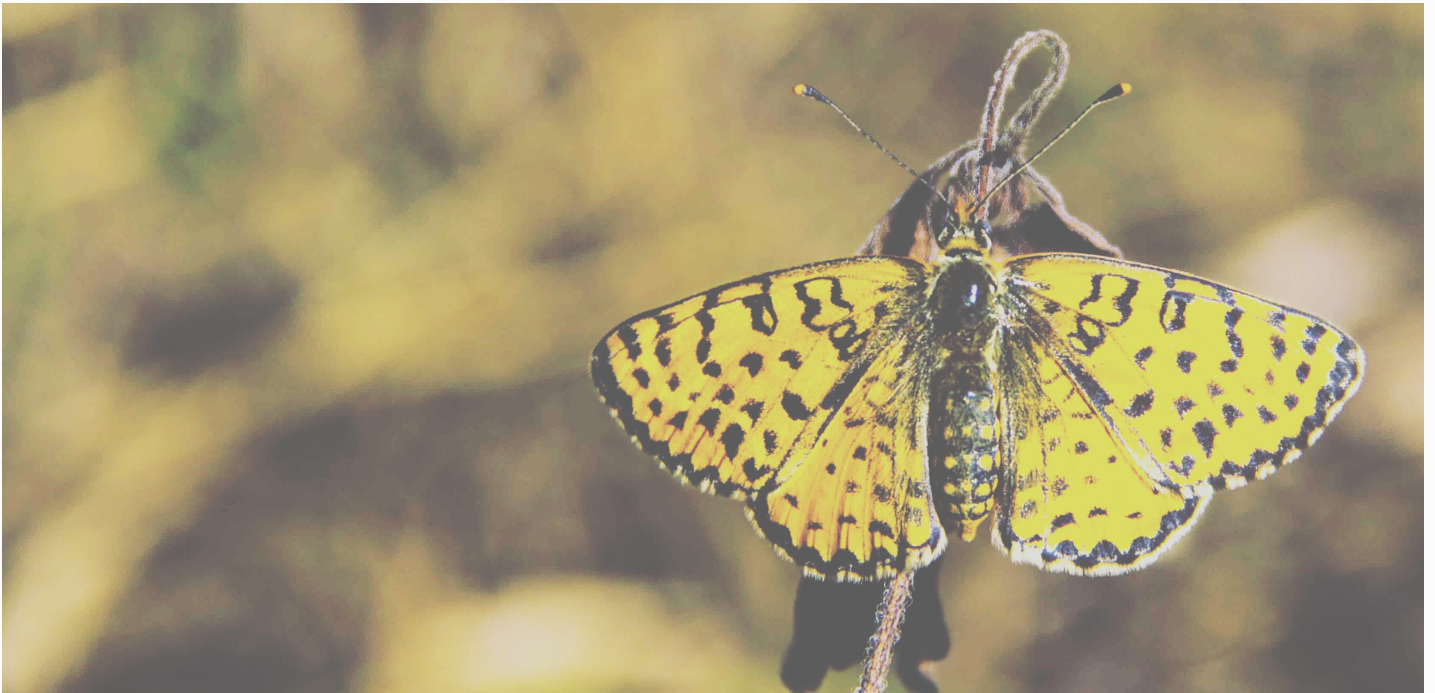




VOLUME 3 • APRIL 13

BEACON HEIGHTS AT HOME

WEEKLY ACTIVITIES FOR PRESCHOOL FAMILIES



TAKE A PEEK!

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BUGS, BUTTERFLIES, & MORE!

As that warm weather rolls in, so do the creepy crawlies! Flying, jumping, crawling, and wriggling through our yards are thousands of fascinating creatures every day. This week, we'll encourage you to take advantage of a slower pace, get down, and appreciate this wondrous miniature world.



MOVEMENT

LIFE CYCLE OF A BUTTERFLY



(A CHANT)

I started as a tiny egg
Upon a leaf of green
And then I stayed upon the leaf
So I would not be seen

Now I am a caterpillar
Crawling all around
Growing lots and eating all leaves
that can be found

Soon I'll build a chrysalis
Upon a limb so high
I'll stay a while and then come out
And be a butterfly



BUG RACES

Ready... Set... GO!



