



VOLUME 7 • MAY 11

# BEACON HEIGHTS AT HOME

WEEKLY ACTIVITIES FOR PRESCHOOL FAMILIES



## TAKE A PEEK!

PEOPLE WHO HELP US  
MAKE & CREATE  
- 1

PEOPLE WHO HELP US  
LEARN  
- 2

PEOPLE WHO HELP KEEP US  
SAFE  
- 3

PEOPLE WHO HELP KEEP US  
AND OUR ENVIRONMENTS  
HEALTHY  
- 4

PEOPLE WHO HELP DELIVER  
THINGS  
- 5

PEOPLE WHO HELP FEED US  
- 6

SONGS & STORIES  
- 7, 8

## COMMUNITY HELPERS

*"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of disaster, I remember my mother's words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world."*

-Mr. Rogers

We're excited to spend this week focusing on the many wonderful people that help keep our communities running!

# PEOPLE WHO HELP US MAKE & CREATE

Artists, musicians, entertainers, construction workers, architects, engineers, factory workers, designers, inventors, electricians, plumbers, writers... and more!

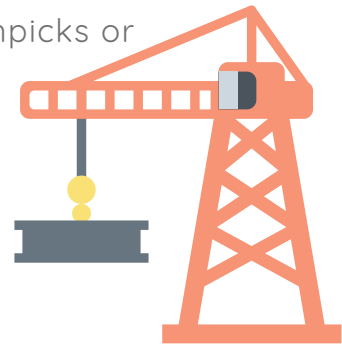


## CAUTION: CONSTRUCTION AHEAD!



These signs are everywhere in the spring! One place you probably didn't anticipate seeing them was the kitchen table! For this activity you'll need toothpicks and then an item to connect them.

Mini-marshmallows work well! Or you could use blueberries or grapes! Then build! Can your child make a shape? Or maybe a house? If you want to expand on this activity, help your child make a blueprint for their build before they start. Does the structure have the stability you hoped for? Did you need more toothpicks or connectors than you anticipated?



## ARTIST-IN-RESIDENCE

Since the art museums are closed, it's the perfect time for a little more creativity at home!

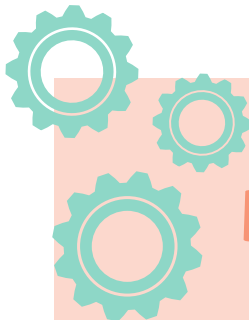
### • COLOR CREATION

Let your little artist experiment with paint mixing to create their very own colors. Squeeze out small amounts of a variety of paints into disposable containers and let your child mix to her heart's content.

What will she name her new colors? Make a color-guide, helping your child write names of colors on her very own paint swatches.

### • ART GALLERY

Announce an art opening, clear off a section of wall to hang art, and see what happens!



## MAKER MACHINE MOVEMENT

First watch a machine in your house- a clock, a vacuum sweeper, a coffee maker, a printer, etc. Think about the different parts and what each part does. Now, think about how your body move like a machine.

Are there parts that go up and down?

What movement could you do for that part? Are there parts that go around and around? In and out? Side to side? How could you do these movements? Find another person to join you and you can make your maker machine even bigger!

# PEOPLE WHO HELP US LEARN

Teachers, librarians, pastors, therapists, scientists, researchers, speech therapists, school counselors... and more!

## LIVING ROOM LIBRARY

We all dearly miss being able to check out books, visit with friends and have circle time with our favorite librarians. So let's recreate the magic of the library in our own homes! What do we do at the library? Let's make our own circle time! Do we have any siblings or stuffed animals that would like to attend? What songs did we like to sing? Assist your child in making their own at home library card. A library bag is also a useful play and real time accessory for the library. Check out some books from your own book shelves! You might find some old favorites you had forgotten about!



## AT HOME SCIENCE

Be a scientist for a day! Here are three simple science experiments you can do at home!

