



## Little Rock School District Pre-K (AMI) Alternative Method of Instruction Activities

### Theme Growing Up Healthy: Eating Well

- **Identify Healthy Foods.** Discuss “everyday” (fruits, vegetables and protein) and “sometimes” (sugary and fatty foods such as cake and ice cream). Look at a grocery store ad and identify every day and sometimes foods. Create a shopping list together.
- **My Favorite Fruit.** Ask children to draw pictures of themselves eating their favorite fruit. Help your child label their drawing with a sentence such as “Julia likes peaches”. Support them in using uppercase letters to begin their names and periods to end the sentences.
- **Letter Ss.** Have your child find and circle or cut out the letter of the week in magazines, newspapers, sales, ads, or junk mail.
- **When We Eat.** Ask children to talk about the types of foods they eat in the morning, during the day and at night. Ask child to draw a picture and help them label their favorite food in the morning, lunch and night.
- **Make a Healthy Snack.** Work together with your child to make today’s snack. Choose healthy ingredients and guide children in naming them and measuring the amounts. Discuss what to do first, next and last. *What does each ingredient taste, sound, and smell like?*

### Growing Up Healthy: Staying Safe

- **Explore Safety.** Act out crossing an imaginary street. Looking both ways before you cross. *Why is it important to look both ways?* Discuss ways to practice safety to avoid danger such as following rules and asking for help.
- **Create Safety Rules.** Go on a safety hunt around your home. *What are ways that we stay safe here.*
- **Calling 911.** Ask your child to name the people who help them stay safe at home, school, and in the community. Discuss how and when to dial 911.
- **My Name and Address.** Tell your child if they are lost or had to call 911, they would have to say their name and address. Have them practice saying their first and last name and address.
- **Practice Car Safety.** Have children practice putting on an imaginary seat belt. Let your child be seat belt safety inspectors for the family by reminding the family to buckle up in the car.