



YMCA CHILD CARE WEEK 5 LESSON PLAN

WEEK OF: March 8, 2021

THEME: Resilience

MONDAY

Whole Group (up to 45 mins)

- Attendance/transition activity
- Go over Norms
- Watch Video: Resilience
- Discussion:
 - How can being resilient protect us when we encounter challenging situation in life?

Physical Play/Outdoor Play

- Activity Option 6: Musical Chairs & Bouncing Back

Center Activities

After implementing the 2 activities from above, pick 1 more activities below to fill in if needed. Director's Choice.

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

NOTE: The categories can be used to filling in if needed after implementing the activities from above. Director's Choice

Parent Sentence Starters: Watch the parent and student video

TUESDAY

Whole Group (30 mins)

- Attendance/transition activity
- Discussion:
 - Ask students which superheroes or heroic characters they find to be resilient. (see read aloud)

Reading & Writing (30 mins)

- Activity Option 5: Read aloud and discuss picture book. Site choice of book

Arts & Crafts (30 mins)

- Activity Option 7: Create a skit about Resilience

Center Activities

After implementing the 3 activities from above, pick one more activity below to fill in if needed. Director's Choice.

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

Parent Sentence Starters:

- Who was your choice for superhero you think is resilient?
- What did you like about your read aloud book today?

WEDNESDAY

Whole Group (30 mins)

- Attendance/transition activity
- Discussion:
 - Key Concept two: Resilience is not something we are "born with."

Reading & Writing (30 mins)

- Activity Option 1: 1-5-5 worksheet: Strategies to Help Build Resilience

Physical Play/Outdoor Play

- Activity Option 6: Obstacle Course Trust walk

Center Activities

After implementing the 3 activities from above, pick one activity below to fill in if needed. Director's Choice.

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

Parent Sentence Starters:

- What are three ways you can be resilient?

THURSDAY

Whole Group (30 mins)

- Attendance/transition activity
- Discussion
 - Key Concept three: Resiliency doesn't mean "invulnerability."

Reading & Writing (30 mins)

- Activity Option 3: Brainstorm and share strategies to build resilience

Arts & Crafts (30 mins)

- Activity Option 8: Overcome various types of challenges while drawing pictures

Center Activities

After implementing the 3 activities from above, pick one more activity below to fill in if needed. Director's Choice

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

Parent Sentence Starters:

- What strategies can you use to build your resilience?

FRIDAY

Whole Group (30 mins)

- Attendance/transition activity
- Activity Option 4: Full group sharing on Resilience.
 - Use the guided script 1-5-4 Sharing Circle Script on Resilience
 -

Reading & Writing (30 mins)

- Activity Option 2: Personal Losses and Gains handout 1-5-7

Physical Play/Outdoor Play

- Share Skit about Resilience with another group

Center Activities

After implementing the 3 activities from above, pick one more activity below to fill in if needed. Director's Choice

- Outdoor play - 30 mins of outdoor play on good weather days
- Homework Time - This should be used for mainly 3, 4, 5 grades
- Tech Time - Choose from the Tech available - this should be directed and guided time
- STEM Activity - Use an activity from MindWorks Box
- Activity specific to site - Director Choice

Parent Sentence Starters:

- Will you show me the skit you did this week?