

Consult 4 Kids Lesson Plans

Component:	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Beans—More Than One Use
Focus:	Learn about beans as both a food and for use in crafts, Fun

Materials:

Animal Bean Bag

- Markers (enough for each class)
- Scissors (enough for each class)
- Fabric Glue (enough for each class)
- One Cup of Beans per Student (one cup = 8 oz)
- One Square Foot of White Fabric per Student
- Animal Templates (2 - 4 of each per class)

Sock Sack-Paper Weight

- Variety of Art Supplies (Wiggly eyes, markers, yarn of different colors, buttons, glue)
- One Tube Sock per Student
- One cup of Beans per Student (one cup = 8 oz)

Opening

Now that students have received a snack and are chilling out, it's time to revel an **AWESOME FUN FRIDAY!** Getting the students excited will set the tone for the day and help them remain engaged. The Special Fun Friday is "Bean Day!" We will be promoting the importance of beans in a diet and promoting healthy living.

Introduction Activity

Environment for Fun Friday

This Fun Friday can take place in the classroom.

Initial Thoughts to Consider

Be sure to have all supplies ready and make examples for tutors to reference.

Introduction Activity

- **Step One:** Begin with a KWL chart.
 - What do you already know about beans?
 - What do you want to know about beans?
 - Fill out the L part of the KWL chart during debrief.
- **Step Two:** Once you have completed the first two columns, read the following:

Beans -- legumes -- have been around for a long time, showing up first at least 10,000 years ago in Southeast Asia during the late Neolithic era. Beans are one of the longest-cultivated plants, broad beans having been grown since the times of ancient Egypt, and green beans have been around for six thousand years in the Americas. Many modern dry beans come from old-world varieties of broad beans, but most of the kinds you eat fresh come from the Americas, being first seen by Christopher Columbus during his conquest of a region of what may have been the Bahamas, where they were grown in fields.

One especially famous use of beans by pre-Columbian people is the Three Sisters method of companion plant cultivation: On the

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east coast of what would come to be called the United States, some tribes would grow corn (maize), beans, and squash intermingled together. The corn would not be planted in rows as it is today, but in a checkerboard/hex fashion across a field, separate patches of one to four stalks each. Beans would be planted around the base of the developing stalks, and would vine their way up as the stalks grew. All American beans at that time were vine plants, "bush beans" having only been bred more recently. The cornstalks would work as a trellis for the beans, and the beans would provide much-needed nitrogen for the corn. Squash would then be planted in the spaces between the patches of corn in the field. They would be provided slight shelter from the sun by the corn, and would deter many animals from attacking the corn and beans, because their coarse, hairy vines and broad, stiff leaves are difficult or uncomfortable for animals like deer and raccoons to walk through, crows to land on, et cetera. Beans were an important alternative source of protein throughout old and new world history, and still are today. There are over 4,000 cultivars of bean on record in the United States, alone. However beans, like most plants, do not have a complete set of amino acids, and are therefore dangerous to depend upon as a sole source of protein -- indeed, there is some evidence that people who depend on soy beans for their protein actually suffer brain shrinkage. An interesting modern example of the diversity of bean use is 15 bean soup, which, as the name implies, contains literally fifteen different varieties of bean.

Activities

Animal Bean Bags

Part One

- **Step One:** Have student leaders pass out materials and supplies to the class.
- **Step Two:** Have students trace an animal template of their choice on one half of the fabric by folding the fabric in half and placing the template in between the fabric and tracking over the top of it with a marker. Have them do one piece of fabric with the entire animal face and the other piece with just the outline. Demonstrate this step again for younger students.
- **Step Three:** Have students color the face of their animal. Once they have colored it to their desire, have them cut out both pieces of fabric. For younger youth, have an older students or volunteers assist with cutting.
- **Step Four:** Have students line the pieces up, making sure that they face of the animal is up right. Have them glue the edges of the fabrics together, leaving open an inch and a half.
- **Step Five:** Let dry for about 30 minutes. Move on to the next active, "Bean Sock Sack."

Part Two

- **Step Six:** Once the glue has dried, pour enough beans to fill up the bean bag. Then glue the rest on the fabric together. Hole the fabric together for 30 seconds. Let dry for 5 – 10 minutes.
- **Step Seven:** While the wet area dries, have students complete the bean themed word search.