What better way to burn some energy than racing? Go outside and pick two points in your yard. Have your child race from one point to the other. Kids can race each other, race a parent or race themselves while having a parent time them. Now lets make it fun- How fast are you when you slink like a slug between the two points? Flapping like a butterfly? Buzzing like a bee? Short armed walking like a praying mantis? Wiggling like a worm? Rolling like a roly poly? You'll be amazed at the creative ways kids can come up with to move!

BUG "YOGA"

Let's move and stretch together!

BUTTERFLY

Sit down with feet together, knees out like wings. Use your fingers to create antennae

ROLY POLY

Hold your knees and roll onto your back

GRASSHOPPER

Squat on your feet and jump up!



STICK BUG

Stand up straight and reach your arms up

PRAYING MANTIS

Hold your hands "praying" at your chest, balance on one foot

BUMBLE BEE

Reach one leg all the way behind you while balancing on the other. Stretch out your "wings"

ANT

After bumble bee pose, plant one foot back down behind you while bending your front leg. Make strong arms!

LADYBUG

Kneel down and fold your body over your knees, Put your arms down at your sides.

ART & DRAMATIC PLAY

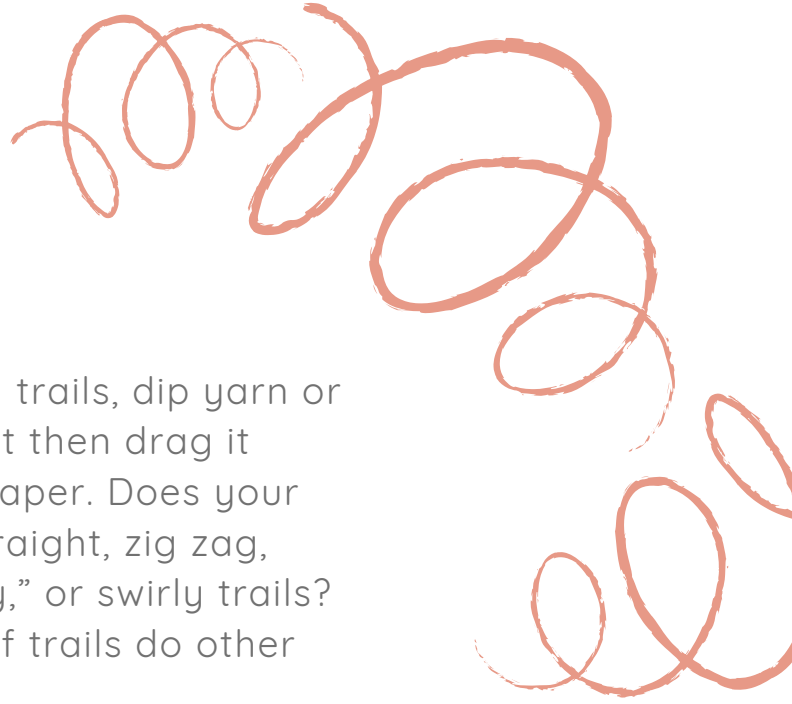
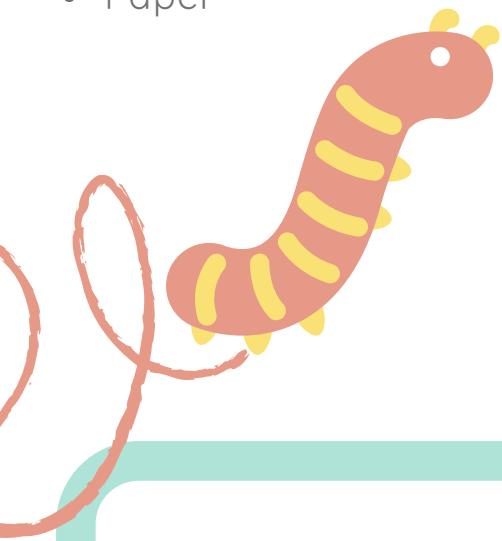
BUG TRAILS PAINTING

Materials:

- Yarn or string (approx.. 6"-12" long)
- Paint
- Paper

Process:

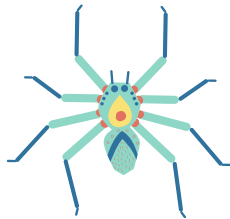
To make bug trails, dip yarn or string in paint then drag it around the paper. Does your bug make straight, zig zag, wavy, "hoppy," or swirly trails? What kinds of trails do other bugs make?



