Preschool Lesson Plans & Activities

1. **Preschool Foundations: Life Sciences – Observe and explore growth in humans, animals, and plants and demonstrate an increased understanding that living things change as they grow and go through transformations related to the life cycle.**

   • Read *The Tiny Seed* by Eric Carle and talk about the changes that plants go through from seed to flower. Also read *Sunflower House* by Eve Bunting.

   • Make a Sunflower out of a rice cake, caramel sauce or peanut butter, ½ banana, ¼ cup unshelled sunflower seeds and a sour green licorice whip. Spread the sauce or peanut butter on a rice cake. Cut the banana into circles, first estimating how many circles you can cut from your half of a banana. Arrange the circles round the edge of the rice cake. Sprinkle the sunflower seeds in the center and add the licorice to make a "stem." (Adapted from *Book Cooks: 26 Recipes from A-Z Inspired by Favorite Children's Books* by Cheryl Apgar. Huntington Beach, CA: Creative Teaching Press.)

   • Sing to the tune of "Baa, Baa, Black Sheep":

     *Sunflower yellow,*
     *Standing in the sun,*
     *Soon you will be eaten*
     *After all the work is done.*

   • Cut a sunflower shape out of construction paper that has been divided into four equal parts. Each section has a different number written in it (depending on the child's knowledge of number; alternatively, you could draw “pips” representing a number or do tallies). A child counts out the correct number of sunflower seeds to glue in the section with that number.

   • Grow seeds in the window using George Lightholder's “Plants without Pants Science” Packet. He was a presenter at the 2013 Southern California Kindergarten Conference. See next page for a template.

2. **Preschool Foundations: Earth Sciences – Investigate characteristics (size, weight, shape, color, texture) of earth materials such as sand, rocks, soil, water, and air.**

   • Set up a Science Center to explore, observe, make discoveries. Include books, writing materials, and various tools for observing and measuring (magnifiers, balance scale, prisms, rulers, digital camera) and items to investigate.

   • Outdoors, help children view the veins of a leaf in sunlight; look at changes when rocks are wet and dry; smelling the flowers.

   • In the Block area, provide cardboard tubes and plastic rain gutters or molding, along with balls and things with wheels. These items help children learn about position and motion of objects.

   • Use scientific vocabulary to model new understandings. “I'll pour this water into the cup of cornstarch as you stir. Let's observe what happens as we try to pick up the interesting mixture we just made. Is it more like a solid or a liquid?” (Adapted from *Teaching Young Children/Preschool, Vol 4, No 5, Jun/Jul 2011.*)
Growing things # 7

Plants without Plants Science

1. actual drawing:

- Attach to window
- Cut here
- Construction paper
- Seeds
- Cut out piece

Child's Name

Name of project

- Tape adhered on back
- Zip lock bag
- Taped all around 4 sides
- Napkin inserted BEFORE staples
- Staples
- Moisture

- Middle of construction paper must be cut out
- Bag must be taped all around

Size 9" by 12" or so...

- Staples give
  1. aeration
  2. prevention of seed drowning
  3. drainage