



2022-2023 ACADEMIC YEAR

SEMESTER BREAK ACTIVITIES

for 4-YEAR-OLDS




Dear Students,

We have come to the end of the 1st semester that we wondered and explored a lot, and questioned and learned even more.

As your teachers, we would like you to enjoy your holiday with a bunch of activities with your families and friends. So we prepared this booklet for you to give some ideas.

Yes, you are on holiday. But does that mean you cannot have **Circle Time** by yourself? Not at all! Here is your poster with a 2-weeks long calendar that you can mark the date, check the weather, and note down how you feel that day. Please also remember to have some daily exercises with the yoga poses you will see in the book. As the 1st activity, you will see an experiment. It is to grow beans at home. Do you think it is not possible? Let's try and see! After you set the experiment, please note the changes you observe on your poster every day. We believe you will be surprised to see how fast it grows!

Also with **this** QR code, you can reach out some exhibition, workshop, and book ideas that you can enjoy together with your family and friends.



One last thing, please remember to share some of the moments from your holiday with us on Toddle. We would be happy to see you are trying out these activities in the book.

Have a great holiday!

We are looking forward to coming back together on the 6th of February, Monday.

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HOW TO USE THE SEMESTER ACTIVITY BOOK



Step 1: FILL IN THE CALENDAR

What day is it? Mark the date and day of the week!



Step 2: WHAT'S THE WEATHER LIKE TODAY?

Every morning, look at the sky. If possible, go out to the balcony or garden and see what the weather is like today. Fill in the weather chart and count how many sunny, rainy, or windy days there were.



Step 3: HOW DO YOU FEEL TODAY?

Mark how you feel today: Happy? Sad? Tired? Angry?



Step 4: EXERCISE TIME

Warm up your body and mind for the day.



Step 5: EXPERIMENT

On page 4, you will see an experiment to grow beans. Every day on your poster, write or draw the changes you see on your beans.



TODDLE

On each page of the book, you will see a different activity. After you try out the activities, please remember to take a picture or video of it with us on Toddler.

DAILY ROUTINES

WHAT'S THE WEATHER LIKE TODAY?

Every morning, look at the sky. If possible, go out to the balcony or garden and see what the weather is like. Fill in the weather chart and count how many sunny, rainy, or windy days there were. Compare your notes daily with a cousin or friend who lives in a different city.



SUNNY



RAINBOW



FREEZING



PARTLY CLOUDY



SNOWY



VERY RAINY



RAINY



CLOUDY



LIGHTNING



STORMY

DAILY ROUTINES

HOW DO YOU FEEL TODAY?

Think about your emotions and find the right sticker that can express your feelings and put it on the calendar.



HAPPY



EXCITED



ANGRY



COOL



SAD



SICK



LOVELY



SURPRISED



SLEEPY



FUNNY

DAILY ROUTINES

EXERCISE TIME

Warm up your body and mind for the day. Try out each yoga pose and count up to 10 till you move to the next pose.



