

ZEKE'S FUN AT HOME ACTIVITY CORNER

May 13 2020

Dear Zoo-Friends,

This week's playful and physical lessons will **explore health: nutrition and fitness**. We will use our **S.T.R.E.A.M.S.** format.

S.T.R.E.A.M.S.:

Science – all aspects of our physical world

Technology - looking up topics online, viewing pictures and videos

Recreation - movement and fitness – free and structured physical activities

Engineering - little hands building with blocks, Legos®, scissors, stirring, transferring, lacing – anything that uses the hands and fingers

The Arts - literature, art & music

Math – sorting, adding, subtracting, subitizing, measuring, time, comparing sizes/weights, etc.

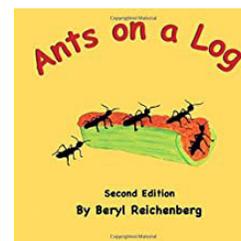
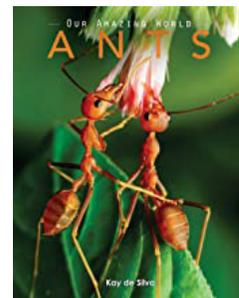
Socialization - learning about self, family, community, world

Everyday!

- ✓ **Zoo-phonics:** Signal and sound the “a – z’s” every day. Older children can practice their word list. Signal and sound! Play different games with the *Lowercase Animal Alphabet Cards*.
- ✓ **Literature:** Read a wonderful literature book aloud every day! Remember to Signal the first letter in important words that you read. Point to the letters so your child can see them as you say them. Ask and answer questions. Get the children involved in the story.
- ✓ **Signal and Sound:** Remember, as you share the lessons, remember to Signal the first letter in key words.

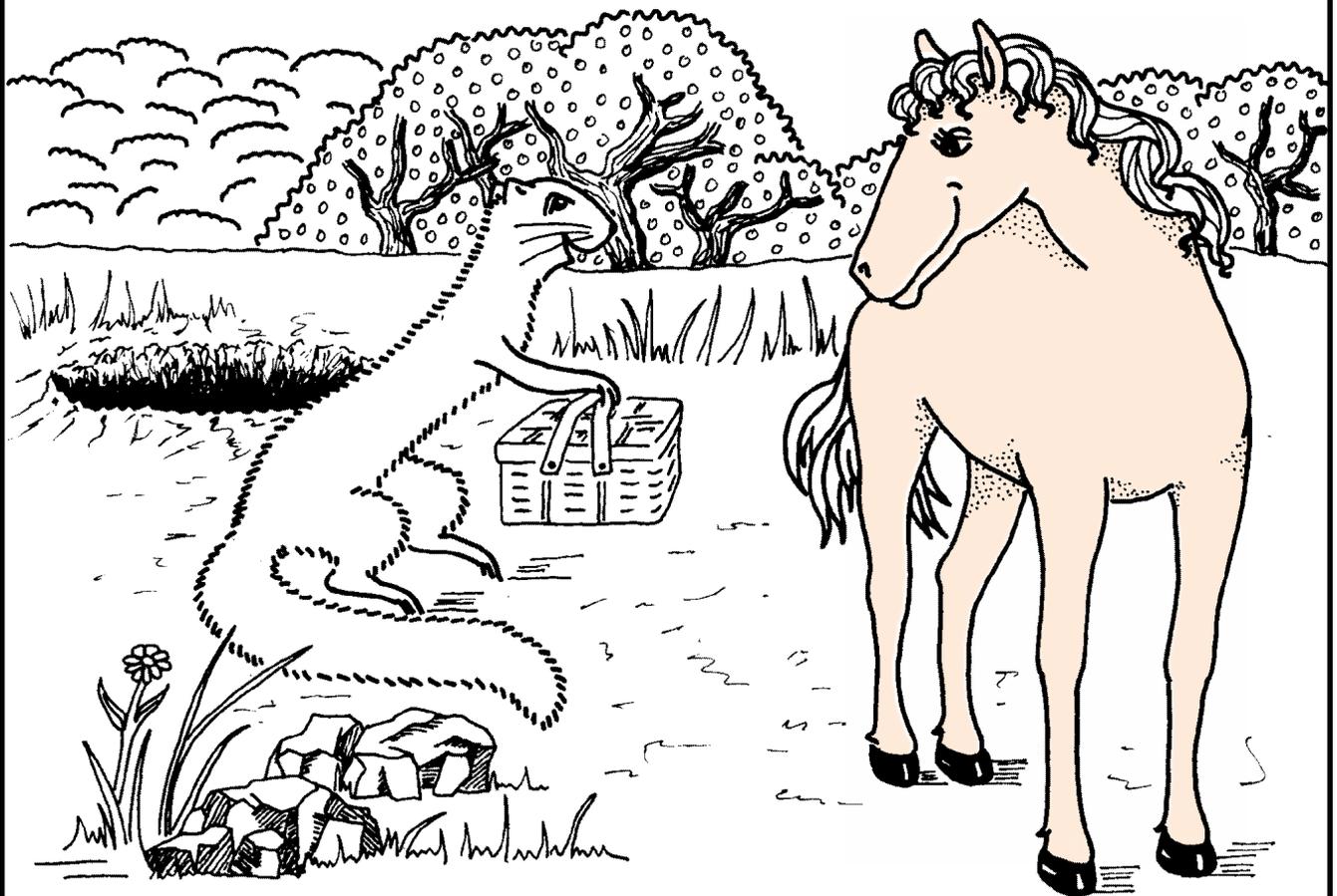
Wednesday's Lesson:

- 1) **Zoo-phonics:** Signal and sound the “a – z’s” every day. Older children can practice their word lists. Signal and sound! Play different games with the *Lowercase Animal Alphabet Cards*.
- 2) **Literature:** Read a wonderful literature book aloud every day! Remember to Signal the first letter in important words that you read. Here is a scientific book on ants: *Ants: Amazing Pictures & Fun Facts on Animals in Nature (Our Amazing World)* by Kay de Silva. Remember to Signal and sound.
- 3) **Science:** Review **nutrition** and how important it is to eat food that is “**healthful**.” Talk about **protein** (meat, eggs, peas, spinach, broccoli, tofu, hummus, artichokes, etc.), **dairy** (milk, yogurt, kefir, cheeses), **fruits, vegetables, and carbohydrates** (grains, legumes, vegetables and fruits).
- 4) **Cooking:** Make a simple and healthy (and fun) snack together today. Make “ants on a log.” Your youngest child can participate in this! Wash celery and cut it into 4-inch “logs.” With a plastic knife, your child can spread peanut butter inside the celery stock. Now, hand him/her raisins to place on top of the peanut butter, like they are “ants walking on the log.” *Variation:* Grate cheese, mix with a little olive oil and spread the cheese in the celery cavity, and then place the “ants.” Here's a cute literature book called *Ants on a Log* by Beryl Reichenberg.



