SUPERMARKET SWEEP
WEEK 5 • DAY 5
GREETING

ACTIVITY
Ask your child how he or she slept and what your child is looking forward to doing today. Discuss where people buy food. What is that store called?

LEARNING SKILLS
Self-expression, working memory

MATERIALS
N/A

MORNING MEETING

ACTIVITY
Talk about what you did yesterday, and items that you find in a supermarket. Make a list of what you need at the supermarket, and get ready to go shopping in your pantry.

LEARNING SKILLS
Working memory, planning and organization

MATERIALS
Paper and writing utensil

TRANSITION

ACTIVITY
Take time to do a quick cardio workout. Do three sets of jumping jacks and pushups.

LEARNING SKILLS
Following directions, gross motor skills, counting

MATERIALS
N/A
## Pre-Exploration

### ACTIVITY
Go to the pantry, and find the items from the list you made in the morning meeting. Take out cans and boxes of food, and have your child line them up on the floor.

### LEARNING SKILLS
Creativity, planning and organization

### MATERIALS
Cans of food, boxes of food

## Purposeful Exploration

### ACTIVITY
Allow your child to count all the cans and boxes. Sort the cans by the types of food they contain or the colors on the labels of the cans. Sort the boxes by height and weight. Allow your child to use a scale to weigh all the items, and write down what they weigh. Ask them other ways that they could sort the foods. Gets creative! What gets heated versus what is eaten cold or at room temperature? What shapes are the foods or containers? There are so many ways to sort!

### LEARNING SKILLS
Fine motor skills, counting, sorting, letter recognition, measuring

### MATERIALS
Cans of food, boxes of food, scale

## Post Exploration

### ACTIVITY
Discuss what your child bought at the store, and make some of the food for your next meal. Help the your child create a story about going to the grocery store, and write it in a journal.

### LEARNING SKILLS
Fine motor skills, creativity

### MATERIALS
Paper, pencils, markers
MEALTIME

ACTIVITY
During lunch, discuss places where you can buy food other than the grocery store. Talk about how food is processed and delivered to the grocery store.

LEARNING SKILLS
Healthy habits

MATERIALS
N/A

TRANSITION

ACTIVITY
Take time to breathe. Meditate for 5 to 10 minutes to calm down. Gently talk your child through breathing exercises and slow movements to give your child an awareness of his or her body’s feelings and movements.

LEARNING SKILLS
Listening, gross motor skills, following directions

MATERIALS
N/A

LEARNING LAB

ACTIVITY
Provide your child with green construction paper and a black marker, and have your child create some money. You can also use play money if you have it. Set up a grocery store, and have your child use the money to buy groceries for the day. Then, use what your child bought to make a meal.

LEARNING SKILLS
Math

MATERIALS
Markers, paper, scissors, play money
OUTSIDE TIME

ACTIVITY
Take some of the cans of food outside, and have a relay race with your child. Set the cans at end of the patio, the end of the driveway or in a line at the park, and make a starting line. Run from the starting line to the line of cans, pick up one can, bring it back to the starting line and repeat. When all the cans have been collected, the game is over; but you can always play again!

Go on a walk and discuss what plants in nature are edible and where you find these items.

LEARNING SKILLS
Gross motor skills, fine motor skills

MATERIALS
Cans of food

REST TIME

ACTIVITY
It’s time to relax. Establish a routine before naps that supports your child in calming his or her body and settling his or her mind. You can even place your child’s nap mat for school in or next to the bed.

LEARNING SKILLS
N/A

MATERIALS
N/A

TRANSITION

ACTIVITY
As your child wakes up, talk about the best thing that happened today. What can they add to the grocery list, now that you’ve gone through your groceries at home?

LEARNING SKILLS
N/A

MATERIALS
N/A
**CHILD’S CHOICE**

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>Use this time to do the activity your child wanted to do this morning. You can also do this activity at any time during the day.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARNING SKILL</td>
<td>N/A</td>
</tr>
<tr>
<td>MATERIALS</td>
<td>N/A</td>
</tr>
</tbody>
</table>