

## Lesson Plans for At the Seashore Theme Week

# Fun Games and a Story Circle. **Finish Day 1**

### Fun Games (30 minutes, divided, whole group and independent play)

#### 1. Bend and Stretch.

Recite with actions:

If all the world was apple pie

(Stretch arms out to sides.)

And all the sea was ink,

(Touch toes.)

And all the trees were bread and cheese,

(Stand on tiptoes.)

What should we have for drink?

(Roll shoulders back.)

Milk, Water, Soda, Tea

(Alternate hopping on one foot for each drink.)

This is the drink for me.

(Hop on both feet.)

How many cups can I drink up?

(Kick to the front.)

1,2, 3, 4, 5, 6, 7, 8....

(Jumping jacks.)

#### 2. Play Red Rover at the Seashore.

Children hold hands and form two lines facing each other about ten feet apart. A child calls: *Red Rover, Red Rover send (names a child from the other team) swimming over.* The named child then SWIMS to the opposite side and tries to pass through the arms. If she can she returns to her team, if she cannot get past the children she joins their team. Play continues until all have had a turn or all the children are on one side.

#### 3. Independent Play.

Following the games, excuse children to usual active play in the yard or play area.

### Story Circle (30 minutes whole group)

#### 1. Mystery Mailbox.

Choose a child to go to the MAILBOX. Inside the child finds a package containing simple shapes of the following: waves, sun, cloud, mountain, raindrops, river from Lesson Activity sheet, page 26. Pass pictures out so that each child is holding something (several children can be waves, raindrops or snowflakes.) Help children arrange themselves in a circle to represent the water cycle.

#### 2. Read Aloud Story.

Any theme-related story about water or the beach such as *Bringing the Rain to Kapiti Plain* by Verna Aardema.

#### 3. Health and Manners.

Say: *Your body contains a lot of water, almost 98%. How do you suppose all that water gets into your body? It is important to drink lots of water every day.* Invite a

child to come to the front to be host or hostess. Arrange a small pitcher of water (a two cup measuring cup is just the right size for small hands) and Dixie cups on a plastic tray to catch any spills. Young children delight in the chance to pour. Practice polite language as the host asks each child if he or she would like a drink of water. Ask: *What happens when you exercise and your body heats up? You sweat. This is the way your body cools itself down.*

#### 4. Gazing Glasses.

Choose children to take turns wearing the gazing glasses and telling what they SEE from the day.

**Materials: Water cycle shapes, page 26, gazing glasses, page 6.**