

# Upgrading for Parents with Preschoolers

## Children's Program Plan

Keeping Fit—Part A

**Word of the Day: "Exercise"**

### Art or Special Activity

- Riding Horses: Teacher or child cuts out two horse faces per child. Colour. Cut 5 ml lengths of yarn. Children glue one end of yarn onto edge of the horse to make a mane. Glue two horse faces together leaving a 5 ml gap. Insert and glue a tube from a large roll of Xmas wrapping paper into the gap. Children hold the roll and pretend to ride the horse.
- Cards: Play "Go Fish"

### Books

- *Tacky and the Winter Games*, by Helen Lester
- *Winter Games*, by Roger Pare
- *Clap Your Hands*, by Lorinda Bryan Cauley
- *Emily Loves to Bounce*, by Stephen Michael King
- *Farmer in the Dell*, by Mary Maki Rae
- *I Went Walking*, by Sue Williams
- *Arthur Makes the Team*, by Marc Brown
- *The Elephant's New Bicycle*, by Mark Thurma

### Pre-Literacy Skills

- Memory Skills: Card Matching Game (see "Notes" below).
- Alphabet and Phonics Awareness: Play "I Spy... with my little eye, something that starts with (the letter) 'b'" or "...the sound 'b.'" Child has to go and find the object.

### Poems

- "Going For A Walk"
- "My Sister Laura"
- "My Bicycle"
- "Stretching Fun"
- "One Hand High"

### Gross Motor Skills

- Ribbon Dancing: Attach a long piece of party streamer to the end of a clothes peg. Put on classical music. Children hold the peg and dance letting the ribbon fly in the air.
- "Duck, Duck, Goose"
- "Farmer in the Dell"
- "Ring around the Rosie"

### Songs

- "Head and Shoulders"
- "Hokey Pokey"
- "A Tisket, A Tasket"
- "Two Thumbs Up"
- "Row, Row, Row Your Boat" (See Notes)
- "Riding On My Pony," by Kathy Reid Naiman
- "London Bridge"

### Numeracy Skills

- Counting: Get ten pieces of paper. Write one number on each piece of paper and put into a bag. Child reaches into bag and pulls out a number. Everyone bounces the ball that many times.
- Number Recognition – Number Ball Game: Teacher gives each child a number and says a number out loud, then throws the ball to the child who has that number.

### Parent/Child Time

- Parents come in and play, "Duck, Duck, Goose" with children (or any other game. See Gross Motor).

### Notes/Other

- Conversational Skills: Talk about daily things (walking, playing, running) that are considered exercise.
- "Row, Row, Row Your Boat:" Sit down in pairs. Outstretch your legs and touch your feet to your partner's feet. Hold each other's hands. Rock back and forth while singing the song.

## Going For a Walk

Going for a walk is so much fun

*(Walk around)*

We look at all the lovely trees

*(Cup hand above eye)*

We don't hurry, we don't run

*(Shake head side-to-side)*

We watch for birds and watch for bees

*(Flap arms, then make buzzing sounds)*

## My Sister Laura

My sister Laura's bigger than me

And lifts me up quite easily.

I can't lift her, I've tried and tried;

She must have something heavy inside.

## My Bicycle

One wheel, two wheels on the ground

*(Revolve hand in forward circle to form each wheel)*

My feet make the pedals go round and round

*(Move feet in pedaling motion)*

Handle bars help me steer so straight

*(Pretend to steer bike)*

Down the sidewalk, through the gate.

## Stretching Fun!

*(Suit actions to words)*

Stretch to the windows,

Stretch to the door,

Stretch up to the ceiling,

And bend to the floor!

## One Hand High

*(Suit actions to words)*

One hand high,

One hand low.

Hide those hands,

Now where'd they go?

One hand up,

The other one too,

Clap them, fold them,

Now we're through.

## Head and Shoulders

Head and shoulders, knees and toes,

Knees and toes, knees and toes.

Head and shoulders, knees and toes,

Eyes, ears, mouth and nose.

Head and shoulders, elbows and knees,

Elbows and knees, elbows and knees.

Head and shoulders, elbows and knees,

Eyes, ears, and a great big sneeze.

A-choo.

## Hokey Pokey

You put your right foot in,

You put your right foot out;

You put your right foot in,

And you shake it all about.

You do the Hokey Pokey,

And you turn yourself around.

That's what it's all about!

