

10 minutes Skill and play:

Have a poster of anti-stress strategies (“What can I do when I’m upset?” with pictures). Model, and then ask each child what makes them upset, or ask them to pretend to be upset, and practice deep-breathing, counting, singing or whistling, squeezing an elastic object such as a small hollow or soft ball, walking away/taking a break, hitting a pillow, . . .

Alternately, teacher pretends to get upset, “I’m getting angry, I’m getting angry . . . I feel my muscles going hard, my face is getting hot . . . Oh, no, What shall I do?” Ask a child to come point to something on the poster s/he thinks the teacher should do, which the teacher does, and asks everyone to try it together. Repeat so that each child has a chance to choose.

15 minutes roll, calendar, weather, today’s schedule/topic

See lesson 1.

10 minutes Math:

Count the days in a week, 2 weeks, 3 weeks, 4 weeks. Notice the multiples of 7. Optionally, count the past days/weeks of summer school from the calendar you have kept. You may wish to tally and chart the number of sunny days, and so forth.

15 minutes Scripture story:

Gen. 2:1-3

“Thus the heavens and the earth were finished, and all the host (huge group) of them.

“And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

“And God blessed the seventh day, and sanctified it [made it holy, special]: because that in it he had rested from all his work which God created and made.”

Print pages 17 & 18 of the Creation Days booklet on white paper. Review the 7 days of Creation from page 18. Tiny stickers could be used instead of drawings for the days of Creation.

15 minutes Art:

Creation Days booklet page 17: Help the children “draw” a happy, resting sun and halo with glue, and then sprinkle with their color choice of glitter. Teacher may help one at a time while the others have extra time to play.

15 minutes choice play:

Calm activities appropriate for Sabbath, such as board games, puzzles, drawing, play dough, painting/coloring, reading or listening to a story, role playing or telling a scripture story, visiting the sick/lonely, writing a letter or in a journal, word searches . . . You may want to collect some special Sunday games in a box, bag, or bin, that are specially kept for playing on Sunday. Opt. games/activities in a children’s magazine.

Date _____ **Lesson25**

Topic: rest & recreation

Skill: anti-stress strategies

Roll, calendar, weather, today’s schedule/topic

Math:

Calendar of weeks
(multiples of 7)

Scripture story:

Sabbath, day of rest

Genesis 2:1-3

Pages 17-18 of booklet

Art: booklet page 17 (sparkle/glitter art)

Play:

calm games appropriate for Sabbath

Song/Movement:

Reverence songs for
Reverence cake walk

Snack: cupcakes

Book(s): (feelings faces)

Science Activity:

What do people need?

Free play (prayer pictures)

Materials:

Anti-stress picture poster

Pillows, soft squeezey toys

Calendar of weeks, chart

Creation Days booklet 17-18

Glue, glitter

Sabbath appropriate games

Cupcakes, sun steps, music

Feelings faces

Human needs page & boy

5-10 minutes Song/Movement:

Sing or play “Reverence is Love” (Children’s Songbook, p. 31) and other reverence songs as the children reverently walk in a circle for a “Reverence Cupcake Walk”. Use the sun steps from lesson 13.

Snack on cupcakes while talking about feelings faces—

Draw faces showing various feelings on plain paper plates. Ask the children to identify what feelings are represented by the faces. What should you do if you feel that way? What should you do if you see someone else with a face like that?

