



Lesson Plans

Dear Parents and Educators,

These lesson plans are designed as follow up activities based on a summer /City theme. Feel free to expand on the lessons, and be creative! Remember, the point of doing a lesson is to convey information in a way that will help your children/students understand and retain the material presented.

Lesson #1

Learning about City Parks.

Objective:

The objective of this lesson is to learn about the kinds of items and features you find in a typical city park.

Materials needed:

The materials you will need for this activity are the City park book, articles in your local paper parks and places to go in your neighborhood or area.

Procedure:

Read the book “City Park” by Smartkidz. Then talk about kids of parks that are in your area. Talk about the different kinds items that you see. What is something you do at a park? Why do people enjoy going to parks?

Follow-up:

Have your students to write or draw pictures of their favorite city park feature. Have each student explain why they like item.

Lesson 2

I like to move it!

Materials: City Park book, books about playgrounds and parks, local newspapers with travel sections

Procedure:

City parks offer children the daily benefits of direct experience with nature the motivation to explore, discover, and learn about their world and to engage in health-promoting, physical activity. Using a thinking map such as a T-chart (provided below),



have your student make contrasting lists of ways they can utilize different things in a city park to exercise.

City Park T-Chart	
Things I can use to exercise	Park places to go to exercise



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