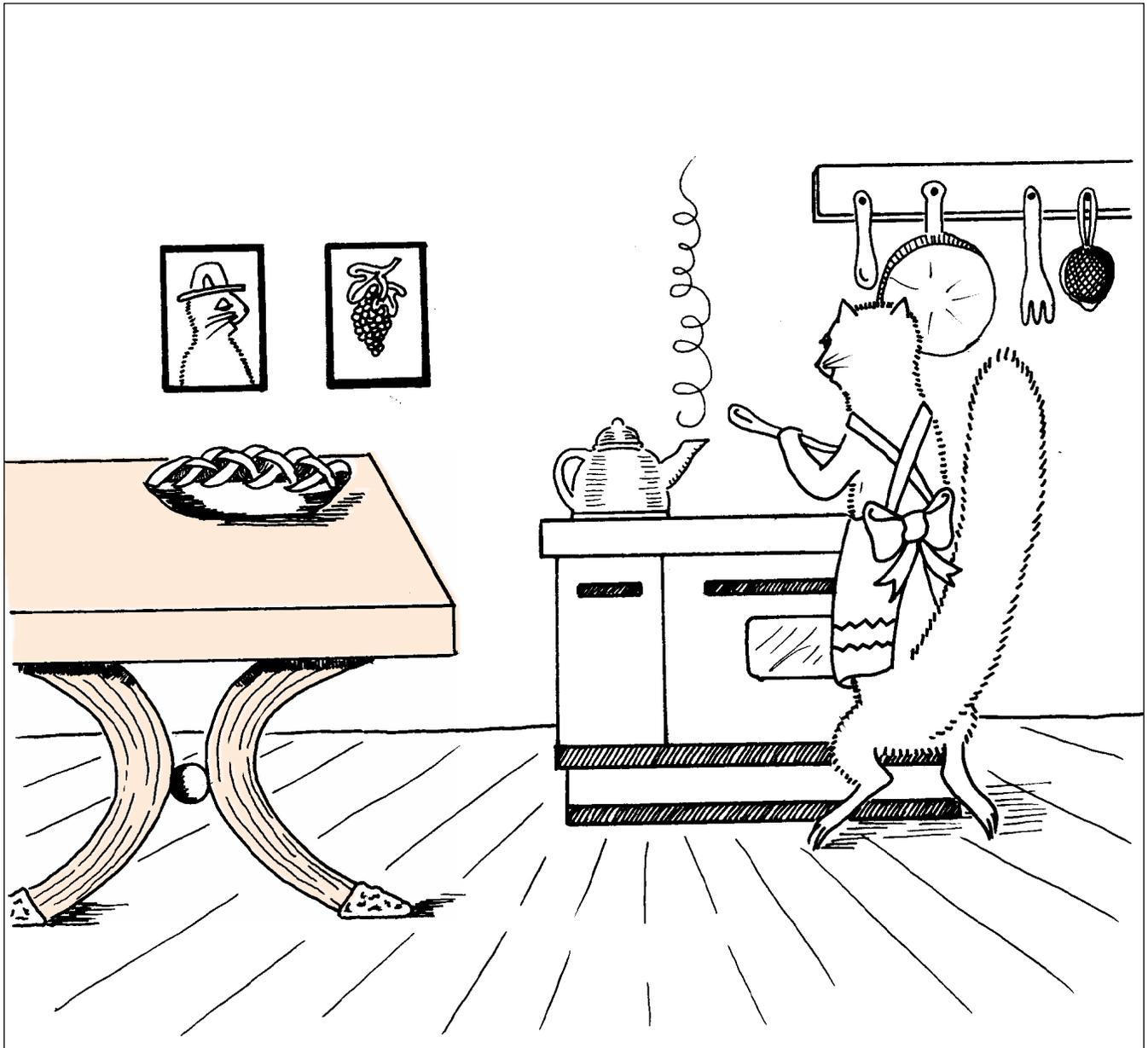
This is Funny! “Ants on a Log” is an old recipe from the 50's! My mom and I use to make them! It was something I could do with my little fingers! Dr. Char

Willie and Honey Picnic in the Sunshine





It was a particularly sunny day. The fields were gold with wheat. Wildflowers were blooming everywhere.



Down deep in the warm earth, Willie Weasel was bustling around in his kitchen, happily preparing breakfast.

"I'm done!" said Willie.

All of a sudden, the earth started to shake. A low rumbling sound was becoming louder and closer.

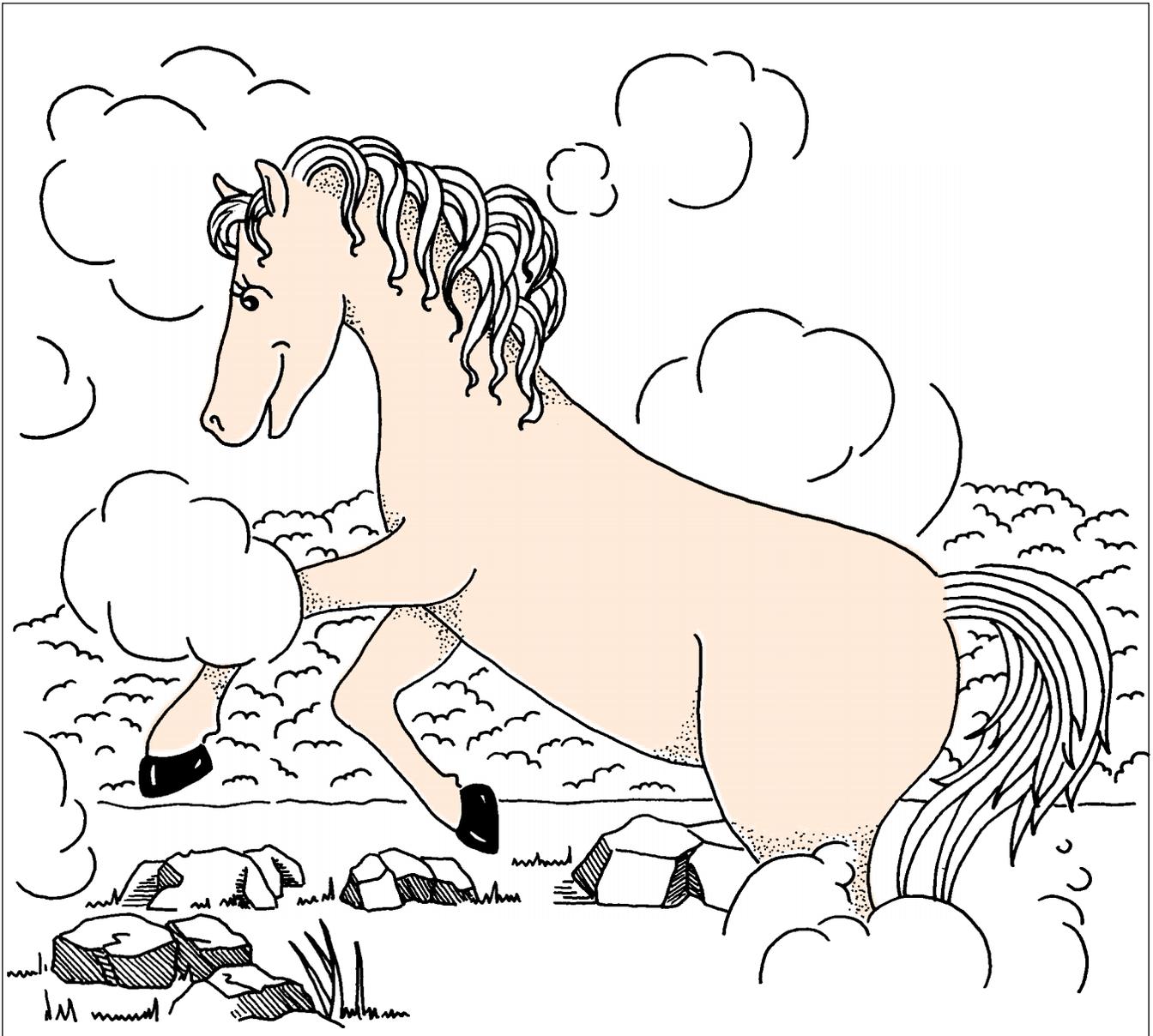
Willie raced around catching things as they began to fall off the shelves. A picture of Willie's favorite Uncle Winky fell into a pie Willie had just baked.



Willie looked up just in time to see his lovely tunnel cave in. Dirt fell into Willie's eyes. "Whhh, Whhh," Willie said as he brushed the dust from his face and dug through his ruined home, up the tunnel into daylight.

