

BROOKVILLE CENTER FOR CHILDREN'S SERVICES  
SPRING Activities, Themes and Lessons  
April 6, 2020 through April 10, 2020



Dear Families,

This week our Lesson Plan Packet is centered on a Spring Theme. Every teacher, our therapists and some of our Teacher Assistants spent time creating these lessons for you. These lessons and activities mirror what they would have been working on if school was open and they were in their classrooms and/or in their therapy sessions. In addition, all of the lessons and activities are aligned with the Creative Curriculum and meet the NYS Pre-K standards. Please feel free to reach out to the teachers or therapists via email or through ClassDojo messaging if you have any questions about the lessons or activities.

Please continue to check [BrookvilleCenter.org](http://BrookvilleCenter.org) for school updates and additional educational resources. Please continue to check ClassDojo for daily and weekly school and classroom updates and activities.

Don't forget to check ClassDojo for SPIRIT WEEK information!!

# BROOKVILLE CENTER FOR CHILDREN'S SERVICES

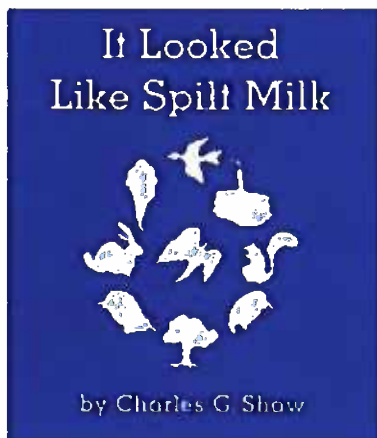
## It Looked Like Spilt Milk by Charles G. Shaw

### Book

It Looked Like Spilt Milk by Charles G. Shaw

Here is an animated version of the book on YouTube:

<https://www.youtube.com/watch?v=lgU-Ktf5c4E>



### Craft

Fold a sheet of blue construction paper in half and open it up. This is the "sky". Squeeze some paint in the middle and fold it again. Open it back up and see what the "cloud" looks like!



Squeeze some white paint on the blue construction paper. Then, using a straw, blow the paint around. What does the "cloud" look like?

### Game

Use white sidewalk chalk to draw clouds on our driveway and write numbers or letters inside. Have your child pretend to be an airplane and call out numbers for him/her to jump on. You can ask your child to jump "five times" on the number five. Repeat for other numbers.



### Snack

#### Spilt Milk Vanilla Milkshakes

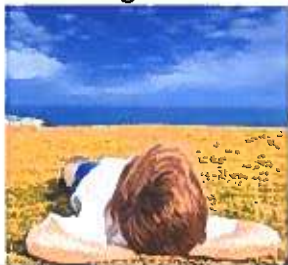
You will need a **blender** to make this.

1. **Add the ingredients into the blender:** ice cream, milk, vanilla extract. For two servings, this recipe calls for 4 cups of ice cream and 1-cup milk, along with 1/2 teaspoon vanilla extract.
2. **Blend everything:** the consistency should be smooth and should look a bit frothy at the top. If you want a creamier and richer shake, add more ice cream and blend until desired consistency.



### Outdoors

Take a blanket outside, lay down and partake in some cloud gazing.... What do the clouds look like? A cupcake? A dog? A bear? A bicycle?



### Dramatic Play

**Weather Dress Up Play:** Gather various clothing items that you wear for different types of weather. Some examples include umbrella and rain boots, flip-flops and sunglasses, mittens and a winter hat. Have fun dressing up and acting out various weather scenes.

# BROOKVILLE CENTER FOR CHILDREN'S SERVICES

## Spring Fling

### The Day the Crayons Saved the Rainbow

#### Book

The Day the Crayons Saved The Rainbow by  
Monica Sweeney



#### Craft

Rainbow Sponge Painting

Supplies:

sponges, paint, and paper

Squirt some paint of each color on a sponge. Then go side to side on the paper to create your rainbow.



