

# Interdisciplinary Activity and Resource Guide

Theme-related resources and creative ideas to engage young children and families

Daily Theme	Activities	Read Aloud Books	Online Resources
<p><b>Music Monday</b></p>	<ul style="list-style-type: none"> <li>Plan and hold a dance party (themed or culturally relevant)</li> <li>Make instruments (paper plate tambourines, drums, etc.) and host a marching band parade</li> <li>Listen to favorite songs and sing along</li> <li>Explore music from different countries</li> <li>Use instruments to explore different rhyming patterns</li> <li>Plan a listening scavenger hunt: "What do you hear with your little ear?"</li> <li>Share rhyming posters/visuals and explore action rhymes</li> <li>Make instruments and music from everyday items (plastic storage containers, pots, pans, empty food containers to make shakers)</li> <li>Put painter tape on the floor and have children practice balancing with some calming music</li> </ul>	<ul style="list-style-type: none"> <li><u><a href="#">Violet's Music</a></u> by Angela Johnson</li> <li><u><a href="#">I Know a Shy Fellow Who Swallowed a Cello</a></u> by Barbara S. Garriel</li> <li><u><a href="#">Never Play Music Right Next to the Zoo</a></u> by John Lithgow</li> <li><u><a href="#">Listen</a></u> by Gabi Snyder</li> <li><u><a href="#">Music is a Rainbow</a></u> by Bryan Collier</li> <li><u><a href="#">Zin! Zin! Zin! A Violin</a></u> by Lloyd Moss</li> <li><u><a href="#">Giraffes Can't Dance</a></u> by Giles Andreae</li> <li><u><a href="#">Song and Dance Man</a></u> by Karen Ackerman</li> <li><u><a href="#">Natsumi!</a></u> by Susan Lendroth</li> <li><u><a href="#">Wild Symphony</a></u> by Dan Brown</li> <li><u><a href="#">Frooodle</a></u> by Antoinette Portis</li> </ul>	<p><b>Teaching Lessons to a Diverse Range of Learners (Music Edition) National Association for Music Education:</b> <a href="http://www.nafme.org">www.nafme.org</a></p> <p><b>Podcasts:</b> Noodle Loaf; Sweet Potato Music ; Spare the Rock, Spoil the Child; Marvellous Musical; Find others on the Kids Listen app</p> <p><b>Apps for musical play –</b> Bandimal (\$), Musical Me, Easy Music (\$), Musical Paint (\$), Piano Maestro</p> <p><b>MOOSE:</b> Why do people make music?   MOOSE (maine.gov)</p> <p><b>Music and Movement Activities:</b>  <a href="https://sesamestreetincommunities.org/topics/exercise/">https://sesamestreetincommunities.org/topics/exercise/</a></p> <p><b>Interactive Music and Movement:</b>  <a href="https://www.youtube.com/watch?v=xjTX6wmN93s">https://www.youtube.com/watch?v=xjTX6wmN93s</a></p>
<p><b>Tasty Tuesday</b></p>	<ul style="list-style-type: none"> <li>Create a mini cookbook of favorite recipes</li> <li>Craft a poster of food pictures and have a fun identifying favorites with smile stickers</li> <li>Prepare a simple baking activity to identify and measure ingredients (i.e., count the eggs in recipe)</li> </ul>	<ul style="list-style-type: none"> <li><u><a href="#">Mrs. Peanuckle's Vegetable Alphabet</a></u> by Mrs. Peanuckle</li> <li><u><a href="#">Mrs. Peanuckle's Fruit Alphabet</a></u> by Mrs. Peanuckle</li> <li><u><a href="#">Mrs. Peanuckle's Kitchen Alphabet</a></u> by Mrs. Peanuckle</li> </ul>	<p><b>Free printed/shipped resources for programs participating in Federal Nutrition Programs:</b>  <a href="https://pueblo.gpo.gov/TN/TN Pubs.php?NavCode=XA&amp;CatID=2">https://pueblo.gpo.gov/TN/TN Pubs.php?NavCode=XA&amp;CatID=2</a></p>

