

CONGRESO OST  
VIRTUAL LESSON PLANS  
GRADES: 3 – 4

WEEK TWO



216 W. Somerset St. Philadelphia, PA 19133.

CONGRESO OST

3-4<sup>th</sup>

# 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 2:** Lesson 1: Writing

**Activity Theme/Title:** **Creating a Poem**

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

- You will need pen/pencil and paper for this activity once you are done you can write everything in a computer on a word document. (recommended to use pen and paper instead)
- Access to internet whether on computer or cellphone

## Activity Instructions:

• Poems are much more than a handful of rhyming words strung together! To write a great poem all you need is rhythm and your own imagination. Here are some tips for writing a poem.

**Think of a Topic:** Divide a piece of paper into four equal parts and label them. 1. People and places you love, 2. Things you like to do, 3. Questions you have about the world, and 4. Memories. Then, think of topics you might want to write about for each heading. Challenge yourself to write 3-4 ideas for each heading. Which idea do you want to write about first?

**Picking Words Carefully:** Before you start writing your poem, make a list of words that describe your topic. Use your senses to come up with words. What do you smell or hear? What do you see? How do you feel? If you choose to write a rhyming poem, use a website to find words that rhyme with your list. <http://www.poetry4kids.com/rhymes/>

**Write your Poem:** Use your list of words to begin writing your poem. Start with a statement or a question about your topic. When you are writing, remember to use your senses to make your poem descriptive. Use comparisons to give your reader a picture in their mind. Be creative!

## Activity Objectives:

- Children will recognize the power of poetry and the ability to inspire.

- It will help improve phonemic awareness and reading comprehension. It will help students understand that reading rich poems exposes them to many literacy elements such as: metaphors, similes, rhythm, patterns etc.

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

**Week 2:** Lesson 2: Physical Activity

**Activity Theme/Title:** Freeze Dance

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

- Anything that can play music (radio, speaker/phone, computer.)
- Free area/space to dance

**Activity Instructions:**

**Add some fun in your day with this activity. FREEZE DANCE** with some exercise incorporated.

- This is a simple activity that could be played anywhere indoor or out.
- Make sure you have enough room to do this activity.
- Everyone will be dancing while the music is playing but, when the music stops, everyone must freeze and hold their position until the next song starts.
- Whoever doesn't freeze immediately he or she will have to hop on one leg until the next round starts.
- In the following round, you can do a different exercise like, running in place for 30 seconds.
- In the next round, the person that does not freeze will have to do 20 jumping squats.
- You can play if you want and repeat workouts or create your own.
- Each round you play can also have their own theme or make different challenges as you go. For example, the person who stops the music must be blindfolded or if everyone is frozen and no one moves the person stopping the music has to do an exercise instead.



 **Activity Objectives:**

- This game does not have one specific winner the sole purpose is to have everyone participate and be active.
- This activity will help promote new skills such as; patience, how to properly follow directions, be good listeners and most importantly how to have fun.

# 3-4<sup>th</sup> OST Activity Guide

30  
Mins.

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

**Week 2:** Lesson 3: Cooking

**Activity Theme/Title:** Ice Cream Sandwiches


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


## Ingredients:


- 1 packet of chocolate chip cookies
- 3 cups of vanilla or chocolate ice cream, slightly softened
- Mini chocolate chips (optional)
- If a child has any restrictions, please make sure to swap any ingredients needed, for example lactose ice cream or gelato instead of regular ice cream.


## Activity Instructions:

Cooking:

- 

1. Place 2 cookies on plate
- 

2. Place 2 scoops ice cream on 1 cookie
- 

3. Press ice cream with tablespoon
- 

4. Make sandwich

- Place 1/2 cup ice cream on the flat side of one cookie.
- Make a sandwich by placing another cookie on top of the ice cream.
- Roll sides of sandwiches in chocolate chips or colorful sprinkles.
- Wrap tightly in plastic wrap & freeze for at least 1 hour before serving.

 **Activity Objectives:**

- Cooking with kids provides practical experience with many essential skills such as reading, following directions, and measuring. Getting involved in cooking helps your child to develop fine motor skills, and even early concepts of math and science. There are just so many great benefits to cooking with kids.

# 3-4<sup>th</sup> 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 2:** Lesson 4: DIY

**Activity Theme/Title:** Pom, Pom Race

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

- Any colorful masking tapes
- Straws
- Poms, or cotton balls
- Space to play

## Activity Instructions:

**Racing pom, pom balls is a great indoor activity that requires very little materials and can be very fun and challenging for kids.**

1. Make two racetracks or as many as you want out of masking tape in any shape or size.
2. Get a pom, pom or cotton ball and place it on the floor in between the tracks.
3. Grab your straw and start racing! Whoever gets their pom, pom to the end **FIRST**, wins.
4. For other ideas on how to use masking tape please watch video:  
<https://handsonaswegrow.com/fun-kid-activity-lines-of-colored-tape/>



## ✂ 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.



# 3-4<sup>th</sup> OST Activity Guide

30-60  
Mins.

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

**Week 2:** Lesson 5: Fun Friday

**Activity Theme/Title:** Family Fridays

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

- Balloon Pack- Neighborhood convenience store, dollar store or 5 Below
- New or cleaned flyswatter (2 or more)- Available at neighborhood convenience store or dollar store.
- Space to play
- You can also choose to make your own flyswatters by using paper plates and popsicle sticks
- You can hot glue or use regular glue and put paper plate and popsicle sticks together.

## Activity Instructions:

### Tennis Balloon is an awesome energy buster for an indoor day for the whole family

1. Blow up balloons at least 5-10 in case some pop.
2. Form teams of 1- 5 on each side.
3. Make house rules for example; balloon cannot pass certain section, if the balloon touches the floor someone has to do a dare like, "20 push up."
4. You can make as many rules as you want and most importantly this will require teamwork.



 **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.