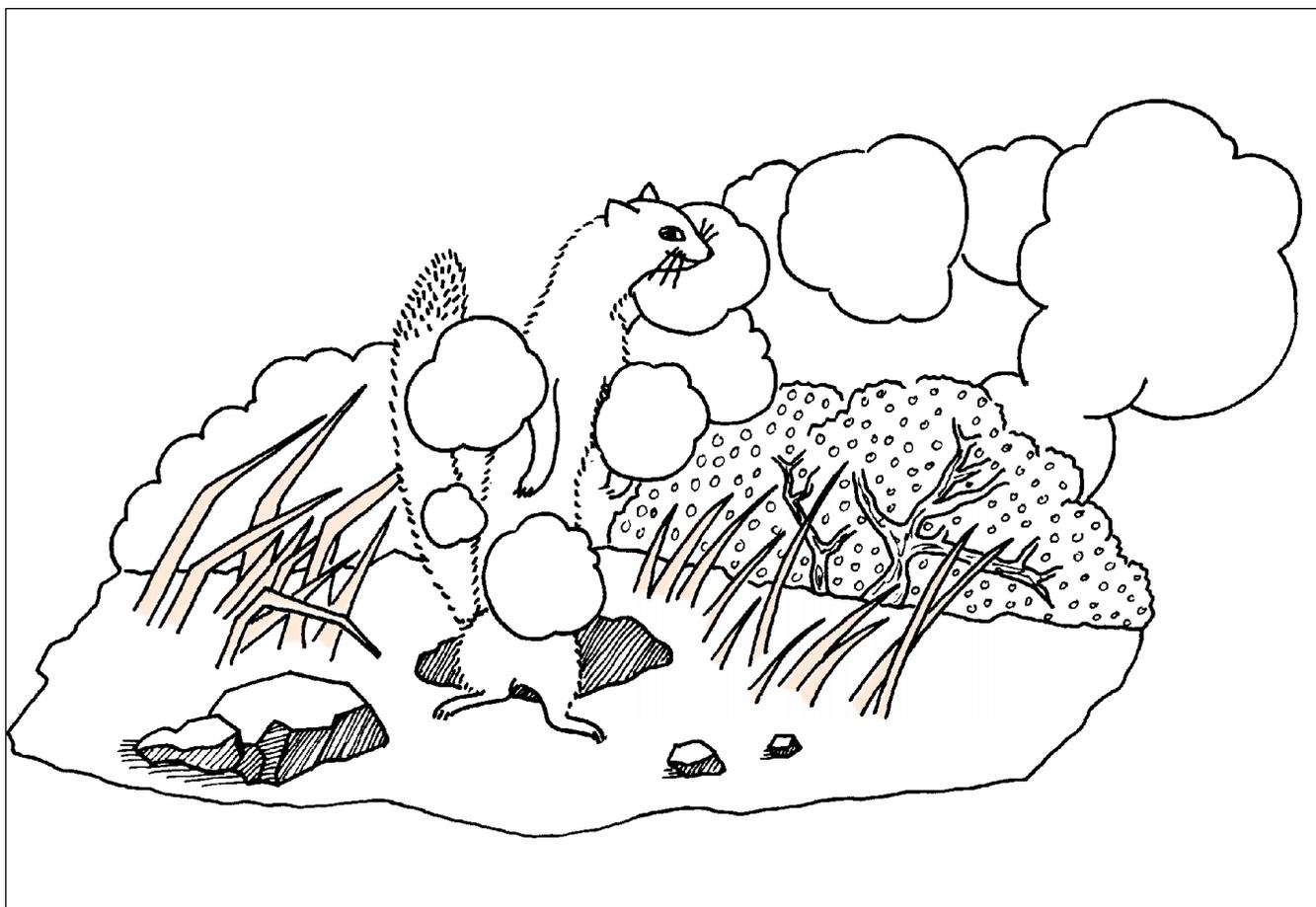


There, prancing around stood Honey Horse with a sweet expression on her face!

