

# EARLY CHILDHOOD SAMPLE LESSON PLAN

THEME: THE WORLD IS GOOD. THE WORLD IS SAFE

## ACTIVITIES

### PARENT WORK

Create a sustainable rhythm at home. See sample rhythm below:

- Morning routine (dressing, eat breakfast)
- Practical work/family chores
- Connecting time (games)
- Independent Playtime
- Clean up
- Snack
- Outside Play
- Lunch
- Story
- Nap or Rest time alone
- Connecting time / Quiet activity
- Snack
- Outside Play/Nature walk
- Dinner
- Evening routine

At the end of the day review your rhythm. What worked? What did you or your child enjoy the most? What seemed challenging? What support do you need? Send me your questions!

**Resource:** [Simplicity Parent Podcasts](#)

### INDOOR PRACTICAL WORK IDEAS

Today focus on cleaning the house! Creating a home rhythm can involve daily and weekly chores. Children love to be involved in "real work." The effort that real work requires--lifting, carrying, coordinating limbs to dig with a shovel, sweeping the floor, the push and pull with limbs and muscles---integrates the child's body with healthy harmonious movements. In addition, the idea of working together for the benefit of all brings a healthy social aspect into your family life.

Supplies you will need:

- Small containers for soapy water (a recycled plastic container would work well)
- Small sponges or washcloths
- Squirt bottle (you can make your own cleaning solution with water and a few drops of lavender, tea tree or lemon essential oil)

Washing and scrubbing is always fun for the children because it involves warm, sudsy water! Go ahead and let them remove all the contents from a low cupboard and wash it out. Clear off those dusty shelves and wash them down. This activity needs to be suited to your home needs, the possibilities are endless!

Children LOVE to spritz with a spray bottle. As suggested above, a few drops of essential oils added to the spritzer delights the senses! Your child will enjoy spraying and wiping down many different surfaces, windows, tables, chairs, lawn furniture, etc.

You can also incorporate sweeping the driveway, the deck or the sidewalk to continue practice with a broom too.

Happy cleaning!

### OUTDOOR PLAY / NATURE WALK

We play and work outside every day, rain or shine! Nature provides our curriculum as we explore the seasons – discovering the first flowers of spring, splashing in puddles, digging in the garden, collecting leaves and playing in the snow!

Nature walks allow children to refine their movement, balancing on logs, climbing trees, running, jumping, and navigating various terrain. We often create a nature table indoors to display a beautiful rock or leaf found on our walks. You can create your own nature area at home to build reverence and respect for the natural world.

As things fade away, replace them with something new!



## STORY

Oral storytelling creates a foundation of literacy and can also address social/emotional learning. In class, we tell the same story for several weeks. Children love repetition and using puppets to tell the story themselves.

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### THE DRUM - A FOLKTALE FROM INDIA

In the land of India, there lived a poor woman and her son. Her son was hardworking, polite, and never complained about his ragged clothes and worn shoes. The woman wanted, more than anything, to give her son a special gift.

She asked him, "I am going to the market to sell our grain. Is there anything you want from the market?" The boy had secretly been wishing for a drum. He could feel the beat of the drum deep inside his heart.

"Mother, I would like a drum," he replied.

The boy's mother went to the market and sold her grain. She knew she would never have enough money to buy him a drum but she didn't want to come home empty-handed. On the way home, she found a sturdy stick. She picked it up and said, "I will give this to my son."

When she handed it to her son, he smiled and said "thank you, mama." Then he went outside to play. He saw an old woman trying to light a fire so she could cook her food. But the fire would not start and big billows of smoke poured forth. It stung her eyes and made her cry.

The boy asked gently, "What is the matter?"

The old woman answered, "I cannot light my fire."

The boy replied, "I have a sturdy stick. You can have it. You need it more than I."

The old woman was delighted. She took the stick and had no trouble lighting her fire. To thank him, the old woman gave him a chapatti, a round, flat piece of bread.

The boy walked on until he came upon a mother and her crying child.

The boy asked gently, "What is the matter?"

The mother answered, "My child is hungry and I have nothing to feed him."

The boy replied, "I have a chapatti. You can have it. You need it more than I."

The mother, who was the potter's wife, was delighted. She took the bread and fed it to her hungry child. To thank the boy, she gave him a large pot.

The boy walked on until he came upon a couple arguing,

The boy asked gently, "What is the matter?"

The man, a washer man, answered, "My wife broke the pot I use to wash clothes. I cannot boil my clothes and clean them."

The boy replied, "I have a large pot. You can have it. You need it more than I."

The washer man and his wife were delighted. They took the pot and put their clothes inside. To thank the boy, they gave him a warm coat.



## STORY

The boy walked on until he came to a bridge. There, he saw a man shivering in the cold without so much as a shirt to cover him.

The boy asked gently, "What is the matter?"

The man answered, "I was attacked by robbers and they stole everything, including my shirt."

The boy replied, "I have a warm coat. You can have it. You need it more than I."

The man was delighted. He put the coat on and it fit perfectly. To thank the boy, he gave him a strong horse that the robbers had left behind.

The boy walked on with his horse until he ran into a wedding party with musicians, the bridegroom and his family. They were sitting under a tree with long sad faces.

"The boy asked gently, "What is the matter?"

The bridegroom's father said, "We need a horse for our wedding procession. The bridegroom cannot arrive on foot! The man who was supposed to bring us a horse is not here! What are we to do? My son will be late for his own wedding!"

The boy replied, "I have a strong horse. You can have it. You need it more than I."

The bridegroom was delighted. "You have saved the day! Let us repay your kindness with a gift." He spoke to one of the musicians and then turning to the boy, handed him a drum.

The boy was delighted! "I have always wanted a drum. I can feel the drumbeat inside my heart. Thank you!"

They all celebrated their good fortune with music. The boy waved to the bridegroom as he rode away on his strong horse. Then he ran all the way home.

"Mama, mama," he shouted. Look at my new drum!" He told her his story and then played her the song from deep inside his heart.