



DHPS Kindergarten (Over-2-Group)

Weekly plan for 18.01.2021 – 29.01.2021

Topic: THIS IS US

Monday, 18th January

Movement song:

→ *please see the attached video*

You will need:

- Colorful paper or pens to make houses from paper
- Toy animals / Pictures of the animal / Cuddly toys

Instructions:

- Paint or craft houses in the colours red, yellow, blue, green and pink.
- Put each of the animals (horse, dog, eagle, frog and fish) to one of the respectively coloured houses. Horse to red, dog to yellow, eagle to blue, frog to green and fish to pink.

Now we come to the exercises:

- Throughout the singing, you move crisscrossing the room.
- As soon as you get to the first house, stop and see which animal comes out.
- If you come to the **horse**, you **gallop** around. If you come to the **dog**, you crawl around like a dog and **bark**. If you come to the **eagle**, you will put yourself **on one leg and move your arms up and down**. If you come to the **frog**, you **jump out of a squat** as high as you can. If you come to the **fish**, you **lie down on the ground and do swimming exercises**.
- You can change the order individually 😊

Now to the lyrics:

Look here a red house, red house. Who is running out to us now, out to us?
1 2 3, it's a horse.

Look here a yellow house, yellow house. Who is running out to us now, out to us?
1 2 3, it's a dog.

Look here a blue house, blue house. Who is running out to us now, out to us?
1 2 3, it's an eagle.

Look here a green house, green house. Who is running out to us now, out to us?
1 2 3, it's a frog.

Look here a pink house, pink house. Who is running out to us now, out to us?
1 2 3, it's a fish.



DHPS Kindergarten (Over-2-Group) Weekly plan for 18.01.2021 – 29.01.2021

Tuesday, 19th January

Experimenting: Smarties experiment

You will need:

- Smarties
- A big white plate
- Lukewarm water

Instructions:

- Arrange the smarties in a circle on the white plate.
- Slowly pour the lukewarm water into the middle of the plate.
- The colours will draw into the middle. You can use a toothpick to draw a circle or create a pattern.



Wednesday, 20th January

Craft Project: My Self-portrait

You will need:

- Paper
- Paintbrush
- Paint
- Pompoms

Instructions:

- Use a paint brush to paint the self- portrait, giving it hair, eyes, mouth and a nose.
- Be creative and have fun!!!





DHPS Kindergarten (Over-2-Group) Weekly plan for 18.01.2021 – 29.01.2021

Thursday, 21st January

Music: Listen, sing and dance along to the songs

The following songs relate to the topic and can be found on *youtube* with their respective links:

Das Lied über mich

<https://youtu.be/lkWID5Qy3gk>

In einem kleinen Apfel

<https://youtu.be/Bi2Oq3h5xxU>

Von Kopf bis Fuß schick ich dir einen Gruß

<https://youtu.be/o-mybJKgcVk>

Häschen in der Grube

https://youtu.be/TN6b_eh2l84

Friday, 22nd January

Join in!

Have fun rhyming and playing these games with your children

① Rhyme: Ich bin ich und du bist du

→ *please see the attached video*

② Look for the sound

You will need either a clock, an egg timer, a radio or a cell phone.

One person hides the object and the others have to leave the room for a moment.

Once the object is hidden, the others are allowed to follow the sound and find it.

Whoever finds the sound first gets to hide the object next.

Have fun!

③ Guess what I am doing

A game that children and adults alike and have a lot of fun with!

A player thinks of a movement, for example cycling, playing ball, vacuuming, or something else. The others guess what term it is.



DHPS Kindergarten (Over-2-Group)

Weekly plan for 18.01.2021 – 29.01.2021

Monday, 25th January

Movement games: Ball games

→ please see the attached video

You will need:

- A ball / a pillow / a balloon / a cuddly toy

Instructions:

- In this very simple game you can play your favourite music.
- If you play it alone, take your ball / a pillow / a balloon or a cuddly toy. Throw it up and catch it again with both hands.
- Repeat it until you manage to catch the ball/ a pillow/ balloon or cuddly toy at least 3 times **WITHOUT** touching the ground.
- Then you hold and move your ball / a pillow / a balloon or a cuddly toy around your body. First to the right and then to the left.

If you have a playing partner or you want to play this game with the whole family, try lying down and handing over the ball / a pillow / a balloon or a cuddly toy with your feet without dropping it! 😊

Tuesday, 26th January

Experimenting: Water – Pepper – Soap Experiment

You will need:

- A plate
- Pepper (or other herbs which will float on the water surface)
- Soap e.g. dishwashing liquid
- Water

Instructions:

- Fill water into a plate.
- Pour the pepper or herbs onto the water so that the surface is covered.
- Put a drop of soap onto your fingertip.
- Dip your finger into the water and carefully observe what happens.
- The moment that you put the finger with soap into the water, the pepper gives way and a hole will appear.
- Explanation: This phenomenon has to do with the surface tension of the water.
- Because of the surface tension, the pepper or herbs are able to float on the water at the beginning.
- If you now put your finger with soap on it into the water, the surface tension of the water suddenly changes.
- This has nothing to do with your finger, but with the soap.
- Since there is no more tension, the pepper and herbs are 'fleeing' to the edge of the plate.





DHPS Kindergarten (Over-2-Group) Weekly plan for 18.01.2021 – 29.01.2021

Wednesday, 27th January

Craft Project: Puppet - and - clothes paper craft

You will need:

- Paper with outline of the body
- Scissors
- Toilet paper roll
- Old magazines or coloured paper
- Glue



Instructions:

- Paint toilet paper and let it dry.
- Cut out the outline of the body.
- Tear up old magazines to make clothes for your person and then glue them onto the body.
- Add eyes, nose, mouth and a name.
- Once done, paste the person on the toilet paper roll.
- Now you have created yourself a friend
Have fun!!!

Thursday, 28th January

Music: Listen, sing and dance along to the songs

The following songs relate to the topic and can be found on *youtube* with their respective links:

Wenn du fröhlich bist

<https://youtu.be/JQDITBpR3ws>

Meine Hände sind verschwunden

<https://youtu.be/Y5JMWLLZ24>

Unser kleiner Bär im Zoo

<https://youtu.be/VWRRm2m-hf4>

Das Wachmacherlied

<https://youtu.be/DmJhNkkvX4s>



DHPS Kindergarten (Over-2-Group) Weekly plan for 18.01.2021 – 29.01.2021

Friday, 29th January

Join in!

Have fun rhyming and playing these games with your children

① Rhyme: Punkt, Punkt, Komma, Strich

→ *please see the attached video*

② Hide and seek

It is an old and popular children's game in which one player closes his or her eyes for a brief period (often counting to 20 or 30) while the other players hide.

The seeker then opens his eyes and tries to find the hiders; the first one found is the next seeker and the last is the winner of the round.

③ Feel for objects

You will need a blanket or a large towel and various objects. Depending on the age, they can be simple, every-day or more difficult objects, such as cubes, clothespins, spoons, forks, pens, wool etc.

An object is hidden under the blanket/towel without the other players seeing it. Now a player has to feel and guess which object it is.