

CONGRESO OST  
VIRTUAL LESSON PLANS  
GRADES: K – 2

WEEK FOUR



216 W. Somerset St. Philadelphia, PA 19133.

CONGRESO OST

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

**Week 4:** Activity 1

**Activity Theme/Title:** ART (Bunny Card)

### Materials Needed

- Heavier print paper
- Coloring supplies
- Head shot photo
- Scissors
- Glue
- Cotton balls or tissue paper

### Activity Instructions:

- Grab a white plain paper and fold in half.
- Draw a bunny face and ears.
- Color in the ears. Any pastel color works great.
- Cut out the bunny card outline and the inner ear parts.
- Add a photo on bunny card.
- Apply white school glue (this one works best) on the ears and around the photo (not all surface at the same time).
- Stick on cotton balls, add more glue as you go if needed. If working with regular sized cotton balls you will need to pull them apart to get smaller cotton balls (you can roll them between your hands to shape them).
- Glue the cotton balls all around the photo and on the ears, until the bunny card is fully fluffy.
- Apply glue on the inner sides of the ears and stick them on the ears.
- Let the glue dry before you write in your special message on the inside.



- Example:

**Activity Objective:**

- To enhance children's creativity
- To enhance imagination

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

**Week 4:** Activity 2

**Activity Theme/Title:** Physical Activity (Freeze Dance)

**Materials Needed**

- Play list
- Space where children can dance
- A person to stop the music and eliminate the players

**Activity Instruction:**

- Have the children in a room where it is spacious and safe to move around.
- Then explain the rule of Freeze dance.
- Which is dance to the music as it is playing.
- Freeze when the music stops.
- The child who doesn't freeze after the music stops, or freezes after the music stops will be eliminated.

**Activity Objective:**

- To enhance children motor skills
- To enhance growing bones
- To help maintain healthy metabolism

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

**Week 4:** Activity 3

**Activity Theme/Title:** DIY (Easter Bunny Hat)

### Materials Needed

- Measuring tape
- 3 sheets of White construction paper
- Black marker
- Googly eyes
- Pink button or pink marker
- Scissors
- Glue

### Activity Instruction:

- Measure your child's head.
- Fold the white construction paper in half.
- Cut the folding line that you just created on the white construction paper.
- And glue the two ends of both end of the construction paper together to create the band that will go around your child head
- Then on the 2<sup>nd</sup> pieces of construction paper, you will create your bunny face that will go on top of the head band that was already created.
- then on the 3<sup>rd</sup> pieces of construction paper you will do and cut out your ears and glue it to your head band.
- Then you have it your own personal hat/bandana.

### Activity Objective:

- To enhance creativity

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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 4:** Activity 4

**Activity Theme/Title:** Cooking (Healthy Snacks – Fruit Popsicles)

## Materials Needed

- 3 cups of strawberry
- 3 cups of sliced peaches
- Peel and slice the peaches
- 2 tablespoons of honey
- 2/3 cups villain yogurt
- Blender
- Ice tray
- Trays for popsicles

## Activity Instructions:

- In a blender, puree strawberries with four teaspoons honey then set aside. Clean blender, puree sliced peaches with two teaspoons of honey, set aside.
- Layer the popsicles as follows; 2 teaspoons strawberry puree, 1 teaspoon yogurt, 2 teaspoons peach puree and repeat. Make a fruit puree your last layer.
- Tap the mold on the counter to make sure all the layers settle. Use a small spoon to drag vertically from the bottom to the top of the mold a few times to create a swirled pattern.
- Gently tap the molds on the countertop to remove any air bubbles. Insert the popsicle sticks, and then freeze for at least 6 hours, or overnight.

## Activity Objective:

- To enhance communication in the kitchen
- To enhance Literacy
- To enhance healthy eating

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

**Week 4:** Activity 5

**Activity Theme/Title:** Fun Friday

**Materials Needed**

- Computer
- Tablet
- Or phone

**Activity Instructions:**

- Click on this link and solve these puzzles  
[https://www.digipuzzle.net/digipuzzle/kids/puzzles/puzzle\\_blockpuzzle.htm?language=english&linkback=../../main/kids/index.htm](https://www.digipuzzle.net/digipuzzle/kids/puzzles/puzzle_blockpuzzle.htm?language=english&linkback=../../main/kids/index.htm)
- Have fun with it and enjoy your fun Friday
- There more puzzles within the link if you decide to explore this website with your child

**Activity Objective:**

- Enhance problem solving
- Enhance Literacy
- Enhance computer Literacy