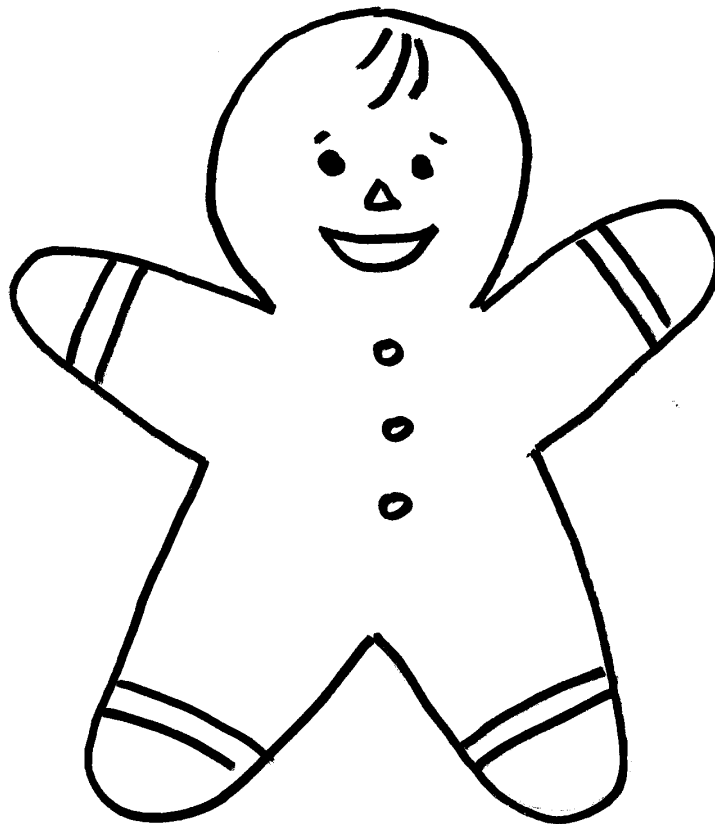
10 minutes Science Activity:

Talk about the pictures that show what people need, and glue the cookie boy in the “happy house” center pentagon—

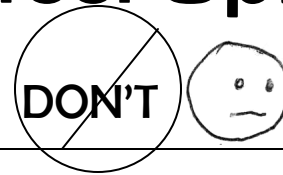
1. home and clothes [physical safety and bodily protection from elements]
2. nourishment—food [for body and soul]
3. exercise for mind and body
4. love, belonging—family, God, church, neighborhood, community
5. rest & recreation for mind and body

15 minutes free play:

(Meanwhile take a digital or instant photo of each child in prayer mode: bowed head, closed eyes, hands/arms folded, for lesson 26)



What Can I do when I feel Upset?!



1. breathe deep, count

1, 2, 3, ...

2. Squeeze a ball or hit a pillow



3. walk away, take a break
change activities



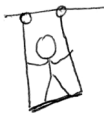
4. "Am I hungry? Am I tired?"



eat or rest



5. exercise



6. listen to calm music, sing, or whistle
watch a show, read a book



7. think of happy times, places, things

Draw or dream of things I like



8. talk about it

"I felt upset when ..."



9. get hugs, massage, tickle, laugh

"I need a hug/massage/scratch/tickle ..."



10. work or play

garden, build something ...