#### Games

Fizzing Rainbow Activity  
(see attached sheet for directions)

Limbo

With construction paper (colors of the rainbow) cut into strips. Then link the circles together to make a rainbow limbo stick. Have fun playing limbo. See how low you can go!

#### Snack

Fruit Loop Lacing

Fruit Loops, Marshmallows, and Pretzel sticks

\*String the fruit loops on the pretzels stick. At the end of each pretzel, place a marshmallow.

OR using fruit to make a rainbow...



#### Outdoors

Rainbow Scavenger Hunt

(see attached sheet)

#### Fine Motor

Bust out your Legos. Make rainbows stacks, buildings, and sort and count all the different colors. Can you follow a model to write the different color words? Using Learning without Tears, can you do it?

# RAINBOW SCAVENGER HUNT



Find something red.



Find something yellow.



Find something orange.



Find something green.



Find something blue.



Find something purple.



Name a fruit that is red.



Name an animal that is yellow.



Name a vegetable that is orange.



Name a plant that is green.



Name a flower that is purple.



Name something outside that is blue.

# Fizzing Rainbow Activity

For each color you need:

- $\frac{1}{2}$  cup baking soda
- 2 tablespoons water
- Food coloring
- Spoon
- Muffin tin or bowls

Begin by mixing the  $\frac{1}{2}$  cup of baking soda with 2 tablespoons of water. Then stir in the food coloring. Repeat to make the colors of the rainbow: red, orange, yellow, green, blue, and purple.

Spoon the mixture into a muffin tin. If you don't have a muffin tin you can use bowls.

Then put in the freezer for about 30 minutes. This helps it to stick together. ( If you leave it in for longer, just let it thaw for a few minutes before doing the activity.) Then take the colors out of the muffin tin or bowls and place in a bin or pan.

Fill squeeze bottles or a cup with vinegar and let your child squirt the colors!

It's so fun to watch the colors spread around the bin and to hear it fizzing!

Have Fun!!

## BROOKVILLE CENTER FOR CHILDREN'S SERVICES

Spring Fling

Grow Flower Grow by Lisa Bruce

### Book

Grow Flower Grow

By: Lisa Bruce



Check out YouTube for read along videos!

### Craft

We are all stuck at home so we have to become resourceful. So please go to your recycling bin and find a container that would work as a planter or use to make a recycled materials flower. Some ideas: bottle caps, sticks, ripped paper, paper tubes, newspaper, a jar can become a vase.



### Game

#### Hot and Cold Game

- Hide a small object. Have your child cover their eyes so they cannot see. (Flower, stick, plastic vase)
- Once it is hidden, have them look for the object.
- Say "colder" when your child is far from the object.
- Say "hotter" when your child is close to the object.
- End the game when the Hunter finds the object.

### Snack

#### Ants on a log

##### Ingredients:

\*Celery stick or banana or pretzel stick.

\*Raisins or chocolate chips.

\*Peanut Butter or Wow Butter.

Instructions: Use a knife and spread the "Butter" then count 6 raisins and place on celery stick, banana or pretzel.



Enjoy!

### Outdoors

How to plant a seed - use those recycled jars!!  
Fill each pot with potting soil to a level slightly below the rim. Press a few seeds into each pot according to package directions for depth of planting. Water your seeds after planting them. Place seed pots or seed flats in a warm, sunny location.



### Dramatic Play

Help your child find empty containers of food items such as; egg containers, juice boxes, cereal boxes and set up a mini supermarket. They can color paper and make a supermarket sign. The Eagles love this activity in school!



BROOKVILLE CENTER FOR CHILDREN'S SERVICES  
 SPRING FLING  
 BOOK TALK: RAIN DROP PLOP

## Book

### Rain Drop Plop

Kids can enjoy this simple counting story about a girl who just wants to go outside and play, but it is raining!



## Craft

Great activity to practice letter ID, counting and writing skills! You can make the rain cloud, have your child practice writing his/her name (tracing is good too!), make the rain drops and have your child count how many letters are in their name. They can also practice letter matching with the rain drops and the letters in the cloud.