***Activity → Teachable Moment(s) throughout**

When students are gluing the outlines of their fabric cut out together, demonstrate the amount of glue to use. Determine how much glue should be used by practicing the activity to create a finished example.

(size of a nickel – quarter or a cm think line around the outlines of the fabric.)

Sock Sack-Paper Weight

- **Step One:** Distribute one tube sock and one cup of beans per student. Materials and supplies should already be passed out to students from previous activity
- **Step Two:** Pour beans into sock.
- **Step Three:** Tie the end with ribbon and pull to tighten. There you go...it's a sock sack! *Make a cool ribbon with it. Yarn can also be braided and twisted.
- **Step Four:** Have students decorate the sock with the wiggly eyes, yarn, markers

***Activity → Teachable Moment(s) throughout**

When students are thinking about how they would like their sock sack to look, encourage them to think outside to box. Different themes for a sock sack can be animals,

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<p>and other desired materials.</p> <ul style="list-style-type: none"> • Step Five: Then, take students outside so that they may fling their sack high into the air. Make sure to set expectations, that way everyone is being safe. 	<p>shooting stars, rockets, flaming baseball, meteor, etc. All designs should be appropriate.</p>
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Closing

Clean up

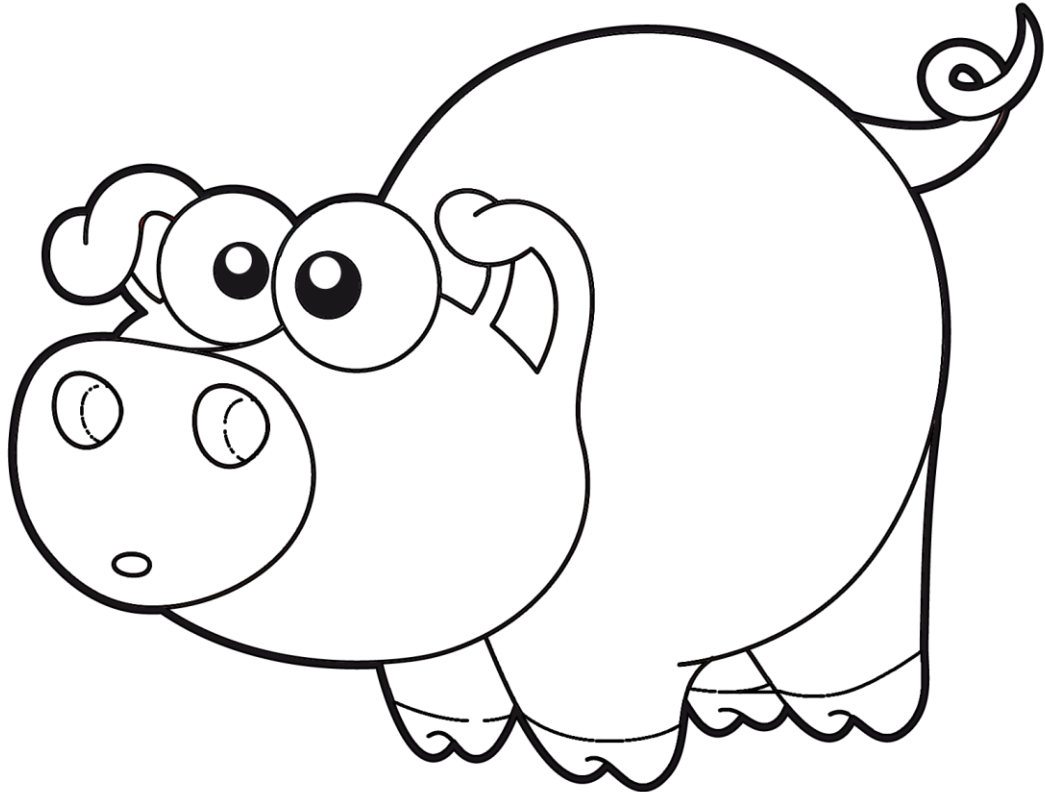
- Invite the last group of students at an activity to help clean up and return the items for storage.
- Ask students what they will need to do to be sure to leave the area in better shape than when you got there.
- Thank students for their help when area is cleaned up.

