

CONGRESO OST  
VIRTUAL LESSON PLANS  
GRADES: 3 – 4

WEEK ONE



216 W. Somerset St. Philadelphia, PA 19133.

CONGRESO OST

3-4th

# OST Activity Guide

45-60  
Mins.

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

**Week 1:** Lesson 1: Art

**Activity Theme/Title:** Family Tree Activity

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

- Attached to this paper you will find an activity sheet.
- If you cannot print the activity sheet but have a laptop or desktop you can download the file and edit it on the computer.
- If you do not have access to a computer, you can create your own family tree from scratch. All you need is a paper, a pencil or a pen and you can add color if you like.
- If you do not feel like using a pencil and a paper, you can download a free app like **Tayasui Sketches** and draw your own family tree.

**Activity Instructions:**

***“Ohana means family. Family means nobody gets left behind or forgotten.”-  
Movie Lilo and Stitch.***

In this week's activity, we will be creating a Family Tree

**Option one-** Parents will electronically receive a sample Family Tree. The tree will be big and have circles near the roots, underneath that, you will find many circles that you can add to your tree. You can print this or edit it on your computer/tablet.

**Option two-** Parents and children can make their own Family Tree simply using a pencil and paper, markers even water paint.

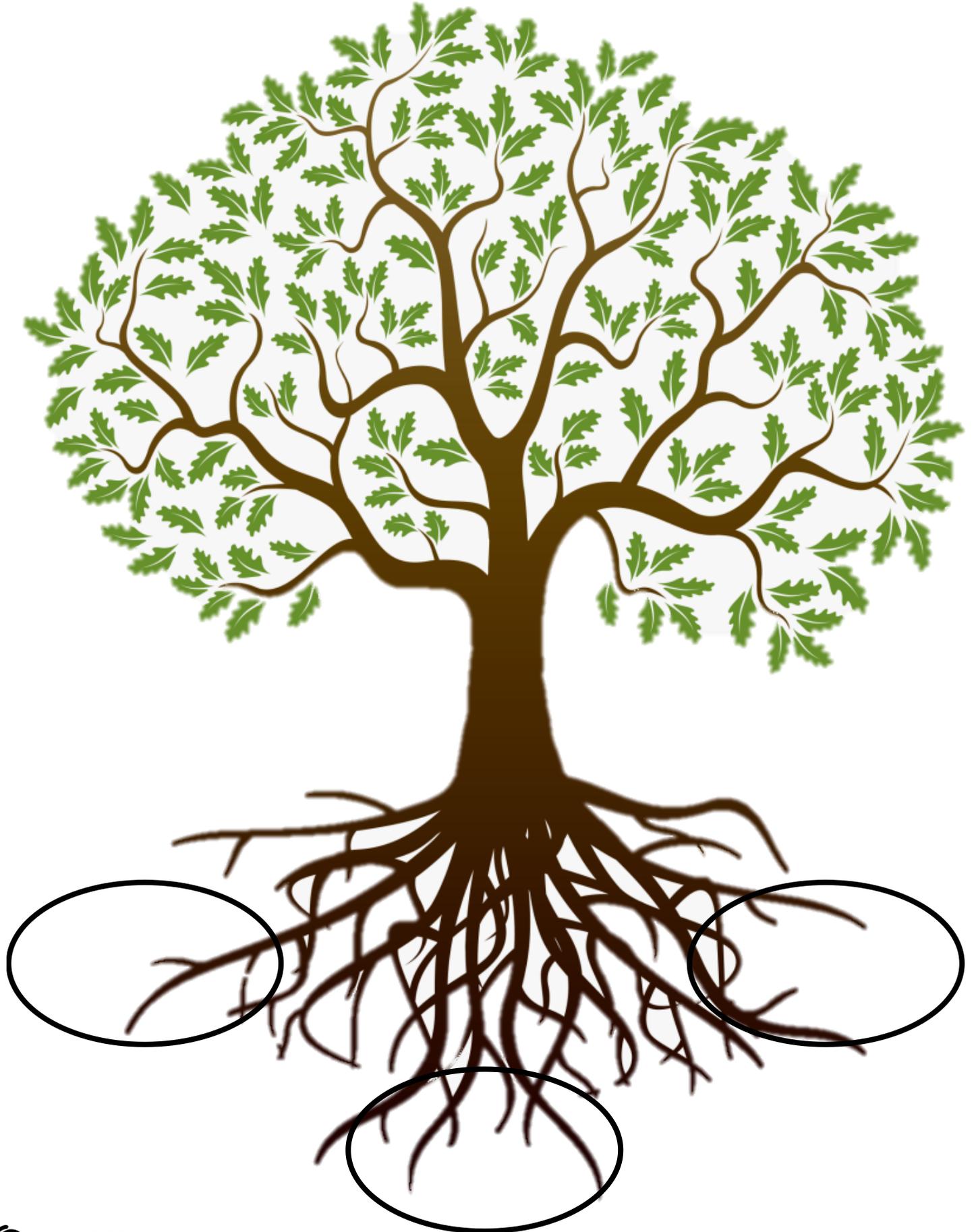
**Option three-** A parent or guardian can download Tayasui Sketches or any similar **free** app on their phone or tablet and start drawing their own Family Tree.

