

Flag Day – June 14, 2010

Tell children that Flag Day celebrates the day our flag was chosen. Explain that when our country first began, we didn't have a flag, but many people had ideas about how the flag should look. On June 14, 1777, the leaders of the country finally decided which flag to use. At that time, there were only thirteen stars on the flag, one for each state. As our country grew, more stars were added.

Quick facts about the American flag:

- The flag is also called the "Stars and Stripes," the "Red, White, and Blue," and "Old Glory."
- Our flag has seven red stripes, six white stripes, and 50 stars – one for each state!
- The colors of our flag stand for bravery (red), goodness (white), and fairness (blue).
- People show respect for the flag in different ways. Sometimes people put their right hands over their hearts, and men often remove their hats when the flag passes by. Soldiers and sailors salute.

Stars and Stripes Wreath

(from *Celebrate America*)

You'll Need:

- Children's scissors
- Paper plates with center cut out, leaving a 2" rim
- Yarn cut into 12" pieces
- Red, white, and blue construction paper
- Glue
- Crepe paper or ribbon

1. Using the [star pattern](#), trace stars onto a piece of white construction paper and cut them out. Trace stars onto the red and blue construction paper and cut those out too.
2. Glue stars to the paper plate rim.
3. Using crepe paper or ribbon, cut multiple pieces of varying lengths. Glue to the bottom of the paper plate rim.
4. Pass the yarn through the plate. Tie the ends together so you can hang it.

Paper Airplanes

This paper airplane has big, rectangular wings. Make several so children can explore making them fly!

Materials and Preparations:

- Copier or typing paper
- Pictures of airplanes in flight

Learning Experiences:

- Encourage children to explore pictures of airplanes in flight. Ask them if they know what makes an airplane fly. That's right – wings!
- Explain that paper airplanes use wings to catch the air and fly. Some children may already know a way to make a paper airplane and may prefer to do it the way they are familiar with. Here's a different way for those who are interested. You may need to make them as some children may just want to fly.
 - Beginning at the short end of a sheet of paper, fold the edge over about an inch. Make a sharp crease and press it flat. Keep folding to make a total of eight folds, keeping the folds as even and tight as possible. You will end up with a piece of paper that is approximately 8 ½" x 5".
 - Turn the paper over so that the side that is folded (the side with the "hem") is facedown. Then fold the paper up, in half, so that the "hem" is on the outside of both sides, and crease well. (That crease is what you will hold to fly the plane). You will end up with a piece of paper that is approximately 4 ¼" x 5".
 - To make the wings, fold the top layer down toward you, but make the crease about one inch from the center crease. Do the same thing on the other side. That leaves you something to hold on to when you fly the plane. The tight folds that you made in the first step are the leading edge.

Note: For more great designs and illustrated step-by-step directions, visit www.10paperairplanes.com.

Father's Day – June 20, 2010



Extra Large Greeting Cards

Materials and Preparations:

- 11" x 17" paper, folded in half to 8 ½" x 11"
- Assorted art materials (markers, crayons, glitter glue, doilies, etc.)

Learning Experiences:

- Invite children to make an extra large greeting card for Father's Day.
- Encourage children to illustrate a picture of their fathers (or significant male in his/her life) on the inside cover of the greeting card (inside left-hand side).
- On the opposite page (inside right-hand side), ask children to complete some of the sentences below and write their dictations.
 - I like it when my dad and I . . .
 - My favorite time of day with my dad is . . . because . . .
 - My dad and I act silly by . . .
 - My dad is the best because . . .
- Invite children to decorate the greeting card cover. They may ask you to write Happy Father's Day.

classroom tips

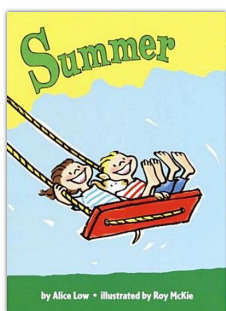
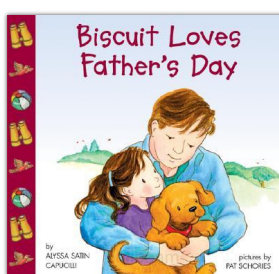
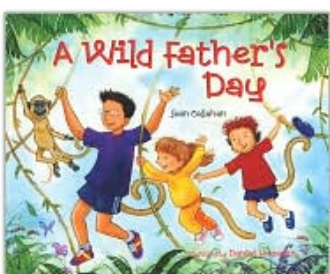
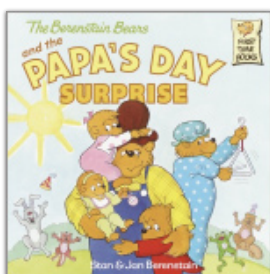
Developing Healthy Minds and Bodies

A well-rounded curriculum focuses on all aspects of development, including healthy growth, physical development, movement, and well-being. Physical activities not only build motor skills, but offer opportunities for social and emotional growth as well. Walking, running, and jumping are essential for normal development during childhood and adolescence. Continuous opportunities for practice are required if a child's movements are to increase in complexity. Some of the benefits of physical activity are listed below.

- Improves aerobic endurance, muscle growth, muscular strength, coordination, and growth stimulation of the heart, lungs, and other vital organs.
- Improves body image, mood, self-confidence, and sense of well-being.
- Provides opportunities to contribute to social/emotional growth through sharing space, taking turns, and cooperating.
- Enhances feelings of effectiveness through muscle control and hand-eye coordination.

How can you bring physical activity into all domains of learning? Include multiple approaches to movement, including yoga, music, and outdoors exploration. Use the tips below as a starting point.

- Provide materials that foster small muscle development: buttons, zippers, lacing cards, stringing beads, etc. Filling and dumping experiences in a sand or water table and art experiences requiring various grips (paintbrushes, stampers, writing utensils) also build strength.
- Ask children to show how colors and works of art make them feel through a movement response: do they want to jump, run, curl up in a ball, or move their arms in the air? Do they see any movement in the piece of art? How can they make their bodies move like the piece of art?
- Using colored buckets or soft blocks, encourage children to sort them by color, size, or shape on the floor. You may also begin a pattern for them to complete.
- Invite children to express what they hear in stories and song through creative movement and dramatic play experiences (retelling stories through mime or as puppeteers).
- As children are exposed to concepts, they can simulate what they are learning about through movement experiences: move like a tree blowing in the wind, move like you are standing barefoot on a hot sidewalk, move like a turtle, move like a snake, etc.



Books to Share

The Berenstain Bears and the Papa's Day Surprise by Stan and Jan Berenstain

A Wild Father's Day Hug by Sean Callahan

Biscuit Loves Father's Day by Alyssa Satin Capucilli

Summer by Alice Low

One Hot Summer Day by Nina Crews

Welcome Summer by Jill Ackerman

Cornstarch Stomp

Explore the sensation of wet cornstarch on bare feet

Materials and Preparations:

- Wet cornstarch (mix 2 parts cornstarch and 1 part water)
- Large shallow pan

Learning Experiences:

- Pour wet cornstarch into a large shallow pan outdoors. Place chairs around it. Invite children to take off their shoes and socks, sit in the chairs, and place their feet in the cornstarch mixture. How does it feel? They may also want to take turns standing or walking in the mixture.
- Prompt children to move their feet different ways. They can stomp them up and down, wiggle their toes, lift one foot, and more. They can press their feet into the mixture to make footprints and then watch the footprints to see what happens. They may try squeezing the mixture with their feet too.