

**Week 4 - Plants**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Parent Self-Care</b>	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.	Down time for YOU before the child(ren) wake up! Grab a cup of coffee or tea, write in a journal, practice yoga, etc.
<b>Breakfast 8:30am-9am</b>	<b>Discussion Question:</b> Why are plants important?	<b>Discussion Question:</b> What is your favorite fruit? Why?	<b>Discussion Question:</b> If you could only eat one vegetable for the rest of your life, what would it be? Why?	<b>Discussion Question:</b> If you had to leave home for an emergency, what 3 things would you take?	<b>Discussion Question:</b> If you had to eat a worm, how would you cook it?
<b>Educational Time 9am-9:45am</b>	<p>List the differences between vegetables and fruit. Then think of as many as you can and categorize them as fruits or vegetables. When you're done with your list, Google to see if they were correct.</p> <p>Don't forget the challenging ones like tomatoes, corn, bell peppers, avocado, and pumpkins.</p>	<p>Time for a science experiment! You will need five seeds and containers for each (small cups work great!). "Plant" each seed, but have one with no water, another without air (ziplock bag), one without soil, cook one seed before planting, and then have one that seed that receives all it needs. Which do you think will grow? Record your predictions!</p>	<p>What is the difference between annual and perennial plants? Find out on Wonderopolis! Either listen to the article, or read it on your own! <a href="#">How Are Annuals and Perennials Different?</a></p> <p>Don't forget to check in on your science experiment from Tuesday!</p>	<p>Learn about the life cycle of a plant on TurtleDiary and then draw your own life cycle diagram! <a href="#">Stages of Plant Life</a> <a href="#">Cycle Video</a></p> <p>Don't forget to check in on your science experiment from Tuesday!</p>	<p>Did you know that Yosemite Sequoias actually need the heat from fire to grow!? Learn all about them at National Geographic and then share what you've learned with someone else! <a href="#">Yosemite Sequoias Need Fire</a></p> <p>Don't forget to check in on your science experiment from Tuesday!</p>