Once activity is done please make sure to share what you did!

## Activity Objectives

- This activity will enhance student's feelings of stability and security as they see they are part of something bigger.
- Gives students an interest in their background. Can help them learn about the family members whom they might of never met.

*Family Tree*




3-4th

# OST Activity Guide

30-45  
Mins.

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

**Week 1:** Lesson 2: - Physical Activity

**Activity Theme/Title:** Hot Potato with a Twist

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

- Small ball or rolled up socks forming a ball.
- Open area to move freely

## Activity Instructions:

- In this activity students will be participating in a game called Hot Potato with an active twist. Students can use any type of soft ball or any small soft object. This game will consist of five rounds.
- Each round will be 1 1/2 mins long. The more people in the game the more challenging it is. One student will get chosen to say Hot Potato/Papa Caliente for each round. He or she will get to decide when to stop singing the song.
  1. In the first round, the student that loses will do 20 jumping jacks. Once the student leaves the circle, each student will step back one step.
  2. In the second round, the student will do 5-10 pushups (depending on the ability of the student) the circle will take another step back.
  3. In the third round, the student will do 5 burpees. The link below will demonstrate on how to do a burpee. Another step back will be taken.
  4. In the fourth round, the student will do 15 mountain climbers. A link will also be provided on how to do this exercise. Students take another step back.
  5. In the final round, the student will do 20 squats.

## Activity Objectives

- Students will learn how to exercise in a fun yet efficient approach. They will build up social skills, balance and hand-eye coordination. This can also help children develop positive habits such as a healthy and active lifestyle.

# Hot Potato with a Twist

-How to do a jumping jack.

<https://www.youtube.com/watch?v=UpH7rm0cYbM>



How to do a push up

<https://www.youtube.com/watch?v=Fv10F2eCv34>



• How to do a burpee.

<https://www.youtube.com/watch?v=TU8QYVW0gDU>

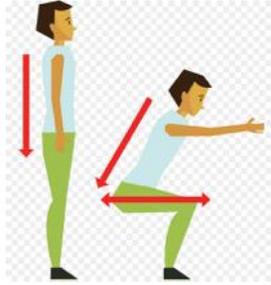


• How to do a mountain climber.

<https://www.youtube.com/watch?v=8Uc7KcVC-Ao>



- How to do squats-  
[https://www.youtube.com/watch?v=8R\\_17mEolgw](https://www.youtube.com/watch?v=8R_17mEolgw)



# 3 – 4th OST Activity Guide

90  
Min.

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

**Week 1:** Lesson 3: - DIY

**Activity Theme/Title:** DIY create your own board game

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

- Roll of paper — butcher, kraft, wrapping paper, construction paper or tablecloth.
- Scissors
- Tape
- Glue
- Markers, pens or pencils
- Die or electronic Digital Dice (free app)
- Game pieces, such as pieces repurposed from another board game, coins, small toys, etc.

**Activity Instructions:**

- **Please see** pictures below with instructions on how to make your own game board.
- **Or visit:** <https://www.pbs.org/parents/crafts-and-experiments/create-your-own-board-game> for instructions and directions on how to make and play your own game board.
- **Please visit:** <https://www.pbs.org/parents/crafts-and-experiments/create-your-own-board-game> for instructions and directions on how to make and play your own game board.
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**Activity Objectives**

- Board games can teach students many things. Some of the many qualities kids can learn are as follow; team building, patience, sportsmanship, problem solving and much more.
- Board games naturally have a competitive structure to it but when a student creates their own it gives them a sense of reasonability. Make sure students take lead and let them create their own rules that everyone has to follow including themselves.

# Creating your own Game Board

## Instructions

- 1** Roll out paper to cover your table.
- 2** Cut construction paper into 4 inch by 4 inch squares. You'll want to cut enough to make two sets — one to cover the board and one to use as game cards.
- 3** Have your children create a path with the squares. Then glue the squares to the paper to create a game board.
- 4** Write down activities on the stack of blank game cards. Feel free to get creative! You could even assign different colors to different family members, so each family member would be responsible for creating all the activities for one card color. Here are some ideas:
  - 1** Math facts: count by 3s, 6s, 8s, etc
  - 2** Motor actions: turn around three times, use the table as a drum to make a beat, do 12 jumping jacks, pat your head and rub your tummy while you count to 20, etc
  - 3** Create a list of words that rhyme
  - 4** Name a state capital, state flower, bordering states to your own, etc

# Creating your own Game Board

## Instructions

- 5** Leave most of the squares on the game board blank. Add a few spaces that redirect players forward or backward. You want enough challenge to keep things interesting, but not enough to make it impossible to win.
- 6** As a family, lay some ground rules. Who gets to go first? Who gets to go next? What happens if you aren't able to perform the activity on the card? Can you ask for help? Can you pass turns?

After your family agrees to the rules, it's time to play.