throw a tantrum



hit, hurt, or squeeze people



throw or break things



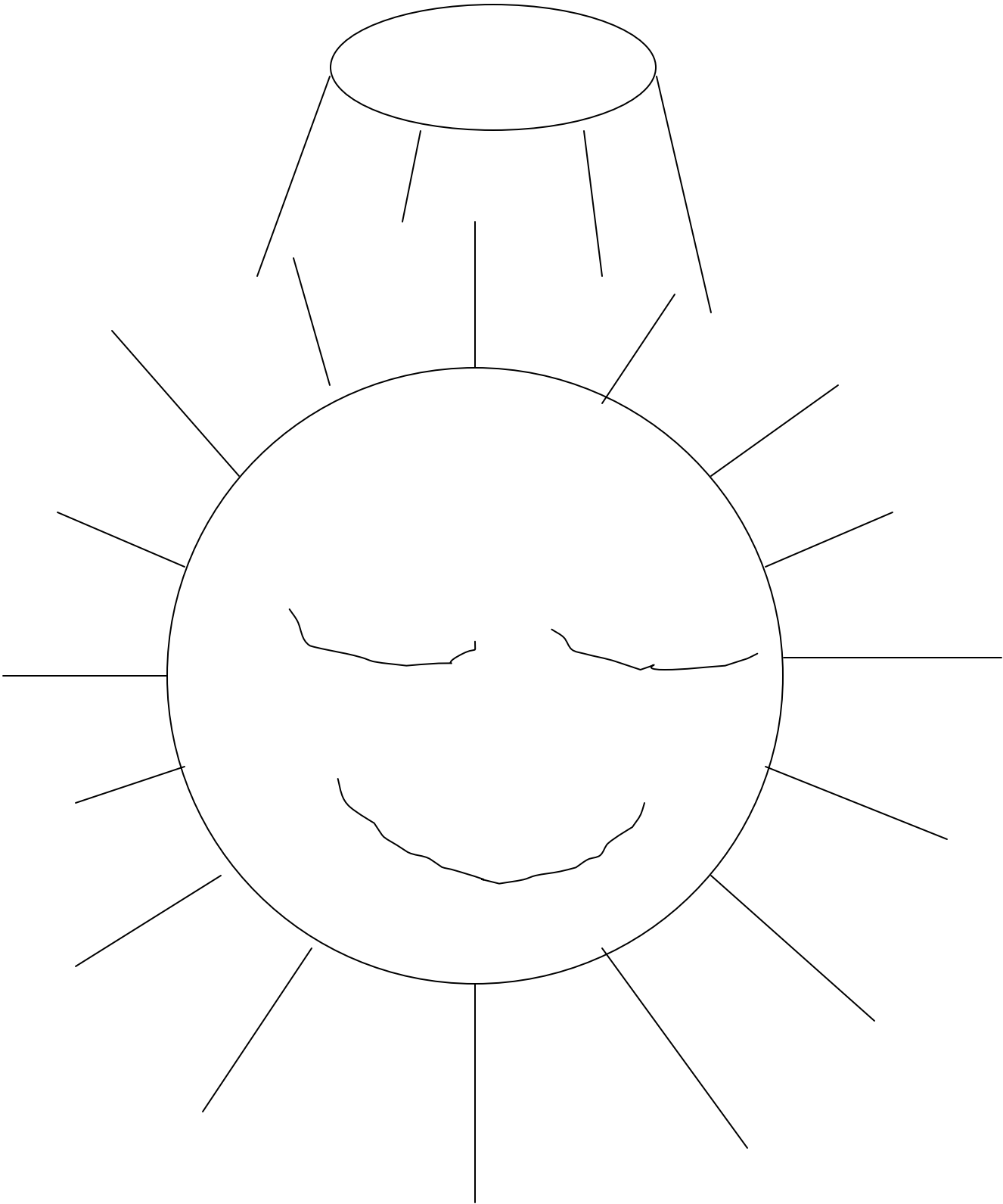
scream at others



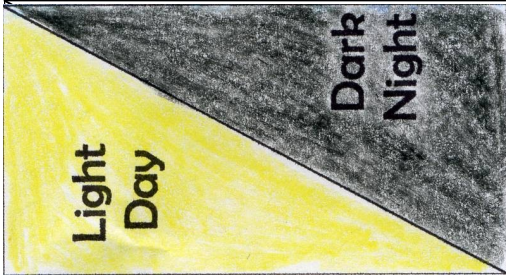
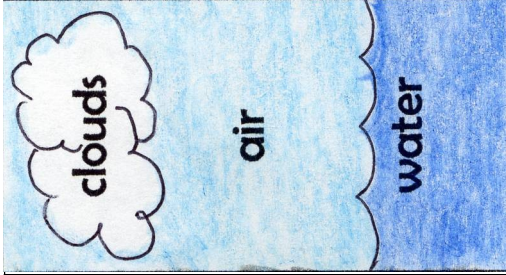
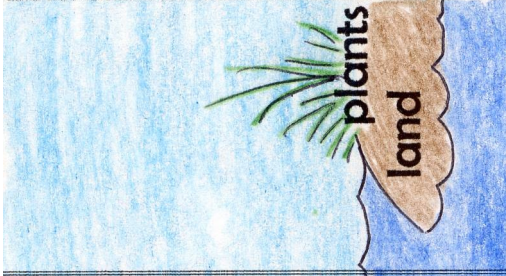
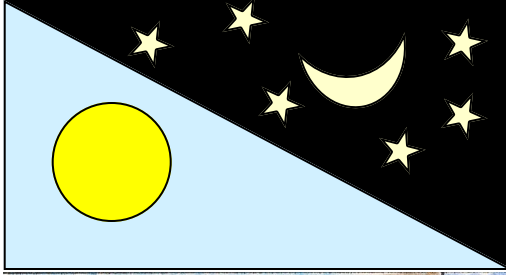