<p style="text-align: center;"><b>Art &amp; Music</b> 10am-11am</p>	<p><b>Art:</b> Use leaves, crayons, and paper to create leaf rubbings! For the older kids, then turn your artwork into a card to send someone. <a href="https://www.firstpalette.com/craft/leaf-rubbings.html">https://www.firstpalette.com/craft/leaf-rubbings.html</a></p> <p><b>Music:</b> Plant songs for Kids <a href="https://www.youtube.com/watch?v=erqrtEv3QM&amp;list=PLFCzDr_gSIX_FrUscaNCRi0qwMDL32rBk">https://www.youtube.com/watch?v=erqrtEv3QM&amp;list=PLFCzDr_gSIX_FrUscaNCRi0qwMDL32rBk</a></p>	<p><b>Art:</b> Use different vegetables like peppers, potatoes, etc to create stamps! For older kids, let them cut the potatoes carefully with a knife to create different designs.  <a href="https://www.pinterest.com/pin/227994799873264708/">https://www.pinterest.com/pin/227994799873264708/</a>  <a href="https://www.pinterest.com/pin/29625310037537451/">https://www.pinterest.com/pin/29625310037537451/</a>  <a href="https://www.pinterest.com/pin/859835753827757477/">https://www.pinterest.com/pin/859835753827757477/</a></p> <p><b>Music:</b> Farmer plants the Seed <a href="https://www.youtube.com/watch?v=cRhG0dqWllo">https://www.youtube.com/watch?v=cRhG0dqWllo</a></p> <p>One Seed: <a href="https://www.youtube.com/watch?v=ium5V4FYcP0">https://www.youtube.com/watch?v=ium5V4FYcP0</a></p> <p>Action song: Making a Garden <a href="https://www.youtube.com/watch?v=bSopNx18QFk">https://www.youtube.com/watch?v=bSopNx18QFk</a></p>	<p><b>Art:</b> With coffee filters or tissue paper, create beautiful flowers!  <a href="https://www.pinterest.com/pin/218495019409858259/">https://www.pinterest.com/pin/218495019409858259/</a>  <a href="https://www.pinterest.com/pin/316589048809189172/">https://www.pinterest.com/pin/316589048809189172/</a>  <a href="https://www.pinterest.com/pin/371054456798349357/">https://www.pinterest.com/pin/371054456798349357/</a></p> <p><b>Music:</b> The Needs of a plant <a href="https://www.youtube.com/watch?v=dUBIQ1fTRzI">https://www.youtube.com/watch?v=dUBIQ1fTRzI</a></p> <p>What a Plant Needs to survive <a href="https://www.youtube.com/watch?v=DPL0F2V9_gY">https://www.youtube.com/watch?v=DPL0F2V9_gY</a></p>	<p><b>Art:</b> Use different types of beans and seeds to create different mosaics and pictures!  <a href="https://www.pinterest.com/pin/259097784797807478/">https://www.pinterest.com/pin/259097784797807478/</a>  <a href="https://www.pinterest.com/pin/366973069614312225/">https://www.pinterest.com/pin/366973069614312225/</a>  <a href="https://www.pinterest.com/pin/208995238927412402/">https://www.pinterest.com/pin/208995238927412402/</a></p> <p><b>Music:</b> The parts of a plant. <a href="https://www.youtube.com/watch?v=ql6OL7_qFgU">https://www.youtube.com/watch?v=ql6OL7_qFgU</a></p> <p>The Plant Song <a href="https://www.youtube.com/watch?v=N-l-gsWOKzk">https://www.youtube.com/watch?v=N-l-gsWOKzk</a></p>	<p><b>Art:</b> Cut paper into different fruit and veggie shapes and then set aside. Paint leftover bubble wrap, and then press the shapes onto the bubble wrap to make bubble wrap prints!  <a href="https://intheplayroom.co.uk/2015/08/20/bubble-wrap-printed-fruit-veg/">https://intheplayroom.co.uk/2015/08/20/bubble-wrap-printed-fruit-veg/</a></p> <p><b>Music:</b>  <b>Review the songs you enjoyed learning this week.</b></p>
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<p align="center"><b>Screen Time 11am-11:30am</b></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b>  <a href="#">Kids &amp; Youth - Grand Canyon National Park (US National Park Service)</a></p> <p><a href="#">National Parks</a></p> <p><a href="#">Garden-in-Place Weekly Virtual Lessons in Nature for Children</a></p> <p><a href="#">Plants for Kids - Free Games, Fun Experiments, Activities, Science Online</a></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b>  <a href="#">Kids &amp; Youth - Grand Canyon National Park (US National Park Service)</a></p> <p><a href="#">National Parks</a></p> <p><a href="#">Garden-in-Place Weekly Virtual Lessons in Nature for Children</a></p> <p><a href="#">Plants for Kids - Free Games, Fun Experiments, Activities, Science Online</a></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b>  <a href="#">Kids &amp; Youth - Grand Canyon National Park (US National Park Service)</a></p> <p><a href="#">National Parks</a></p> <p><a href="#">Garden-in-Place Weekly Virtual Lessons in Nature for Children</a></p> <p><a href="#">Plants for Kids - Free Games, Fun Experiments, Activities, Science Online</a></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b>  <a href="#">Kids &amp; Youth - Grand Canyon National Park (US National Park Service)</a></p> <p><a href="#">National Parks</a></p> <p><a href="#">Garden-in-Place Weekly Virtual Lessons in Nature for Children</a></p> <p><a href="#">Plants for Kids - Free Games, Fun Experiments, Activities, Science Online</a></p>	<p>Tablet, Computer, Video Games, TV, etc.</p> <p><b>Suggested Websites:</b>  <a href="#">Kids &amp; Youth - Grand Canyon National Park (US National Park Service)</a></p> <p><a href="#">National Parks</a></p> <p><a href="#">Garden-in-Place Weekly Virtual Lessons in Nature for Children</a></p> <p><a href="#">Plants for Kids - Free Games, Fun Experiments, Activities, Science Online</a></p>
<p align="center"><b>Lunch 11:30am-12:30pm</b></p>	<p>Experiment with different plant foods this week (generate a list of those you haven't tried yet and test them out this week).</p>	<p>Can you eat a rainbow? How many colors have you eaten so far this week? Keep track with this fun sheet!  <a href="https://www.pinterest.com/pin/723953708838623727/">https://www.pinterest.com/pin/723953708838623727/</a></p>	<p>Make a special treat - apple cookies! Use peanut butter, chocolate chips and apples.  <a href="https://www.pinterest.com/pin/370632244334480206/">https://www.pinterest.com/pin/370632244334480206/</a></p>	<p>Discuss which parts of plants we eat - make a list of the roots, stems, leaves, fruits, and seeds that we eat that you can think of. Did you think of any on this list?  <a href="https://www.pinterest.com/pin/271764158747641711/">https://www.pinterest.com/pin/271764158747641711/</a></p>	<p>Make chocolate peanut butter banana bites!  <a href="https://www.pinterest.com/pin/211598882479674669/">https://www.pinterest.com/pin/211598882479674669/</a></p>