## Science

This is a great activity to explore weather concepts, cause and effect, explore rain and clouds, and of course hands on learning fun!

**Materials:** food coloring, shaving cream, droppers, a clear container and water  
**Directions:** mix a few drops of blue food coloring with a small amount of water in a separate container. Fill the larger container with water. Add shaving cream to the top of the container to make a "fluffy cloud" and let it settle for a few minutes. Slowly add drops of the "rain" (blue water) to the shaving cream and continue to add slowly and see what happens.



## Sensory

Kids will love squishing and squashing this cloud dough! It's super easy to make with 2 ingredients. It can be crumbled up for great sensory play and then rolled back up in a ball within minutes!  
**Materials:** hair conditioner, cornstarch, bowl and food coloring. **Directions:** Mix equal parts conditioner and corn starch. It will be too wet so keep adding corn starch in slowly and mixing as you go. As you mix, if it starts to feel too dry you can always add more conditioner. Enjoy!



## Outdoors

When it's raining, go outside, put on your rain boots and count how many puddles you can find and how many you can jump in! Have fun!



## Dramatic Play

Turn your play-doh into a play-doh garden! Take any tools you may have around the house and pretend you are "raking" the soil, planting "seeds", and "growing" flowers. After your flowers have "grown", decorate them.



**BROOKVILLE CENTER FOR CHILDREN'S SERVICES**  
**SPRING HAS ARRIVED!!!**



## Book

### **Tops & Bottoms, by Janet Stevens.**

[#topsandbottoms](#) [#storytimeforkids](#) [#kidsbooksreadaloud](#)

This is a cute story about a bear who never had to work in his life. Hare on the other hand is hard-working and clever. He approaches bear with a business proposal and tells him if he can use his land for crops, he can get half of everything. Bear sleepily accepts and thinks it's the perfect idea. Hare asks him if he wants the tops or the bottoms of the crops. Bear says tops without thinking and goes back to sleep.

## Craft

### **Sorting Pictures.**

After listening to the text children can sort which crops grow on the top and which crops grow on the bottom. The pictures for the vegetable sort will be uploaded to ClassDojo.



## Game

### **Garden pretend play with printable vegetable puppets!**

Printable vegetable pictures will be uploaded to ClassDojo. Print, then cut them out and attach them to popsicle sticks, or straws. If you have a brown shoe box, parents can make small holes in the box.

When complete the children can pretend to plant the vegetable puppets. This activity can encourage language development; you can name each vegetable, discuss favorite vegetables, and talk about what meals to make with the vegetables and the importance of eating vegetables. Also you can count and name the colors of all of the vegetables.

## Snack

### **Healthy Vegetable Snacks.**

Make your favorite dip, in the process practice counting and discussing what ingredients are needed. Enjoy some of your favorite vegetables from the text. A great way to introduce or review healthy foods. You can also make an amazing colorful salad, also a way to review colors and to enjoy a healthy meal as a family. The children will feel super proud knowing they were a part of the process!!



## Outdoors

### **Planting Season!!**

If you have access to vegetable seeds and some soil, this could be a great follow-up activity, and possibly a first time experience for the children. Here is a link to a video on planting seeds.

<https://youtu.be/GiPNYlwF7Uw> . Happy planting friends!!!

## Dramatic Play

### **Farmers Market.**

If you have access to some fresh fruits and vegetables, the children can set up a farm stand, indoors or outdoors. You can make labels to label the items, create a price list, color coordinate, count the number of items, use real money etc. Have fun guys!!!