BUG STAMPS

MATERIALS:

- paint
- paper
- toilet paper rolls
- scissors
- sponge
- rubber band



PROCESS:

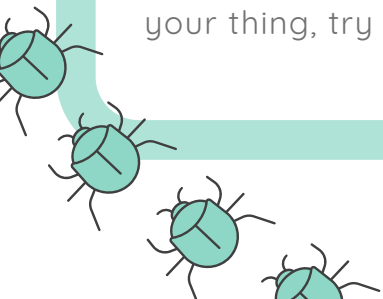
We can use all kinds of things around the house to create a variety of buggy stamps!

Spiders: Snip the ends of a cardboard tube and bend them out to create spider legs. Dip in paint and make a whole family of spiders on your paper!

Ants and caterpillars: You just need your fingers to create some adorable ants and caterpillars! Using fingers to paint and stamp is a great sensory experience for our kids. If messy isn't your thing, try taking art outside!

Butterflies:

Take a clean kitchen sponge and wrap a rubber band around the middle: butterfly stamp!



ART & DRAMATIC PLAY

BE A BUG!

We have included a document to use as a tool to create your own bug headband! Color and cut out the strips of paper, then attach them length-wise to one another using glue/tape/stapler. Size it to fit around your child's head from the forehead to the back of the skull. Secure and cut off any excess. Then attach the bug eyes! You can add antennas, small wings, extra eyes etc. to fulfill whatever your buggy heart desires. Best part, these can fit adults, too. Just sayin'. ;)



How can we play as bugs? What bug did you make yourself when you made your bug headband? Can you complete the outfit? Example: If you made a green caterpillar can you find a green shirt and pants to match? Then roll up in a blanket like a cocoon. After a bit can you emerge like a butterfly? Other bug play- burrow in blankets and pretend to be an earthworm "eating" your way through the dirt! Set a few colorful items of clothing around the living room and pretend to fly like a butterfly using your feet to land on the colorful, tasty "flowers". Can you army crawl around the house like an ant?

SENSORY PLAY

A sensory bin allows children to explore, discover, imagine, create, and learn while engaging their senses.

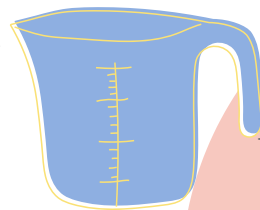
Have an old box lying around? A dishpan? An old plastic tub? Time to put it to use! Here are a few bug inspired items you could fill it with:

- Leftover Easter grass
- Plastic eggs
- Shredded paper (empty out that paper shredder or cut/tear/rip old newspaper/ads-great way to practice scissor skills with your child.)
- Noodles/ Rice (your child could even paint/ color them to look more bug like)
- Grab some cardboard- draw and then cut out some homemade bugs.
- Rocks

If you want to get your hands a little dirty (which we always recommend) here is a **MUD recipe** to let your child explore with!

- 2 tablespoons cocoa powder
- 2 cups flour
- 2 cups water

Mix all ingredients together and dig in! (If the mud is too liquid or solid- add more flour or water.)



Always include a means to pour/pinch/scoop/grab! These build fine motor skills and typically extend the length of play time.

Measuring cups
Utensils
Tongs
Turkey baster (liquid)
Paint brushes



MATH & SCIENCE

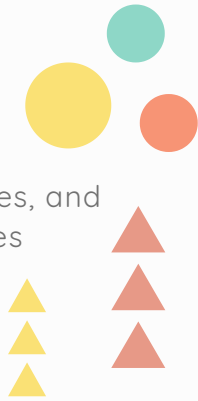
BUILD-A-BUG

Materials:

- Paper cut into triangles, circles, and rectangles in a variety of sizes
- Plain paper (optional)
- Glue (optional)

Process:

Grownups, prepare this activity by cutting out a variety of shapes. Encourage your child to think about what kind of bug they could make with just these materials. They can either use the same shapes again and again -or- they could save their work by gluing it onto paper. After they've created some bugs, hand them a marker to add even more detail!