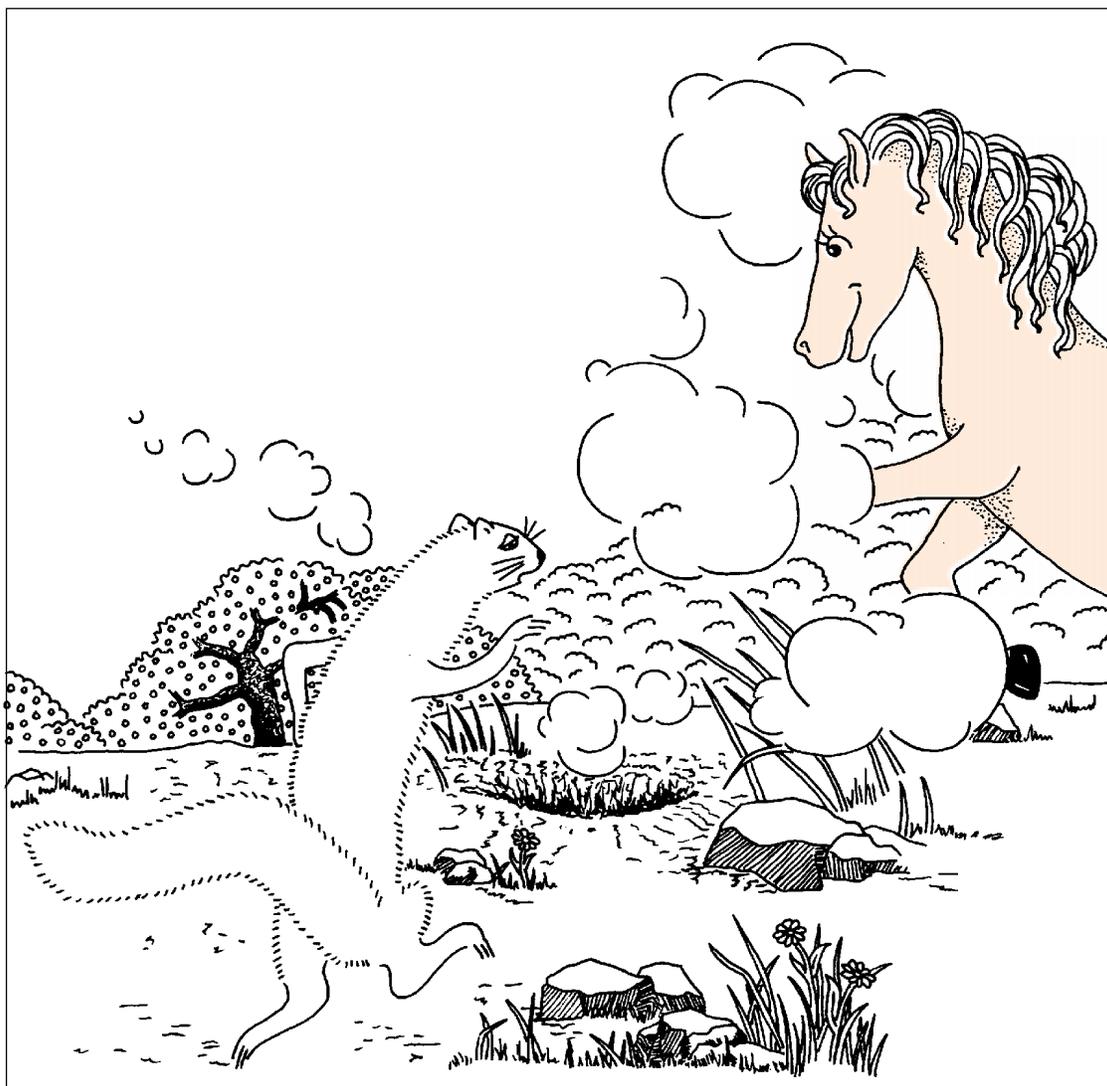


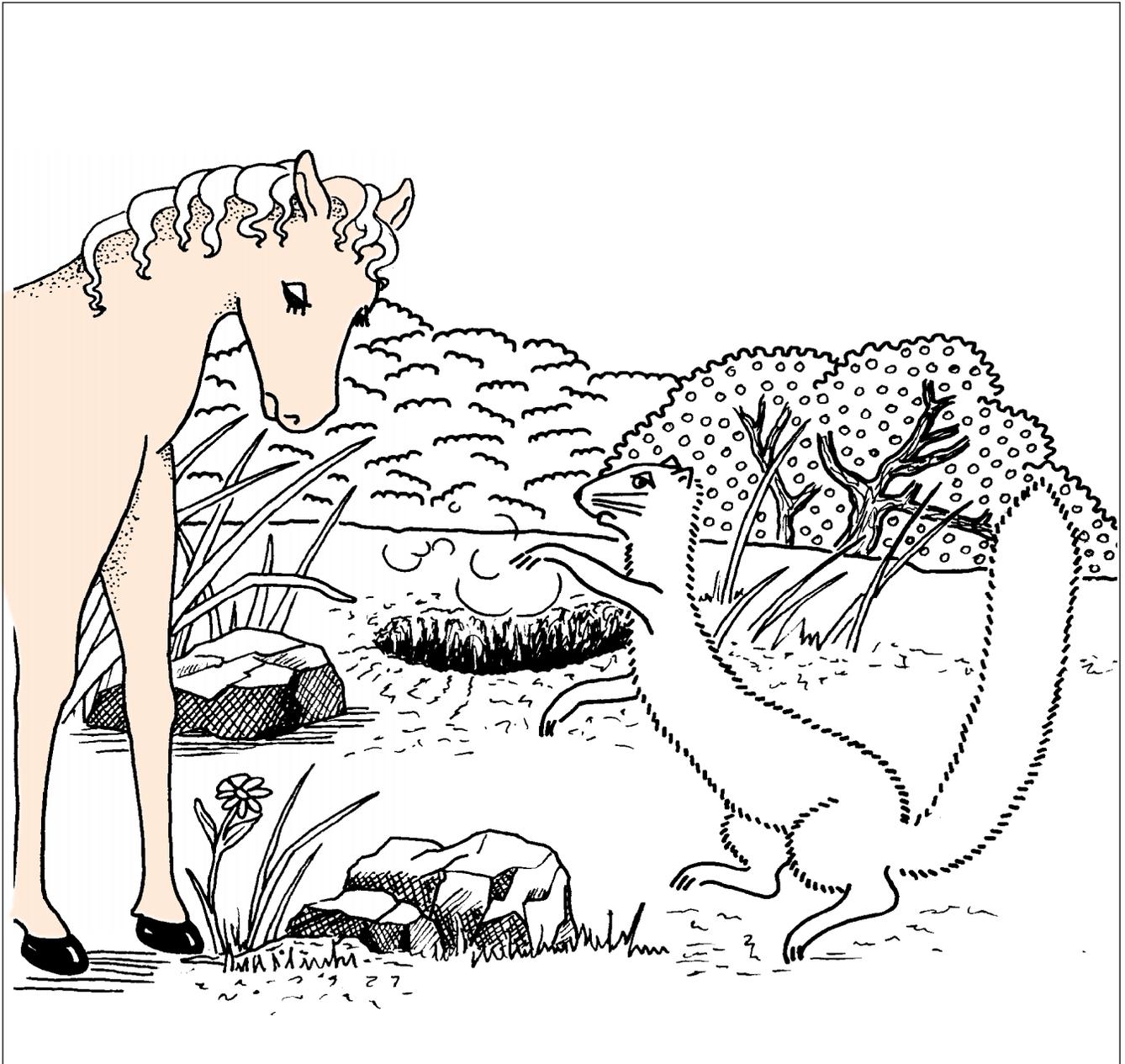
Honey's sweetness didn't melt the shock Willie felt.

“What are you doing, why are you doing it?” wheezed Willie with a cough.



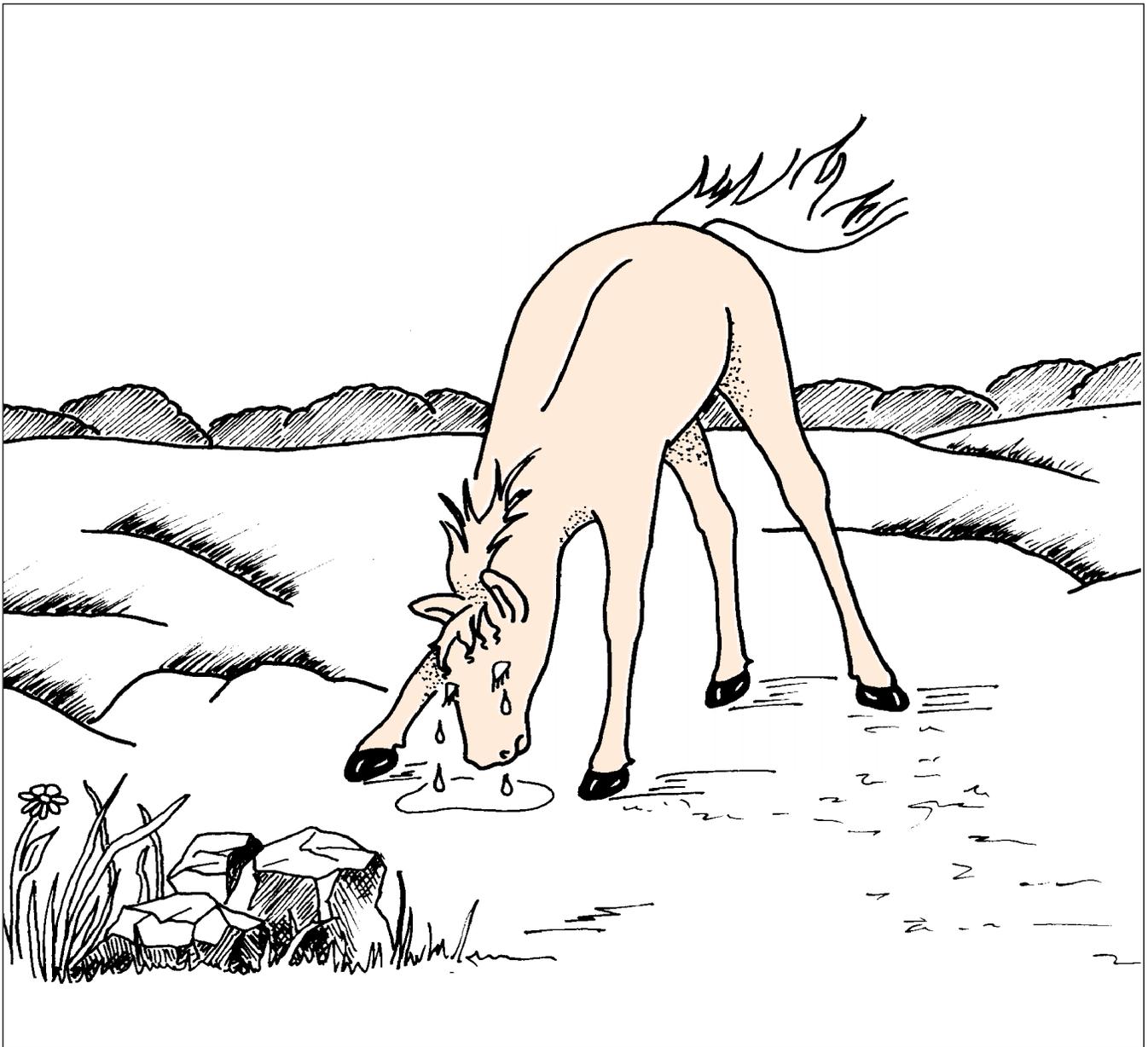
“Hi, Willie, I just wanted to visit you. It’s such a beautiful day. Do you want to go on a picnic?”



