

"Move Like a Dragon"

Gather the children together, and explain they will follow your directions as they pretend to be dragons. Give the following directions and allow time for the children to transition between movements.

- Move very slowly
- Move very fast
- Hop on one foot
- Fly around in a circle
- Tiptoe softly
- Stomp loudly
- Go to sleep
- Pretend to climb stairs



Gross Motor Skills

Demonstrates strength and coordination of large muscles to engage in skills such as jumping, hopping, and running

Moves with an awareness of personal space in relationship to objects and others

Moves with balance and control

Speaking & Listening

Follows simple and multi-step directions

"Dragon Relay"

Cut two pairs of dragon wings from poster board. Divide the class into two teams and give each team one set of wings. The children hold the wings on their backs and pretend to "fly" to a designated finish line and back to their teams. They give the wings to the next child in line. The relay race continues until all of the children have had a turn flying.

Materials

- Two pairs of dragon wings



Approaches to Learning

Demonstrates increasing independence and willingness to try new challenges

Creative Arts

Represents fantasy and real-life experiences through pretend play

Gross Motor Skills

Demonstrates strength and coordination of large muscles to engage in skills such as jumping, hopping, and running

Speaking & Listening

Follows simple and multi-step directions

"Bubble Science"

Make bubble solution with the children by having them pour water (distilled works best) into a large bucket and slowly add one cup of dish detergent mixing gently.

Discuss measuring tools and safety practices as the children add three tablespoons of natural glycerin (found in lotion aisles of most drug stores).

The children discuss changes they observe as the ingredients are mixed to create the bubble solution.

Materials

- Bubble-blowing wands
- Fly swatters and/or sand strainers
- Bubble solution (see text for ingredients)

Health, Safety and Nutrition

Recognizes dangerous substances

Math

Becomes familiar with standard and nonstandard measuring tools and their uses

Science

Investigates properties of earth materials including water, soil, rocks, and sand

Observes and describes how objects move

