



Chapter 2

Classroom Activities

Implementing the Activities

Power Panther Preschool activities are designed to be flexible. Lessons may be taught in any order. Activities may be implemented by closely following the outline for each lesson or adapting the ideas in the lesson and tailoring the activities to your children and your unique situations. If children like a particular lesson, take the opportunity to expand that lesson and have fun while emphasizing the important concepts. Enhance the lessons provided by using your own creativity and imagination!

Each lesson may be presented in a different way. For example, start one lesson by reading a book and another lesson with an activity or a song. Consider the individual needs and interests of the children in care. If the children are particularly engaged with the lesson being taught, you may want to incorporate a field trip that relates to the lesson. When teaching the lessons, it's important to be flexible, respond to the children's needs and adapt as necessary. It is highly recommended that you make the "paw prints" used in many lessons before you begin (see page 11). Consider serving one of the CACFP reimbursable snacks that is suggested in each lesson. Also remember to be a good role model by demonstrating and participating with the children.

Start by deciding how many lessons and which activities you will include in your lesson plans. Remember that when you accepted the Power Panther Preschool kit **you agreed to implement a minimum of one EAT SMART and one PLAY HARD activity from EACH of five (5) Power Panther Preschool lessons.** An overview of the lessons is on page 10.



Before you begin each lesson, take a few minutes to prepare for the lesson you plan to teach. Planning will result in smooth implementation of the activities. To implement each lesson do this:

- Review the activities in the lesson. Choose one or more **EAT SMART** and **PLAY HARD** activities to implement.
- Decide if you will implement enhancement activities or other additional activities.
- Gather all supplies needed for the **EAT SMART** and **PLAY HARD** activities.
- Choose a children's book that you will use as part of the lesson.
- Present the information described in the lesson to the children. Choose CACFP snacks that include the featured food(s).
- Copy and send home the appropriate issue of the newsletter, *Power Panther Preschool At Home*.
- Use the Power Panther promotional materials in the tote bag as desired.

As you work to implement Power Panther Preschool activities, keep in mind what children can successfully do at various ages.

Two and three year olds can:

- Wipe the table
- Wash or scrub fruits and vegetables
- Peel bananas if the top is cut
- Clear their place setting
- Put things in the trash

Three and four year olds can:

- Pour and measure
- Mix ingredients
- Knead and shape dough
- Pat refrigerator biscuits into a crust
- Spread jelly on bread
- Beat with a whisk or fork

Five year olds can:

- Use a blender with close supervision
- Use a potato peeler
- Cut soft foods with a table knife
- Make a sandwich
- Set and clear the table
- Wash own table surface



Expanding Your Project

Your Power Panther lessons can be quick and concise or can encompass a variety of activities over an extended period of time. Here are a few ideas to help you expand the Power Panther Preschool experience:

- 🐾 Invite the cook to participate in classroom activities.
- 🐾 Invite parents, grandparents or others to the classroom to share as children learn about fruits and vegetables. Do a **PLAY HARD** activity and invite guests to join in the fun!
- 🐾 Invite the news media to observe activities while the children are having fun or submit a summary of your activities with photos to your local newspaper.
- 🐾 Do some of the enhancement activities that are included on the last page of each lesson. These activities will reinforce your project's effectiveness.
- 🐾 **Share the Power Panther Preschool information with parents and family:**
 - Send home the newsletter
 - Post the pictures of food that are at the end of each lesson, and
 - Invite parents to talk to their children about the **EAT SMART** and **PLAY HARD** activities

But most of all...

Have fun implementing Power Panther Preschool!



The Power Panther Lessons

Ten lessons are detailed in this chapter. Each lesson has an **EAT SMART** (healthy eating) component and a **PLAY HARD** (movement) component. The lessons are:

Lesson 1: Power Panther eats colorful fruits and vegetables.

EAT SMART: I am learning it is fun to eat many different fruits and vegetables.

PLAY HARD: I am learning ways I can move and identify different body parts.

Lesson 2: Power Panther eats tomatoes.

EAT SMART: I am learning tomatoes are tasty.

PLAY HARD: I am learning how to make my body move at different speeds and rhythms.

Lesson 3: Power Panther eats peaches, plums and apricots.

EAT SMART: I am learning peaches, plums and apricots are awesome.

PLAY HARD: I am learning how to move a ball or object.

Lesson 4: Power Panther grows a garden.

EAT SMART: I am learning that gardening is great.

PLAY HARD: I am learning how to move within the same space as my friends.

Lesson 5: Power Panther eats beans.

EAT SMART: I am learning that beans are bountiful.

PLAY HARD: I am learning that my body can move in different directions.

Lesson 6: Power Panther eats pumpkin.

EAT SMART: I am learning that pumpkins are a popular pick.

PLAY HARD: I am learning how to move my body while standing in one place and I am learning how to stay balanced while moving.

Lesson 7: Power Panther eats berries.

EAT SMART: I am learning that berries are berry good.

PLAY HARD: I am learning my body needs space to move.

Lesson 8: Power Panther eats pears.

EAT SMART: I am learning that pears are perfect.

PLAY HARD: I am learning how my body can create different shapes.

Lesson 9: Power Panther eats tropical fruits.

EAT SMART: I am learning that tropical fruits are terrific.

PLAY HARD: I am learning how my body can move from one place to another.

Lesson 10: Power Panther eats pizza with fruits and vegetables.

EAT SMART: I am learning to put my favorite fruits and vegetables on pizza.

PLAY HARD: I am learning how to move with hard, medium and soft force.



Helpful Hints for Power Panther Preschool

To ensure that Power Panther Preschool is a positive experience for both children and teachers, keep these helpful hints in mind:

-  Read and think through the activity ahead of time so you will have time to gather needed equipment and supplies.
-  Be clean! Wash hands and foods ahead of time. Sanitize tables and areas that will be utilized for the activity.
-  Be ready to take advantage of unexpected learning opportunities and teachable moments.
-  Be aware of safety concerns. Use plastic knives and provide close supervision when children are working with knives and small objects.
-  Modify activities to fit the skills and needs of the children with whom you work.

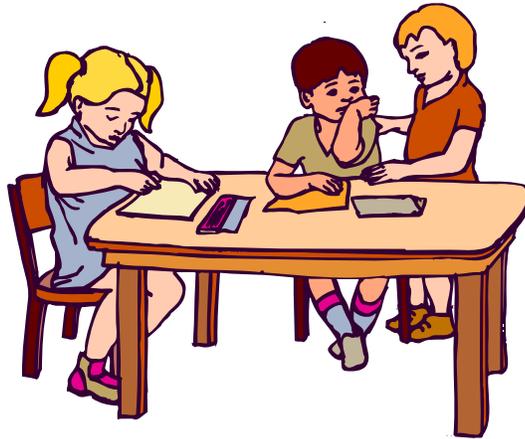
Using Fruit and Vegetable Pictures

At the end of each lesson, you will find a page of pictures of the featured food item for that lesson. Show the pictures to the children to familiarize them with the food you are discussing or use them as patterns to make cutouts of the food if cutouts are required in an activity. Post these pictures to inform parents about their child's learning experiences.

Making "Paw Prints" for the Lessons

Many lessons list "paw prints" as one of the supplies needed for implementing one or more of the activities. While you could substitute carpet squares for the prints, it is more effective and more fun for the children if you take time to make the paw prints before beginning any of the lessons. **Plan to have one paw print for each child who will participate.**

Make paw prints using the pattern on page 13. The paw prints may be traced onto sheet foam or copied on the copier and laminated.





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