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<p><b>Tasty Tuesday (cont.)</b></p>	<ul style="list-style-type: none"> <li>• Create rainbow salads or snack trays</li> <li>• Make a special/child-chosen meal</li> <li>• Plan fun themed meals: “Taco Tuesday” or “Try It Tuesday”</li> <li>• Bring a tasty treat to a friend or neighbor</li> <li>• Read <u>Eating the Alphabet</u> together and try a new food</li> <li>• Invite local chef/nutrition in to cook with the class</li> <li>• Take a field trip to a grocery store, farmers market, or restaurant</li> <li>• Play “What could I eat if I visited (insert name of a country)?” and make/sample food from another country</li> <li>• Host a free <b>EFNEP (Expanded Food and Nutrition Education Program)</b> class or other Cooperative Extension Food and Health class/series for families</li> </ul>	<ul style="list-style-type: none"> <li>• <u>The Fruits we Eat</u> by Gail Gibbons</li> <li>• <u>Green Eggs and Ham</u> by Dr. Suess</li> <li>• <u>Monsters Don’t Eat Broccoli</u> by Barbara Jean Hicks</li> <li>• <u>Blueberries for Sal</u> by Robert McCloskey</li> <li>• <u>Dragon’s Love Tacos</u> by Adam Rubin</li> <li>• <u>Eating the Alphabet</u> by Lois Ehlert</li> <li>• <u>Let’s Eat! Mealtime Around the World</u> by Lynne Marie</li> </ul>	<p><b>Maine Harvest of the Month for April is Maine Dairy:</b>  <a href="https://www.maine.gov/doe/harvestofthemonth/resources">https://www.maine.gov/doe/harvestofthemonth/resources</a></p> <p><b>Harvest of the Month Recipes/Videos:</b>  <a href="https://www.maine.gov/doe/harvestofthemonth/resources/recipes">https://www.maine.gov/doe/harvestofthemonth/resources/recipes</a></p> <p><b>Maine DOE Culinary Classroom Recipes/videos:</b>  <a href="https://www.maine.gov/doe/schools/nutrition/programs/culinary">https://www.maine.gov/doe/schools/nutrition/programs/culinary</a></p> <p><b>Maine Farm to School Cook-Off Cookbooks:</b>  <a href="https://www.maine.gov/doe/schools/nutrition/programs/localfoods">https://www.maine.gov/doe/schools/nutrition/programs/localfoods</a></p> <p><b>National CACFP Sponsors Organization Free Resources:</b>  <a href="https://www.cacfp.org/activity-pages/">https://www.cacfp.org/activity-pages/</a>  <a href="https://www.cacfp.org/activities-blog/">https://www.cacfp.org/activities-blog/</a></p> <p><b>Nutrition Education Resources:</b>  <a href="https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials">https://snaped.fns.usda.gov/nutrition-education/nutrition-education-materials</a>  <a href="https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten">https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten</a></p> <p><b>(Nutrition Education for Kindergarteners)</b></p> <p><b>Podcasts:</b> Mystery Recipe; (find others on the Kids Listen app)</p> <p><b>Food &amp; Nutrition Apps:</b> My Food (\$); SpaceChef; ABC Food</p> <p><b>MOOSE:</b> Lemonade Stand</p> <p><b>“Waffles &amp; Mochi”</b> (Netflix series)</p> <p><b>Eating Well: Helping Children Develop a Healthy Relationship with Food (Including working with “Choosy” Eaters:</b>  <a href="https://sesamestreetincommunities.org/topics/eating/">https://sesamestreetincommunities.org/topics/eating/</a></p>

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<p><b>Work Together Wednesday</b></p>	<ul style="list-style-type: none"> <li>• Lead a discussion about different ways we work together in our families or classroom</li> <li>• Work together to complete a job or task</li> <li>• Build structures as a team or small groups</li> <li>• Make clean-up a fun cooperative activity/transition: sing and dance along</li> <li>• Play cooperative games</li> <li>• Organize team building/STEAM activities</li> <li>• Invite the local garden club in to teach about gardening and planting seeds</li> <li>• Invite local community partners in to talk about how they help make the community a better place (police, fire, town manager, librarian, city planner, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Swimmy</u> by Leo Lionni</li> <li>• <u>Oliver's Tree</u> by Kit Chase</li> <li>• <u>Max and Marla are Flying Together</u> by Alexandra Boiger</li> <li>• <u>Stone Soup</u> (could be used again from Tasty Tuesday) by Marcia Brown</li> <li>• <u>Duck and Goose</u> by Tad Hills</li> <li>• <u>That Fruit is Mine!</u> by Anuska Allepuz</li> </ul>	<p><b>Learning by Building: Engineering for Preschool Children:</b>  <a href="https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/learning-building-engineering-preschool-children">https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/learning-building-engineering-preschool-children</a></p> <p><b>Ideas and Resources for How to Enhance Creativity for All:</b>  <a href="https://eclkc.ohs.acf.hhs.gov/video/coaching-strategies-promote-creativity-all">https://eclkc.ohs.acf.hhs.gov/video/coaching-strategies-promote-creativity-all</a></p> <p><b>Caring and Sharing: Resources for Building Skills for Healthy Relationships:</b>  <a href="https://sesamestreetincommunities.org/topics/caring/">https://sesamestreetincommunities.org/topics/caring/</a></p> <p><b>Little Neighbors: Community Service with Children:</b>  <a href="https://sesamestreetincommunities.org/topics/little-neighbors/">https://sesamestreetincommunities.org/topics/little-neighbors/</a></p>
<p><b>Artsy Thursday</b></p>	<ul style="list-style-type: none"> <li>• Experiment by making art with a variety of different materials and mediums</li> <li>• Take a walk outside or around the classroom to identify and search for colors</li> <li>• Find beautiful things: and capture them with a phone/camera photo</li> <li>• Make food art: fruit faces or face pancakes</li> <li>• Invite local artists to do an art project with children</li> <li>• Paint/decorate stones and use them to edge a school garden</li> <li>• Have children work to paint a mural (or draw one outdoors with chalk)</li> <li>• Start a discussion to connect emotions with colors: When I feel (emotion), inside I am: (insert a color).</li> </ul>	<p><u>Scribble Stones</u> (could also be used for Work Together Wednesday) by Diane Alber</p> <p><u>The Pencil</u> by Allan Ahlberg</p> <p><u>Beautiful Oops</u> by Barney Saltzberg</p> <p><u>We Are Better Together</u> by Eileen Spinelli</p> <p><u>I am an Artist</u> by Marta Altes</p> <p><u>Mouse Paint</u> by Ellen Walsh</p> <p><u>The Line</u> by Paula Bossio</p> <p><u>The Color Monster: A Story About Emotions</u> by Anna Llenas</p>	<p><b>Art Lessons for Children with Disabilities: Physical and Developmental Jordan Schnitzer Museum of Art:</b>  <a href="https://www.youtube.com/watch?v=OdJ200w_WmY">https://www.youtube.com/watch?v=OdJ200w_WmY</a></p> <p><b>MOOSE:</b> Fairytales and the Design Process</p> <p><b>Art and Storybooks: Ideas from STEAM:</b>  <a href="https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/art-storybooks-ideas-steam">https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/art-storybooks-ideas-steam</a></p> <p><b>Supporting Creativity in Infants and Toddlers:</b>  <a href="https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/supporting-creativity-infants-toddlers">https://eclkc.ohs.acf.hhs.gov/teaching-practices/teacher-time-series/supporting-creativity-infants-toddlers</a></p>

