Find a partner and sit on the floor back-to-back.
2. Sit tall and close your eyes.
3. On the count of three, both partners take a deep breath and exhale slowly.
4. While breathing, feel the expansion in your partner's back and try to match your own breathing to their's.
5. Repeat until both partners feel calm and grounded.



THE CALM CLASSROOM

Ocean Breathing



1. Close your eyes and cover your ears with your hands.
2. Inhale and exhale as slowly as possible.
3. Focus your attention on the sound that your breathing makes.
4. Visualize peaceful ocean waves rolling slowly back and forth towards the shore as you breathe.
5. Repeat as many times as needed.



THE CALM CLASSROOM

Rainbow Breathing



1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin to exhale through your mouth and continue tracing.
4. Repeat with each color or until you feel calm and grounded.

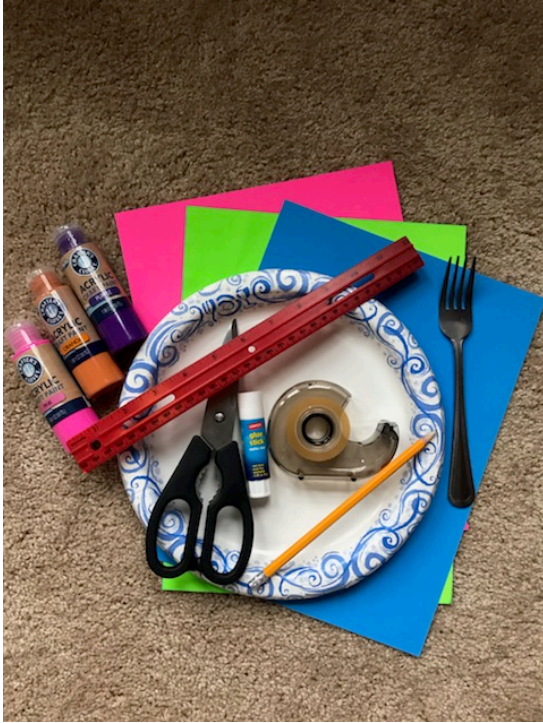


THE CALM CLASSROOM

Make a Field of Tulips Using Forks Dipped in Paint!



Materials Needed: Pencil, glue or tape, a ruler, construction paper, scissors, paint, plastic or metal fork, and paper plate.



Step 1: Pour paint onto a paper plate. Have your child pick out a color they'd like to use first and help them dip a plastic or metal fork into the paint. Make sure your child covers as much of the head of the fork as possible.



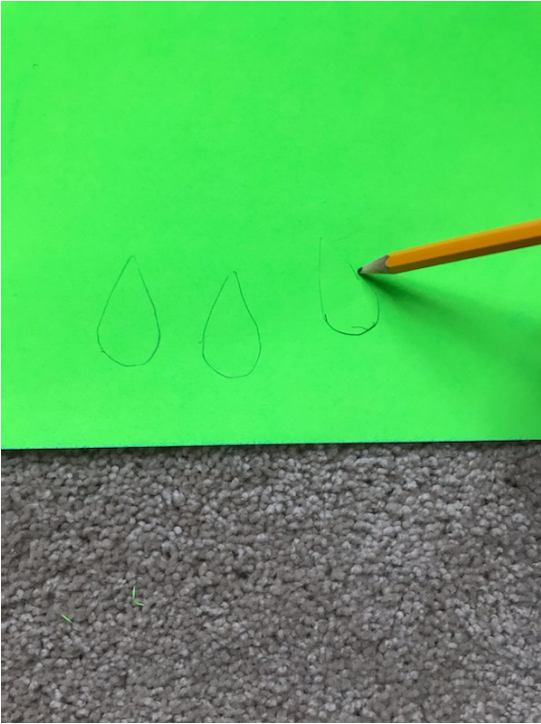
Step 2: Grab a piece of construction paper and help your child carefully place the fork dipped in paint onto the paper. Make sure to help your child press the fork down firmly. Repeat with other colors. Once your child has made all the tulips they'd like, set the paper aside and let it sit to dry.



Step 3: Once the tulips have dried, you and your child can start tracing the stems and leaves for the tulips. Take a piece of green construction paper and using a ruler, help your child trace as many lines as you will need for the stems.

