

Activity Day!

Outline & Printable Resources



This Month's Lesson:

Ladies First



Suggested Activity and Discussion for Kids

Depending on the size and makeup of your group, you may want to divide the children into age groups for the different activities.

Opening

- Prayer
- Pledge of Allegiance (*located in the General Resource pdf*) You can have one of the children hold a small flag or use a larger flag. This is a great opportunity to teach the children respect and proper care and folding of the flag.)
- Recite Preamble to the U.S. Constitution (*located in the General Resource pdf, doing this each day as a family will have your children memorizing it in no time at all.*)

Theme Story and Discussion: *Sybil's Night Ride* by Karen B. Winnick

Activity: Women of the Revolutionary War matching game

Games: Mother May I, Simon Says and Follow the Leader/Copycat

Discussion and Activity: Respect definition and role play

Object lesson: Disrespect/respect baskets

Closing

- Read/Recite "The American's Creed" (*located in the General Resource pdf*)
- Prayer
- Announce the next month's theme and date/location for next Activity Day

Preparation and Materials Needed:

- Review the entire outline to consider how best to present the activities to each age group.
- Cut out the copies of the preamble and American's Creed to have on hand, or use copies from the previous Activity Day.
- Bring an American Flag for the Pledge of Allegiance.
- Borrow/purchase the book *Sybil's Night Ride* by Karen B. Winnick.
- Cut out the images and facts in the Resources section to prepare the Women of the Revolutionary War matching game.
- If needed, review instructions for "Mother May I" and "Simon Says."
- Find two baskets. Make one of the baskets bright and pretty (this will be your respect basket) and make the other basket old and dingy (this will be your disrespect basket). Fill your disrespect basket with items you have collected around the house that are lacking in respect: torn books, a broken toy, a stuffed animal with a missing button, or a dirty cup. Bring the baskets and items to Activity Day.

Theme Story and Discussion: *Sybil's Night Ride* by Karen B. Winnick

Discussion prompt questions:

- Who is the courageous girl in this story? Why couldn't Sybil's dad gather the militia men that night? What danger was facing Sybil's family and neighbors that led to her night ride? Did someone ask Sybil to help or did she let her family know she was ready and willing to make the long journey? Do you think the task of gathering the militia men that night would have been easy? What could have made it dangerous and uncomfortable? Something Sybil remembered during her ride that helped her to keep going was that her father was counting on her. Can you remember a time when others were counting on you? What did you do? Did Sybil finish her journey successfully? In what ways do you think we can be brave and selfless like Sybil?

Activity: Women of the Revolutionary War matching game

Use the images and facts on pages 6-7 to play a matching game to learn about the ladies of the Revolutionary War.

Game: Mother May I, Simon Says and Follow the Leader/Copypat

Play Mother May I

1. Line up each player shoulder to shoulder about a foot apart.
2. The player who is "Mother" stands in front of the other players.
3. Each one of the "children" takes turns asking a question of the mother. The question must start with the phrase "Mother may I _____?" Each child player must fill in the blank in the sentence with a suggested movement. A child could ask, "Mother, may I take three steps forward?"
4. The mother must reply "yes, you may" or "no, you may not, but you may take _____ instead." The mother should fill in the blank with another suggestion. The child must do what the mother says.
5. The mother can alter, but otherwise stick with the child's suggestion. For example, the child could ask to walk forward 5 giant steps, and the mother could reduce it to 2.
6. If a child makes a move and forgets to ask, "Mother, may I?" they must go back to the starting line.
7. If another child takes the steps out of turn, they must also go back to the starting line.
8. The first child to reach Mother, wins!

Play alternative version of Simon Says

Instead of using the words "Simon says" as the first words, use the phrase "Children, please" as the first words; meaning, children should only follow you if your instruction begins with "Children, please." Those who follow your instruction without your saying "please" are out of the game. Thank the children after each action.

(Idea from theearlychildhoodacademy.com)

Moms are leaders in the home and in our country. **Play this "follow the leader/copypat" game** for a fun reminder of the influence that leaders have on those around them.

Ask everyone to stand and arrange the group into a circle, facing inwards. Ask one person to leave the room for a minute. This person will be the guesser for the round. While he or she is gone, the group decides who should be the "leader." The leader will be the one who sets the movements for that round. When this person is chosen, invite the guesser to come back. The guesser stands in the very center of the circle.

When the round begins, everyone starts swinging their arms. The leader will eventually begin to do other movements, and everyone else mimics the leader's actions, without being too obvious to reveal who the leader is. The leader can do just about anything he or she wants,

such as clapping, making a kicking motion with his or her leg, jumping up and down, singing a line from a song, patting his or her own head, or a dance move.

Everyone in the circle should be careful to avoid prolonged eye contact with the leader, so the leader's identity is not given away. The guesser must keep turning his or her head to try to figure out which person is the leader (the person who is starting all the group's new movements). The guesser is allowed to make up to three guesses. If the guess is incorrect, the round continues. If the guess is correct, the leader becomes the new guesser for the next round. If all three guesses are exhausted and the leader is not correctly guessed, the round ends and you can either keep the same guesser or switch it up.

