

CONGRESO OST  
VIRTUAL LESSON PLANS  
GRADES: K – 2

WEEK ONE & TWO



216 W. Somerset St. Philadelphia, PA 19133.

CONGRESO OST

K-  
2nd

# OST Activity Guide

15  
Min.

**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 1

**Activity Theme/Title:** Art (Overlapping shapes)

**Materials:** (if applicable provide substitutions to materials)

- Pencils
- Markers
- Crayons
- Colorful paper/Plain Paper

## Activity Instructions:

- Ask children to draw a variety of overlapping shapes.
- Then, encourage them to fill in the blanks with a variety of colors.
- Distinguish between three types of shapes: Geometric; Organic (that found in nature); and Free form. Some students needed to be "encouraged" to add more shapes to their pictures to balance them out. When the drawing (done in pencil) is complete, it can be outlined in a black marker. If you're brave, have students just draw in a permanent black marker as it saves a step.
- You can use any kind of color scheme you'd like (for example warm colors for shapes and cool colors for the background). Or, just let the kids decide.
- The only rules are:
- Students need to use a variety of colors.
- Two connecting shapes can't be the same color.
- Each shape section must be filled in with different colors.



## Activity Objectives:

- To Teach Students about line, shape and color as they create colorful works of art through drawing different shapes.

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**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 2

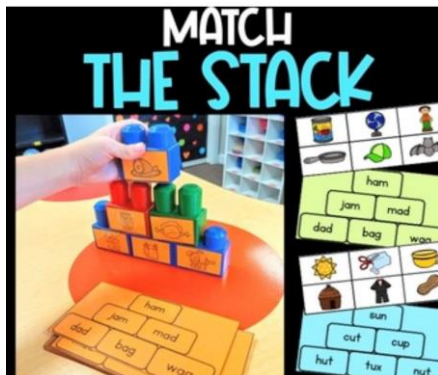
**Activity Theme/Title:** Matching/stacking cups with shapes and words (Literacy)

**Materials:** (if applicable provide substitutions to materials)

- Colorful Paper or Plain paper
- Markers
- Pencils
- Plastic cups
- Tape

## Activity Instructions:

- Parents will draw boxes with words that stack up into a pyramid on a piece of paper.
- Then the child will draw on a separate piece of paper the words that the parent chose and cut them and tape them onto each cup
- After the pictures are taped, have a parent read out loud those word
- Next put a timer on and see how fast they can stack them accordingly as seen on their parent's pieces of paper.
- Once they stack them accordingly, then the child will have to read each of the words they stack up from the bottle to the top and see if they retain each word.
- Lastly have fun with it and you can always rearrange the words or choose new words to stack up.



- Example:

## Activity Objectives:

- To give student a fun way to do literacy and practice and learn different words, letters and shapes using this activity.

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**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 3

**Activity Theme/Title:** Physical Activity (Hit the balloon)

**Material Needed:**

- Balloons
- Chairs

**Activity Instructions:**

- Encourage students to keep a balloon from touching the ground by hitting it with their hands.
- You can also place an item between two children or parents
- Such as a chair or pillow, and instruct them to hit the balloon over the barrier to the another child.
- Chasing balloons allows children to run, zigzag, and hop to keep up with the object while maintaining their balance.
- Lastly have fun and be safe

**Activity Objectives:**

- Develop strong bones
- Develop gross and fine motor skills
- Builds strength, endurance, and flexibility
- Builds confidence

- Achieves and maintain a healthy weight
- Improve social skills
- Improves balance and coordination
- Improves concentration

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**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 4

**Activity Theme/Title:** Storytelling (Literacy)

**Material Needed:**

- 2 Styrofoam cubes
- White construction paper
- Clear laminate sticker, or adhesive paper
- Tape
- Markers
- Ruler
- Pencil

**Activity Instruction:**

- Measure one side of a Styrofoam square. With the measurements, help your child cut down the white construction paper into squares to cover each side of both dice. There will be 12 white squares total.
- Set aside 6 white square pieces of paper.
- On each of the 6 pieces of white paper, write the name of a different fairy tale character. Some examples are: Queen, Fairy, Jester, Wicked Witch, Princess, Knight.
- On one Styrofoam cube, help your child tape a drawing to each side.
- Set this cube aside and begin on the second cube.
- On the other set of square sheets of paper, write six different locations that exist in a fairy tale. Some examples are: Castle, Cave, Tower, Dark Woods, King's Chambers.
- Help him tape these drawings on to each side of the cube.
- Assist him in covering both cubes with clear laminate to protect the drawings.
- Time to tell a story!