Debrief

Now that students are all back together. It is time for the most important part of the day. A very good debrief to do for a large activity like this is D.I.G.A.

- Describe: Have students share out about what they did during Bean Day. Did they like the activities?
- Interpret: Ask if they have had any key learnings while playing outside. Ask what skills they learned or had to use in order to participate in the games and activities they are playing. How did they feel when participating in the games and activities?
- Generalize: How can you use the skills or your key learnings tomorrow at your program?
- Apply: How can you use the skills or your key learnings in your future?

Pattern for Bean Bag



Types of Beans

L B L S Z D F M Z O F P W I O Q N I R I
 F L E C Y Y S W O Z A D Y I U P U B U R
 Q A S N V V L G X T D G E M N J F R N E
 X C F F G W Z B L J H J N N H G H S N K
 C K T U G T R T H A U T P I K X E Q E R
 U E K O D M N T Y V E F U S P C C D R B
 R Y H X V J K I P V C H U B E M U A R G
 A E P K C I H C L I Y N R F F W U O T T
 D D E O M Q T E I L E N T I L U A J L V
 X P Y W B E V J F T N G B N X D S R Y K
 T E Z F R Y R O N Q D Q E N S J A O E L
 K A F D E K A B T X I D D M A O P K Y I
 F D Y O S V V Y B N K M E C C K W A S T
 J W Z A H Y L V N O I X K R U A R N I Z
 F U B N O U C N U X T P W U Y D I S W O
 L W Q Q N B Y I Q K K U Z J L R K V T V
 C E C P M E U W H J Q E V O P U U Q X E
 R F R P O L Q C G G A T N Z D K Z U S P
 J L I M A B N R W S I G X G L W A N A M
 V S R I I H P J U R B I F P Y Y U W K A

LIMA BAKED JUMPING SOY JACK PINTO BLACKEYED PEA
 BROAD CHICKPEA RUNNER RED KIDNEY LENTIL

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Component:	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Collage III
Focus:	Student Choice, Team Work, Fun

<p>Materials: Games: Checkers, Chess, Old Maid, Bingo, Sorry, Monopoly, Connect 4, Mancala, etc. Arts and Crafts: 12 x 18 construction paper, crepe paper streamers, yarn Cooking: vanilla yogurt, pineapple, bananas, apples, cups, spoons Mini Sports: 200 clothes pins Sports: Football, Cones Visual and Performing Arts: CD Player, Country Music CD</p>
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Opening
<p>State the objective</p> <p>The purpose of Fun Friday is to allow students to choose activities of interest to them and to focus on fun.</p>
<p>Preview of activities</p> <ul style="list-style-type: none"> • Bring all students to the multipurpose room or snack area. • Review all of the activities that are going to be offered today during Fun Friday (have the leaders share this so students will know both what and who). • Remind students that there will be 2 rotations—they will be able to choose 2 different things to do today. • Remind them that they will return to this spot at the end of the first activity to select activity #2. • Check to see if there are any questions.

Fun Friday Activities
<p>Schedule</p> <p>Students should be allowed to self-select two activities, one for each period. (Daily schedule: opening, Activity #1, reconvene students and have them make a second choice for Activity 2. Bring them back together at the end so they return to the program leader for theme and closing</p> <p>Offer activities in the following categories (note you may only offer the number of categories as you have staff to lead)</p> <ul style="list-style-type: none"> • Board or Card Games • Arts and Crafts • Cooking • Mini Sports • Conventional Sports • Music, Performing Arts, and Art
Fun Friday Activities
<p>Board or Card Games</p> <p>Choice of Checkers, Chess, Old Maid, Bingo, Sorry, Monopoly, Connect Four and any other board game</p>
<p>Arts and Crafts</p>

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Windssocks

Materials: 12" x 18" construction paper, marking pens, yarn, and bright colored crepe paper streamers (2-3 colors).

Students draw on the paper (if a holiday is close, that could be a theme). When the drawing is complete, staple or glue streamers to the bottom of the paper. Staple the paper into a cylinder. Add yarn to the top, tying a knot in each end so the yarn will hold

Cooking

Yogurt Parfait

Recipe: Vanilla flavored yogurt, pineapple, bananas, and apples

In a small 4 ounce cup, place small amount of yogurt, layer with pineapple, cover with yogurt, layer with bananas, cover with yogurt, layer with apples. Top off with yogurt. .

