

30-36 Months Week 7 Lesson Plan

Week 7: Monday

Practical Life: Making Fruit Salad

- Objective: Developing practical skills for everyday life.
- Materials: Fruits – Round-edged butter knife – cutting board.
- Procedure: choose the fruit you want to use. Show the child how to hold the knife correctly and allow them to hold it. Grab a piece of fruit and show the child how to cut the fruit. Encourage the child to try and cut the fruit.
- Notes: Choose fruit that can be easily peeled or cut and wash it if needed

Sensorial: Painting

- Objective: Developing Creativity
- Materials: Large sheet of paper – Paint in the jar – brush and apron, newspaper/tarp
- Procedure: Lay out the materials on a prepared table. Invite the child to paint with you.
- Notes: Choose a low, heavy jar that will not tip easily and put just a small amount (1-2 ounces) of paint on the jar

Language Arts: The Human Body

- Objective: Practicing naming skills.
- Materials: Simple picture showing a child figure.
- Procedure: Print out a picture of a child. Cut the picture into pieces of each body part. Name the body part slowly and clearly. Encourage the child to repeat after you while pointing to the body part.

Math: Matching Numbers

- Objective: Becoming familiar with the symbols used for numbers.
- Materials: Numbers from one to ten cut out of heavy black cardboard - Set of ten number sheets, each showing the outline of a number and cardboard-you can create all this with simple computer paper as well
- Procedure: Slowly and deliberately compare the number shape to each of the number outlines on the two sheets. Turn the shape this way and that over both outlines before placing it on the correct one.

Science: Is it Magnetic?

- Objective: Developing concentration, cause and effect, language development
- Materials: Magnet large enough to be easily held by the child – three different small metal objects that can be lifted by the magnet.
- Procedure: Move the magnet toward the object until the magnet picks up the object. Encourage the child to try for themselves. To extend on this: have the child find object around the house to see if they are magnetic or not.

Week 7: Tuesday

Practical Life: Rolling and Unrolling Work Mat

- Objective: Practicing setting up putting away.
- Materials: Large cloth
- Procedure: Unroll the mat and pat it flat and roll the mat up again
- Notes: Present other material that may need rolling up and unrolling Examples: hand towel, napkin.

Sensorial: Identifying “Loud” and “Soft” sounds

- Objective: Practicing listening skills
- Materials: Two small containers with lids - one for marble – one for sand.
Procedure: Invite the child to shake the container and name the sound the container makes
- Notes: Fasten the lids tightly with tape or glue.

Language Arts: Naming Objects Starting with the Same Phonetic Sound

- Objective: Practicing specific phonetic sound
- Materials: Drawstring bag containing five objects starting with the same phonetic sound. For example, five objects starting with the B sound
- Procedure: Take the first object out, hold it in your hand and name it. Then Say the phonetic sound of that letter. Then repeat the full name. Encourage the child to name the object and to repeat the phonetic sound.

Math: Count Objects

- Objective: Counting in sequence, fine motor skills
- Materials: 10 small items that are the same: 10 pennies, buttons, legos, etc., paper, marker, scissors
- Procedure: Make 10 squares by cutting the paper. Write the numbers 1-10 on the paper. Gather the 10 pieces and encourage the child to sit with you. Place down number 1 and have the child place 1 of the object. Say “One”. Repeat with remaining numbers.

Science: Planting

- Objective: Developing sensory awareness
- Materials: Pot – soil – seeds – and water
- Procedure: Gather the materials. Encourage the child to help you to pour some soil in the pot. Next, have the child pour the seeds in the soil. Then, have the child put a little bit more soil on top. Have the child water the plant.
- Notes: have the child pick out the seeds that they want to grow. Encourage the child to watch the plant and water the plant daily.

Week 7: Wednesday

Practical Life: Self Care

- Objective: Developing a routine of self-care skills
- Materials: towels (cloth or paper)- hand lotion – sponge and wash cloths - liquid soap.
- Procedure: Squirt a small amount of liquid soap into child's hand. Encourage the child to rub his/her hands together. Then have the child dip their hands in the water and then encourage them to dry them off.

Sensorial: Color Match

- Objective: color recognition, developing concentration, fine motor skills
- Materials: bowls/cups/plates of different colors, objects around the house that are different colors.
- Procedure: Have the child collect items around the house that are different colors. Place the bowls in front the child and ask them to place one object of each color in the separate bowls-you can do this before so that each color has their own bowl designated to it. Have the child place the objects in the correct colored bowls.

