

CONGRESO OST
VIRTUAL LESSON PLANS
GRADES: 3 – 4

WEEK FOUR



216 W. Somerset St. Philadelphia, PA 19133.

CONGRESO OST

3-4th

OST Activity Guide

45-60
Min.

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

Week 4: Lesson 1: ART

Activity Theme/Title: Paper Bag Kite

Materials: (if applicable provide substitutions to materials)

- Drinking Straw
- Paint, markers, stickers to decorate
- Paper Lunch Bags
- Tissue Paper (for tails)
- Yarn

Activity Instructions:

1. Open out the base of the paper bag by cutting around the bottom leaving one of the longer edges intact.
2. Tape the drinking straw along the fold between the paper bag and the opened-out base.
3. Fold the base of the bag over the straw and tape inside the bag.
4. Decorate the kite with paints, markers and /or stickers
5. Cut 4 strips of tissue paper, as long as the paper bag (or longer), and about 1 inch wide. Attach these to the base of the kite (i.e. the end with the straw)
6. Pierce two holes in the kite - just above each end of the hidden straw (about 1/2 inch in from the edges of the kite)
7. Cut a piece of yarn about 12 inches long. Tie one end through one of the holes that you have just made. Now tie the other end through the other hole.
8. Tie an overhand knot in the middle of the yarn to create a loop (see image)
9. Securely attach the free end of the ball of yarn to the loop you have just made. This will be the string for flying the kite. If you wish you can cut this to about 10-12 feet and wrap around a card square. This will make it easier for smaller children to handle.
10. You are now ready to fly your kite.

 **Activity Objectives:**

- This project allows students to be creative with inexpensive and basic supplies. They will have a chance to explore with colors and patterns.

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Week 4: Lesson 2: Physical Activity

Activity Theme/Title: Paper Plate Ring Toss

Materials: (if applicable provide substitutions to materials)

- Paper plates
- Paint or crayons
- Brush
- Scissors
- Long cardboard tube (you can get this from a paper towel)
- Sticky tape

Activity Instructions:

This week we will incorporate art and physical activity in this fun game. The game is called Paper Plate Ring Toss. Easy to set up and hours of fun!

- Make your ring toss base by painting or coloring the paper tube and the top of one paper plate.
- While the base is drying, start making your tossing rings. Remember you can be creative as possible by doing different patterns and colors make it unique.
- When your base is dry, cut 4 to 6 slits that are half-inch long on the bottoms of the tube.
- Fold the tabs outward and tape them down onto the base plate. Your ring tosses stand is finished!
- Go back to your other painted or colored plates to see if they are dry. When they are dried cut out the center of the plate.
- Now you are ready to play! If your plates are too light you can tape two plates together.



Activity Objectives:

- Popular tossing game is challenging both physically and mentally as it requires concentration and body control to assess the distance and throw the rings with precision. Encourages gross motor skills, hand-eye coordination, focus, and cooperative play.

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Week 4: Lesson 3: Cooking

Activity Theme/Title: Mac and Cheese

Materials: (if applicable provide substitutions to materials)

- Spatula
- Whisk
- Glass measuring cup
- Large saucepan
- 2-quart casserole dish or 9x13 baking pan
- Elbow macaroni noodles
- Butter – ½ cup + 2Tbsp butter
- All-purpose flour – 1/3 cup
- Milk – 3 cups
- Shredded cheese-any kind you prefer - 12 oz
- Salt – 3/4 tsp
- Pepper – 1/4tsp
- Dry breadcrumbs – 4 Tbsp

Activity Instructions:

This kid-friendly baked mac and cheese recipe is easy to make and a tasty alternative to processed boxed macaroni and cheese. And since you can use whatever type of cheese you like (mix and match, make it different each time – it's up to you) in this simple macaroni and cheese.

Instructions:

- Cook macaroni noodles and drain.
- Preheat the oven to 375 degrees.
- In a saucepan, add ½ cup butter and melt
- To the melted butter add milk slowly and keep stirring.
- Bring to boil while stirring for 2 mins
- Turner of the burner, add salt, pepper, and cheese.
- Keep stirring until all the cheese melts.
- Now, add the cooked macaroni noodles, and mix.
- In the baking pan/casserole dish add the macaroni micture.
- In a separate bowl, add the breadcrumbs, and 2 Tbsp of melted butter, add a drizzle of pepper and mix.