**Celery**



**Corn**



**Eggplant**



**Carrot**



**Lettuce**



**Mushroom**



**Squash**



**Cucumber**



**Cauliflower**



**Pepper**



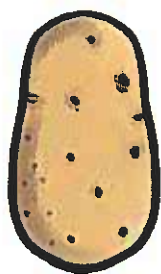
**Broccoli**



**Onion**



**Radish**



**Potato**



**Tomato**

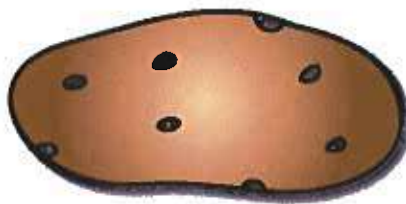
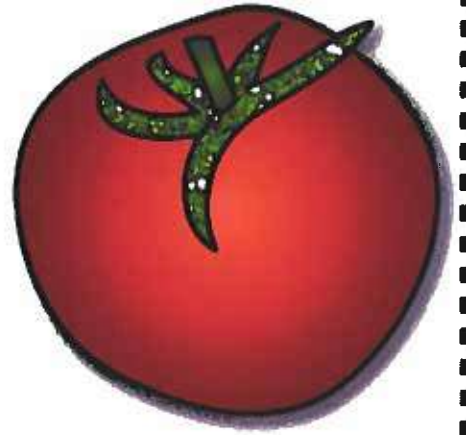
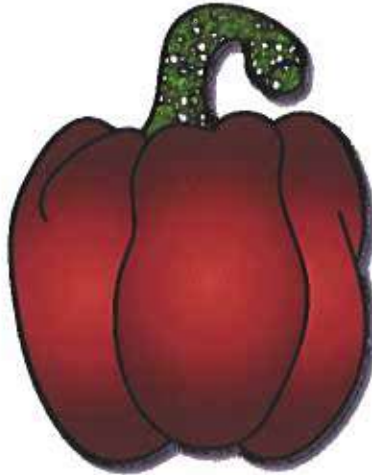
Vegetable Garden Puppets

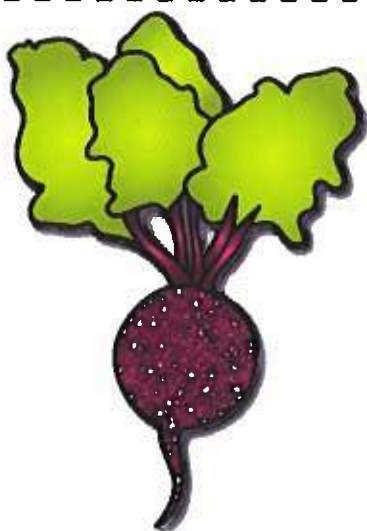
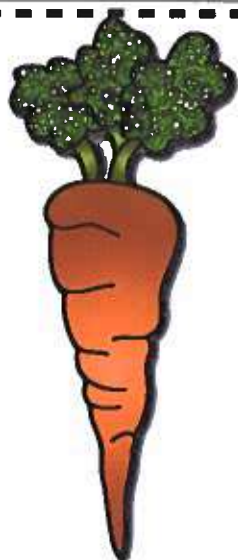
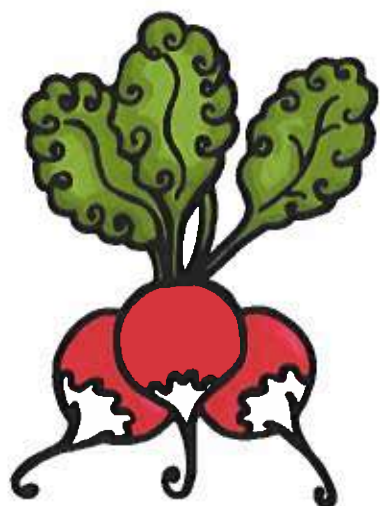
[www.viewsfromastepstool.com](http://www.viewsfromastepstool.com)

Clip Art by [Chirp Graphics](#)

Tops

Bottoms





# BROOKVILLE CENTER FOR CHILDREN'S SERVICES

## SPRING FLING ACTIVITIES

### Book

The Very Hungry Caterpillar by Eric Carle

If you do not have the book, there are several read aloud versions you tube. Watch the animated book on you tube The Very Hungry Caterpillar- animated films on Illuminated Films.



