

# Learning Guide

## For Preschoolers



ECHO Science and Stories Online

Science & Stories online engages our young audience with a book, a song, and a hands-on component around different seasonal science topics.

The Agency of Education and Vermont Public Ambassadors' enhanced learning guides bring you additional resources and tips aligned with the Vermont Early Learning Standards to meet diverse learning needs at home. Find out more at <https://www.vermontpublic.org/kids-education>

## “WHO SANK THE BOAT?” by Pamela Allen

### Materials List:

- Small plastic container to use as a boat (i.e. yogurt container)
- Five (5) or more small items to put into the boat to sink it (small rocks, toys, blocks or figures etc.).
- Container of water or partially filled sink.

**Science Vocabulary:** prediction, float, sink, heavier, lighter, full, empty.

### Sink The Boat Activity

- Make a prediction: Which items do you think will sink the boat? Which items do you think will not sink the boat? Why? (heavier vs. lighter)
- How many items does it take to sink the boat? Count the items.

### Vermont Early Learning Standards (VELS):

III. Learning About the World

- Science
- Physical Sciences
- Engineering Design

Mathematics

- Number Sense and Quantity
- Number Relationships and Operations
- Measurement, Comparison, Classification, and Time

<https://education.vermont.gov/documents/early-education-early-learning-standards>

# Social Emotional Learning Extensions

Use an **emotional thermometer** with a 1–5 scale. If you get to a 5, that means your emotions have gotten so big that they sank the boat. If we pay attention to how big our emotions get, we can stop the boat from sinking.

5 – Everything is overwhelming like a mouse who has fallen into a lake.

4 – Things are starting to feel out of control like a sheep who smells a dog nearby.

3 – Full of energy like a pig when the dinner bell rings.

2 – Awake but relaxed like a donkey in a field of grass.

1 – Tired like a sleepy cow.

## What can make things better?

A boat captain who is in charge of the boat!

Draw a safe boat:

**Step 1:** Draw a boat.

**Step 2:** Draw waves of water.

**Step 3:** Draw a captain who makes sure the boat is safe! The captain can say, “Stop! There’s a problem,” “no more, please,” “let’s try this a different way,” or “I need a break to think.”

**Step 4:** Draw an anchor to keep the boat in place until you are ready to sail or row away.

The boat is where your emotions live. They can be rocky or calm, depending on the water.

The waves are the things around you that you can’t control, like having to wake up for school, the smell of stinky garbage, or a loud siren.

The captain is where your thoughts live. They tell you how to deal with the waves.

The anchor is all the calming tricks you know, like breathing slowly, listening to relaxing music, or looking at the clouds.

