

CONGRESO OST  
VIRTUAL LESSON PLANS  
GRADES: K – 2

WEEK THREE



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 2:** Activity 1

**Activity Theme/Title:** Art (Rainbow Leaf Print)

**Materials Needed:**

- Washable markers
- Plain white paper
- Leaves

**Activity Instruction:**

- Take your child and pick up some leaves.
- Wash the leaves.
- Then let them dry.
- Next have the child grab a leaf and use the marker to color the inside of the leaf.
- And apply the part of the leaf that is with color into the white paper.
- Apply pressure on the paper so you can get the colors onto the paper.
- There you have it your colorful rainbow.

**Activity Objective:**

- Enhance their art skills
- Identify different types of leaves

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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 2:** Activity 2

**Activity Theme/Title:** Art (Thumbprint Dandelion)

## Materials Needed

- Makers
- White construction paper
- Paint – any type: finger or regular
- And your child's fingers

## Activity Instruction:

- Use the makers to make a flower like dandelion on a white construction paper.
- Have the child dip their thumb/ finger in the paint, and then press it down on the tips of the dandelion.
- Let it dry.
- And there you have your dandelion flower.

## Activity Objective:

- Enhance Art skills
- Enhance Creativity

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

**Week 2:** Activity 3

**Activity Theme/Title:** Physical Activity (Race to the answer)

### Materials Needed

- Small dry erase boards with markers (can create your own with construction paper or tag board in a sheet protector)
- Room to run a relay
- Large wall

### Activity Instruction:

- Begin by explaining to the students that they will be placed in teams to run a relay race.
- Explain that they will have to line up in the order they choose, run to the wall, solve a math problem without help, and then run back to tag the hand of their team member.
- Tell students that they cannot help each other solve the problem. Explain that after all team members have run their problems will be checked, if one is wrong then the team can choose a single member to go correct the wrong answer.
- This person can be decided on ahead of time.
- Allow the winning team to choose how the next relay will be completed (crab walk, walking backwards, crawling, on scooter boards, etc.). Replace problems with new problems.

**Activity Objective:**

- Develop gross and fine motor skills
- Build strength, endurance, and flexibility
- Build confidence
- Achieve and maintain a healthy weight
- Improve social skills
- Improve concentration

K-  
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# OST Activity Guide

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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 2:** Activity 4

**Activity Theme/Title:** DIY (Ornament)

## Materials Needed

- 5 mini popsicle sticks
- Orange and yellow paper
- Cardboard piece
- Scissors/Glue
- Googly eyes
- Yellow paint

## Activity Instruction:

- Start by gluing 5 mini popsicle sticks onto a piece of cardboard
- After it dries, have the kids paint it yellow.
- Cut out some feet, beaks, and wings with the paper.
- There you have it! A baby chick ornament.

## Activity Objective:

- Achieve and maintain a healthy snack regiment
- Improve social skills
- Improve concentration

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

**Week 2:** Activity 5

**Activity Theme/Title:** Fun Friday (Mermaid Slime)

### Materials Needed

- Small bowl
- Clear glue (5 oz bottle)
- ½ cup water
- ½ tsp baking soda
- 1 tbsp saline solution
- Soap colorant (we used a mix of neon blue, kiwi green, and teal)
- Glitter
- Airtight container

### Activity Instructions:

- Add water, glue, baking soda to a small bowl. Stir to combine.
- Add a few drops of coloring (we used a few drops each of neon blue, kiwi green, and teal).
- Stir to mix well and add in additional drops of coloring if desired.
- Next, add glitter. We used the Mermaid Glitter from this glitter kit.
- Then, add saline solution. You will see the slime instantly begin to form
- At this point the slime will be very sticky– but don't panic! Just continue to mix the slime in the bowl until it becomes better formed. Then, knead the slime until it is no longer sticky.
- Add additional glitter until you get the look that you are going for.
- When the little ones are done playing with their mermaid slime store it in an airtight container.

**Activity Objective:**

- To enhance children's creativity