TURTLE POSE



FROG POSE



COW POSE



CAMEL POSE



CAT POSE

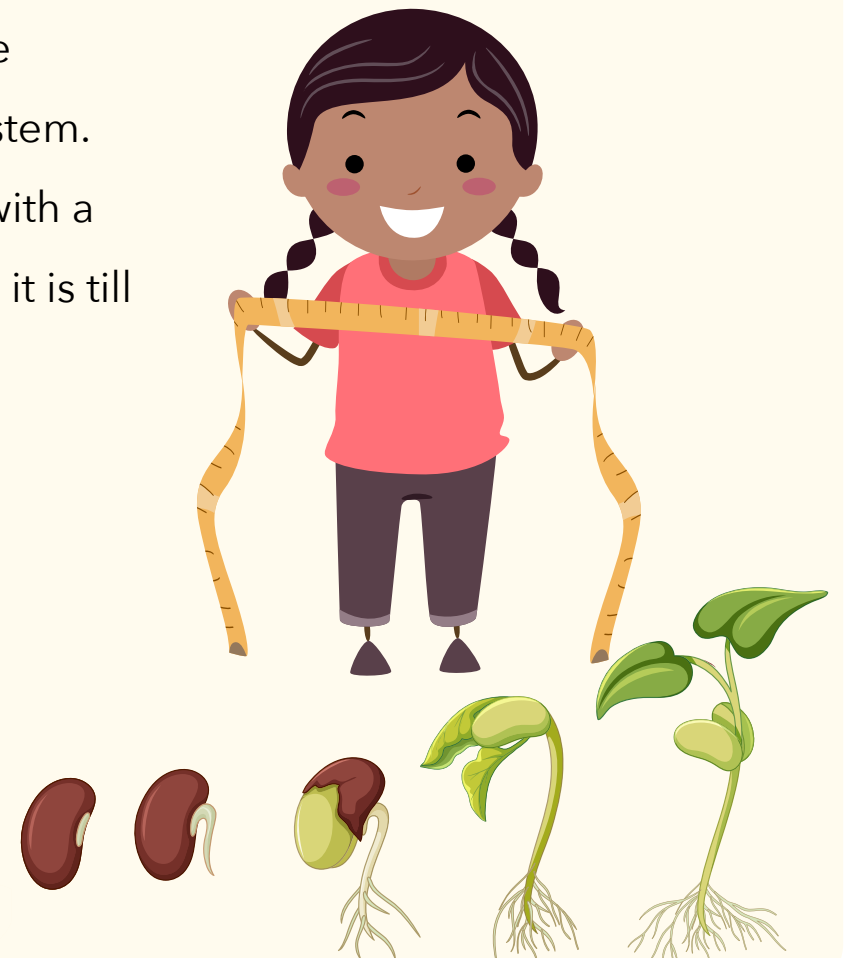


LION POSE

DAILY ROUTINES

EXPERIMENT: GROWING BEANS

1. Place the cotton wool in the base of the jar and place two or three beans between the cotton wool and the side of the jar.
2. Water the bean, making sure the cotton wool is damp but not too wet.
3. Place the jar in front of the window.
4. Remember to keep the cotton wool damp.
5. Within 2-3 days the bean will start to sprout a small root and 2-3 days later it will grow little tendrils.
6. Another 4-5 days and the bean will develop a large network of shoots coming off the main root and a sturdy stem. Observe and measure with a piece of ribbon how tall it is till the school opens.



FOCUS ON THE EMOTIONS

FEEL THROUGH THE MUSIC: How about using music and drawing to bring out your feelings? Take the biggest piece of paper in the house, turn on some [relaxing music](#), choose a crayon, and immerse yourself in the rhythm of the music. Close your eyes when you feel safe and just draw on the paper according to the music. When the music is over, open your eyes and look at your drawing. Now, turn on some dance music and do the same activity again. Chat with a family member about the feelings you had during the activity. Your family members can join in the activity too.



THINKING SKILLS

TREASURE HUNT: Get a big plastic bowl. Create a sandbox by filling it with small-grained materials such as sand/lentils/salt/beans. Then start preparing the treasures. Materials such as coins, clothespins, teaspoons, buttons, and shells can be your treasure. Prepare an equal quantity of each material. Keep aside one of each of them and hide all the remaining materials deep in the sandbox. Your treasure hunt game is ready. Now is the time to find treasures with family members. Choose one of the materials displayed beside the sandbox. Then dip your hand into the box and try to find that material with your eyes closed. Being a treasure hunter will not be easy!



MATH

GUESSING GAME: Take a jar and fill it with little toys from your house. Then take the toys out of the jar and count them one by one. Jump as many times as there are toys in the jar. In the 2nd round, take a glass smaller than the jar and fill it by counting the same toys, jumping as many times as the number of toys you put in. Which one did you jump more to? How many times do you think you would jump if you filled a large bowl with toys? Would you like to try this too?



NATURE and SCIENCE

NATURE WALK: How about taking a walk in the park, at the seaside or in the woods with your family? Don't forget to take a bucket with you when you go for a walk. After filling the bucket with stones that interest you, examine the stones more closely when you get home. Are they each a different color? Which is the biggest? Which is heavier? You can group the heaviest ones first, or by their color. Maybe you can sort them from largest to smallest? Don't forget to take pictures and send them to us.



SPORTS

OBSTACLE COURSE: Design your own obstacle course at home by using some pillows, chairs and small coffee tables. Jump off the pillow, roll under the chair, take a tour around the chair and repeat! How many seconds is your score? Call your parents for a challenge!



SOCIAL RESPONSIBILITY

STREET ANIMALS DAY: Today can be a good day to give food and water to street animals. Prepare large bowls of water and food at home and then feed the street animals by walking around the neighborhood. You can sing them your favorite song if you wish.