Language Arts: Read a Book

- Objective: Developing listening skills, language development, developing conversation skills
- Materials: Book
- Procedure: Invite the child to read a book with you. Read the book to the child while pausing after a page to ask the child to point to objects in the book. Ask the child questions about the book and what they see on the pages. Ask the child to tell you what is happening in the book.

Math: Number Book

- Objective: Number recognition, counting by rote
- Materials: 5 pieces of paper, pen, stapler
- Procedure: Fold each piece of paper in half and place them into each other (the way that a book would look). Write the numbers 1-10 on each page. Invite the child to sit with you. Introduce the book and go through each number. Have the child repeat after you when you say the number. Then encourage the

child to trace the number with their fingers. Once the child has mastered 1-10, repeat the process with 11-20.

Science: Identify solids and liquids

- Objective: language development, introduction to science
- Materials: ball, water, tub
- Procedure: Fill the tub with water. Have the child touch the water and say "liquid". Then have the child grab the ball and say "solid". Then have the child drop the ball in the water.

Week 7: Thursday

Practical Life: Water Pouring

- Objective: hand eye coordination
- Materials: tray, two small cps identical in color and shape - some water -sponge
- Procedure: Invite the child to sit with you. Put some water in a cup and demonstrate how to pour the cup filled with water into the other cup. Use the sponge to clean up any water that has spilled. Encourage the child to try.

Sensorial: Identifying Smells

- Objective: developing the sense of smell
- Materials: Small basket containing several objects with distinctive smells (lemon, orange, bottle of vinegar)
- Procedure: Close your eyes, slowly lift the object up to smell it that name the smell. For example (I smell lemon) open your eyes, then give the object to the child. Encourage the child to smell.

Language Arts: Naming Pictures in a Book

- Objective: Naming pictures in a book
- Materials: Book
- Procedure: Read the book. Encourage the child to point to the pictures in the book and name them. If the child doesn't know what the object is, name the object and encourage the child to repeat after you. Then go back to that object and ask the child what that object is.

Math: Number Matching

- Objective: introduction to the quantity of number recognition
- Materials: paper, pen, cereal
- Procedure: Write the numbers 1 to 5 on the paper. Present the number cards to the child in order and have the child repeat after you. Then have the child place the correct number of cereal pieces to its corresponding number.

Science: Floating and Sinking Objects

- Objective: sensory exploration, language building
- Materials: a rock, small plastic toy, 2 clear containers, water
- Procedure: Fill the two containers with water. Give the child the rock and ask him/her to put the rock slowly inside the container and observe how the rock sinking in water. Now, give the child the plastic toy and ask him/her to put the toy in the water. Use the words sink and float. Try with other objects around the house.

Week 7: Friday

Practical Life: Taking Apart/Put Together

- Objective: Developing practical life skills
- Materials: Sturdy flashlight with batteries
- Procedure: Twist the end of the flashlight until it comes a part, examine the batteries, put it back then replace the end of the flashlight. Encourage the child to try.
- Notes: Choose a flashlight that can be easily opened and closed

Sensorial: Rough vs. Smooth

- Objective: developing touching perception, language
- Materials: 1 cardstock, 1 sandpaper sheet
- Procedure: Divide the card stock by line in two equal parts. Cut the sandpaper in two halves, glue one piece of the sandpaper to the left side of the cardstock. Sit with the child and rub your hand smoothly on the sandpaper and say, "rough", then rub your hand on the cardstock and say, "smooth ". Let the child play as long as he/she desires.

Language Arts: Print Letters in Sand

- Objective: introduction to writing and reading
- Materials: letters that you have already used, a large tray, sand/sugar/flour, a basket
- Procedure: Cover your table or carpet for preventing mess. Then place the materials on the table. Spread sand in the tray evenly then take the first letter put in on the sand and press it down until you make the shape. Ask the child to do the same. And ask him/her what the letter is. Give the child time to answer and if they can't, then say the letter with the sound and have them repeat after you.

Math: Singing Songs with Numbers

- Objective: counting, fingerplay, number recognition

- Materials: <https://childhood101.com/15-preschool-counting-songs-fingerplays-rhymes/>
- Procedure: sing a counting song (see link) and act out the numbers with your fingers.

Science: Leaves Collage

- Objective: sensory exploration, language building
- Materials: leaves found from outside, cardstock/construction paper, contact paper or packing tape
- Procedure: Go outside and collect some leaves. Try to encourage the child to collect different types of leaves. Once you have your leaves, place them on the cardstock paper. Then apply contact paper or packing tape over the leaves.