- Add the breadcrumb mixture all over the macaroni.
- Bake for 30 mins.
- Enjoy!



Activity Instructions:

- As you cook, you are labeling ingredients which increases a child's vocabulary. Kids also must follow directions which enhances receptive language skills. Cooking involves a great deal of measurement. Kids will learn various measurements such as cups, teaspoons and tablespoons. They will also understand fractions as well as utilize addition and subtraction skills.

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Week 4: Lesson 4: DIY

Activity Theme/Title: Newspaper Fort

Materials: (if applicable provide substitutions to materials)

- Newspaper
- Tape/stapler
- Area to place

Activity Instructions:

- Take two sheets of newspaper, lay them out flat and start rolling it from one corner.
- The tighter the roll the more support you will have.
- Secure the end with a small piece of tape/stapler.
- Now, make as many rolls as your kids will allow. An ideal amount would be around 48.
- Next, you will be making triangles with your newspaper rolls. Tape or staple the ends together to form a triangle.
- Create as many triangles as you can with your newspaper rolls.
- Finally, you will secure each triangle to each other creating whatever size structure you want!
- Structure size will depend on how many triangles you make. Just make sure you have enough for the roof which will provide the final stability for your fort. You can secure the "joints" with some extra staples or tape to be sure it does not move around too much.



 **Activity Objectives:**

- DIY's like this one or any crafts overall have amazing benefits for kids. Aside from learning patience and concentration it encourages free thinking and problem solving. This is also great for socializing and a great way to work together.

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Week 4: Lesson 5: Fun Friday

Activity Theme/Title: 2 Minutes

Materials: (if applicable provide substitutions to materials)

Game Time

- Pens
- Paper
- Scissors
- Container to hold paper
- A timer

Activity Instructions:

Start by separating everyone into two equal teams.

- Each player will then take four strips of paper and write a word or familiar phrase on each piece.
- Players will have to guess the words or phrases later, so they should not be too obscure.
- Each player then folds their pieces of paper in half and places them into the fishbowl.
- After all the pieces of paper are in the fishbowl, someone must shake the bowl to mix them up.
- **Official rules and steps will be located in the following page!**

Activity Objectives:

- Family time helps reconnect everyone. Games can teach important life skill and have positive outcomes. This can be a great opportunity for everyone to learn good sportsmanship, problem solving and enhances communication skills.

The goal of this round is to guess as many words or phrases as possible within 2 minute.

The round progresses like this:

- The starting team selects a player to go first.
- That player will grab a piece of paper from the fishbowl and reads it. The 1-minute timer will start as soon as they pick a piece of paper from the fishbowl.
- The player will then use words to get their teammates to guess the word or phrase that is on the paper. They cannot use any hand gestures — only words. They can't say any of the words that are on the paper, as they are the "taboo" words. For example, if the word is "Cheeseburger" they might say "You eat this at McDonalds"
- If the player thinks the word or phrase is too hard, they can "pass" and put the paper back into the fishbowl. However, players are only do this once per round.
- If the team successfully guesses the word, they get to keep the piece of paper.
- After 1 minute has elapsed, the other team gets their turn. They also have 1-minute to guess as many words as possible.
- Each team continues to take 1-minute turns until all of the pieces of paper have been removed from the fishbowl. When the fishbowl is empty, each team counts the pieces of paper they have gathered. Each piece contributes 1 point to their score. After tallying each team's score, fill the fishbowl with the pieces of paper and move onto round 2!

The next round is played in a similar fashion, with each team having 2-minute to guess as many words or phrases as possible. The team that went second last time will get to go first for this round.

- The main difference is that the player reading the paper can only use one word to describe the word or phrase. So, if the word is "Cheeseburger" this time they may use a single word like "McDonalds" to describe it.
- The team needs to remember the words that were mentioned in the first round and use the "password" as a hint.
- The teams continue to alternate with 2-minute rounds each, then the pieces of paper are tallied and placed back into the fishbowl.

The next round plays out in the same way, with each team taking their one minute turns.

- The main difference here is that player with the paper cannot speak.
- They must use physical gestures to communicate the word on the paper. For “Cheeseburger” they might pretend to be holding and eating a cheeseburger. At the end of the round, the scores are tallied up once more. The team that has the most points from all three rounds is declared the winner.