



YMCA CHILD CARE WEEK 3 LESSON PLAN

WEEK OF: February 22, 2021

THEME: Thoughts-Feelings-Behaviors

MONDAY

Whole Group (up to 45 mins)

- Attendance/transition activity
- Go over Norms
- Watch Video: Thoughts, Feelings, Behaviors
- Discussions
 - When you are experiencing stress, how do your thoughts, feelings, and behavior impact each other?
 - How can understanding your feelings help you respond to stress?

Physical Play/Outdoor Play

- Activity Option 4: Engage in short bursts of exercise that can get heart rate up. See choices

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 - Teaching Concept 1

Reading & Writing (30 mins)

- Activity Option 3: Read aloud and discussion. Pick one of four books

Arts & Crafts (30 mins)

- Activity Option 6: Making emojis

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 is the the difference between thoughts, feelings and behaviors?

WEDNESDAY

Whole Group (30 mins)

- Attendance/transition activity
- Discussion - Teaching concept 2

Physical Play/Outdoor Play

- Active Option 5. Create a skit about this weeks theme. See the prompts

Arts & Crafts (30 mins)

- Continue work on Activity Option 6: Making Emojis

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:

- Show me a series of emojis that reflect the emotions you experience today. (They can draw or act out)

THURSDAY

Whole Group (30 mins)

- Attendance/transition activity
- Discussion - Teaching Concept 4

Reading & Writing (30 mins)

- Activity Option 1: Practicing Self Talk (1-3-6 Brainstorm Activity for Positive Self -talk).
- Pick Scenarios based on age of student in the group- see handout

Arts & Crafts (30 mins)

- Pick a Read aloud book from the list to share.

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:

- Share with your child a self talk you use often to model how important self talk is to people of all ages.

FRIDAY

Whole Group (30 mins)

- Attendance/transition activity
- Read Aloud- pick a book from the book list
- Teaching Concept 3

Reading & Writing (30 mins)

- 1-3-7 Assessment: Thoughts, Feelings, and Behaviors Handout. (Will need to be modified for younger students)

Arts & Crafts (30 mins)

- Share their emoji art with peers

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:

- Would you share with me the skit that you did this week in after care that had to do with emotions?