### Craft



**Activity #1.** Cut out food shapes from the story. Have your child use a hole puncher to punch holes in all the food just like in the story, good fine motor exercise.

**Activity #2.** Make a fingerprint caterpillar with paint and your finger or use a cut up sponge, or pencil eraser, or the rim of a cup. Use a fork dipped in paint to make grass.

**Activity #3.** Cut out green circles and write your child's name, a letter on each circle and a red circle for a head. Have your child arrange the letters to spell their name and make a caterpillar.

**Activity #4.** Cut out a caterpillar shape, have your child decorate however they want

**Activity #5.** Paint the bottom of an egg carton green and one egg holder red to make a caterpillar add a pipe cleaner for an antenna and draw some eyes.

**Activity #6.** Color with markers on a coffee filter. Spray with water and watch the colors blend. Let dry. Gather the center and secure with a pipe cleaner or clothes pin. Hang your butterfly

### Game

**Activity #1.** Cut out butterfly shapes in different colors or have your child color on white paper and then cut out into butterfly shape. Get a few paper cups, label each cup with a color that matches the color of the butterflies. Scatter the butterflies around the floor. Have you child fly, hop, skip, run around and collect the butterflies. Sort them into the matching cup.

**Activity #2.** Go outside use chalk to draw large circles in the shape of a caterpillar. Gather magnet letters or numbers or different colored items from around the house or just cut out letters or numbers or shapes. Label each circle of your caterpillar to match something you have collected and have your child sort the items into the matching caterpillar circle.

### Snack

**#1.** Slice grapes in 1/2 and place on plate in a caterpillar shape or use sliced green apples. Add a strawberry head and some pretzel stick legs.

**#2.** Slice kiwi or cucumber in a caterpillar shape with a tomato or strawberry head.

**#3.** Go outside for a picnic, eat some of the things the caterpillar ate in the story.



## Outdoors

**Activity #1:** Go outside, look for caterpillars, find bugs for a bug jar.

**Activity #2:** Find and collect all different kinds of leaves, sort them by color, size, shape. Glue leaves into a collage, put a leaf between 2 pieces of paper and crayon rub a leaf shape

**Activity #3:** Butterfly Feeder: Get a paper plate or plastic container lid, make 4 holes around the outside edge. Get 4 pieces of string, rope, ribbon, yarn or pipe cleaners. Tie 1 end through each hole to the plate. Thread on beads, cheerios, fruit loops anything you find to decorate. Tie the 4 pieces together at the top. Put some cut strawberries or banana on the plate and hang outside. Watch and see what comes to eat the fruit!



## Dramatic Play

Can you be a caterpillar? Act out the life cycle of a caterpillar to a butterfly

\*curl up as small as you can -egg

\*stretch out of your egg and crawl around looking for food - caterpillar

\*crawl under a sheet or blanket and get wrapped up - cocoon

\*pull open the sheet and run around flying -butterfly

# BROOKVILLE CENTER FOR CHILDREN'S SERVICES

## Spring Speech Activities

### Book

*When Spring Comes*

By Kevin Hughes and Laura Dronzek

[https://youtu.be/\\_IMQguIVLL4](https://youtu.be/_IMQguIVLL4)



### Craft (Movement activity below)

*Make a Flower/Identify verb Activity*

#### Materials Needed

- 20 construction paper or cardstock flowers in four different colors
- 20 craft sticks
- 20 glue dots
- permanent marker
- sidewalk chalk
- 1 small flower pot

#### Setting Up The Movement Activity

Attach a flower to each craft stick using a glue dot.

Choose one flower group of the same color and write one of the following words (**run**, **hop**, **walk**, **skip**, and **gallop**) on each of the sticks in that group. Repeat for the remaining colors.

Place your flowers in a flower pot.

Outside you will need to draw 4-8 letters of the alphabet on the playground or another concrete area. Space the letters out so that the kids can't get to them too quickly. (If you have a grassy area instead, print the letters on plastic plates or tape paper with letters to cones.)