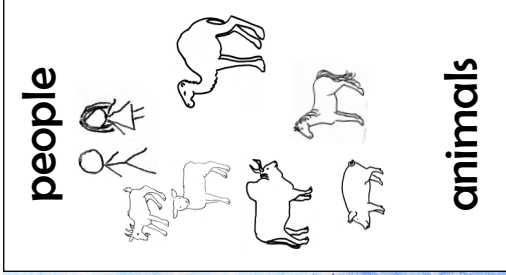
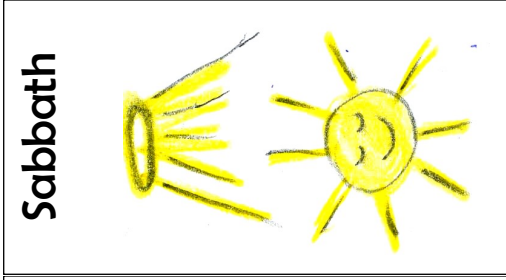
November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**“And God blessed the seventh day,
and sanctified it [made it holy, special]:
because that in it he had rested from all his work
which God created and made.”**



Creation

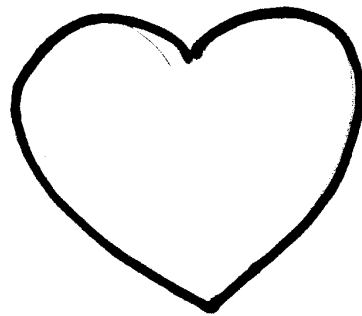
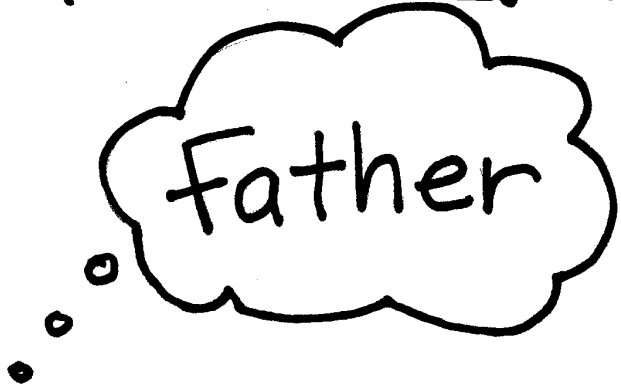
Day 1	 <p>Light Day</p> <p>Dark Night</p>	Day 2	 <p>clouds</p> <p>air</p> <p>water</p>	Day 3	 <p>plants</p> <p>land</p>	Day 4	 <p>Day 4</p>	Day 5	 <p>birds</p> <p>fish</p>	Day 6	 <p>people</p> <p>animals</p>	Day 7	 <p>Sabbath</p>
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Sabbath word search

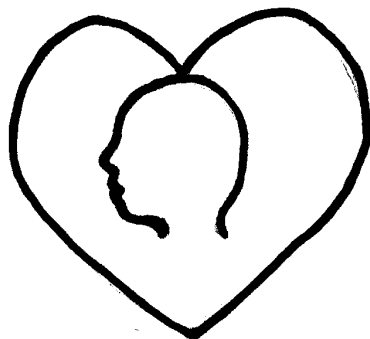
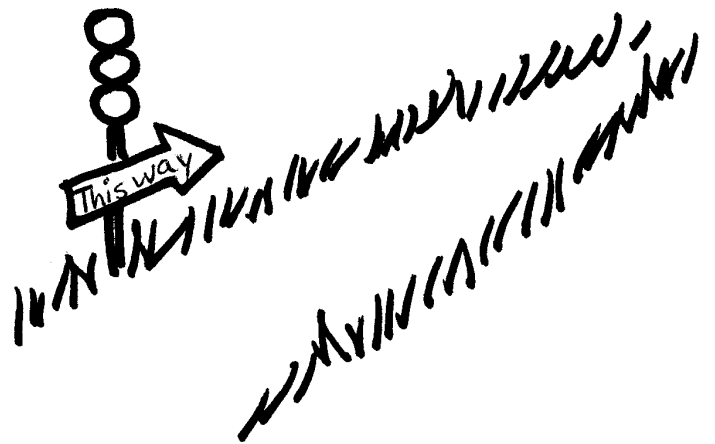
Sabbath
holy
day
rest
seven

