

# From Little to BIG

## Post-Visit Activities

Pre-Kindergarten



# Activities

These activities are intended for use after your visit to the Virginia Air and Space Center. Your students should recall the information and demonstration activities from the That's How it Grows program in order to do these activities. All of the activities can be tailored to your specific classroom needs, and the procedures listed are suggestions for teaching

## Activity 1: Life cycles

Have the following pictures available: baby, small child, pre-teen, teenager, adult, older adult or senior. Remind the students that they all started out as babies and have been growing every day to become as big as they are. Also remind them that they will continue growing every day. Show them the pictures of people in different stages of life. Ask them to find the baby and the small child. Tell them that they started out as the baby, and they are now a small child. Using the remaining pictures, ask them which picture they will grow to be next. Continue until all the pictures are used. Look at the whole group of pictures and remind the students that they will keep growing every day until they get to be an older adult or senior.

\*\*\*You could also show and discuss life cycles of butterflies and frogs as well. These animals go through metamorphosis, and look completely different from young to old.

## Activity 2: Healthy Menu

Review “Everyday” foods and “Sometimes” foods with your students. Ask them to use play food to plan an “Everyday” breakfast, lunch or dinner and a “Sometimes” breakfast, lunch or dinner.

You could also have them cut magazine pictures out (or use pre-cut pictures) and glue onto a paper plate to plan healthy meals.

For another activity, make a large blank copy of the food pyramid from [www.mypyramid.gov](http://www.mypyramid.gov) And have the students glue or draw food examples onto the pyramid.

# Resources

## **Books**

**I am a Living Thing** Bobby Kalman 2007

**Is it a Living Thing?** Bobby Kalman 2007

**Living Things and their Young** Julian May 1969

**Living Things** Adrienne Mason 1998

Any book from **Pebble Plus: Healthy Eating with my Pyramid Series**

**Good Enough to Eat: a kid's guide to food and nutrition** Lizzy Rockwell 1999

## **Websites**

[www.mypyramid.gov](http://www.mypyramid.gov)

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