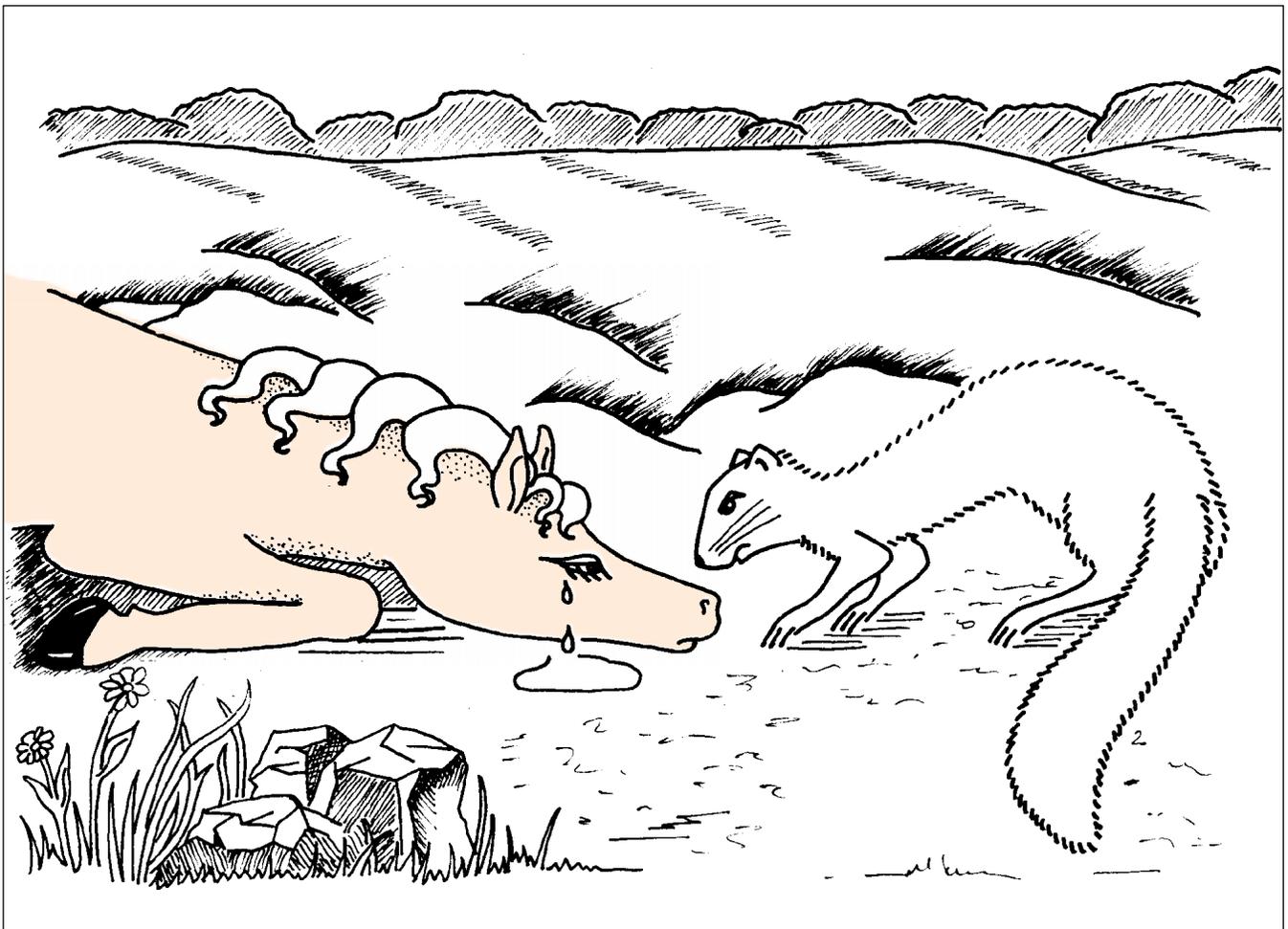


“What?” “You’ve got to be kidding! After you’ve destroyed my home you want to go on a picnic!”

“Oh Willie, I’m sorry,” whimpered Honey. “I forgot that you lived underground. I was just so happy I guess I just didn’t think.”



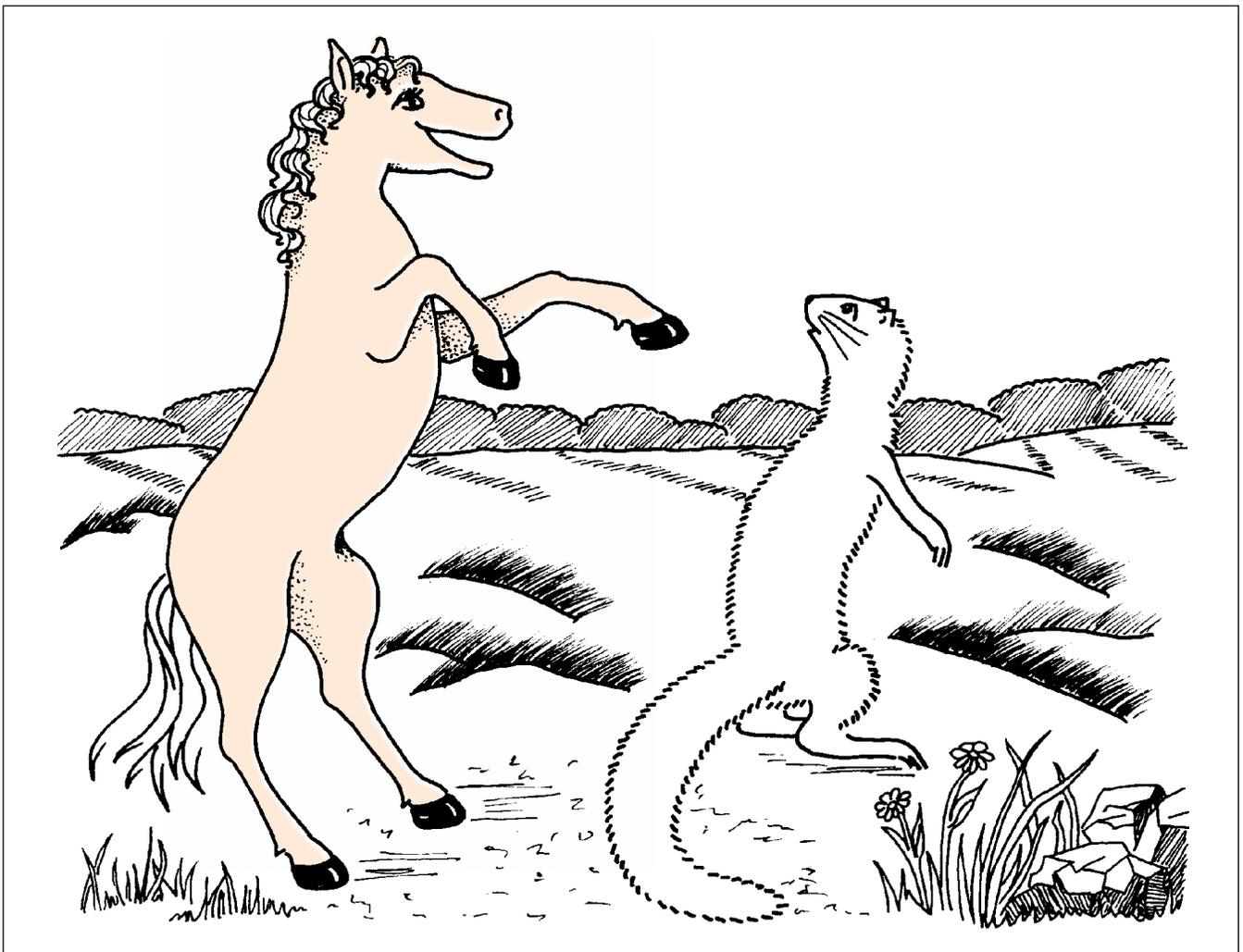
Willie whirled around. “Well, now what do I do? While you are out whirling and whooshing, my home, my breakfast and my whole day has been ruined.”