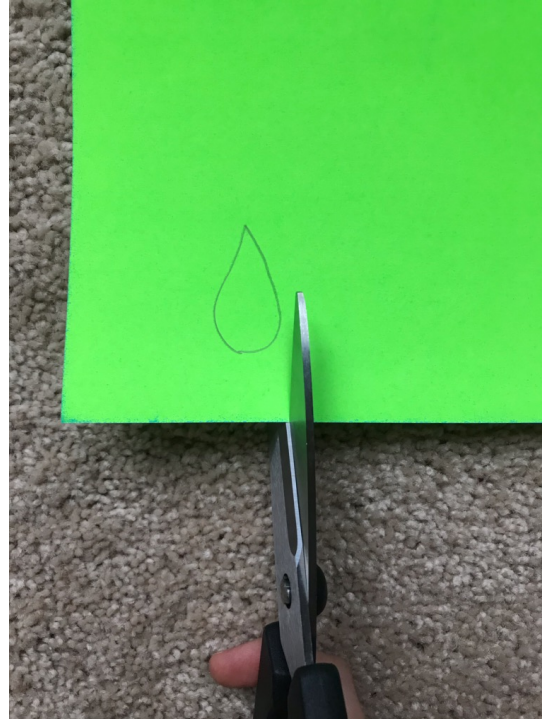
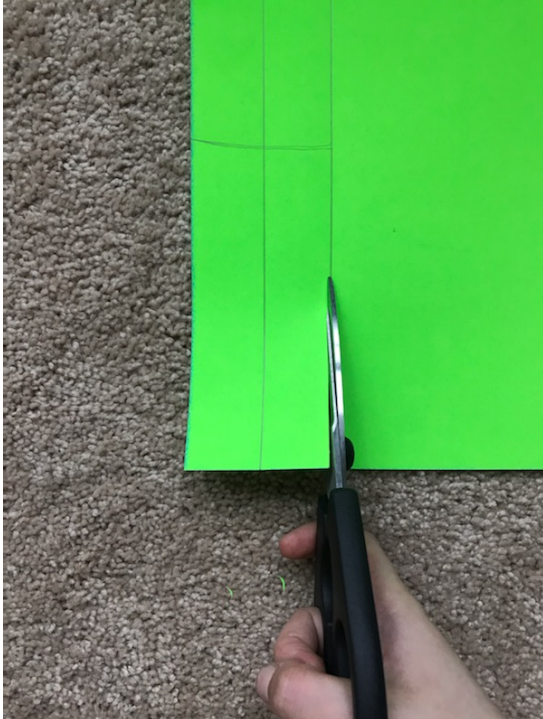


Step 4: Then using more green construction paper, draw a shape of a leaf. Cut it out for your child and have them use it as a template to trace. Have them place the template on the green construction paper and help them trace around the edges to make an outline of a leaf.

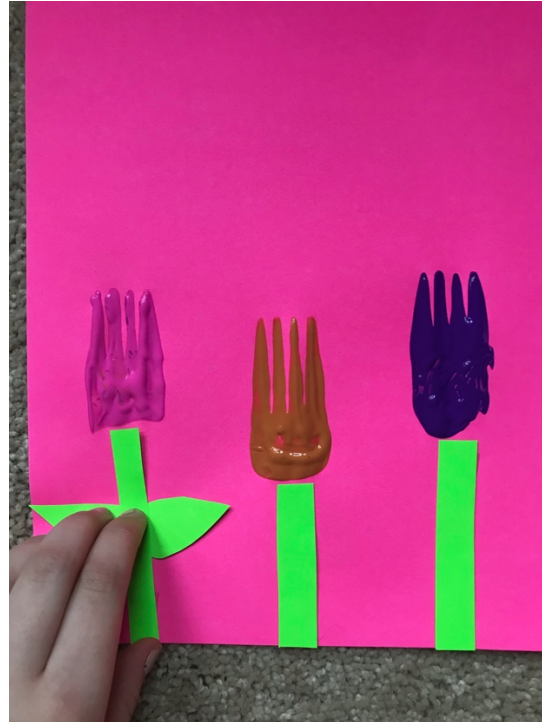


Step 5: Once you have your stems and leaves traced, you and your child can start cutting the shapes out. If you have safety scissors at home, please encourage your child to cut out the stems and leaves by themselves.

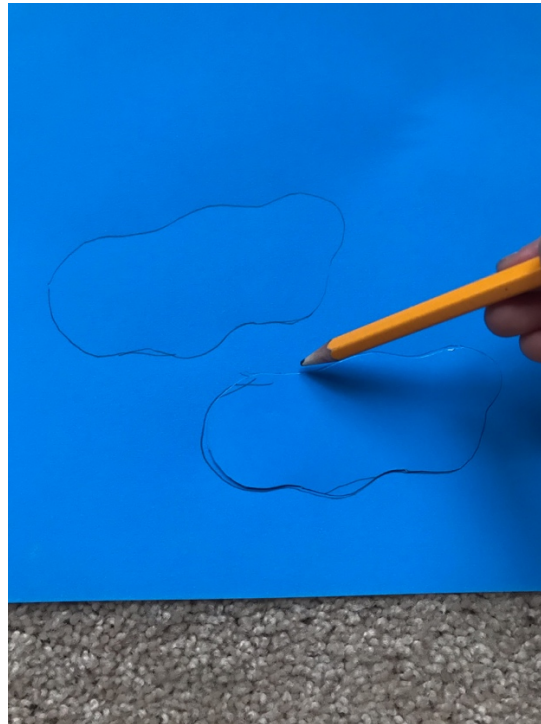
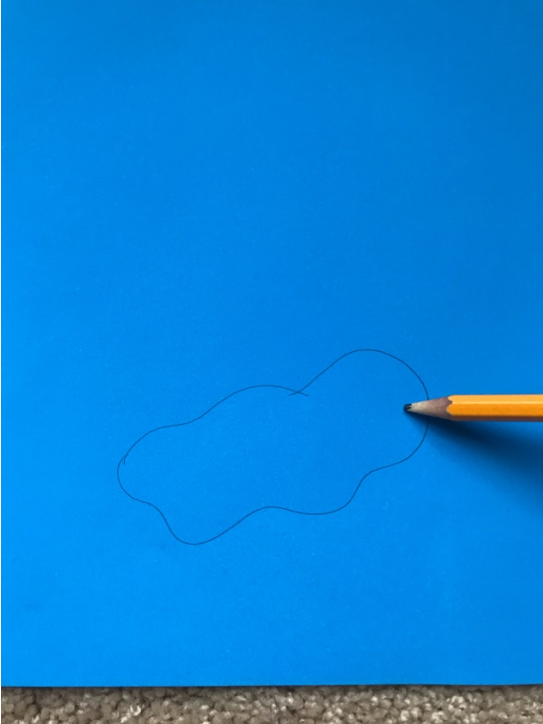
Make sure to remind your child and model how to properly use scissors. Their thumb should be in the smaller hole, their index and middle finger in the larger hole, and their other fingers resting for support. Also, remind them to cut out their stems and leaves carefully, making sure to stay on the lines they traced. Please provide support if your child needs it.