### FIREWORKS

#### Materials:

- Two cups (make sure one is clear)
- Oil
- Water
- Food coloring
- Mixing spoon



#### Process:

- Fill a clear cup about 2/3 full of water.
- In the other cup put a few tablespoons of oil and several drops of several colors of food coloring.
- Mix this together as best as you can.
- Now, pour the oil mixture into the water. Soon, you will see the droplets of food coloring blasting out of the oil like fireworks!

### MIXING COLORS

#### Materials:

- Several bowls
- Water
- Food coloring or liquid watercolors
- Measuring spoons

#### Process:

- Fill several bowls about half-way with water.
- Using food coloring or liquid watercolors, color the water in at least three of the bowls (red, yellow, and blue would be fine, but more works, too!)
- Have your child experiment with mixing colors by using the measuring spoons to scoop different colors of water into the same bowl.

### BUBBLES!



(AKA the age old volcano science fair project)

#### Materials:

- Bowl or plate (or sand mountain!)
- Baking soda
- Vinegar

#### Process:

- Place several tablespoons of baking soda in your bowl or on your plate.
- Make a well in the baking soda.
- Pour some vinegar in your baking soda well and see what happens!!

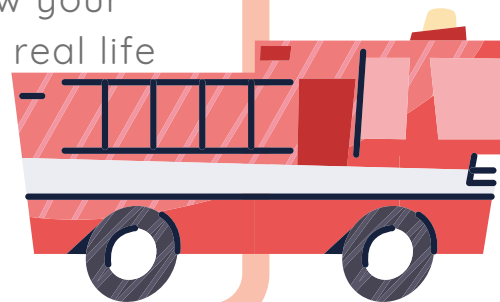
*For added fun, use a few drops of food coloring and/or some dish soap!*

# PEOPLE WHO HELP KEEP US SAFE

Firefighters, police officers, security guards, life guards, military, EMTs, social workers, government officials.... and more!

## SIDEWALK CHALK FIREFIGHTER

Drawing with sidewalk chalk is a great creative outlet! Removing it can be just as fun! Draw some flames on the driveway or sidewalk. Give your little firefighter-in-training a homemade "fire extinguisher". An old cleaning bottle, washed out and filled with water, or even the garden hose turned on the lowest pressure can be a fun way to extinguish the fire! Be sure to show your preschooler our video of our friend, real life firefighter, Craig!



## SAFETY SIGN SCAVENGER HUNT

There are all kinds of signs around our community that grownups follow to keep us all safe. Print out the attached scavenger hunt page and take it on your next car ride to see how many you can find around Fort Wayne!

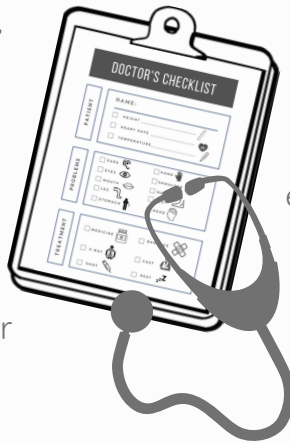
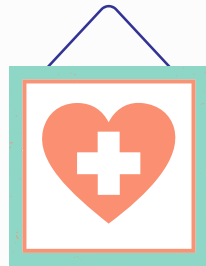


# PEOPLE WHO HELP KEEP US & OUR ENVIRONMENTS HEALTHY

Doctors, nurses, PA's, dentists, veterinarians, nutritionists, physical/occupational/massage therapists, home aides, sanitation workers... and more!

## MEDICAL ART

One of our more famous art masterpieces that comes home from preschool is the infamous Band-Aid Art. Now you can create this Beacon Heights classic at home! With your child collect various, extra medical supplies around the house. At preschool we like to use Band-Aids, Q-tips, cotton balls and cotton rounds. All your child needs is a piece of paper and a bottle of glue to begin to create! (For different levels of fine motor skill practice, leave the band-aids in the entire wrapper or with just the backing for your child to remove.)



## THE DOCTOR IS IN

Doctor's office dramatic play can provide hours of fun! Use our handy medical checklist printable to make your next visit to the "doctor" extra realistic. Brainstorm with your child the different kinds of tools and supplies that might be in a doctor's office, then gather them together.