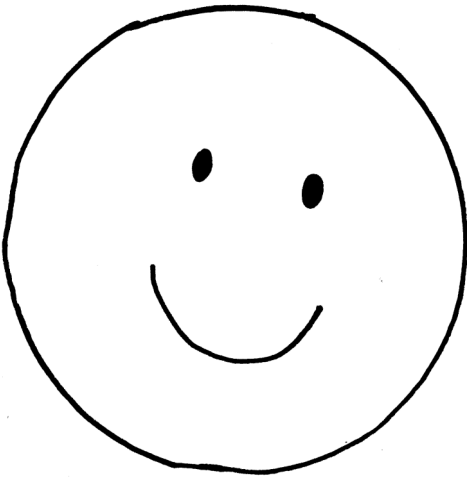
work
create
make
happy
sun

S a b b a t h
u x s d a y o
n q e k a m l
h i h a p p y
w o r k x r x
q x s e v e n
m a k e x s o
w c r e a t e

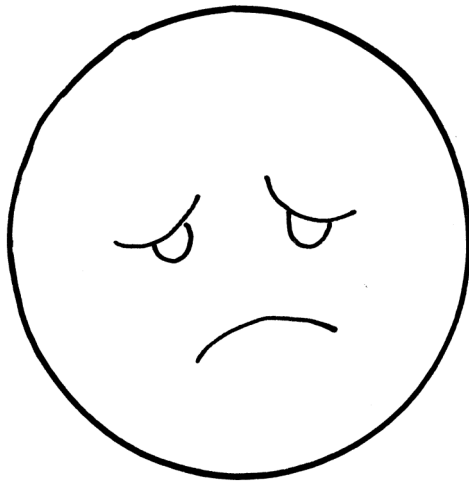


words
deeds

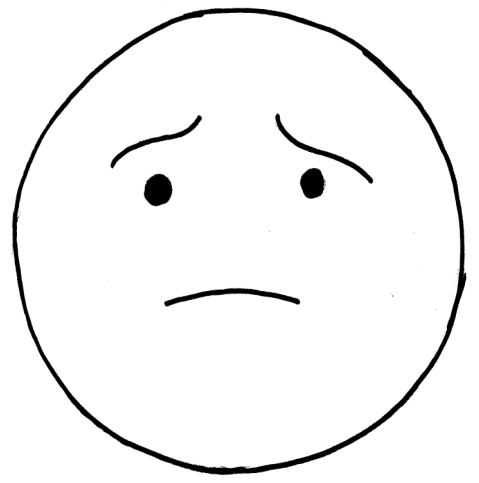




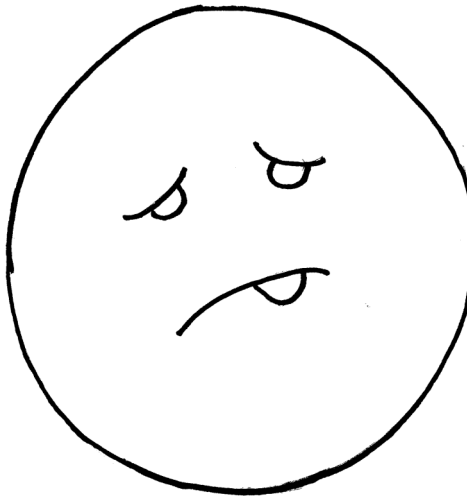
happy



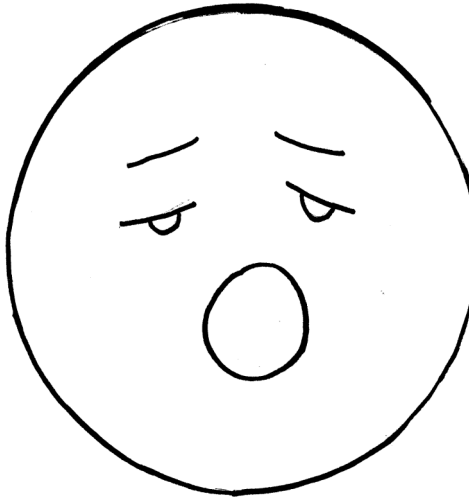
sad



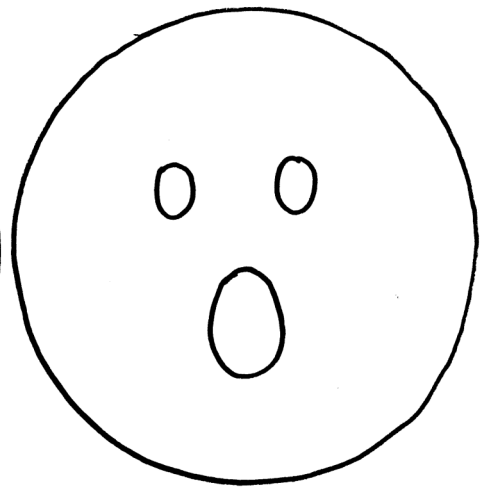