<p><b>Independent Time</b> <b>12:30pm-1:30pm</b></p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>	<p>Nap time for those that need it, reading, puzzles, building blocks, etc. This is NOT an additional screen time. This is a time for independence building and to give everyone a little space to themselves.</p>
<p><b>Physical Time</b> <b>1:30pm-2:30pm</b></p>	<p>How many plants or flowers do you see on your walk? Keep track and make a bar graph back at home!</p>	<p>Mow the lawn, pull the weeds, do a little yard work to interact with some plants and help out your parent(s)!</p>	<p>Field Trip! Head to Will Rogers Walking Park (Portland &amp; 36th) - take pictures of all the plants you see.</p>	<p>Water your grass as you have fun running through the sprinkler! Maybe even start a family water fight!</p>	<p>Enjoy the sunshine and play with bubbles! Make your own bubble solution if you don't have any using water, dish soap, and vegetable oil. <a href="#">Bubble Solution Recipe</a> <a href="#">Use recycled plastic drink containers for bubble wands.</a></p>
<p><b>Educational Time</b> <b>2:45pm-3:30pm</b></p>	<p>Let's learn about chemical reactions and make a lemon volcano! You'll need lemons, dish soap, food coloring, and baking soda.</p> <p><a href="#">How To Make A Lemon Volcano - Beautiful, amazing smelling, science</a></p> <p>If child(ren) have finished the assigned materials, have them</p>	<p>Did you know that plants have to adapt to their environments in order to survive? Learn about it at Scholastic! How do plants have to adapt in Oklahoma? <a href="#">Plant Adaptations: StudyJams! Science   Scholastic.com</a></p>	<p>Take a look at your pictures from Will Rogers Walking Park - can you figure out what each of the plants is?</p>	<p>See what happens to apples left in air, water, vinegar, and oil. Don't forget to make your predictions before you start! <a href="https://www.pinterest.com/pin/295619163041750266/">https://www.pinterest.com/pin/295619163041750266/</a></p>	<p>What do plants do with the sun, air, water, and soil we provide them with? How do they eat? Learn about it hear and try out the photosynthesis karaoke! <a href="#">Photosynthesis</a></p>

	write in a journal, practice basic math facts, etc.				
<b>Family Time 3:30pm-4:30pm</b>	Let's plant a garden this week! Plan out what your garden will look like/which plants you want to grow (flower or vegetable). Draw it out and label your picture. Even if you won't be planting a garden, you can still have fun designing one!	Now that you have a plan, go purchase your supplies. Don't forget plants/seeds, pots, and potting soil.	Prepare your garden for planting. Churn the dirt, pull the weeds, etc.	Time to get dirty! Plant your garden/flowers/seeds and water it for the first time.	Fruits and veggies A to Z. As a family, try to name a fruit or vegetable for every letter in the alphabet. Try not to use Google if you get stuck!
<b>Question of the Day Anytime 5-8pm</b>	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. <b>Question:</b> If you had to give all of your toys away, who would you give them to?	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. <b>Question:</b> What is one kind thing that you did for someone else today? What is one kind thing that someone else did <i>for you</i> today?	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. <b>Question:</b> What are you especially grateful for right now?	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. <b>Question:</b> If you could make any vegetable against the law, which one would it be?	Have child(ren) respond to the question in a journal, by drawing a picture or by discussing with you. <b>Question:</b> If you had this week to do over again, what would you do differently?
<b>Bedtime</b> <b>3-6 years:</b> 6-8pm <b>7-12 years:</b> 7:30-9pm <b>Teenagers:</b> 8-10pm (keep in mind that teenagers need at least 9 hours of sleep)					

**Weekend Suggestions:**

Play tic-tac-toe

Toss water balloons or have a water balloon fight

Look for constellations in the sky

Make and fly paper airplanes (have contests for most unique, farthest flyer, best glider, etc.)

Visit a farmer's market

Run through sprinklers

Make a list of things you want to do this summer as a family

Dress up in your fancy clothes and have a family photo shoot - let the kids take the pictures!

**COVID Resources:**

[Teaching Social Skills at Home](#)

[Coronavirus Parenting: Managing Anger and Frustration](#)

[What is my Doctor WEARING?!](#)

[Coronavirus: How to Support Your Child](#)