Honey was so sad. Putting her head between her hooves, she sighed and sadly whinnied. (neighhhhh!)

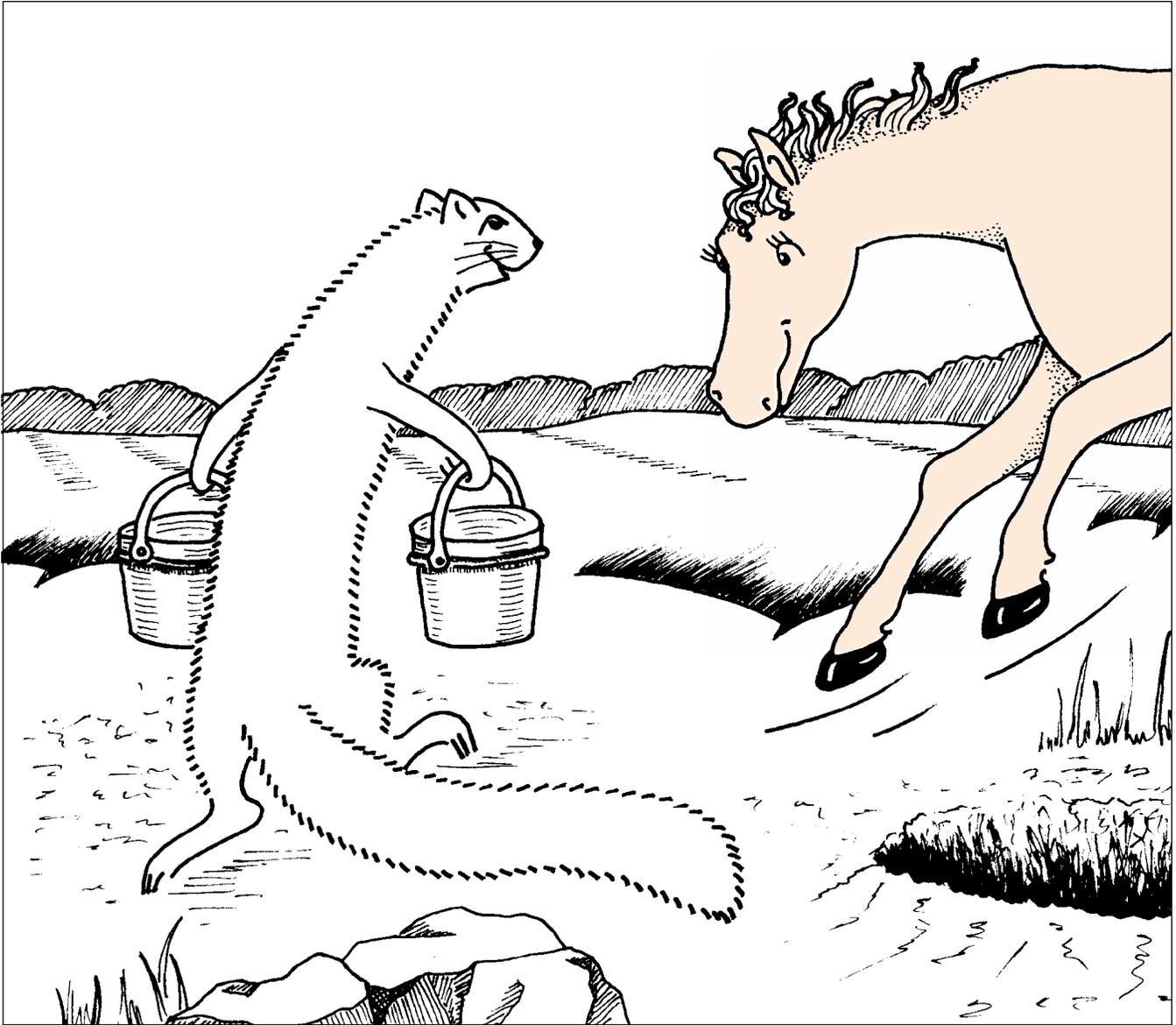
All of a sudden she “whooped!” (Neighhh!) “What was that?” Willie shouted as he whipped his head around.

“I have an idea, Willie! Let’s fix your home, and then we’ll go on a picnic. We can do it, Willie.”



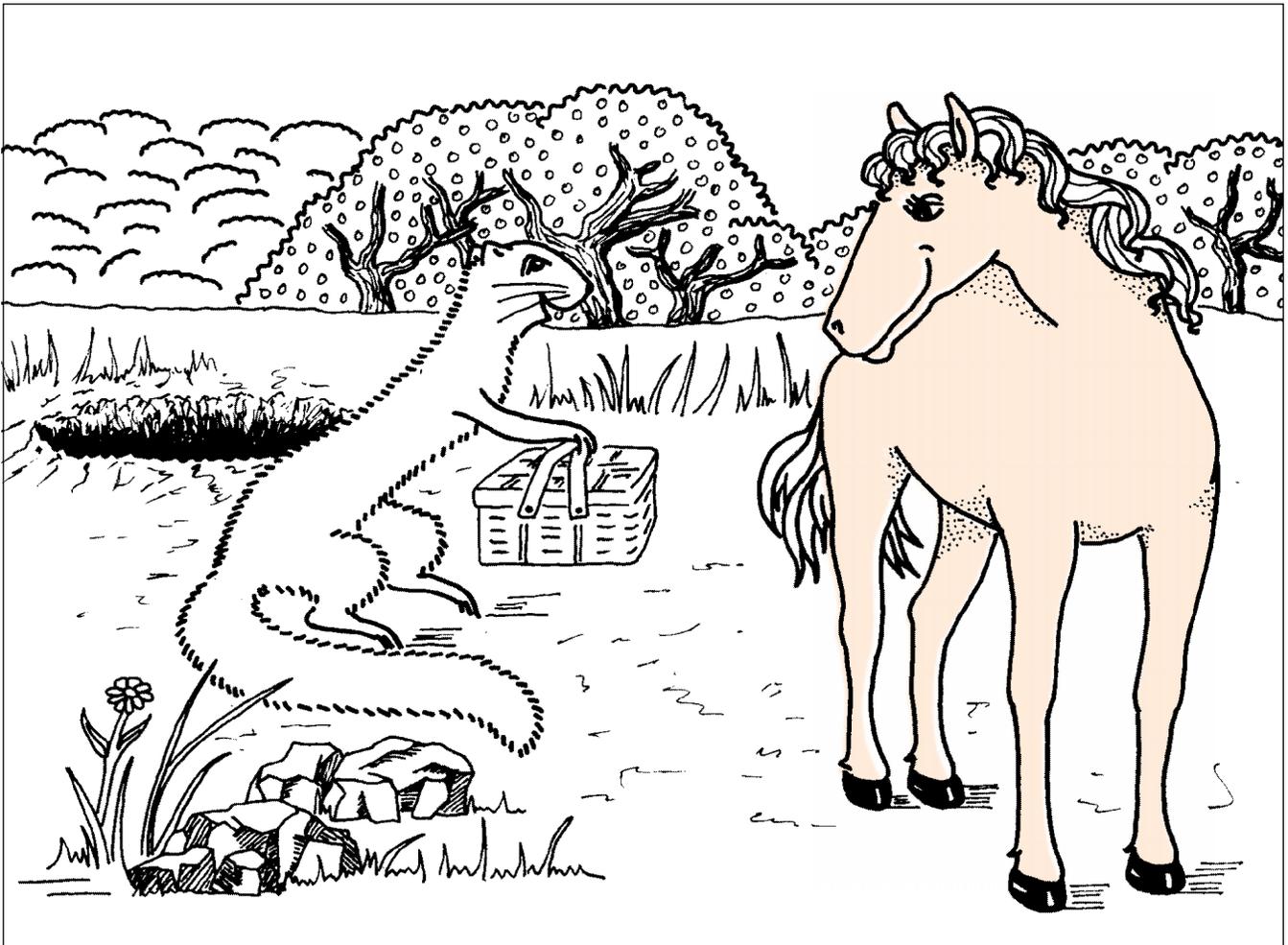
“Well, I don’t know. It’s pretty messy,” Willie said doubtfully.