Mini Sports

Clothes Pin Tag

Each student has 5 clothes pins clipped to the back of their shirts. Create a play area on the grass about 40' by 40'. Players try to capture one another's clothes pins. When player gets one clothes pin, he/she goes down on one knee to put clothes pin on the back of his/her shirt. Players can only touch the clothes pins. Violators will lose one clothes pin to the person they touch.

Traditional Sports

Football

Performing Arts

Line Dance Basics

You will need a copy of the CD with songs such as "Fast As You" or "Can't Touch This".

The Electric Slide:

Grape vine right

Grape vine left

Step back right, left, right, left even with the right foot and clap.

Step forward, left, right, left, right foot even with the left foot and clap.

Step forward left, rock back right, turn ¼ turn to the left by stepping left, right stomp/clap.

Start again.

Closing

Clean up

- Invite the last group of students at an activity to help clean up and return the items for storage.
- Ask students what they will need to do to be sure to leave the area in better shape than when you got there.
- Thank students for their help when area is cleaned up.

Debrief

Liked Best, Next Time (LBNT): In this simple debrief, students talk about the activity or the day and share what they enjoyed most and/or what else they would have liked to have done, or what they would have liked to have spent more time on. LBNT allows students to express an opinion about the activity.

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Component:	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Fall Healthy Eats
Focus:	Learn about healthy and quick food alternatives during the fall season by promoting the winter harvest.

Materials:

Please see below in each activity. Activities include food. . Please make sure that all allergies are known.

Opening

Now that students have received a snack and are chilling out, it's time to revel an **AWESOME FUN FRIDAY!** Getting the students excited will set the tone for the day and help them remain engaged. The Special Fun Friday is "Fall Healthy Eats" Each student will create a booklet of quick and simple snacks to make that are healthy.

Activities

Introduction Activity: Recipe Booklet

Activity Set Up / Materials

2 Index cards per student	Markers and Crayons
Hole Punches	Yarn or Ribbon

Instructions:

1. The students will create the cover and backing to their recipe booklet.
2. They can name and decorate it how they please.

***Activity → Teachable Moment(s) throughout**

Activities

Smothered Apples

Activity Set Up / Materials

1 Red Delicious* apple per student. *Can be donated by local growers or distributors.	
1 Large dowel per student	2 - 3 Jars of Honey/Peanut Butter/Nutella per class
1 lb of crushed nuts per 5-6 classrooms	1 tub of raisins per 2 classrooms.
1 plate per student	Napkins (brown napkins are the best to wrap uneaten food.
1 plastic butter knife per student	** Butcher paper to cover the tables.

Instructions

1. Cover tables with butcher paper. Pass out plates, napkins, dowels and apples to students.
2. Separate ingredients on table so that students can access it easily. This can be done by putting the nuts, raisins, honey and Nutella in large styrofoam condiment container.
3. Have students stick the dowel into the bottom of the apple.
4. Students will spread Nutella, peanut butter and/or honey over the outside of the apple.

