

Exploring Shapes

Question of the Day

What shape is your favorite fruit or vegetable?

Materials

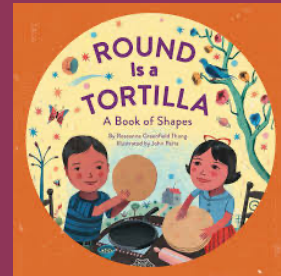
1-10 oz Container hummus
4 Roma tomatoes
2 Cucumbers
Whole grain taco-size tortillas
Chef knife (adult use only)

Serving containers
Plastic spoons
Plastic knives
Paper plates
Cutting board



Food Preparation

- Rinse cucumbers and tomatoes.
- Cut cucumbers into circles, without peeling them. Cut tomatoes into slices.
- Place each vegetable in its own serving container.
- Put one spoonful of hummus on each child's plate.
- Cut whole grain tortillas in half and place in a serving container.



Lesson Process

- Read *Round is a Tortilla* with the children.
- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Introduce children to the ingredients that will be used for today's recipe.
- Demonstrate how to cut a shape out of the tortilla using clean scissors. For example, you can cut a triangle, square, or rectangle.
- Children serve themselves vegetables and tortillas.
- Children use plastic knives to practice cutting the vegetables.
- Children also use the knives to spread hummus on their tortillas and decorate their shapes with vegetables.
- Sit and enjoy the recipe with the children.
- TSGOLD: 1c, 2c, 7a, 8a, 8b, 11a, 11b, 18a, 37, 38

Extension Activity: Math

- Get out all the musical instruments (drums, maracas, triangles, etc.).
- Children identify and sort each instrument by its shape.
- Sort the instruments in a new way by thinking of new categories: round, flat, 3-sided, etc.
- If you do not have a variety of instruments, have children think of musical instruments, draw them on the white board and then sort.
- TSGOLD: 8a, 8b, 11a, 11c, 12a, 12b, 13, 21b, 22, 37, 38

Extension Activity: Art

- Set out different shapes of pasta.
- Ask children to identify the shapes they see.
- Give each child a piece of heavy construction paper.
- Children use glue and pasta to make a fun design.
- Have children share their picture with the class!
- TSGOLD: 2c, 7a, 7b, 11a, 11e, 12a, 12b, 21b, 33, 37, 38

School to Home

- Please send home the family letters to let parents know about the fun activities shared in their child's classroom!

Physical Activity

Frisbee Throw

- Set up some cones around your outdoor play area.
- Demonstrate for children how to throw a frisbee using a sidearm throw.
- Have the children practice throwing the frisbee.
- Explain to children that the goal is to aim and throw their frisbees to land on or near the cones around the outdoor area.
- TSGOLD:7a, 8a, 8b, 11a, 11b, 37

Music and Movement

- Find song #15 “Here We Go Loop-Dee-Loop” on the COWP *Happy and Healthy* CD.
- Spread children out around the room or outdoor space.
- Explain to children that we are going to listen to the music and follow along while staying in our own circle of fun while moving.
- Start the music and join the children by modeling the different moves and directions.
- TSGOLD: 4, 5, 6, 8a, 8b, 11a, 11b, 35, 37

Workplace Wellness

Did you know?

You can make mealtimes fun and engaging by asking your family to help prepare a meal. Cooking and eating together has many benefits: it improves relationships, increases self-esteem, improves children’s social-emotional development, and builds teamwork. Try some of these ideas below from the American Academy of Pediatrics to get your family involved this week.

Try something new

- Use all of your senses by having your family touch and smell foods as you cook. They can help rinse foods, tear greens such as lettuce, stir sauces, or cut foods with a plastic knife.
- Practice math or science skills by counting foods as you prepare them, discuss their colors, or share how nutritious each food is for our bodies.
- Ask each family member to be responsible for one specific task of the meal preparation. This could include helping to complete a side dish or be responsible for a timer.
- Use the boxes below to have your family help you create a menu for the week.