### Game

*Find Spring!*

Take a walk and find items that match the colors of the flowers you made, or the animals you read about in the book! For example, "Look, our neighbors car is white.", "I see a pink bicycle in the driveway.", "That bunny is hopping! "I see a garden.", etc.

### Movement

*Playing Pick a Flower*

Now, it's time to play. Pull out a flower from the pot and announce it to the children. For example, if you pull a yellow flower with the word **hop** on it, say, "Yellow team please hop to the letter \_\_\_\_ (fill in with a letter that is drawn with chalk)." You can also substitute with objects (i.e., **hop** to the bunny, **gallop** to the fence, etc.) Continue to pull all the flowers sending teams moving all over the playing area. The activity is over when all the flowers have been picked and completed.

### Snack

*Look in the Refrigerator and find spring vegetables. Do you have any?*

- Asparagus
- Green onions or spring onions
- radishes
- peas
- spinach
- carrots

*Take a taste! You may love to eat "Spring"!*

### Dramatic Play

**Dramatic play** can be defined as a type of **play** where children accept and assign roles, and then act them out. It is a time when they break through the walls of reality, pretend to be someone or something different from themselves, and dramatize situations and actions to go along with the roles they have chosen to **play**.

BROOKVILLE CENTER FOR CHILDREN'S SERVICES  
Occupational Therapy activities for the week of April 6th  
From Rachel Beauchamp-Ferrero MA, OTR/L

### Fine Motor

Use included "Rain Drops Fine Motor Activity" OR draw small "rain drops" all over a piece of paper and have your child use an eye dropper to drop colored water into each spot. If you don't have an eye-dropper you can have your child use a Q-tip to "paint" each rain drop.

### Visual Perceptual

Use the included "Visual Discrimination-Bugs" activity. (Disregard the laminating instructions). You can print it out, or just let your child touch the pictures on the screen to choose the bug that is different from the group.

### Pre-writing Skills

Use included "Tracing Lines - Spring" activity, OR use a yellow highlighter to draw vertical, horizontal and diagonal lines on white paper and have your child trace them with a different color marker or crayon (not yellow).

### Tactile Sensory Play

Play the "What's Inside the Bag?" game. Take 12 items and put them into a bag (do not use material that you can see through). Have your child reach into the bag and see if they can guess what the item is by using their sense of touch. NO PEEKING! You can use items from the outdoors or household items. Make sure you keep a list of the items for yourself to keep track. The whole family can play together!

### Scissors Skills

Use included "Scissor Skills - Pattern Cut & Glue RAINY DAY" activity OR help your child cut out 1-inch strips of different colored paper and glue them to paper to create your own rainbow.

### Sensory Strategy of the Week

Does your child have difficulty playing independently with toys for an age-appropriate length of time? Are they too rough? Do they lack sufficient motor coordination? Please see the included information sheet, "Sensory Strategies - for home - Attention - Ability to Play with Toys" for some helpful ideas to work on this skill.

Hi Everyone!

I hope you are all staying healthy and doing well! I really miss the kids and I cannot wait to see them again. I hope you enjoy these activities. I tried to modify each one for those of you who have printers and those who do not. Every week I will include a new sensory strategy to use at home. Once we are set up on Class Dojo, please feel free to message me with any specific questions or concerns regarding your child. Have a great week!

# GROSS MOTOR SPRING ANIMAL WALKS

## FOX WALK



1. Bend down and place your fingertips on your toes.
2. Move each leg forward one at a time.
3. Try to keep your fingertips on your toes!

ToolsToGrowOT.com

## RACCOON WALK



1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.
3. Next move your left arm and right leg at same time.

ToolsToGrowOT.com

## HEDGEHOG RUN



1. Bend forward to place hands on floor.
2. Quickly move forward, alternating your right foot and right hand together.
3. Next quickly move your left hand and left foot together.



