

From Little to BIG

Pre-Visit Activities

Pre-Kindergarten



Activities

These activities are intended for use before your visit to the Virginia Air and Space Center. It is beneficial for the students to have some prior knowledge about the content area covered in the program. All of the activities can be tailored to your specific classroom needs, and the procedures listed are suggestions for teaching.

Activity 1: What do living things need?

Teach your students the words to this song:

Living Things (to the tune of “Farmer in the Dell”)

Written by Stacy Wilson

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| 1. Living things grow,
Living things grow,
People, plants and animals,
Living things grow. | 3. Air lets us breathe,
Air lets us breathe,
People, plants and animals,
Air lets us breathe. |
| 2. Food gives us energy,
Food gives us energy,
People, plants and animals,
Food gives us energy. | 4. Water cools us down,
Water cools us down,
People, plants and animals,
Water cools us down. |

Activity 2: How you grow

Ask the students if they were always as big as they are now. Ask them what they used to be. Show the students a picture of a baby when they get to that answer. Explain that they’ve grown from a baby to the age and size they are now. Ask them what is the same about them since being a baby, and what is different. Next ask them if they will always stay the size they are now. When they answer “no”, show them a picture of an adult (mommy or daddy). Ask them when they grow to be bigger, what would be the same and different about themselves.

Remind them that all living things grow, and many things still look the same when they are small as they do when they are little.

Ask them to draw a picture of what they looked like as a baby, and what they look like now.

Activity 3: Everyday foods and Sometimes foods

Use play food or have several examples of healthy foods (milk, water, bread, fruits, vegetables, meat, beans, nuts, eggs, etc.) and unhealthy foods (chips, soda, doughnuts, candy, ice cream, etc.). Talk to the students about how the healthy foods are foods that we should eat “Everyday”, and the not-so-healthy foods should be eaten only “Sometimes”. Remind the students that we need food to grow. Ask them to sort or pick out the “Everyday” foods that would help us grow stronger and healthier.

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

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