worried



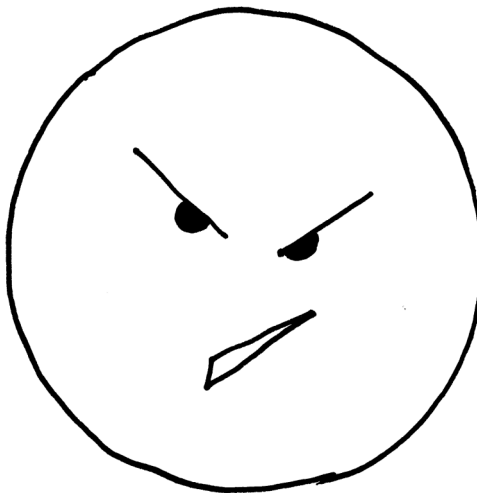
sick



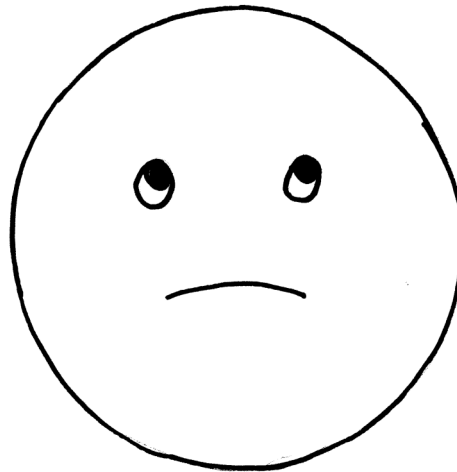
tired



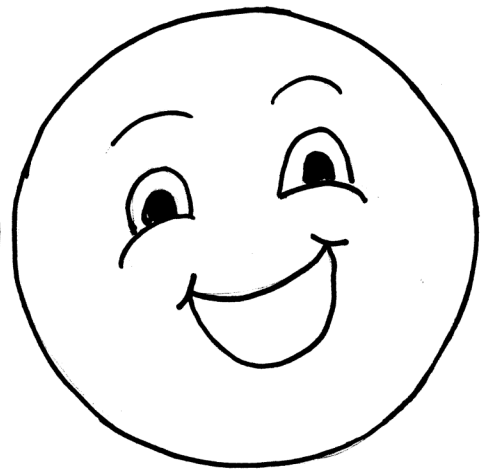
scared



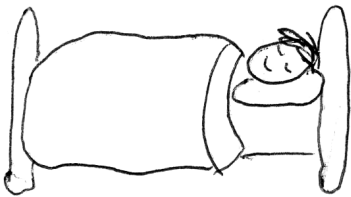
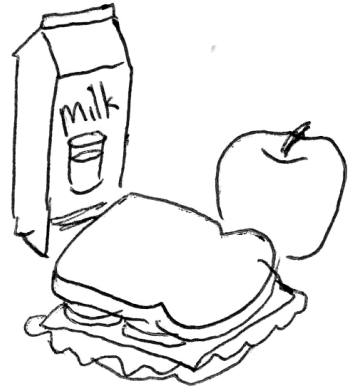
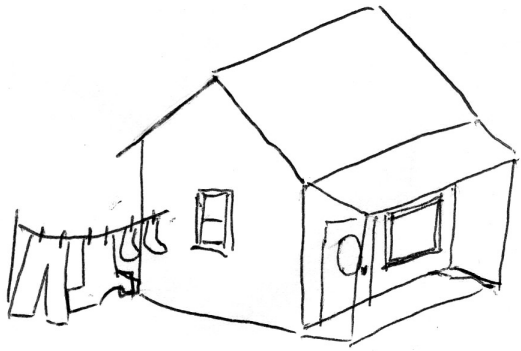
mad



lonely



excited



10 minutes Skill and play:

Let the children explore various musical instruments.