1	2	3	4	5	6	7

Resources

<https://www.choosemyplate.gov/ten-tips-liven-up-your-meals>
<https://www.choosemyplate.gov/ten-tips-smart-shopping>
<https://www.choosemyplate.gov/myplatekitchen>

For additional activities, songs & information, visit cowpprogram.com

Exploring Shapes Lesson

Learning Objectives/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to identify various shapes (circle, square, rectangle, triangle).
- Children will be able to demonstrate various fine-motor and gross-motor skills.

Nutrition Education

Materials

- Chef knife (adult use only)
- Serving containers
- Paper plates
- Plastic knives
- Plastic spoons



Recipe Prep

- Rinse tomatoes and cucumbers.
- Cut tomatoes in slices. Prepare enough for each child to have one to two slices.
- Cut cucumbers in circles.
- Place tomatoes and cucumbers in separate bowls.
- Cut tortillas in half and place on a plate.
- Open and stir hummus.

Recipe Process

- Have all children and adults wash their hands (scrub for at least 20 seconds).
- Show children the recipe ingredients. Children may not be familiar with hummus. Explain that it is a dip or spread made from mashed chickpeas.
- Children serve themselves by passing around the serving containers and using the spoons provided to put tomatoes and cucumbers on their own plates.
- Have children cut their cucumber and tomato slices into smaller pieces.
- Demonstrate how to cut a shape out of the tortilla using clean scissors. For example, you can cut a triangle, square, or rectangle. Then show children how to spread hummus on the tortilla.
- After children have cut their tortilla shapes, they can decorate them with the other ingredients.
- Eat your snack shapes together and discuss all the shapes you see.

Extension Questions

- What do you like about this recipe?
- What is your favorite shape?
- What shapes do you see in food? Think of bread, pizza, watermelon, etc.

TS GOLD Standards

Social-Emotional- 1c, 2c

Physical- 7a

Language- 8a, 8b, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11b, 11c, 12a, 12b

Mathematics- 21b

English Language Acquisition 37, 38

Physical Activity

Materials

- Frisbees
- Cones
- COWP Happy and Healthy CD

Activity Process

With Equipment

- Set up cones around your outdoor play area.
- Demonstrate for children how to throw a frisbee using a sidearm throw motion.
- Have the children practice throwing the frisbee.
- Next, explain to children that the goal is to aim and throw their frisbee to land on or near the cones around the outdoor area.
- Differentiating for children
 - Remove cones and have children see how far they can throw.
 - Set up targets closer to the child to practice.
 - Practice throwing with the non-dominant hand.
 - Balance the frisbee on your head, elbow, knee, foot, etc.

Without Equipment

- Find song #15 “Here We Go Loop-Dee-Loop” on the COWP *Happy and Healthy* CD.
- Spread children out around the room or outdoor space.
- Explain that we listen and follow along to the music. We will enjoy moving while staying in our own circle of fun!
- Play the music and join the children by modeling different moves and directions!

TS GOLD Standards

Social-Emotional- 2c

Physical- 4, 5, 6, 7a

Language- 8a, 8b

Cognitive- 11a, 11b, 11c, 11d, 11e

The Arts- 35

English Language Acquisition- 37

Literacy

- Read the book, *Round is a Tortilla* by Roseanne Greenfield Thong.
- Give children time to look at the pictures and comment on what they see.
- While showing the pictures, tell them the Spanish and English names for the objects shown.
- Have children share their own experiences with the shapes/objects mentioned in the text.
- Ask the nutrition question of the day: What shape is your favorite fruit or vegetable? Allow time for discussion.

TS Gold standards

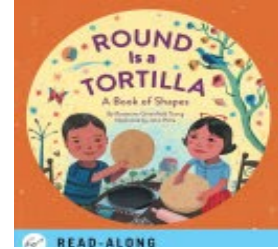
Language- 8a, 9a, 9b, 9d, 10a, 10b

Cognitive- 11a, 11d, 11e, 12a, 12b

Literacy- 17a, 18a

Mathematics-21b

English Language Acquisition-37, 38



Reminders

- Adjust the activities to best fit your weekly schedule.
- Send family letters home to all families by the end of the delivery week.
- When you have completed the lesson, record it on your classroom COWP log.
- Reach out to your COWP contact with any questions or feedback.