You put your left foot in,

You put your left foot out...*continue*

You put your right hand in,

You put your right hand out...*continue*

You put your left hand in,

You put your left hand out...*continue*

You put your right side in,

You put your right side out...*continue*

You put your left side in,

You put your left side out...*continue*

You put your nose in,

You put your nose out...*continue*

You put your backside in,

You put your backside out...*continue*

You put your head in,

You put your head out...*continue*

You put your whole self in,

You put your whole self out...*continue*

## **A Tisket A Tasket**

A-tisket a-tasket,  
A green and yellow basket.  
I wrote a letter to my love,  
And on the way I dropped it.  
I dropped it, I dropped it.  
Yes, on the way I dropped it.  
A little girlie picked it up,  
And took it to the market.

She was truckin' on down the avenue,  
Without a single thing to do.  
She was peck, peck, peckin' all around,  
When she spied it on the ground.

A-tisket a-tasket,  
She took my yellow basket.  
And if she doesn't bring it back,  
I think that I shall die.

A-tisket a-tasket,  
A green and yellow basket.  
I wrote a letter to my love,  
And on the way I dropped it.

I dropped it, I dropped it.  
Yes, on the way I dropped it.  
A little girlie picked it up,  
And took it to the market.

(Was it red?) No, no, no, no.  
(Was it brown?) No, no, no, no.  
(Was it blue?) No, no, no, no.  
Just a little yellow basket.

*(Repeat)*

## **Two Thumbs Up**

Two thumbs up,  
Two thumbs down,  
My two thumbs go 'round and 'round.  
They go faster, faster, faster, fast.  
Slowly, slowly, slowly, stop.

Two hands up,  
Two hands down,  
My two hands go 'round and 'round.  
They go faster, faster, faster, fast.  
Slowly, slowly, slowly, stop.

...feet, elbows, arms, legs, etc.

## **Row, Row, Row Your Boat**

Row, row, row your boat,  
Gently down the stream.  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

Row, row, row your boat,  
Gently out to sea.  
Merrily, merrily, merrily, merrily,  
Then come back with me.

Row, row, row your boat,  
Gently on the tide.  
Merrily, merrily, merrily, merrily,  
To the other side.

Row, row, row your boat,  
Gently back to shore.  
Merrily, merrily, merrily, merrily,  
Home for cake at four.

## **Riding On My Pony** *(From "A Smooth Road to London Town," by Kathy Reid-Naiman)*

Riding on my pony, my pony, my pony,  
Riding on my pony, my pony,  
Whoa, whoa, whoa.

## Upgrading for Parents with Preschoolers

### Children's Program Plan

Keeping Fit—Part B

**Phrase of the day: "I Think I can"**

#### Art or Special Activity

- Make Trains: Cut out several rectangles (for the train cars), squares (for the windows) and circles (for wheels). Place them so that they form a train. Glue onto construction paper. Write child's name on each. (Optional: put the individual "cars" together to make a long train.) Display art on the wall.

#### Books

- *The Little Engine That Could*, by Watty Piper
- *The Polar Express*, by Chris Van Allsburg
- *That's Not My Train*, by Fiona Watt
- *Amazing Grace*, by Mary Hoffman
- *I Like Me*, by Nancy Carlson
- *All By Myself*, by Mercer Mayer

#### Pre-Literacy Skills

- Language Development (Expressive): Allow children to discuss issues relating to the phrase, "I think I can." Talk about things you couldn't do before (drink from a cup) that you can now do.
- Patterning: Make several different coloured trains. Lay them out in a pattern, for example: one red, one blue, one red, one blue, one... Child continues the pattern.

#### Poems

- "Little Red Caboose"
- "Engine, Engine, Number Nine"
- "The Choo Choo Train"
- "This is a Choo Choo Train"

#### Gross Motor Skills

- "Simon Says": "Simon says, 'Can you hop?'" Children reply, "We think we can. We think we can," and try the action. Continue with skip, trot, swim, fly, etc.
- "The Goodbye Train" or "Little Red Train": Pretend to be a train. Incorporate a song or poem.

#### Songs

- "Down By The Station"
- "I've Been Working on the Railroad"
- "Little Red Caboose"
- "I Love You," as sung by, Barney
- "Special Me"
- "What Can I Do With My Ten Little Fingers"
- "The Goodbye Train"

#### Numeracy Skills

- Number Sequencing: Put a number on each of your trains (see Art) and have the children put the trains in order.
- Shape Identification: See Art.

#### Parent/Child Time

- Parent's join the children for special book time. Place books that deal with self-esteem issues on a blanket. Parents read to their children. Snuggle up to build self-esteem.
- Do "The Goodbye Train" just before you leave.