15 minutes roll, calendar, weather, today’s schedule/topic

See lesson 1.

10 minutes Math:

Set the marbles out in a contained/controlled area. Take turns shooting a marble at the rest and watch how the marbles when they are hit go off in different angles/directions from each other.

15 minutes Art:

Help the children make a prayer chart. Paste the picture of the child in prayer mode under “Dear Heavenly Father”. Paste a picture of Jesus with the children between “In the name of Jesus Christ” and “Amen”. Tell the children to ask their parents for pictures of their home, family, and favorite food to complete the chart.

5 minutes Song:

“If You’re Happy and You Know It” (Children’s Songbook, p. 266)
Use the feelings faces from lesson 25, and act out the verses.

If You're Happy and You Know It

- verse 1: If you're happy and you know it, clap your hands.
- verse 2: If you're sad and you know it make a frown.
- verse 3: If you're worried and you know it take a breath.
- verse 4: If you're sick and you know it just lay down.
- verse 5: If you're tired and you know it make a yawn.
- verse 6: If you're scared and you know it call for "Help!"
- verse 7: If you're angry and you know it snap your fingers.
- verse 8: If you're lonely and you know it sing a song. ("La-la la")
- verse 9: If you're excited and you know it shout "Hooray!"

5 minutes Movement:

“Silent Simon Says” (do as the leader, without any speaking;
be sure to include cross body reaching),

Or, act out the following stretching poem:

Sit, now stand,
 Fold your arms, fold your hands;
 Blink and wink,
 Shrug, and shrink;
 Squat, then jump,
 Curl your back into a hump;
 Reach to your toes,
 Try to wriggle your nose;
 Kick to the side,
 Open your mouth very wide;
 Twist to the left,
 Twist to the right,
 Give yourself a hug
 With all of your might.

Date _____ **Lesson26**

Topic: creativity

Skill: explore music

Roll, calendar, weather, today’s schedule/topic

Math: Marbl-ous vectors

Art: prayer chart

Song: “If you’re happy and you know it”

Movement: stretches

Snack: create-a-cookie, or a Sundae

Scripture story:
In the Beginning

Play: create something from a baggie of odds and ends

Book of my life— remember the good times you have had; opt. journal

Activity:
Creation Days booklet to take home.; opt. give out attendance certificates

Free play

Materials:
 Musical instruments
 Marbles & containment
 Prayer charts, photos,
 pictures of Jesus & children
 Feelings faces, song words
 Short book about Creation
 Blocks or bag of odds /ends
 Cookies or sundae creations
 Pictures of the summer,
 Opt. journals, crayons
 Opt. certificates

Snack while reading book(s):

Let the children create/decorate their own cookies or sundaes.

15 minutes Scripture story:

In the Beginning activity book by Susan Ternyey
(or other simple Creation story book)

15 minutes free play:

Allow the children opportunity to create something with blocks, a bag of various odds and ends, Legos or other building set.

5 minutes Book of My Life:

Remember the good times you have had over the summer (optimally with some pictures of the children involved in activities). Remind the children of some of the things you have done together that you know they enjoyed, and ask them their favorite. (Optional have the children draw a picture and tell a sentence or two for a journal entry).

10 minutes Activity:

Give each child the collection of his/her Creation Days booklet to take home. Optionally, give each child a certificate of attendance.

15 minutes free play

Dear Heavenly Father,

(child's picture with arms folded, head bowed, eyes closed ready for prayer.)

I thank Thee for . . .

my family,

(picture of child's family)

my home,

(picture of child's home)

our food.

(picture of child's favorite food)

I ask Thee to bless . . .

my family,

(picture of child's family)

my home,

(picture of child's home)

our food.

(picture of child's favorite food)

In the name of Jesus Christ,

(picture of Jesus and the children—
Jesus loves the children;
Jesus love YOU)

Amen.

This is to certify that

attended

Creation and Science

summer pre-school

in the year _____

parent or teacher

teacher