“Let’s try!” said Honey.

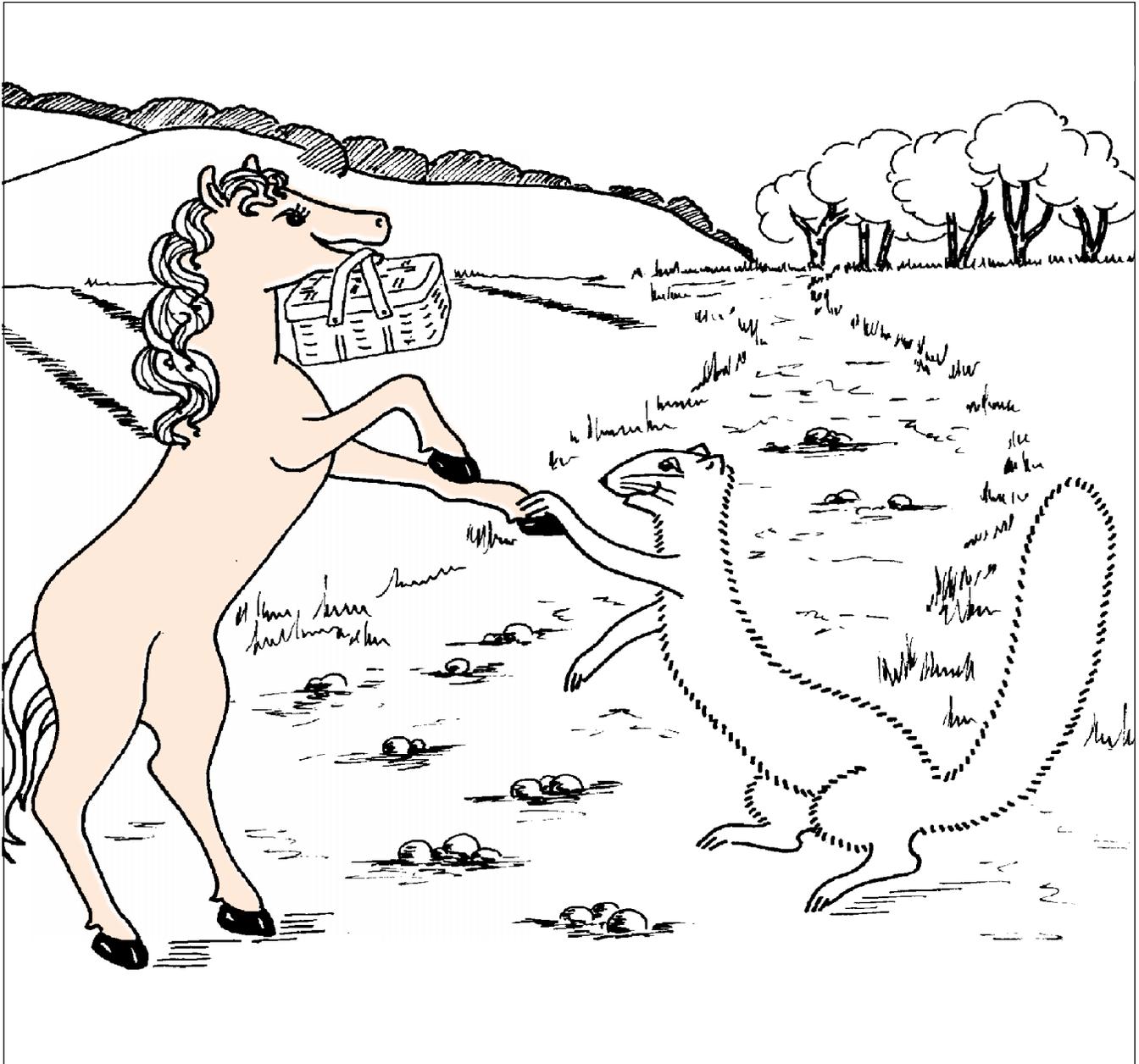


So, Willie dug down into what used to be his kitchen, and came back with some buckets. “I’ll fill them, and you go and bring them back over there.” Willie pointed with a whisker.

Whistling while they worked, Willie felt more forgiving. "It's not so bad, Honey. I just need to wash a few dishes, and then we can go. I think a picnic lunch with a friend would be lovely."