This would be a good time to talk about the benefits of wearing masks! Dramatic play is also a great way to ease any fears children might have of medical visits. Walk your child through exactly what happens at a check-up, giving her a chance to role play as both the patient and the doctor.

## HOME HELPERS

There are several ways young children can learn to be home helpers! Some ideas are:



### Doing the Dishes

This is a great sensory experience. Put some warm (not hot) water in the kitchen sink with some dish soap. Provide plastic cups, bowls, plates, etc. and a dish cloth for your child to explore. Once the dishes are done, give your child a dry towel and have them wipe up any water that may have gotten on the floor.

### The Sweeping Game

Using painter's tape, make a square on your tile, wooden, or laminate floor. Provide your child with a broom, mop, or dish cloth. Have your child see if they can sweep things into the square. To make it a competition, make another square on the floor and see who can fill it up the fastest! (This is a great game to play if your child spills dry food or other dry materials on the floor!).

### Wiping Down Surfaces

(Furniture, counters, outdoor surfaces, etc.) Provide your child with a dish cloth and spray bottle filled with water (and, perhaps a drop of dish soap). Show your child how to spray a surface and wipe it off. Children love doing this job at preschool!

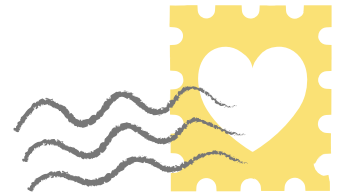
# PEOPLE WHO HELP DELIVER THINGS

Postal workers, truck drivers, bus drivers, pilots, ups/fedex, train engineers, taxi/uber drivers... and more!

## CRAYON COMPANIONS!

Staying connected is an important part of being in a community! What better way to do that than with a pen pal or for our aged kids, a crayon companion! :) We would like to start a program to keep our Beacon Heights family communicating through the mail. If you would like your child to be able to send pictures/ letters back and forth with one of their preschool teachers, let us know! We would love to hear from them!

Please email Ms. Michelle at [CrayonCompanions@gmail.com](mailto:CrayonCompanions@gmail.com) to be paired with a teacher to correspond with!



To: *My Friend*

---

---

---

## POST OFFICE PLAY

Having fun with post office dramatic play provides so many learning opportunities! Cut a slot into a cardboard box for an instant mailbox... gather several boxes for a whole neighborhood of delivery opportunities! Try setting up an office area with a stack of envelopes, stickers (for stamps), paper, and writing utensils. Have a kitchen scale? Bring it out to weigh your packages before sending! An old tote can become a mailbag, and don't forget to print out some play money so customers can buy stamps and mail packages.



## THANK A HELPER

Encourage your child to think about a helper they would like to thank. Is it the letter carrier that delivers your mail? The sanitation worker that picks up your trash and/or recycling? The police officer that you've gotten to know? Have your child make a thank you card for the community helper of their choice. Some possible prompts for your child are: Why is this person a helper to you? What do you like about this person? Why is this job important? If it is safe, have your child participate as much in the delivering of the thank you card as possible.



# PEOPLE WHO HELP FEED US

Farmers, grocery store workers, chefs, restaurant servers, school lunch workers, food delivery... and more!

## PRETEND FOOD

Children love cooking real food and serving pretend food! Pretend food can be made out of playdough (see playdough recipe in last week's edition) or even mud! Provide your child with plastic dishes, utensils, pots, pans, cookie cutters, etc. and see what creative dishes they make for you!

### Salt Dough Dinner

- 2 Parts Flour
- 1 Part Salt
- 1 Part Water (add food coloring to water if desired)

Mix flour and salt together (add glitter if desired). Gradually mix in water until you've reached desired consistency of salt dough.

Press dough into paper plate. Have your child use this as their canvas, pressing different things into the dough (i.e. sticks, leaves, pipe cleaners, beads, etc). Leave in a safe place to dry (note: drying may take several day).



## RECYCLED PLAY

We're always trying to think of new ways to use what we already have.

Here are two ideas to use up those recycling bin treasures:

### Grocery List Collage

#### Materials:

- Grocery store advertisements
- Paper
- Glue
- Scissors

#### Process:

Set out a stack of grocery store mailers and encourage your child to help make the grocery list!