Step 6: Then help your child to apply glue or tape to the back of the stems and leaves. Have them place the stems under the tulips and help them to press down firmly to make sure the stems have been glued down properly. Repeat with the leaves.

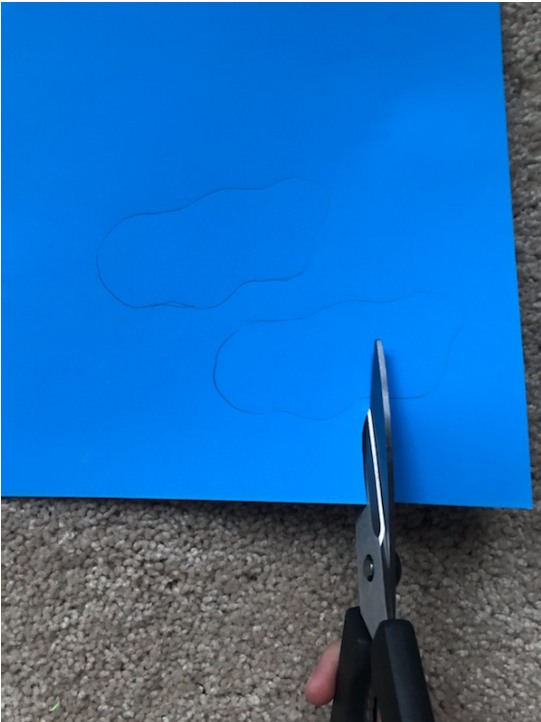


Step 7: Now take a piece of blue construction paper and draw a shape of a cloud and cut it out for your child to use as a template. Have your child put the template on the blue construction paper and help them to trace around the edges using a pencil.

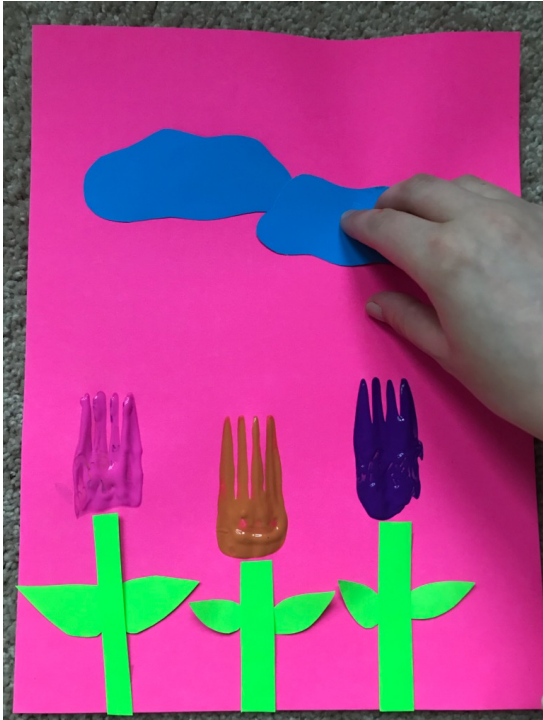


Step 8: Again, if you have safety scissors at home please encourage your child to cut out the clouds on their own.

Make sure to remind your child and model how to properly use scissors. Their thumb should be in the smaller hole, their index and middle finger in the larger hole, and their other fingers resting for support. Also remind them to cut out their clouds carefully, making sure to stay on the lines they traced. Please provide support if your child needs it.



Step 9: Once your child has cut out the clouds, help them to apply glue or tape to the back. Have them place the clouds above the tulips and then help them to press down firmly on the cloud to make sure it has been glued or taped down properly.



Step 10: Yay, your child is all done and made a beautiful field of tulips! Please write their name on the front or back and display it somewhere so everyone can see it!