#### Notes/ Other:

Homework: Parents help their children do something new at home. For example, drink from an adult cup, help match socks, sweep the floor.

The Goodbye Train: Form a single line. Pretend to be a train by moving arms in a circular fashion. Sing "The goodbye Train" while circling around the room and then out of the door.

## Little Red Caboose

Little red caboose, chug, chug, chug  
Little red caboose, chug, chug, chug  
Little red caboose behind the train, train, train,  
train  
Smokestack on his back, back, back, back  
Chugging down the track, track, track, track  
Little red caboose behind the train.

## Engine, Engine

Engine, engine number nine,  
Running down Chicago line.  
If the train should jump the track,  
Do you want your money back?

Engine, engine, number nine,  
Rolling down line.  
Wheels are turning, whistle's blowing,  
Makes me wonder where he's going.

## The Choo-Choo Train

The choo-choo train goes up the track,  
*(Walk your fingers up baby's left arm)*  
It turns around and comes right back.  
*(Walk your fingers down baby's right arm)*

## This is a Choo Choo Train

This is a choo choo train  
*(Child becomes a train by squatting)*  
Puffing down the track  
*(Child does actions that the rhyme states)*  
Now it's going forward,  
*(Child goes forward)*  
Now it's going back.  
*(Child goes back, etc.)*  
Now the bell is ringing  
*(Child pulls make believe bell rope)*  
What a lot of noise it makes  
*(Cover ears and make train noises)*  
Everywhere it goes.  
*(Children move around the room at random)*

## Down by the Station by Lee Ricks and Slim Gaillard

Down by the station,  
Early in the morning,  
See the little pufferbellies,  
All in a row.

See the station master,  
Turn the little handle,  
Puff, puff, toot, toot,  
Off we go!

Down by the station,  
Early in the morning,  
See the little pufferbellies,  
All in a row.

See the station master,  
Turn the little handle,  
Puff, puff, toot, toot,  
Off we go!

## I've Been Working on the Railroad

I've been workin' on the railroad,  
All the live long day.  
I've been workin' on the railroad,  
Just to pass the time away.  
Don't you hear the whistle blowing?  
Rise up so early in the morn.  
Don't you hear the captain shouting?  
Dinah, blow your horn?

Dinah, won't you blow,  
Dinah, won't you blow,  
Dinah, won't you blow your horn?  
Dinah, won't you blow,  
Dinah, won't you blow,  
Dinah, won't you blow your horn?

Someone's in the kitchen with Dinah.  
Someone's in the kitchen, I know.  
Someone's in the kitchen with Dinah  
Strumming on the old banjo.  
Fee, fie, fiddle-e-i-o.  
Fee, fie, fiddle-e-i-o-o-o-o-o.  
Fee, fie, fiddle-e-i-o.  
Strumming on the old banjo.

## Little Red Caboose

Little red caboose, chug, chug, chug  
Little red caboose, chug, chug, chug  
Little red caboose behind the train, train, train,  
train  
Smokestack on his back, back, back, back  
Chugging down the track, track, track, track  
Little red caboose behind the train.  
Smokestack on his back, back, back, back  
Chugging down the track, track, track, track  
Little red caboose behind the train.

## I Love You, You Love Me

I love you,  
You love me,  
We're a happy family.  
With a great big hug and a kiss from me to you,  
Won't you say you love me too!

I love you,  
You love me,  
We're best friends as friends should be.  
With a great big hug and a kiss from me to you,  
Won't you say you love me too!

## Special Me

*(to the tune of Twinkle Twinkle Little Star)*

Special, special, special me

*(Point to self)*

How I wonder what I'll be

*(Hand under chin)*

In this big world I can be

*(Circle hand = earth)*

Anything I want to be

Special, special, special me

*(Point to self)*

How I wonder what I'll be

*(Hand under chin)*

## What Can I Do With My 10 Little Fingers

*(to the tune of "One Little, Two Little, Three Little...")*

What can I do with my ten little fingers?

What can I do with my ten little fingers?

What can I do with my ten little fingers?

What can I do this morning?

I can wiggle my ten little fingers,

I can wiggle my ten little fingers,

I can wiggle my ten little fingers,

I can wiggle this morning.

I can wave my ten little fingers...

I can snap my ten little fingers...

I can tickle with my ten little fingers...

## The Goodbye Train

*(to the tune of "She'll be Coming Round the Mountain")*

The goodbye train is leaving right now,

The goodbye train is leaving right now.

The goodbye train is leaving,

The goodbye train is leaving,

The goodbye train is leaving right now.

Toot, toot.