

# Resource Sheet - COOKIES Bite-Size Life Lessons

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Activity suggestions for 4 - 6 year olds

## Make & Take:

### Five Yummy Cookies on a Tray

1. Place your five yummy cookies on the magnetic cookie tray.
2. Say the Five Yummy Cookies rhyme as you take away the various cookies one by one.
3. Briefly talk about the meanings of the highlighted words: **shared**, **greedily**, **politely**, **generously**, and **fair** as they come up in the rhyme, or at the end of the rhyme.
4. Use math language. Eg. "We started with five cookies and we have three left. How many have been eaten?"
5. Talk about who in your family might want a cookie. Personalize it by inserting various family members' names into the rhyme.

## Rhyme for: Five Yummy Cookies

I made five yummy cookies with icing galore,  
Mom and Dad **shared** the littlest one,  
so now there are four.

Four yummy cookies, two and two you see,  
Sister **greedily** ate the biggest one,  
so now there are three.

Three yummy cookies, but before I knew,  
Brother **politely** asked for one, "please",  
so now there are two.

Two yummy cookies, they're almost gone,  
I **generously** gave one to Grandma,  
so now there is one.

One yummy cookie, oh, what fun!  
I think it's only **fair**,  
for me to eat the very last one.

## Other Activities that Enhance the Book "Cookies"

**Math** - Make a graph on a piece of bristle board with the question: "What is your favourite kind of cookie?". List some common kinds of cookies as choices and include an "other" column as the last choice. During a group activity, have the children answer the question by placing a sticker in the appropriate column. Talk about the graph together. Which column has the most/least, etc.

**Language** - On a sheet of chart paper or bristol board, have the children help you to make a "Friendship Recipe". Ask the children what "ingredients" you need to be a very good friend. After some discussion, record your recipe on your paper. Hang it in the room for a reference when needed.

**Baking/Snack** - Bake some cookies with a small group of children. Use a rebus recipe (uses pictures as well as words to guide pre-readers). Of course, you will want to eat - and share the cookies for snack.

**Bin Play/Science** - In your sensory, water or sand bin, place measuring cups and spoons for children to experiment with/compare the difference between pouring wet and dry materials.

**Bookmaking** - Ask each family to send in their child's favourite cookie recipe. When making the book, allow one page for each child. You may want to include the recipe, a picture of the child, the child's illustration of the cookie and a quote from the child telling why they like that particular recipe for cookies.

## Check out these related books:

Christmas Cookies: Holiday Life Lessons by: Amy Krouse Rosenthal

If You Give A Mouse A Cookie by: Laura Joffe Numeroff

Who Took the Cookie From the Cookie Jar? illustrated by: Viviana Garofoli

All In Just One Cookie by: Susan E. Goodman

The Doorbell Rang by: Pat Hutchins

## Check out this Website

How to encourage caring towards others:

[www.tvokids.com/grownups/learning\\_guides/choochoochoices/default.html](http://www.tvokids.com/grownups/learning_guides/choochoochoices/default.html)

Why cook with children?

[www.betterkidcare.psu.edu/AngelUnits/OneHour/Cooking/CookingLessonA.html](http://www.betterkidcare.psu.edu/AngelUnits/OneHour/Cooking/CookingLessonA.html)