STANDARDS REINFORCED

Photocopy this form and save for your records

Lesson Name: Exploring Shapes

Date lesson conducted: _____

Lesson conducted by: _____

Learning Objectives/Outcomes

- Children will be able to actively participate and listen to the book.
- Children will be able to identify various shapes (circle, square, rectangle, triangle).
- Children will be able to demonstrate various fine-motor and gross-motor skills.

EINFORCING TEACHING STRATEGIES GOLD (TSGOLD) OBJECTIVES FOR DEVELOPMENT AND LEARNING.

Social-Emotional

1. Regulates own emotions and behaviors
 - c. Takes care of own needs appropriately
- 2: Establishes and sustains positive relationships
 - c. Interacts with peers

Physical

4. Demonstrates traveling skills
5. Demonstrates balancing skills
6. Demonstrates gross-motor manipulative skills
7. Demonstrates fine-motor strength and coordination
 - a. Uses fingers and hands

Language

8. Listens to and understands increasingly complex language
 - b. Follows directions
 - c. Comprehends language
9. Uses language to express thoughts and needs
 - a. Uses an expanding expressive vocabulary
 - b. Speaks clearly
 - d. Tells about another time or place
10. Uses appropriate conversational and other communication skills
 - a. Engages in conversations
 - b. Uses social rules of language

Cognitive

11. Demonstrates positive approaches to learning
 - a. Attends and engages
 - b. Persists
 - d. Shows curiosity and motivation
 - e. Shows flexibility and inventiveness in thinking
12. Remembers and connects experiences
 - a. Recognizes and recalls

- b. Makes connections

Literacy

- 17. Demonstrates knowledge of print and its uses
 - a. Uses and appreciates books
- 18. Comprehends and responds to books and other texts
 - a. Interacts during read-alouds and book conversations

Mathematics

- 21. Explores and describes spatial relationships and shapes
 - b. Understands shapes

The Arts

- 35: Explores dance and movement concepts

English Language Acquisition

- 37. Demonstrates progress in listening to and understanding English
- 38. Demonstrates progress in speaking English

REINFORCING HEAD START / EARLY LEARNING OUTCOMES FRAMEWORK

Domain: Perceptual, Motor, and Physical Development

- Sub-Domain: Fine Motor
- Sub-Domain: Health Safety And Nutrition

Domain: Language and Communication

- Sub-Domain: Attending And Understanding
- Sub-Domain: Communicating And Speaking
- Sub-Domain: Vocabulary

Domain: Literacy

- Sub-Domain: Comprehension And Text Structure

Domain: Approaches to Learning

- Sub-Domain: Emotional And Behavioral Self-Regulation
- Sub-Domain: Cognitive Self-Regulation (Executive Functioning)
- Sub-Domain: Initiative And Curiosity
- Sub-Domain: Creativity

Domain: Social and Emotional Development

- Sub-Domain: Relationships With Adults
- Sub-Domain: Relationships With Other Children
- Sub-Domain: Emotional Functioning
- Sub-Domain: Sense Of Identity And Belonging

REINFORCING COLORADO ACADEMIC STANDARDS

Comprehensive Health

- CH.P.2.1 Distinguish between healthy and unhealthy foods.
- CH.P.2.2 Develop self-management skills and personal hygiene skills to promote healthy habits.
- CH.P.3.1 Children develop healthy relationships and interactions with adults and peers.
- CH.P.4.1 Identify ways to be safe while at play.

Dance

- DA.P.1.1 Demonstrate simple phrases of movement safely in time and space.

Music

- MU.P.1.2 Respond to rhythmic patterns and elements of music using expressive movement.

Physical Activity

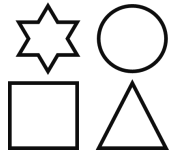
- PE.P.1.1 Travel in a variety of directions using basic locomotor skills and demonstrate understanding of personal and general space.
- PE.P.2.1 Recognize the positive feelings experienced during and after physical activity.
- PE.P.3.1 Demonstrate understanding of positive social interaction with teachers and peers.
- PE.P.4.1 Understand basic safety rules and principles.

