



At Home Activity Packet

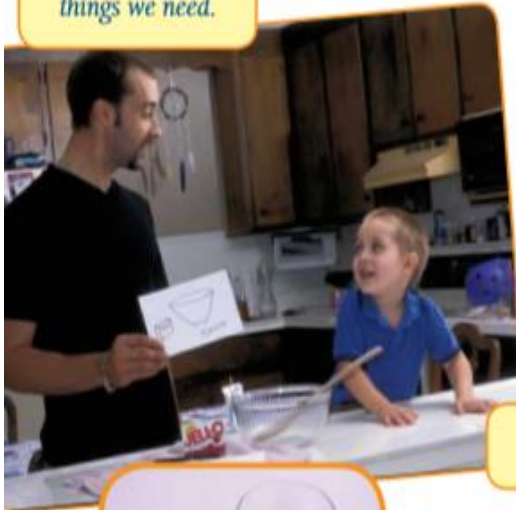
Creative Curriculum

Study Question: Why is it important to eat nutritiously?

Book	Song	Activity #1	Activity #2	Developmental Domains
The Very Hungry Caterpillar	Song: I like to Eat Apples and Bananas	First, Next, Last Game 167	Tell How Game 187	Social and Emotional Development Language and Literacy Approaches to learning Cognition
Read Aloud Book Link https://www.youtube.com/watch?v=75NqK-Sm1YY	Video Link https://www.youtube.com/watch?v=INNMcKnj0PyE&feature=emb_logo	Learning Game 167	Learning Game 187	

First, Next, Last

First we find the things we need.



Use picture cards and the words *first*, *next*, and *last* to teach your child a simple recipe.

Your child's ability to remember the order of events in a process will improve.

Yes!



Why this is important

This game provides a fun situation for learning sequencing. Your child will see that some events happen in a given order. Following a recipe builds skills that will help him remember the order of events. Many tasks such as telling a story, bathing, dressing, or riding a bicycle must be done in a particular order to be successful.

What you do

- Invite your child to help you make something from a simple recipe.
- Show him three index cards, and explain that as you work you will draw pictures of what you did.
- Pick up one card and say, *This card is for what we do first. First, we collect the things we need. As you name the objects (bowl, spoon, measuring cup, and water), make a simple outline drawing of each object on the card.*
- Collect the items together, and review: *First, we found the things we needed.*
- Explain the next step and ask for his help. *Next, we have to put the JELL-O® and the hot water together. How could we do that? Wait for his suggestion and respond: Right, we put them in the bowl and mix them. That's the next step. Let me put that on the card.*
- Review the completed step, and then move on to the last step: *The last thing we do is put the JELL-O® in the refrigerator.*
- Illustrate the third step on a card before reviewing all three steps. Ask him to look at the cards and remember which came first, then next, and then last.

Another idea

On another day, encourage him to make the recipe again so he can use the cards to remember the steps. Invite him to share the cards with a relative so that he can practice explaining the order of events.

Let's read together!

Rabbit Pie
by Penny Ives

Tell How



Offer your child simple recipe cards so he can tell you or someone in your family how to prepare food.

Your child's confidence will grow as he shows that he can follow the recipe cards and give directions.

Then you stir and stir.

Why this is important

Following a recipe gives your child practice with a sequence of directions. Learning to take a more directive and responsible role can lead to new kinds of partnerships. Changing one's role in a familiar situation is a first step for taking on the risk of a new role in a new situation. Studying the pictures and text on cards gives practice in early literacy.

What you do

- Build on the early *LearningGames* activity of making a simple recipe together by letting him direct the action the next time you make it.
- Explain that he will be the one who directs this activity.
- Offer your child the cards that were made for the previous recipe activity.
- Prepare the hot water and then ask for the next step: *Now, what do I do first? What did you and Daddy do first when you made JELL-O? Do the cards tell you?*
- Help him, if needed, by reviewing the drawings and asking *What do I need to put the JELL-O in?*
- Ask for each step as you move through the activity. Review all the steps after the recipe is made.
- Talk about how much help he provided: *I'm so happy you're getting big enough to help by telling me what comes next. It's fun to have you as my partner.*
- Try the game again at a later time, and notice how much he can do from memory without relying on the cards.

Another idea

Think of other activities that could be carried out using cards, such as making a peanut butter sandwich or folding paper to make a greeting card. Each activity should have no more than three steps until your child becomes skilled at following the directions.

Let's read together!

A Gate All For Me
by Karen Magnuson Bell