GOING ON A BUG HUNT

Print out the attached guide to help you on your search! Can you find....

A BUG THAT FLIES

A BUG THAT CLIMBS

A BUG THAT CRAWLS

A BUG THAT HOPS

A BUG DOING SOMETHING SILLY

A BUG TAKING A BATH

A BUG EATING A SNACK

A PLACE WHERE BUGS LIVE

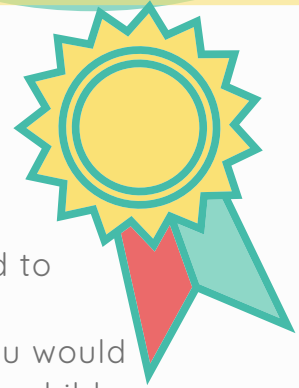
BUGS WORKING OR PLAYING TOGETHER

YOUR FAVORITE BUG!

AND THE WINNER IS...!

Some of you may remember back in the fall we decorated one of our classroom doors. We let the children come up with two options and then we took a class vote. It quickly caught on and soon the children were creating their own polls. Work with your child to name a few favorite creepy crawlers.

Say you pick four (two may be a good start for a younger child), you would then make four columns on a piece of paper- one for each bug. Your child can write the names of the bug, or just the beginning letter, or they can draw a picture to symbolize which column is for which bug. Then open the voting! Help your child ask people in the house which is their favorite bug of the four, then mark the vote appropriately. Once you've collected votes in your home, could you call a grandparent/ aunt/ family friends etc and ask for their vote? A neighbor may have an opinion they'd like to give (from 6 feet away). When you're finished, count your votes for each bug and see who won! This poll is a great way to stay connected and maybe find out what a family member's favorite bug is.



Fun twist:

Maybe make the next poll about the lesser commonly adored bugs. Would you like a spider, mosquito, or roach? Etc...Equal opportunity bug love, people. ;)



MATH & SCIENCE

BUG HABITAT

Materials:

Any materials you think might make a good bug house. These can be natural objects (sticks, leaves, pebbles, etc.) or household objects (plastic jar, cardboard box, stickers, etc.)



Process:

Spend time thinking about what a bug would need in their house. A couch? A kitchen? A bathtub? A nice green leaf to eat? A stick to climb on? Use the materials you have collected to make these things to put in your bug house. Do different bugs need different things in their house? What other materials would/do you need?



INSECT SNACK-ATTACK!

ANTS ON A LOG

Ingredients:

- Celery cuts (approx. 2"-4") or apple slices (works best if cut into circular, flat slices)
- Peanut Butter
- Raisins

Process:

Spread peanut butter inside the celery or on top of raisins. Top with raisins. How many ants are on the log?

ANTS TRAILS IN SAND

Ingredients:

- Graham crackers

Process:

Put one graham cracker in a plastic bag with a zipper. Have your child smash up the graham crackers until it looks like...well, sand! You can pour this onto a plate and have your child trace shapes and letters, you can serve to your child as is (adding raisins or other small healthy snack to be the "bugs"), or use this as a topping for another healthy treat!

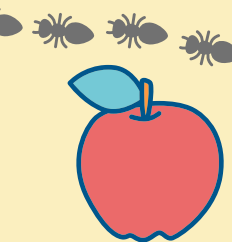
CRACKER BUGS

Ingredients:

- Crackers (round, square, rectangle, or other shape!)
- Any spread: Peanut butter, hummus, cream cheese, etc.
- Pretzel sticks (or other edible sticks!)

Process:

Spread the peanut butter/hummus/cream cheese on a cracker. Top with another cracker. Stick pretzels in the sides to make the legs. How many legs does your bug have?



LITERACY

Bug songs and stories are on the site...Remember, you can always re-watch your favorites from past weeks!

Go to: kidlitcrafts.net/beaconheights-videos

Password: beaconheightsfamily



THE ANTS GO MARCHING

The ants go marching one by one
Hoorah! Hoorah!

