



# VEGETABLES

## TEACHER LESSON



Parents and children share picture books.

Parents follow their children's lead in play.

Staff mingles with parents asking, "What's new?"

### WARM-UP PLAY

### GATHERING AND SETTLING

Parents and staff sing song while helping children to clean up.

All greet one another by shaking hands and singing the "Hello" song.

#### CLEAN-UP

*Clean up, clean up, everybody, everywhere.  
Clean up, clean up, everybody do your share.*

**Praise your child.  
Hug, kiss, smile, and say, "Bravo!"**

#### HELLO

**Tune: She'll Be Coming Round The Mountain!**

*Oh, it's time to say hello to our friends. (Repeat)  
Wave your hands and say hello. (Repeat)  
Oh, it's time to say hello to our friends.*

### WELCOME SONGS

Parents and staff sing each child's name during the song.

Parents face children toward them and hug and kiss while singing.

#### OH, HERE WE ARE TOGETHER

**Tune: The More We Get Together**

*Oh, here we are together, together, together.  
Oh, here we are together at \_\_\_\_\_ School.  
Here's \_\_\_ and \_\_\_ and \_\_\_ and \_\_\_ etc.  
Oh, here we are together at \_\_\_\_\_ School.*

#### WE LOVE CHILDREN

**Tune: Are You Sleeping?**

*We love children.  
We love children.  
Yes we do. Yes we do.*

*Children are for hugging.  
Children are for kissing.  
We love you. Yes we do!*

### PREVIEW AND CIRCLE TIME

Staff uses props and pictures to prepare children and parents for the playgroup activities.

#### VEGETABLE STEW

**Tune: Ten Little Indians**

*One little, two little, three little carrots,  
Four little, five little, six little carrots,  
Seven little, eight little, nine little carrots,  
Ten little carrots in the stew.*

#### ONE POTATO, TWO POTATO

**Counting Chant**

*One potato, two potato,  
Three potato, four,  
Five potato, six potato,  
Seven potato, more.*

#### TOSSED SALAD

**Group Movement Activity**

Children romp in parachute "salad" filled with green tissue paper lettuce leaves and plastic vegetables. Parents hold edges of parachute and shake to "toss" salad.

Pass out a small pot and a wooden spoon to each child.  
Child stirs while singing song. Add verse about green beans.

Shake vegetable maracas to rhyme

Play mariachi background music.

## CREATIVE PLAY STATIONS

 Staff briefly describes the play stations that are set up throughout the room. Parents follow their children's lead as they explore the play stations.

### **POTATO DIGGING**

Messy Play

Children and parents play together at a sensory table filled with dirt. Provide shovels and sieves for the children to dig up and collect potatoes buried in the dirt.

### **VEGETABLE PRINT**

Creative Play

Children stamp on construction paper with vegetable shaped stamps dipped in colorful paint. Help children to press down while printing. Label with children's names and send home.

### **SOUP'S ON**

Language/Pretend Play

Children and parents play with vegetables and pretend to make vegetable soup. Children name vegetables as they put them in the pot. Use the words "in" and "out."

### **VEGETABLE HARVEST**

Problem Solving Play

Children collect and sort vegetables into shoeboxes. Use toy wheelbarrows to push sorted vegetables around the room.

## SNACK TIME

Children, parents, and staff wash hands. Serve snacks individually as the children are seated at the table.

 Cooked carrots and peas and vegetable juice

## TRANSITION AND FREE CHOICE PLAY

 Staff supports parents as children are prepared for transition. Parents depart for parent education group. Staff follows children's lead as they repeat activities at a creative play station, play with toys throughout the room, go for a walk or a buggy ride, or look at books. Children listen to a variety of types of music as they play.

## REGATHERING ACTIVITIES

### **RING AROUND THE ROSIE**

*Ring around the rosie, pockets full of posies,  
Children, children, we all fall down.*

### **OPEN SHUT THEM**

*Open, shut them, open, shut them, give a little clap, clap, clap.  
Open, shut them, open, shut them, put them in your lap, lap, lap.*

### **SHARE A BOOK ABOUT FOODS**

Tell the story in simple words. Talk about the pictures and ask questions.

## REVIEW

 Staff reviews the playgroup activities with the children and individually shares with parents what their children did during the parent education group.

## HOME PLAY

 Push a chair up to the kitchen sink and let your child help wash vegetables for meals.

## GOOD-BYE SONG

### **GOOD-BYE CHILDREN**

*Good-bye children, good-bye children, good-bye children, we're glad you came to play,  
Hope you had a happy time, happy time, happy time. Hope you had a happy time, happy time at school.*

## TEN THINGS EVERY CHILD NEEDS

 Interaction  Loving Touch  Stable Relationship  Safety and Health  Self Esteem  Quality Child Care  Communication  Play  Music  Reading