

Lesson Plans to Accompany *Keep Pushing* Book

By Esther Parker-Barnes

Lesson One

Focus: Language and Literacy

Exercise: Learning the Phonetic Sound of the Letter B (buh)

Materials Needed

- The letter “Bb” on a flash card or printed on a piece of paper

Instructions

1. **Activity One:** Introduce the phonetic sound of the letter Bb by holding up the letter Bb and making the (buh) sound. Have the class repeat the phonetic sound of B.
2. **Activity Two** (Time for Fun): Read the first page very slow and exaggerate the phonetic B sound. Tell them each time they hear a word that begins with the letter B to raise their hand and make the (buh sound).
3. **Activity Three:** Have the class to take a deep breath. Ask them: What other words can they think of in the story that begin with the letter B (buh)? Is there anything in the room that begins with the letter B?

Lesson Two

Focus: Language and Literacy

Exercise: Drawing the Letter B in the Air

Materials Needed

None

Instructions

1. **Activity:** Stand in front of the class and draw the letter B in the air while saying “down around and around.” Have the class join in.

Lesson Three

Focus: Sensory Experience

Exercise: Printing the Letter B

Materials Needed

- A shallow tray and blue craft sand. Regular sand or dry oats will work just as well.
- Blue crayon, pre-printed letter Bb, lined paper, and wide pencil for young writers.

Instructions

1. **Activity One:** Children can have fun printing the letter B in the sand while saying “down around and around.”
2. **Activity Two:** Let children trace pre-printed letter Bb’s on lined paper with a blue crayon while saying “down around and around.”
3. **Activity Three:** Let children independently print the letter B on lined paper while saying “down and around and around.”

Lesson Four

Focus: Out of the Box Approach to Learning

Exercise: Building things

Materials Needed

- Yard stick, ruler, blue poster board, and blocks

Instructions

1. **Preparation:**
 - a. Cut out two blue rectangles 36 inches in length and 1 inch in width by tracing the yard stick.
 - b. Cut out four letter C’s that are 18 inches in circumference by repeating the same process with the ruler.
 - c. Place the rectangles and letter’s C’s on the floor.
2. **Activity One:** Let the children have fun discovering ways to make the letter B from a rectangle and two backwards c’s.
3. **Activity Two:** Add blocks and let them use their imagination to build Bertha’s neighborhood.

Lesson Five

Focus: Creative Expression

Exercise: Creating a B collage

Materials Needed

- Soft music
- Various materials that can be used for a B collage such as buttons, different types of blue paper, blue crayons and markers, blue paint, blue material scraps, and glue.

Instructions

1. **Activity:** While music is playing, allow children to create their own unique creations using the materials provided.

Lesson Six

Focus: Physical Well-being

Exercise: Learning about Nutrition

Materials Needed

- Raw broccoli and cooked broccoli
- Condiments such as cheese or ranch dressing
- Boysenberries (blueberries are a fine substitute if boysenberries are unavailable)

Instructions

1. **Activity One:** Discuss the difference between fruit and vegetables and why they are healthy.
2. **Activity Two:** Provide raw broccoli and cooked broccoli for the class to taste. Let them taste it with condiments like cheese or ranch dressing, etc.
3. **Activity Three:** Provide boysenberries for the children to taste. Use blueberries if boysenberries are unavailable.

Lesson Seven

Focus: Large Motor Skill Development

Exercise: Learning Empathy

Materials Needed

- Lyrics to Bertha's Song (inside Keep Pushing book)
- Picture of a wheelchair
- Picture of a walker
- Picture of a rollator

Instructions

1. **Activity:** Show the picture of Bertha's song. Discuss how children can have fun even if they must use a wheelchair, walker, or rollator.

Lesson Eight

Focus: Social Emotional Development

Exercise: Connecting with and managing emotions

Materials Needed

- Stress relief materials like stress balls, soothing music, etc.

Instructions

1. **Activity One:** The story is meant to be interactive. Each time the story asks about Bertha's feelings, stop and get a reaction from your listeners. Also ask how would they feel? What would they do? **NOTE:** Depending on the age of your listeners, instead of reading the book in one session, divide the book up into two sessions.
2. **Activity Two:** Introduce positive ways to handle anger and frustration through use of breathing techniques, stress balls, soothing music, etc.

Lesson Nine

Focus: Social Emotional Development

Exercise: Expressing feelings to others

Materials Needed

- Charting paper (or poster board) and marker

Instructions

1. **Activity One:** Discuss what Bertha's friends did when she told them how she felt after they laughed at her.
2. **Activity Two:** Write down the answers the children give you to the last question in the book and make it into a story.