ToolsToGrowOT.com

## SQUIRREL JUMP



1. Place your hands in front of you.
2. Push off with your feet to spring forward.

ToolsToGrowOT.com

## BEAR WALK



1. Bend forward to place hands on floor.
2. Move right hand and right foot at the same time.
3. Move left foot and left hand at the same time.
4. Go Slow!



ToolsToGrowOT.com

## WOLF WALK



1. Kneels on all fours.
2. Slowly move your right arm and left leg at the same time.
3. Next move your left arm and right leg at same time.
4. Howl!



ToolsToGrowOT.com

## BIRD FLY



1. Place your hands on your hips and bend your elbows.
2. Move your elbows back and forth to flap your wings!

ToolsToGrowOT.com

## MOUSE RUN



1. Bend forward to place hands on the floor.
2. Move right hand and right foot forward at the same time.
3. Move left hand and left foot forward at the same time.
4. Go fast!



ToolsToGrowOT.com

**Quick note: The breathing we want kids to do is deep belly breaths, not shallow chest breaths. When they breathe in, their belly should expand, and when they breathe out, their belly should contract.**

## **DEEP BREATHING USING PROPS**

### **USE BUBBLES**

Blowing gently to create bubbles is a good way to be playful and breathe deeply. Kids have to blow carefully and slowly to make the bubbles, which is a major reason why I like using it to help kids take deep breaths.

### **USE A STUFFED ANIMAL TO PRACTICE DEEP BREATHING**

Have your child lay down on their back and put a stuffed animal on their belly. Have them breathe in and move the stuffed animal up, then breathe out and bring the stuffed animal back down. This helps teach kids to use their belly to take big deep breaths. Another alternative is to use a weighted stuffed animal.

### **USE A PINWHEEL**

Kids can practice breathing out slowly or more quickly, using the speed of the pinwheel as a measure. Then they can figure out which way works and feels best for them.

### **USE A STRAW**

Using a straw, have a competition blowing cotton balls across a table. First cotton ball to cross a line on the table or fall off the far side of the table “wins”.

### **USE A FEATHER/ TISSUE**

Get some colored feathers and pick out one feather to use. It could be a color that they love or one that makes them feel calm. Breathe in and hold it for a count of 3, then breathe out going up on one side of the feather and down the other side.

### Bouncing

Bounce the ball *in front* of you using your *fingertips*



# Bouncing & Throwing skills

### Underarm Throw

Point your non-throwing hand at your target



Step forward and swing your arm forward

### Overarm Throw

Throw *over* your head



Stand in the *starting* pose

Holding the ball at your ear



### Chest passing

Make a '*push*' *back*' with your hands



Hold the ball against your *chest* then step and push out

### Catching



# PT HOME EXERCISES- Week of March 30, 2020

## **STRENGTH:**

Place pieces of a puzzle on the floor or objects the child likes (ex: matchbox cars, cartoon figures, crayons, etc) and have child squat down fully to collect each object. Can play a game with the objects once all collected (ex: do the puzzle, race the cars, color a picture, etc.)



## **BALANCE:**

You can make a “balance beam” on the floor using painters tape and have your child walk across forwards, backwards and sideways. Add some turns to make it more challenging.



## **STRENGTH/BALANCE/COORDINATION:**

Have your child pretend and move like different animals: Walk like a bear, crawl like a crab, waddle like a duck, gallop like a horse, slither like a snake, jump like a frog or balance like a flamingo.

## **ENDURANCE:**

Have a contest with your child: Who can jump up and down the longest?



**\*\*All activities should be supervised by an adult.**

A project from Ms. Yvette from the Owl Classroom

Here is a simple project to do even if you have limited arts and crafts materials.

**Materials:**

- 🌸 Old bottle or flower vase
  - 🌸 Glue
  - 🌸 Old magazines
- 
- 🌸 I cut out the colored magazine pages into different shapes and sizes
  - 🌸 I glued the pieces of paper onto the bottle overlapping shapes and colors

1.



2.



3.



4.

