

Theme: Food

Language, Cognitive & Affective Development

- **Welcome Song & Gathering**

- Welcome song:

- **Hello, Hello! Can You Clap Your Hands?**

- “Hello, hello! (wave one hand, then the other)

- Can you clap your hands? (clap)

- Hello, hello!

- Can you clap your hands? (clap)

- Can you stretch up high? (stretch towards the ceiling)

- Can you touch your toes? (bend down and touch your toes)

- Can you turn around? (turn around)

- Can you say “hello”? (wave, then say hello)

- Can you stomp your feet? (stomp your feet)

- Hello, hello!”

Social, Physical & Attention Development

- Promote opportunities for proactive language & social communication skills, promote gross and fine motor play to increase balance, strength, independence and participation. Parents should move through the stations with the child, have volunteers modify as needed.

- **Gross Motor Station: Food Yoga Poses**

- Sit in pretzel – take a deep breath! Stretch arms up and lean side to side

- Lay down and stretch your back up! Now we look like a banana! Deep breath and relax.

- Put your hands on the floor and push your back up! This is called down dog but we like to call it the chip pose because we’re making a triangle!

- Next we want to walk our feet up towards our hands and stretch up like a corn stalk! Sway side to side like it’s blowing in the wind!

- Now we’re going to roll down and touch our toes, then bend our knees into a frog pose! Today we’re going to call it a hamburger pose!

- Last we relax back down to the pretzel and take one last deep breath!



Down Syndrome Achievement Centers
educate. inspire. believe.

Destination Discovery Purposeful Programming Lesson Plan

- **Fine motor/Sensory Station: Jello Slime!**
 - You will need:
 - Measuring Cups
 - Mixing bowl
 - Spoon
 - 3 Oz box of Jell-O (ideally sugar free)
 - 1 C. cornstarch
 - ½ Cup warm water
 - Cookie sheet
 - NOTE: The Jell-O can slightly stain hands and surface it is on. Cookie sheet is to protect from staining. Staining will come off hands within a few washes.
 - In a mixing bowl combine cornstarch and Jell-O packet. Mix together well!
 - Slowly mix water into the mixture, stirring the entire time. The mix is going to become tough to stir as you're adding water, this makes it a good fine motor and gross motor exercise! Make sure you don't add extra water or you will wind up with Oobleck. Continue stirring and adding water until the entire ½ cup of water has been incorporated evenly. If you feel like your slime is too tough add one drop at a time extra until you're happy with the texture!
 - Now it's time to play!
 - Slime can be stored in an airtight container for up to a week. You may need to add a drop or two of water to the mixture after it's been refrigerated to bring it back to the desired consistency.

Destination Discovery Purposeful Programming Lesson Plan

- **Gross motor/social station: Make Fruit Juice Song**
 - https://www.youtube.com/watch?v=gN3pn_alymA
 - Shake it, Shake it, Shake it, Shake it, Shake it, Shake it, Shake it!
 - Boom boom boom banana
 - Peel the banana, peel, peel the banana,
 - Chop the banana, chop, chop the banana!
 - Put, put, put, put it all together
 - Shake, shake, shake, shake, shake, shake, shake it!
 - Oh oh oh orange
 - Peel the orange, peel, peel the orange
 - Squeeze the orange, squeeze, squeeze the orange
 - Put, put, put, put it all together
 - Shake, shake, shake, shake, shake, shake, shake it!
 - Go go go grapes!
 - Pick the grapes, pick, pick the grapes!
 - Stomp the grapes, stomp, stomp the grapes!
 - Put, put, put, put it all together!
 - Shake, shake, shake, shake, shake, shake, shake it!
 - Banana, orange and grapes!
 - Mix, mix, mix, mix it all together!
 - Shake, shake, shake, shake it all together!
 - Make, make, make, make fruit juice!
 - It's fresh fruit juice!
 - Wow!
- **Fine motor/Sensory Station: Kool-aid dyed noodle necklace**
 - You will need:
 - Kool-aid packet
 - Uncooked pasta
 - String, ribbon, yarn
 - Ziploc bag
 - Measure how long you want your necklace to be. Make sure you leave a little extra to tie off. Also make sure you can fit the necklace over your head.
 - Thread the noodles onto your string! Try different shapes of pasta! Are some harder to string than others? This is a great fine motor activity.
 - Once your necklace is complete tie the ends off.
 - Combine kool-aid packet with 1/8th cup of Hot water. Mix until kool-aid is dissolved.
 - Poor kool-aid mix into a Ziploc bag. Place necklace into same Ziploc bag and close tightly.
 - Now shake it up! Make sure your entire necklace is covered in the kool-aid mix!
 - Open the bag and let it sit open with your necklace inside for 4-6 hours to dry.
 - Where it to Destination Discovery next week!
- These dyed noodles can work for so many activities! They create an awesome sensory bin, you can make multiple colors and use them to learn sorting, patterns, addition and subtraction!

Good-bye (5 Minutes):

Celebrate successes and remind of upcoming programs, activities and events.

- **It's our time to say goodbye!**
- It's our time to say goodbye to Mommy, it's our time to say goodbye to mommy, it's our time to say goodbye to mommy, say bye bye bye bye.
- Repeat with Daddy, sister, brother, everyone!