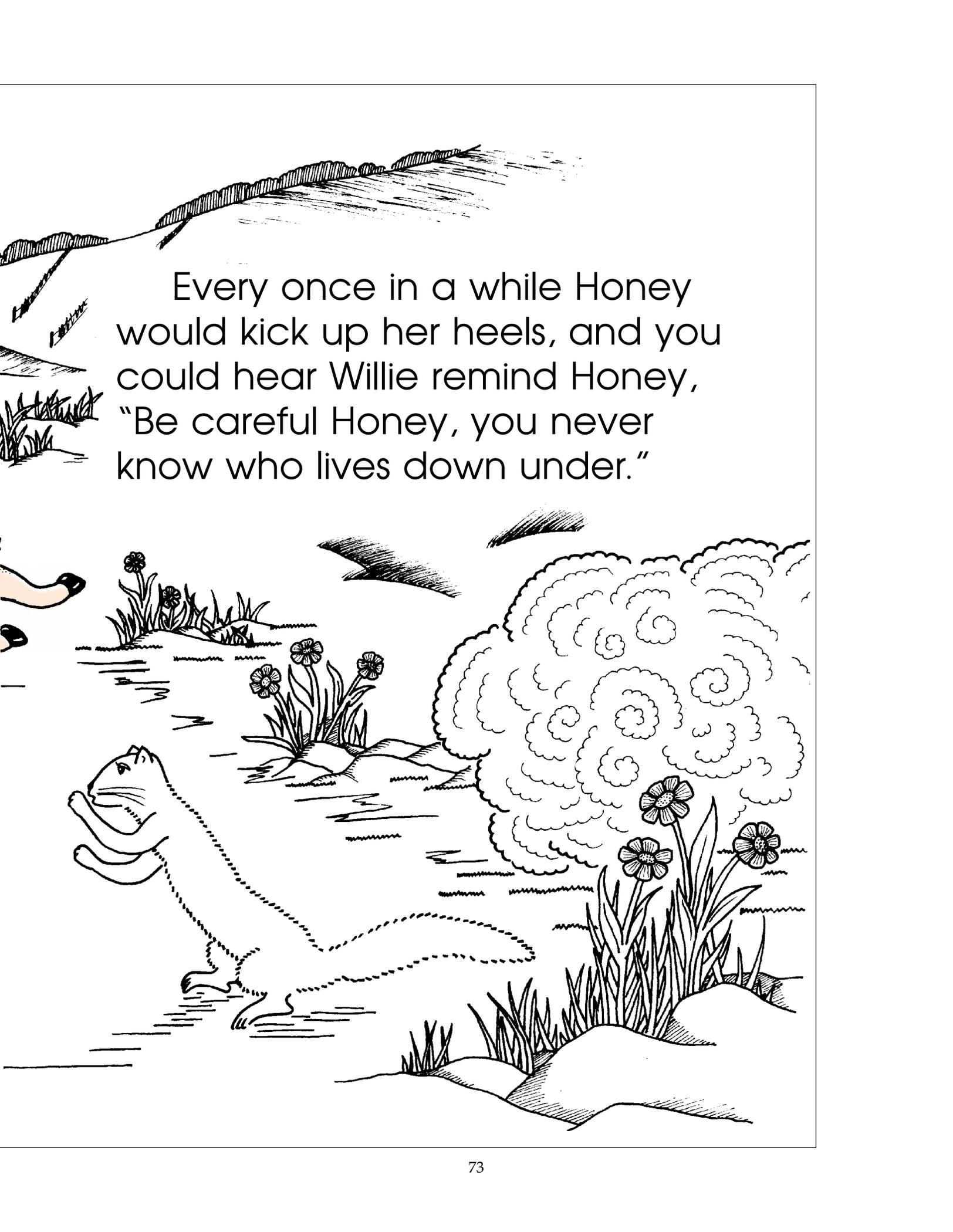


Honey Horse whinnied a loud, happy whinny. "Neighhhhh!" she said, carefully tip toeing away from Willie's kitchen entrance.



Soon the two friends were off in the glorious sunshine, running over hill and dale, the picnic basket swinging from Honey's teeth.





Every once in a while Honey would kick up her heels, and you could hear Willie remind Honey, "Be careful Honey, you never know who lives down under."



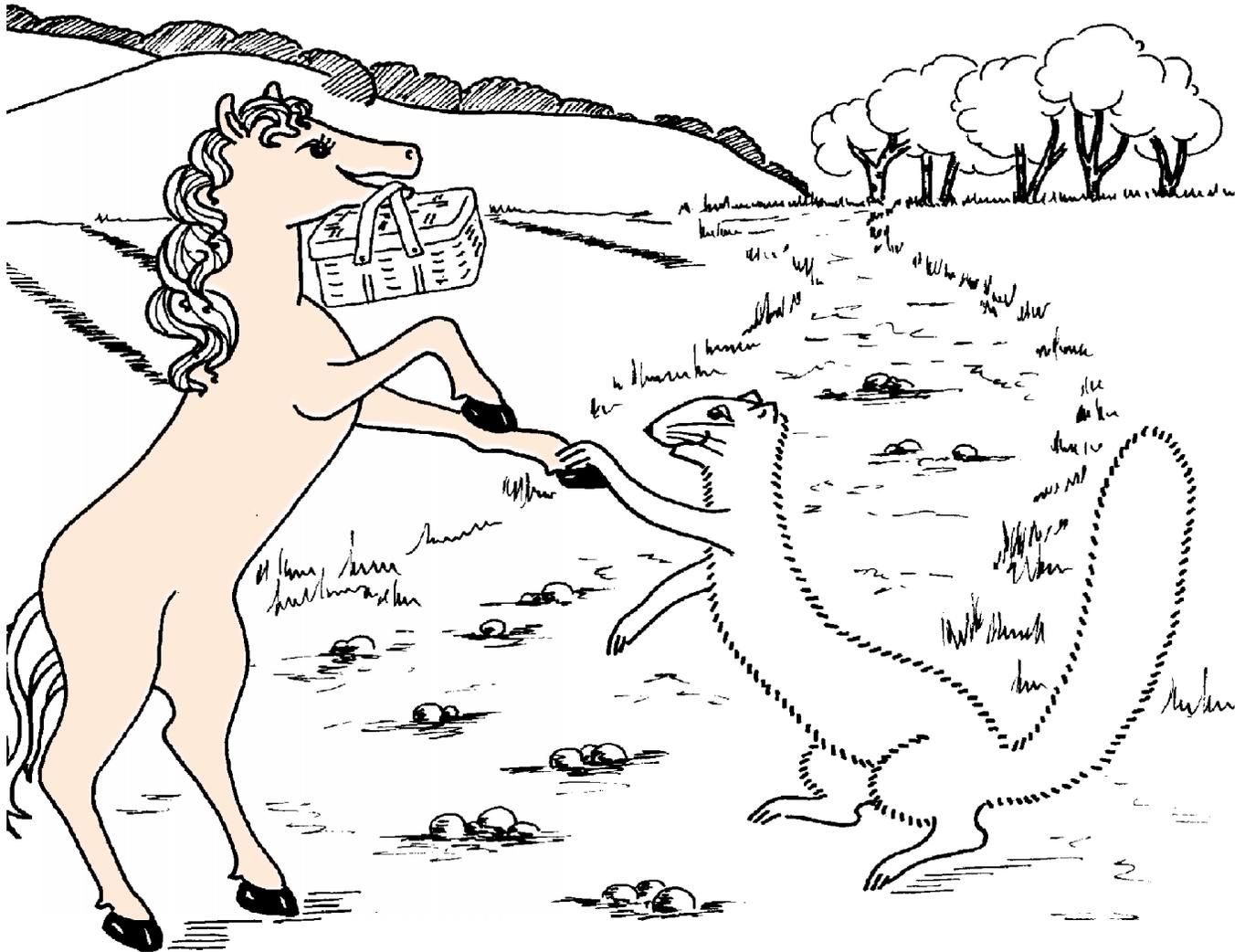
Word List

Willie and Honey Picnic In the Sunshine

Read-A-Long B2, Story 4

These words are in order of appearance in the story.
The asterisk "*" indicates high frequency words.

- | | | | |
|---------------|--------------|--------------|---------------|
| 1. wheat | 6. wheezed | 11. whoosing | 16. whisker |
| 2. everywhere | 7. whimpered | 12. whole | 17. whistling |
| 3. whhh... | 8. whirled | 13. whinnied | 18. who* |
| 4. what* | 9. whirling | 14. whooped | |
| 5. why* | 10. while | 15. whipped | |





Questions

Willie and Honey Picnic In the Sunshine

Read-A-Long B2, Story 4

1. What kind of day was it in the story? Describe the area.
2. Describe Willie Weasel's home.
3. The text says, "He was happily preparing breakfast." Is it morning, afternoon or night? Is there ever a time where some one might have breakfast in the afternoon?
4. What happened next in the story?
5. What was the result of the earth shaking?
6. What does Willie ask Honey Horse?
7. Do you think that Honey Horse knows what damage she has done?
8. What was Honey's purpose in visiting Willie?
9. What did Honey's face look like as she talked with Willie? Did it melt the shock that Willie felt because his house was destroyed?
10. From this time on, do you think Honey will be more careful about Willie's house?

Remember: It is very important for children to express themselves. Take time to encourage them to talk when you ask the questions. Don't feed them words. Allow them time to think.

Answers

1. It was a sunny day. The fields were gold with wheat.
2. It is deep down in the warm earth.
3. Those on nightshifts at factories might work all night and sleep all day. They might have breakfast when they wake up in the evening.
4. The earth began to shake. A low rumbling sound became louder and louder.
5. Things began to fall off the shelves. A picture fell into a pie. His whole tunnel caved in.
6. "What are you doing and why are you doing it?"
7. Answers vary.
8. It was such a beautiful day, that she wanted to go on a picnic with Willie.
9. She had a sweet expression. No. Willie was still upset.
10. Discussion.