### Food Box Puzzles

#### Materials:

- Empty food boxes (cereal boxes work great!)
- Scissors

#### Process

This idea is so simple but so fun! Cut out the front side of a familiar food box so it is a flat rectangle. Now cut into a variety of pieces, and voila! A personalized puzzle of a favorite food!



## HELPER CHAIN



This is a great way for children to start to discover not only how many helpers we need on a daily basis, but also where our food comes from! Help your child make a map of how their favorite fruit or vegetable got into their hands. Where/how did it begin? Who helped it grow? Then where did it go? Who helped it get there? Did you buy it from a store? What helpers make the store work?



## PLAY WITH YOUR FOOD!

But in a good way! ;)



At this time, our children likely haven't visited the usual staples in their weekly routine such as grocery stores and restaurants. When expanding on the community helpers that get us our food, try being one yourself! Grab your reusable bag and "drive" on over to the kitchen cabinets! Don't forget your grocery list collage or your printable money! :) What do you want to buy off the shelves today? OR Do you want to be a checkout clerk at the grocery store? Or do you want to bag the groceries? It takes many helpers to make the grocery store work well!

Or we can take a step back and think about the other wonderful places we can get our food. Would you like to make a fruit stand? Create rows of "fruit" on your living room floor using colorful objects and take turns being the customer. Use a bowl as your basket and pick your dinner!

What about a restaurant? You can create your own menus in a similar way as we did the shopping lists. Or print one from your family's favorite restaurant's website. Grab a notebook or clipboard and practice taking an order like a server would do. Or you can be the chef! What are some favorite dishes you like to create?

(Parents, this is a great time to practice table manners and restaurant etiquette.)

# SONGS & STORIES

Community helper songs and stories are on the site...

Remember, you can always re-watch your favorites from past weeks!

Go to: [kidlitcrafts.net/beaconheights-videos](http://kidlitcrafts.net/beaconheights-videos)

Password: [beaconheightsfamily](#)

## WHO ARE THE PEOPLE IN YOUR NEIGHBORHOOD?

Who are the people in your neighborhood,  
In your neighborhood,  
In your neighborhood  
Who are the people in your neighborhood  
The people that you meet each day?

A doctor is a person in your neighborhood  
In your neighborhood,  
In your neighborhood  
A doctor is a person in your neighborhood  
A person that you meet each day

A firefighter is a person in your neighborhood...  
A teacher is a person in your neighborhood...  
A bus driver is a person in your neighborhood...

*What other jobs do people have in your neighborhood?*

Parents:

Ask your child to draw a picture of themselves as a grownup, and we'll share it next week!

Email

[anna@beaconheights.net](mailto:anna@beaconheights.net)

You won't want to miss our extra special community helpers video this week! It features helpers from around our "neighborhood" sharing about their jobs and why they love what they do!





# SONGS & STORIES

## IF I WERE NOT A TEACHER



If I were not a teacher, I wonder what I'd be  
If I were not a teacher, a farmer I would be.  
Plant the seeds, plant the seeds  
Pick the fruit

If I were not a teacher...a baker I would be  
Knead the dough, knead the dough  
Bake the cake

If I were not a teacher, I wonder what I'd be  
If I were not a teacher, a plumber I would be  
Water, water everywhere  
Fix the pipes! Fix the pipes!

If I were not a teacher... a carpenter I'd be  
Hammer, hammer, nails, nails  
A screwdriver, too.

If I were not a teacher...a landscaper I would be  
Mow, mow, mow the lawn  
Plant some flowers, too

If I were not a teacher...a custodian I'd be  
Mop, mop, use the mop  
Clean the tables, too

*What job would you like to have?*

## WHAT'S MY JOB?

What's my job, what's my job?  
Can you guess? Can you guess?  
I help people find books  
I help people find books  
Who am I? Who am I?

What's my job...I help people feel better.....

I help to keep the lights on.....  
I help deliver letters.....  
I help keep people safe all day.....  
I help you buy the food you need...



*What other helpers can you think of?  
What do they help with?*