The ants go marching one by one
Hoorah! Hoorah!

The ants go marching one by one
The little one stops to play the drum
And they all go marching
Down in the ground
To get out of the rain

The ants go marching two by two...
The little one stops to tie their shoe

The ants go marching three by three...
The little one stops to climb a tree

The ants go marching four by four...
The little one stops to knock on the door

The ants go marching five by five...
The little one stops to do a jive

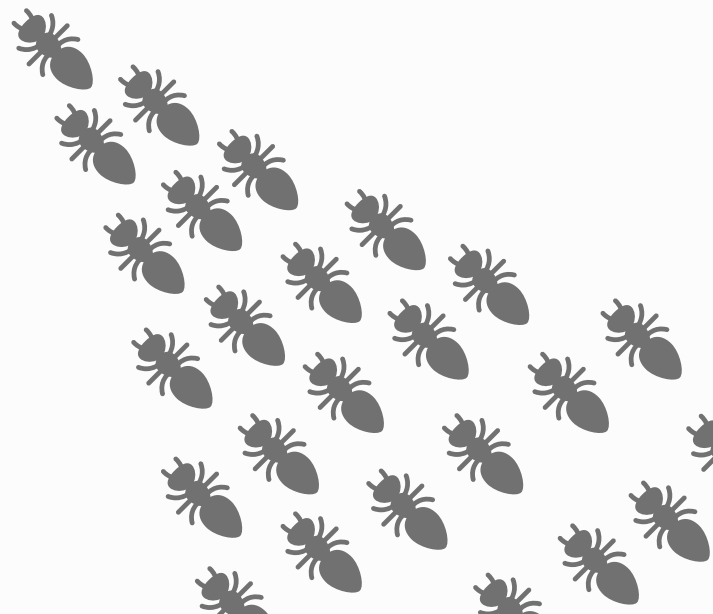
The ants go marching six by six...
The little one stops to pick up sticks

The ants go marching seven by seven..
The little one stops to count to eleven

The ants go marching eight by eight...
The little one stops, but is running late

The ants go marching nine by nine...
The little one stops six feet from the ant in front of
them in line

The ants go marching ten by ten...
The little one stops to say the end



LITERACY

LETTER MATCHING

Matching uppercase and lowercase letters can be a bit tricky for anyone, but practicing this concept in a fun way with your family makes for bonding time and learning. Print and cut out the provided cards. Flip the pieces face down and take turns turning two over at a time to try to find a match!

I LOVE BUGS!

(To the tune of 3 Blind Mice)

I love bugs, I love bugs
They creep, they crawl
They get in my hair
Sometimes they bug me,
But I don't care'
Cuz I love bugs.
I love bugs.

LADYBUG PICNIC

One, two, three
Four, five, six
Seven, eight, nine
Ten, eleven, twelve
Twelve lady bugs at the ladybug picnic.

One, two, three
Four, five, six
Seven, eight, nine
Ten, eleven, twelve
They all played games at the ladybug picnic

(replace "played games" with anything else you think they did at the ladybug picnic!)

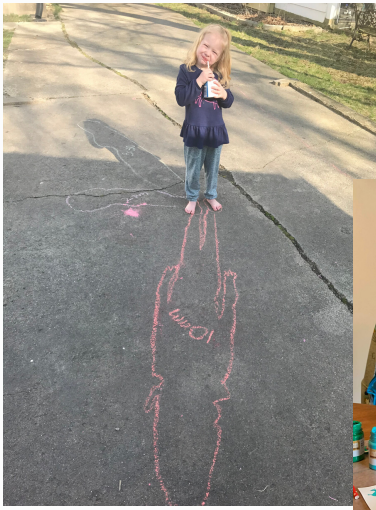
When you're ready for the ladybugs to leave the picnic...

Twelve, eleven, ten
Nine, eight, seven
Six, five, four
Three, two, one
They all went home from the ladybug picnic



LAST WEEK'S FUN

WEATHER!



**"Bad weather
always looks
worse through
a window."**

TOM LEHRER

Email anna@beaconheights.net with pictures of your bug week fun to be featured in our next newsletter!