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<p><b>Artsy Thursday (cont.)</b></p>	<ul style="list-style-type: none"> <li>Encourage children create art in response to a favorite book song, or piece of visual art</li> <li>Combine paint or food coloring colors in empty water bottles, and shake them up to create different colors and combinations</li> </ul>	<p><u>Blue Chicken</u> by Deborah Freedman  <u>Chalk</u> by Bill Thomson  <u>Art</u> by Patrick McDonnell  <u>Jeremy Draws a Monster</u> by Peter McCarty</p>	<p><b>A Creative Adventure:</b>  <a href="https://eclkc.ohs.acf.hhs.gov/video/creative-adventure">https://eclkc.ohs.acf.hhs.gov/video/creative-adventure</a></p> <p><b>Learning Through Art:</b>  <a href="https://sesamestreetincommunities.org/topics/learning-through-art/">https://sesamestreetincommunities.org/topics/learning-through-art/</a></p>
<p><b>Family Friday</b></p>	<ul style="list-style-type: none"> <li>Create a picture book or poster with family pictures</li> <li>Make a family date night: picnic in the living room or dress-up for dinner</li> <li>Take a family trip to the park or walk</li> <li>Watch a new or favorite movie together</li> <li>Host a Family Day/Night at school or in the community</li> <li>Schedule a family game night (support families by introducing and creating easy take-home games)</li> <li>Hold a celebration of learning and invite families to come in to see children's work</li> <li>Set up stations and share playful learning activities with materials families can make, take, and use at home</li> <li>Have children bring in a box of small items that represent their family to share with the group</li> <li>Consider inclusive/responsive activities that honor family cultures, priorities, diversity, and unique/changing life circumstances</li> </ul>	<ul style="list-style-type: none"> <li><u>Llama Llama Mad at Mama</u> by Anna Dewdney</li> <li><u>Koala Lou</u> by Mem Fox</li> <li><u>Full, Full, Full of Love</u> by Trish Cooke</li> <li><u>Me and My Family Tree</u> by Joan Sweeney</li> <li><u>Love Grows Everywhere</u> by Barry Timms</li> <li><u>What Makes a Family</u> by Hannah Bruner</li> <li><u>Families, Families, Families!</u> by Suzanne Lang</li> <li><u>Mama Zooms</u> by Jane Cowen-Fletcher</li> </ul>	<p><b>Podcasts: <u>Hello Family, Five Minutes with Dad</u>;</b> Find others on the <u>Kids Listen</u> app</p> <p><b>MOOSE: <u>Family Relations</u></b></p> <p><b>Family Bonding Resources and Activities:</b>  <a href="https://sesamestreetincommunities.org/topics/family-bonding/">https://sesamestreetincommunities.org/topics/family-bonding/</a></p> <p><b>Family Caregiving: Resources for Families in Transition or Needing Extra Support:</b>  <a href="https://sesamestreetincommunities.org/topics/family-caregiving/">https://sesamestreetincommunities.org/topics/family-caregiving/</a></p> <p><b>Fun Family Math Game Activities:</b>  <a href="https://youngmathematicians.edc.org/resources-for-math-at-home/">https://youngmathematicians.edc.org/resources-for-math-at-home/</a></p>

**Don't forget to document and capture the fun! Use a creative app like Book Creator, PicCollage, or Canva to capture pictures, videos, and your dynamic learning!**

**Let others in on your WOYC activities and adventures! Share on your social media pages using the hashtag: #WOYCMaine**