

Weekly Lesson Plan

Week Of: December 06, 2021

Age Group: 3 – 18 yrs

Monday	Virtual Field Trip
Explore the Kennedy Space Center in this exclusive video from Studies Weekly: https://www.youtube.com/watch?v=fAq5rjie02c <i>Supplies & Resources needed: computer/laptop/tablet and internet</i>	
Tuesday	Brain Games
Let's do the Leftover Turkey Word Search! Worksheet attached <i>Supplies & Resources needed: worksheet and pencil/pen</i>	
Wednesday	Let's Get Cooking
Let's make some yummy rock candies! https://www.youtube.com/watch?v=ODEWEnAm7wU <i>Supplies & Resources needed: sugar, water, glass jar, pencil, food color, string and adult supervision</i>	
Thursday	What about me? Helping Children Cope
The feeling thermometer – how do you feel and what you can do about it. Poster attached. <i>Supplies & Resources needed: poster and parental supervision</i>	
Friday	Full STEAM ahead!
Floating ball activity https://allfortheboys.com/floating-ball-activity/ <i>Supplies & Resources needed: bendy straw, paper, scissors, pen/pencil, tape, pin pong ball or ball made of foil and parental supervision</i>	
Saturday	The Great Outdoors
Let's get moving! Have fun hopping, waddling, and wriggling—just like animals! Worksheet attached. https://rangerrick.org/rr_videos/lets-get-moving/ <i>Supplies & Resources needed: worksheet and parental supervision</i>	

**After completing the weekly activities, please complete the online form at www.future-promise.org/afterschoolplus*

***For any questions, concerns and help on these activities please reach out to us at support@future-promise.org or visit www.future-promise.org/afterschoolplus*

Have fun, stay safe and have a wonderful week!



Name: _____ Date: _____

LEFTOVER TURKEY

Word Search

DIRECTIONS:
Find and circle the turkey recipes in the grid. Look for them in all directions including backwards and diagonally.



- A La King
- Burritos
- Casserole
- Chili
- Chowder
- Crepes
- Croquettes
- Curry



- Empanadas
- Enchiladas
- Hash
- Manicotti
- Nachos
- Panini
- Pizza
- Pot Pie
- Quiche
- Salad
- Sandwich
- Shepherd's Pie
- Soup
- Stroganoff
- Tacos
- Tetrazzini

The Feeling Thermometer

FEELINGS THERMOMETER



Let's Get Moving!

What You Do

- **Kangaroo Hop**
 - When kangaroos hop or jump, they keep their back legs together. Bend your elbows and wrists the way a kangaroo holds its arms. Now try hopping. How far can you go in a single hop? In five? Measure the distance with a tape measure.
 - A male grey kangaroo can travel about 30 feet in a single hop. Mark a starting point, then measure and mark a finish line 30 feet away. How many jumps does it take for you to cover this distance?
- **Duck Waddle**
 - A duck's webbed feet are great for swimming, but not as good for walking on land. Try walking around in swim fins.
 - When ducks get scared, they move much faster by flapping their wings as they walk. The flapping helps the ducks be less anchored to the ground. Flap your arms as you waddle to see if it helps you go faster.
- **Penguin Waddle**
 - A penguin's legs are short, so they can't walk fast. Stand up and put your feet together with your toes pointing to the sides. Now waddle like a penguin.
- **Seal Wriggle**
 - Many seals move by stretching forward and gripping the ground with their front flippers. Then they hunch their backs to pull the rest of their body forward before stretching again. They don't use their hind flippers on land.
 - Lie on the ground with your legs together and your feet apart. Then wriggle like a seal. Can you bark or clap like a seal, too?
- **Keep Moving!**

There are a lot of ways to get from here to there. Can you jump like a frog, crawl like a croc, slither like a snake, and pounce like a cat?

LET'S GET MOVING VIDEO! Watch these animals in motion!

https://rangerrick.org/rr_videos/lets-get-moving/