VISUAL ARTS

PUPPET STICK: What is your favorite book? Who is your favorite character in this book? Why do you like this character? Let's create a puppet of it. All you need is a short wooden stick and some art supplies: Recreate your character with paper, paints, some wool for her hair, scissors and glue.



MUSIC

MAKE A MUSIC SHAKER:

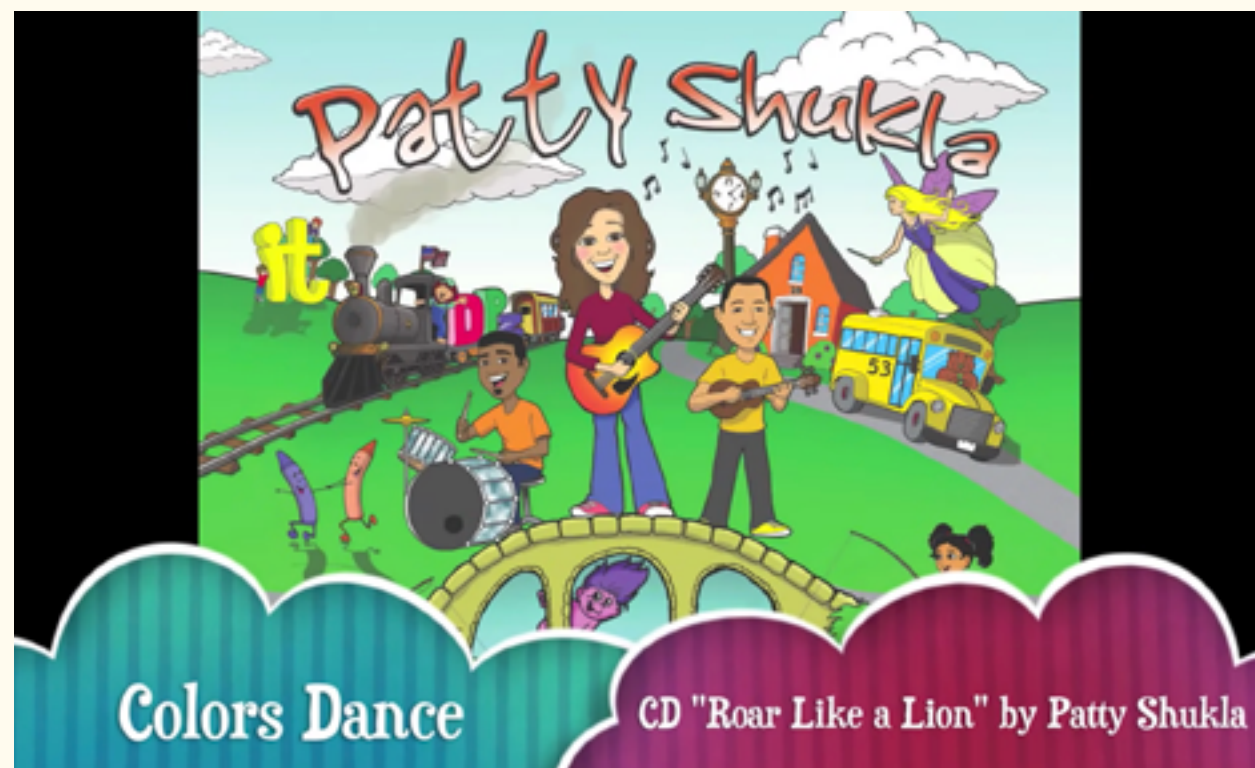
You'll need: a toilet roll tube, scissors, tape, a stapler, rice, corn kernels, stones or other small items, and paint.

Cut the toilet roll tube into pieces around 5-6 cm. long and decorate it any way you like. Once you've finished decorating the tube, flatten one end and staple it closed. Add some tape over the staples to make sure it is well sealed. Put one or two spoonfuls of rice (or other noise making items) into the tube, and then flatten the open end in the other direction. Staple and tape the end closed. Turn on your favorite music, close your eyes, dance, shaking the musical instrument to the rhythm



ENGLISH

COLOR DANCE: Everybody at home wears a different color and dances along with the song:



LIFE SKILLS

MATCHING SOCKS: Collect the clean socks from the washing machine and try to find a match for each. Who has the biggest feet in the house? Who has the most colorful socks? How many pairs of socks did you find?



HAVE A NICE HOLIDAY!

**IF YOU HAVE ANY QUESTIONS
PLEASE CONTACT US**

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