



MEAL TIME IS FAMILY TIME!

Activities for Sas-y Placemats for Children

Geaux Good Manners, I Never Forget My Manners, I Have Good Gator Manners, I Am A Fan of Good Manners, & I Have Dawg Gone Good Manners (Football Field on the back)

Yard Line Counting (*Learning objective: To count by ones, fives, and tens.*)

Begin by teaching your child to count by tens, using the yardage on the football field. Count up to the fifty yard line and continue up to one hundred across the whole field. Then do the same counting by five yards and one yard at a time even when they cannot see the numbers on the field.

Yard Line Addition and Subtraction (*Learning objective: To add and subtract by ones, fives, and tens.*)

Make simple addition and subtraction equations with the yardage on the field. Create a simple equation and encourage your child to state the entire equation and give an answer as you move across the football field. Example: When asked what thirty yards plus ten yards equals, have your child say, "Thirty plus ten equals forty." "Fifty minus five equals forty-five." Add and subtract by ones, fives, and tens.

Yard Line Math Scrimmage (*Learning objective: To add or subtract by ones, fives, and tens.*)

Repeat the activity above but add football scenarios to the fun! "You are on the twenty yard line and you get a fifteen yard penalty for a facemask. Where is the ball now?" Again, ask your child to formulate and say the equation. "Twenty-five minus fifteen equals ten." You can use a coin to mark where the ball is on the field. Create penalties, long receptions, fumbles, and lots of fun learning math!

A Polite Pirate & I Have Good Manners for Girls with Elephant on a Pink Plate (World Map on the back)

Land Ho! The Continents (*Learning objective: To learn all seven continents and how to spell them.*)

Use the map to learn all of the continents and how to spell each. Have your child orally say and spell them. Have your child write them down on a piece of paper. Cover the continent with your hand and have a fun quiz after dinner.

Sail Away! The Oceans (*Learning objective: To learn all four major oceans.*)

Repeat the process from above.

Where Are You Headed, Matey? Navigate the World (*Learning objective: To learn all four directions on a map/compass rose, to learn what a compass rose is and how to use it.*)

The compass rose on the bottom left corner of the map has all four main directions. Use the compass to teach your child these important tools of navigation. Formulate questions from the map and have your child give you the answer. Example: Is North America north or south of South America? If you wanted to travel from Africa to North America and cross the Atlantic Ocean, what direction are you traveling? Which continents are east of Europe?

I Have Good Manners/Run Away with the Circus (US map on the back)

Nifty Fifty! (*Learning objective: To identify all fifty states on a US map and how to spell the name of each; to learn all fifty capitals and how to spell them.*)

Have your child learn the US map one region at a time. It is suggested you divide the country into regions or small groups of states. Use your hand to cover names and ask your child to tell you the names and to spell them. Ask your child to write down the names of the states.

Repeat with the capital city of each. Teach your child the difference between *capital* and *capitol*. (A capital is a city and a capitol is a building.)

The Lakes Are Great! (*Learning objective: To identify all five great lakes on a US map and how to spell the name of each.*)

Repeat the activities above with the great lakes.

Gimme An A! Alphabetizing The States (*Learning objective: To learn to spell the name of each state.*)

Ask your child to write down the names of the states in alphabetical order. You may also begin with asking your child to name every state that begins with an A. Name every state that begins with an N, and so on.

Let's Plan a Vacation (*Learning objective: To identify the location of each state in relationship to other states.*)

Ask your child to plan a driving vacation. Create a scenario in which your child has to use the map to get somewhere. Ask them to write down the route they would take to get to their destination and how they would get home. Example: We live in Louisiana and we want to go to California for a vacation. What states would we have to drive through to get there? How do we get home without ever driving through a state twice?

I Have Winning Manners (Charming Dogs and Horses on the back)

Aren't They Charming? Identify the Charms (*Learning objective: To identify the top breeds of dogs and horses in the US.*)

Match the names of the breeds with the images on the charm bracelet. The answers are (beginning at the show ribbon and moving clockwise): Yorkshire Terrier, Poodle, Arabian, Appaloosa, Beagle, Dachshund, Thoroughbred, Horseshoe, Tennessee Walking Horse, Labrador, and American Paint.

Spelling Bee. (*Learning objective: To spell the names of each of the top breeds of dogs and horses in the US.*)

Have your child spell out loud and write the names on paper until they can spell them without looking.

Isn't She Lovely? *Drawing the Breeds* (*Learning objective: To identify the top breeds of dogs and horses in the US by shape.*)

Have our child begin by tracing the outlines on paper. They can color the animals after they are drawn. Have them progress to drawing them freehand.

Did You Know? (*Learning objective: To use the computer for research purposes. To learn to take notes and present the information.*)

Encourage your child to research these breeds on the internet and share what they have learned at the next family meal.

Good Manners Come Naturally, Santa I Have Good Manners, My Many Blessings (Drawing opportunities on the back)

Create A Masterpiece (*Learning objective: To learn to use markers; to create environments in pictures; to encourage creativity.*)

Encourage your child to draw and use color in creative ways. On Good Manners Come Naturally, suggest they draw homes, food, and friends for the animals. Encourage them to use their story books to find pictures of objects that would fit into the mat's environment.

Good Manners Come Naturally

Did You Know? (*Learning objective: To learn to use the internet for research, learn new information and share it with others.*)

Use the internet together to research the frog, monkey, and butterflies and their rain forest homes. There are many interesting facts about the rainforest and these animals. Research what we can do to conserve the rainforest and why that is important to the planet. Have your child talk about what they have learned at the next family meal.

My Many Blessings

I See a Color (*Learning objective: To learn the basic colors and recognize the colors of everyday objects.*)

Ask your child to identify objects around the house that are the colors on the mat. "Can you find something orange in this room?" And the reverse works as well. "I see something red." Have your child try to identify what you see.

All Around Town and Birdy (Learn the Alphabet on the back)

Copy and Learn (*Learning objective: To learn to write the letters of the alphabet.*)

Give your child a piece of paper and a pencil or marker and have them practice writing the letters of the alphabet found on the back of the mat.

Find Me a Letter (*Learning objective: To associate the sound of letters with the names of common, everyday objects.*)

Ask your child to identify objects in the kitchen that begin with each letter of the alphabet. For older children, ask them to spell each object and write the words down on the mat or a piece of paper.

Rhyme Time (*Learning objective: To identify, say, and write rhyming words.*)

Have your child identify an object or word beginning with a letter of the alphabet. For example, for B, they might say banana. Ask them to think of another word that rhymes with banana and have them tell you the letter of the alphabet the rhyming word begins with. Now they must find an object beginning with the new letter and then a rhyming word and so on.

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