***Activity → Teachable**
Be sure to check for food allergies.

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<ol style="list-style-type: none"> 5. Students will cover apple with nuts and raisins. Students will record what they did on an index card to be inserted into the booklet. 6. Students will then eat the apples. 			
Mandarin Tepees			
<p>Activity Set Up / Materials</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <p>1/2 cup of canned mandarins per student 1 sandwich bag per student 1/2 cup of cool whip per student (nonfat/less sugar) Plates can be reused from the last activity.</p> </td> <td style="width: 50%; border: none;"> <p>1 tbsp of Brown Sugar per student 1 sugar cone per student 1/4 cup of diced strawberries</p> </td> </tr> </table>		<p>1/2 cup of canned mandarins per student 1 sandwich bag per student 1/2 cup of cool whip per student (nonfat/less sugar) Plates can be reused from the last activity.</p>	<p>1 tbsp of Brown Sugar per student 1 sugar cone per student 1/4 cup of diced strawberries</p>
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<p>Instructions</p> <ol style="list-style-type: none"> 1. Students will reuse plates and ingredients from last activity with additional items. 2. Student will take 1/2 cup of mandarins and brown sugar and combine them in the sandwich bag. Tie the end close. Mash it up. They can bite off a small whole in their bag so use it like a piping bag. 3. Students will cover their sugar cone with cool whip. They can decorate the tepee with the mandarin as well as the other ingredients. 4. Mandarins are in the winter harvest. Students will record what they did on an index card to be inserted into the booklet. 	<p>*Activity → Teachable Moment(s) throughout</p> <p>A good source to find more information on the Mandarin is Harvest of the Month.</p>		
Mean Green and Purple Thing			
<p>Activity Set Up / Materials</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> <p>1 piece of whole wheat bread to students 1 bunch of grapes per student (winter grapes)</p> </td> <td style="width: 50%; border: none;"> <p>Refill peanut butter for this activity.</p> </td> </tr> </table>		<p>1 piece of whole wheat bread to students 1 bunch of grapes per student (winter grapes)</p>	<p>Refill peanut butter for this activity.</p>
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<p>Instructions</p> <ol style="list-style-type: none"> 1. Students will reuse plates and ingredients from last activity with additional items. 2. Student will create a grape and peanut butter sandwich. 3. Students will record what they did on an index card to be inserted into the booklet. 	<p>*Activity → Teachable Moment(s) throughout</p> <p>A good source to find more information on the Grapes is Harvest of the Month.</p>		

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Closing

Clean up

- Invite the last group of students at an activity to help clean up and return the items for storage.
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- Thank students for their help when area is cleaned up.

Debrief

Now that students are all back together. It is time for the most important part of the day. A very good debrief to do for a large activity like this is D.I.G.A.

- Describe: Have students share out about what they did during the Warfare Games. Did they like being in their
- Interpret: Ask if they have had any key learning while playing outside. Ask what skills they learned or had to use in order to participate in the games and activities they are playing. How did they feel when participating in the games and activities?
- Generalize: How can you use the skills or your key learning tomorrow at your program?
- Apply: How can you use the skills or your key learning in your future?

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Component:	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	The First Thanksgiving Mini Golf Challenge
Focus:	Team Building

Materials:

Supplies and Materials for this Fun Friday will vary. They will be used to build mini golf course attractions. Think about some items they may be able to use during construction and purchase them. Other supplies can be found in the after school supply room such as arts and craft supplies. A list of supplies will be delivered to the office by two students per class and need to be distributed quickly.

Opening

Now that students have received a snack and are chilling out, it's time to revel an **AWESOME FUN FRIDAY!** Getting the students excited will set the tone for the day and help them remain engaged. The Special Fun Friday is "First Thanksgiving Golf Challenge." Each class will be creating a golf hole that incorporates an event leading up to the First Thanksgiving.

Activities

Planning

1. Each course hole must have a starting point which is no more than 12 feet and no less than 10 feet from the hole.
2. You must use the theme selected during opening.
3. You will have 30 minutes to plan your course hole.
4. You will have 1 hour to construct your course hole.
5. You must turn in a supply list at the completion of the planning time.
6. Your supply list must be able to be found in the supply room.
7. Supplies could include chairs, balls, arts and craft supplies
8. Tape, scissors, markers, staplers and one piece of poster board will be provided for you.

Course Design

1. Each course hole must stay within the boundaries of their designated cones.
2. Each course hole must boast a poster board sign indicating the name of their hole.

Course Theme

1. Crew in Great Britain getting ready to leave. Launch is September 6, 1620
2. They are working hard on the ship. The sail has been less that pleasant.
3. About half way to the new world, they get hit will a terrible storm.
4. The vessel is blown off course and is far north of Virginia, their original destination.
5. They stop at Newfoundland to get fresh water and supplies.
6. They land at Cape Cod, Massachusetts on November 11, 1620.
7. First Thanksgiving

* Theme based on information from http://www.scholastic.com/scholastic_thanksgiving/voyage/journey.htm

Scoring

- Course holes will be judged on the following criteria:
 1. Level of difficulty (construction)
 2. Creativity
 3. Playability (does your course hole reflect the level of difficulty for the par you rolled?)

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4. Theme Reflection
5. Teamwork

Closing

Clean up

- Invite the last group of students at an activity to help clean up and return the items for storage
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