Reading, Writing and Communicating

- RW.P.1.1 Children comprehend and understand the English language (Receptive Language).
- RW.P.1.2 Children use language to convey thoughts and feelings (Expressive Language).
- RW.P.2.1 Children understand and obtain meaning from stories and information from books and other texts.

Family Letter

Exploring Shapes



Exploring Shapes

Children can be exposed to new foods in a fun way when you let them explore and be creative with their snacks. This can also help them with cognitive development by learning new shapes, learning about colors, and talking about foods. Try the recipe below and discuss each shape with your child.

Recipe

Nutrition Facts

servings per container	
Serving size	(88g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 143mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Veggie and Hummus Tortilla Shapes

Ingredients:

- 1 10oz. Container of hummus
- Roma tomatoes
- Cucumbers
- Whole grain taco-size tortillas

Directions:

1. Wash hands.
2. Rinse cucumbers and tomatoes.
3. Cut the cucumbers in circles with the skin on. Cut the tomatoes into slices.
4. Cut whole grain tortillas in half and place in a serving container.
5. Have your child serve themselves one tortilla, cucumber circles, and tomato slices. Children can practice cutting the veggies into smaller pieces.
6. Have your child spread the hummus on the tortillas. Top with veggies. Enjoy!



Physical Activity

Get your child moving with music! Try the song *Here We Go Loop-Dee-Loop* from the COWP website.

<http://cowpprogram.com/physicalactivity/>

Explain to your child that we are going to listen to the music and follow along. Start the music and join your child by modeling the different moves and directions. You can add new moves to make it harder for your child.



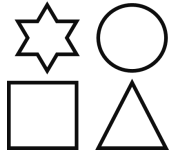
Parent Wellness Workshops

Children eat best when they feel they are in control and do not feel pressured to eat. They can challenge themselves to try something new when they feel they are ready. It's our job as adults to decide which foods will be served. Children then decide which foods to eat and how much.

Learn tips like this one and more at our Parent Wellness Workshops.

Carta Familiar

Explorando Formas



Explorando Formas

Los niños pueden aprender acerca de nuevos alimentos de una manera divertida cuando se les deja explorar y ser creativos con sus bocadillos. Esto también puede ayudarles con el desarrollo cognitivo aprendiendo nuevas formas, colores y hablando sobre los alimentos. Pruebe ésta receta, y hable de cada forma con su hijo(a).

Receta

Nutrition Facts

servings per container	
Serving size	(88g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 143mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Figuras de tortilla con vegetales y hummus

Ingredientes:

- 1 envase de 10 onzas de hummus
- Tomates Roma
- Pepinos
- Tortillas de grano entero tamaño taco

Instrucciones:

1. Lavarse las manos
2. Enjuagar los pepinos y los tomates
3. Cortar los pepinos en círculos con la cascara. Cortar los tomates en rebanadas
4. Deje que su niño(o) se sirva una tortilla, los círculos de pepino y las rebanadas de tomate. Los niños pueden practicar cortando los vegetales en piezas más pequeñas.
5. Deje que su niño(a) extienda el hummus en la tortilla. Agregue los vegetales encima. ¡Disfrute!



Actividad Física

¡Hága que su hijo(a) se mueva con música! Pruebe la canción: “*Here We Go Loop-Dee-Loop*” en el sitio web de COWP.

<http://cowpprogram.com/physicalactivity/>

Explique a su hijo que vamos a escuchar la música y moverse junto con la música. Inicie la música y únase a su hijo(a) enseñándole los diferentes movimientos y direcciones. Puede agregar nuevos movimientos para hacerlo más difícil para su hijo(a).



Talleres de Bienestar para Padres

Los niños comen mejor cuando sienten que tienen el control, y no se sienten presionados a comer. Pueden retarse a sí mismos para probar algo nuevo cuando se sienten listos. Es nuestro trabajo como adultos decidir qué alimentos se servirán. Luego, los niños deciden qué alimentos comer y cuánto.

Aprenda consejos como éste y más, en nuestros Talleres de Bienestar para Padres.