- 7** Each player takes a turn rolling the die.
- 8** When a player lands on a color, chose a corresponding playing card. Perform the task on the card. If the player can't, refer to your family rules.
- 9** The first player who makes it to the end wins.

# 3-4th OST Activity Guide

45  
Mins.

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

**Week 1:** Lesson 4: - Cooking

**Activity Theme/Title:** Cooking- Edible Dirt Cups

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

- Chocolate cookies, such as Oreos
- Graham crackers
- Chocolate pudding or dark chocolate (melt in microwave)
- Small clear plastic cups
- Plastic zip storage bag or plastic bag
- Spoons
- Coconut shreds (optional)
- Green food coloring (optional)
- Gummy worms

**Activity Instructions:**

- **Please see** pictures below with instructions on how to make Edible Dirt Cups
- **Or visit:** <https://www.pbs.org/parents/recipes/make-edible-dirt-cups> for instructions and directions on how to make your own Dirt Cups.

## Activity Objectives

- Cooking has always been a great way for kids to build basic skills but cooking can also encourage kids to explore with their senses. Let's face it a lot of kids are picky eaters but why not show them how to be adventurous and broaden their imagination by making food/snacks in creative ways? This activity will not only show you how to make a cool snack, but it can also be related to science.
  - For example, our world is filled with plants and animals that live and burrow in dirt and soil but soil has multiple layers and in this activity each ingredient will represent a different layer of soil.

# Cooking- Dirt Cups

- 1** Soil has multiple layers, and in this activity each edible ingredient will correspond to a different layer of soil: subsoil, topsoil, and organic humus.
- 2** To get started, scoop a layer of chocolate pudding into the bottom of a clear plastic cup. This represents the subsoil.
- 3** Place the chocolate cookies in a bag. Let your child mash them into crumbs. Tip: a rolling pin is useful for this! Repeat with the graham crackers.
- 4** Add a layer of graham cracker crumbs on top of the pudding. This represents the topsoil.
- 5** Add a final layer of chocolate cookie crumbs on top of the graham cracker crumbs. This represents the humus.

- 6** For added texture, place some coconut shreds in a plastic zip bag and add a few drops of green food coloring. Shake the bag. Allow the colored shreds to dry on some paper towels and then layer them on the top of the dirt cup to look like grass. You can also add gummy worms!



- 7** Examine the "dirt" cup from the side and talk about the different layers. Explain that the soil outside, all over the world, has layers, too.

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

**Week 1:** Lesson 5: - Family Friday

**Activity Theme/Title:** Family Friday

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

- First
  - Look for free empty space
  - Gather in a circle
  - Try Harambee
- Second
  - Family Games- no materials required, read below

**Activity Instructions:** Games and instructions can be found in the following page

### Activity Objectives

- **By working as a team, children develop important life skills like problem solving, listening, leadership and creative thinking. In a group, everyone helps create a learning environment. Teamwork can also help develop higher levels of self-esteem and empathy for one another.**

In our afterschool programs we like to shake things up sometimes and thanks to the Freedom Schools, who have shown us how to properly do so. We've learned the importance of Harambee which we then demonstrate to our students. Please watch the link below to get a better understanding of what Harambee is.

<https://www.youtube.com/watch?v=bg3ybjJdaLY>

Once you are done watching video you can practice a chant/cheer that we exercise at program.

### **Banana Dance**

*Plant banana plant, plant banana.*

*Grow banana grow, grow banana.*

*Pick banana pick, pick banana.*

*Peel banana peel, peel banana.*

*Eat banana eat, eat banana.*

*Poop banana poop, poop bananas*

**Go bananas go, go bananas x2**

**Game Time-Chief:** One child will be the chief and one the guesser. The guesser does not know who the chief is; the rest of the circle does. The chief starts actions that the group must copy, such as clapping, pulling faces, patting parts of the body, singing, or jumping up and down. The guesser observes the circle's actions and has to work out the identity of the chief. You might wish to play a trial game where you are the chief, to be sure the children understand the game.

Tell the group to sit in a circle or stand and pick one child to be the guesser. That child must leave the room or move away from the circle and turn their back/cover their ears so they can't see or hear who is picked to be the chief. Pick one child to be the chief for this round. If you have a mix of ages in your group, pick older kids to be the chief and guesser for the first round. This gives younger kids the chance to watch how the game works before they take a turn.

Bring the guesser back to stand in the middle of the circle. Give the circle an action to start them off, such as clapping in rhythm or swinging their arms. Tell the chief -- without making it obvious who this is -- to switch to a new action when they're ready. The chief must try to switch the action without being noticed by the guesser. As the chief switches actions and the circle copies them, the guesser has three guesses to identify the chief. If they guess right, they win the round. If they don't, the chief wins.

**Would you Rather-** This game provides insight into each person's personality and encourages discussion on personal perspectives. Here are a few questions to help you get started:

- *Would you rather see a movie or go on a hike?*
- *Would you rather have only summer or winter for the rest of your life?*
- *Would you rather have your lunch made for you every single day but never get to choose what the dish was, or be able to choose your lunch every day but have to make it yourself?*
- *Would you rather never watch another TV show or movie again or never use social media again?*