- Have your child roll the die with characters on it. The story begins, "Once upon a time there was a..."
- Whichever character is on the top of the die, will be the main character for the story.
- He can then roll the second die, and continue with, "...who lived in a ..."
- Have him continue the story until he needs to add another element. Then, have

**Activity Objective:**

- To engaging learning tool to get your child to exercise his imagination and build up his reading and writing skills. You can inspire and encourage the inner storyteller in your child with this activity by having him create some fairy tale dice!



**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 5

**Activity Theme/Title: DIY (Family Tree)**

### Material Needed

- Crayons
- Markers
- Printed out photos of family members
- Glue
- White plain paper

### Activity Instruction:

- Use a brown crayon to trace your preschooler's hand and forearm onto a tall piece of paper (making a tree trunk with branches). This is my huge hand as an example. A smaller hand would be much cuter
- Have them color in the tree trunk.
- Use a green crayon to make a leafy treetop.
- Print out pictures of each member of your family and cut out their faces. Include brothers & sisters, mom & dad, grandparents, aunts & uncles and cousins.
- Let the kids glue the pictures onto the tree.
- Ask them to tell you who each person is and write their names next to the pictures.
- Label it "My Family Tree" somewhere on the page.
- There you have it a family tree where the parent can share with their child a little about their own family and vice versa

### Activity Objective:

- Gives Kids an Interest in World History
- It Gives Kids an Interest in Their Own Background
- It Helps Them Remember People Who are Important to the Family

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**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 6

**Activity Theme/Title:** Matching Alphabet using Playdough (Literacy)

## Material Needed

- Playdough tray,
- Letter stamps with both upper and lowercase letters.

## Activity Instruction:

- Make small circles out of your playdough.
- You do not have to do all 26 letters, that would be too much and overwhelm most kids.
- make sure you are going over all letters make a list
- and choose a mix of letters that they are confident at matching and some that they still need to work on.
- Using the uppercase letters press a letter in each blob of playdough.
- Place the lowercase letter stamps near by
- Invite your alphabet whiz to the table. Play!



- Example:

## Activity Objective:

- To give student a fun way to do literacy and practice and learning different letters using Play dough

**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 7

**Activity Theme/Title:** Fudge Brownies(cooking)

### Material Needed

- 1 package devil's food cake mix
- 2 eggs
- ½ cup oil
- 1 cup semi-sweet chocolate chips
- Large mixing bowl
- Measuring cups
- Spoon
- Cookie sheet
- Plastic wrap
- Red and pink ribbon
- Red cellophane paper or paper treat bags

### Activity Instruction:

- Give your child an apron, lay out the ingredients, and get a mixing bowl ready. Grease a baking sheet and place nearby.
- Combine the cake mix, eggs, and oil in the large mixing bowl (disregard the instructions on the cake mix box). As your child is measuring the oil, talk about the different markings on the measuring cup. This is a great excuse to discuss half and whole.
- Once the ingredients are combined, add the chocolate chips to the mixture.
- Time for your child to get his hands dirty! Your mixture should be stiff. Show him how to shape the dough into small balls and place the balls 2 inches apart on the baking sheet.
- Bake at 350 degrees for 10 to 12 minutes. Let the cookies cool.

## Activity Objective:

- Promotes the lifetime skill of healthy cooking starting at a young age.
- To enhance sensory awareness
- Skills through practicing basic math skills such as counting, weighing, measuring, tracking time

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**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 8

**Activity Theme/Title:** Cooking Tray Learning (Cooking)

## Material Needed

- Cupcake tray with six spaces or more
- Tray liners
- Fruit Loops other options can be
- Marbles
- Small rocks
- Beads
- Cotton balls
- Cheerios
- Grapes
- Goldfish crackers
- Pretzels
- Paper clips

## Activity Instruction:

- Make a list of numbers such as 1-10, and you can add additional numbers as you keep with this activity.
- Place cupcake liners in the tray, and place a number sticker within each liner of your choosing
- Then let them drop the fruit lope or any item that you choose to drop on each number
- Example: on the number two tray they should have drop two items into that specific tray.



- Example:

### Activity Objective:

- Hence their number abilities
- Developed problem solving
- Develop their ability to comprehend the task they have been given

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**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family-oriented activities?

**Week 1:** Activity 9

**Activity Theme/Title:** Nickjr. Website games/educational (Fun Friday)

**Material Needed:**

- A phone or
- Tablet or
- Laptop

**Activity Instruction:**

- Click on this link and chose one of the games that interest your child
- <http://www.nickjr.com/bubble-guppies/games/firefighter-number-adventure/>
- <http://www.nickjr.com/nick-jr-originals/games/nick-jr-finding-feelings/>
- <http://www.nickjr.com/nick-jr-originals/games/trivia-nick-jr-ready-set-solve-it/>
- Play each game and have fun! It's FUN FRIDAY!

**Activity Objective:**

- Enhance motor skills
- Enhance problem solving skills
- Enhance computer Literacy