

Games

Walk-and-Balance

4+

Science skills

The children observe space and time relationships and cause and effect, as well as practice large motor skills.

Materials

Beanbag
2 paper cups

Cookie sheet
Tennis ball

What to do

1. Ask each child to perform the following balancing acts: walking with the beanbag balanced on her head; walking across the room holding a cup of water in each hand; and balancing the tennis ball on the cookie sheet.
2. After some practice, divide into teams and have relay races using the same balancing skills.

Monica Hay-Cook, Tucson, AZ

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Occupation Musical Chairs

4+

Science skills

Children practice vocabulary and language development, as well as large motor skills.

Materials

Chairs or rug square for each child
Occupation description cards, or simple pictures for younger children
Some form of music- or rhythm-making instrument

What to do

1. Make 10 to 12 cards that briefly describe jobs people do in the community.
2. Gather children and chairs.
3. Explain that in this game of musical chairs, everyone will have a chair at the end, but on some chairs there will be a card that describes a job! If there's a card on a child's chair, you'll read about that job and the child can see if she can name the worker that does that job. For younger children you may only want to distribute a few cards, or you may wish to draw a simple picture instead of providing a written description.

4. Ask the children to march around the chairs in the same direction when you start the music, and then find a chair when the music stops.
5. Begin the music and circle the chairs with the children, placing cards on several chairs, then stop the music.
6. Help the children find chairs, then randomly read cards from those chairs that have them.
7. Encourage all the children to listen to other children's answers because that same card may be on their chair the next round!
8. Begin music and place cards out again as the children circle the chairs.

More to do

More games: Play an occupation guessing game like "Charades" in which the children act out the description on these cards and the other children try to name the worker. ■ Play this musical chair game with any theme. You can place shapes, letters, numbers or animal pictures on the chairs.

Related book

What's It Like to Be a Police Officer by Michael Pellowski

■ Shirley R. Salach, Northwood, NH

4+

Feed Me

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Science skills

In this game, the children practice memory and large motor skills.

Materials

Number strip (separate sheets taped together or a strip of paper, measuring about 1' x 10' or 30 cm x 3 m), marked off with numbers 1-10

9 blank index cards

One index card with a picture of a complete meal on it

What to do

1. Ask the children to name some things we can do to help keep our bodies healthy (e.g., eat healthy foods, sleep, exercise, wash hands before eating, clean our bodies, brush teeth, etc.).
2. Review the food groups briefly with the children. Can they give any examples of foods in these groups? Nutritionists help us to know how much of which foods we need to eat to stay as healthy as possible.
3. Show the children the blank cards and the one card with the meal picture on it and describe the game you will play. You may want to be the "hungry" person first to demonstrate.
4. Spread the sheet out with the index cards face down under each number. Mix up the cards so that nobody knows under which number the meal is hiding. The "hungry child" stands on "start" while the other children take turns telling her how to move (e.g., three steps forward,