Discussion and Activity: Respect definition and role play

Who knows what a dictionary is? Can you tell me? It's a book that explains the meaning of words, right? In the 1828 Miriam Webster Dictionary part of the meaning of the word "respect" is explained as "To view or consider with some degree of reverence; to esteem as possessed of real worth." This means that when we treat a person or an object (like a flag or book of scripture) with respect we are showing that we understand the importance and real worth of that person or the idea that the object stands for. Our theme this month, Ladies First, and today's Activity Day, was made to help us understand some of the important work of the early ladies in this country and the importance that our moms, grandmas, aunts and sisters have in our families and our world today.

So what are some ways we can show respect for women and others around us? Actions of respect come from kindness, thoughtfulness, good manners, and wanting to take care of others. We are going to practice some of these actions that show respect. We want to make habits of treating others with respect all the time, especially women.

Have the children take turns role-playing some or all of the following interactions to practice habits of showing respect.

Respect habits

- Pull out chair
- Hold a door or car door open
- Let women, girls, and those younger than you eat first/go ahead of you in line
- Stand when someone needs a seat in a full room or other place like a bus
- Be aware of needs, don't wait to be asked before you step in to help
- Take out the garbage
- Bring glasses of water for others sitting with you during a meal
- After a meal offer to take the dirty plates from the table and then wash them

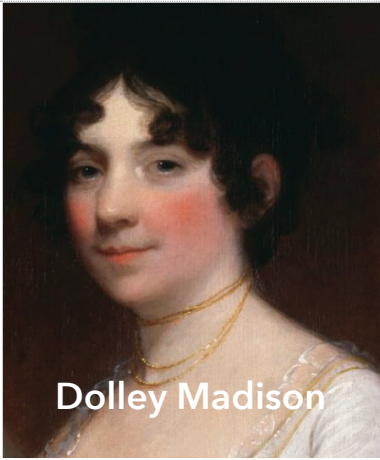
- Be considerate and kind at every opportunity
- Offer to carry in groceries or other heavy objects
- Say yes ma'am to an adult, or miss to a girl/younger woman if you don't know their name
- Use "please," "thank you" and "may I"
- Know how to listen and give someone your full attention when they are talking to you
- When someone trips or drops something help them pick up the items they dropped
- Say thank you for food given to you
- Offer your coat or sweater to someone else if they are cold
- Compliment things you like about others

Object lesson: Disrespect/respect baskets

Show the children that you have two baskets, one is a disrespect basket and the other is a respect basket. Explain that the items in the disrespect basket have been treated carelessly, not taken care of yet, or maybe even broken because of misuse. Tell the children that the items in your "disrespect basket" want to be moved to the "respect basket" but they need your help. Invite the kids to figure out with you why the object landed in the disrespect basket in the first place and then what can be done to help the item move over to the happy and very pretty respect basket!

Ask the children: what are some ways we sometimes show disrespect for others when we treat them carelessly or like they aren't important to us? Sometimes people yell when they're frustrated, or throw things, or hurt people, sometimes we grab things away from other people, we don't say "please" and "thank you," we forget to say "I love you" and give hugs. There are many ways that disrespect can easily come through in our actions. Even when we have gotten into the habit of showing disrespect (either by mistake or on purpose), we can always use today as the day we want to change our habits and start showing respect. Just like these toys could be fixed, cleaned, or well-cared for starting today, we can stop disrespect for other people and start showing love, reverence, and respect for the important people in our lives, especially our moms.

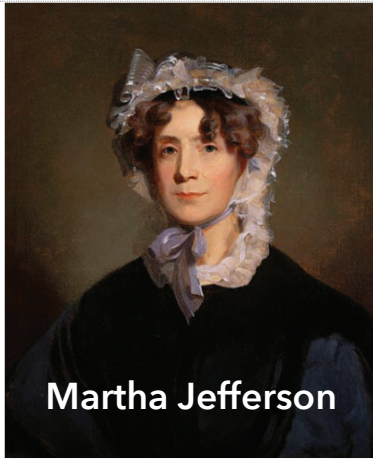
(Basket idea from familyeducation.com)



Dolley Madison

First Lady,
wife of James Madison.
Hosted White House social
events that built important
relationships for her
husband and saved George
Washington's portrait from a
White House fire.

Dolley Madison



Martha Jefferson

First Lady
of Virginia,
wife of Thomas Jefferson.
She helped raise money
to support the
Revolutionary War army.
Died in 1782.

Martha Jefferson



Abigail Adams

First Lady,
wife of John Adams.
The Adams enjoyed writing
letters to each other.
In one, Abigail requested to
"remember the ladies"
in creating the new
American government.

Abigail Adams



Betsy Ross

The seamstress who sewed
the first official
American flag in 1776.
Her husband had died in
the war. She was friends
with the Washingtons
and went to the same
church as them.

Betsy Ross



Martha Washington

First Lady,
wife of George Washington.
Hosted White House
social events.
During the Revolutionary
War she stayed with the
army camp every winter and
helped inspire hope.

Martha Washington



Mercy Otis Warren

Writer and playwright,
wife of James Warren
(held political office in
Massachusetts). Her works
inspired essential support
for the Revolutionary War.
The Warrens and the
Adams were friends.

Mercy Otis Warren



Phillis Wheatley

She was a poet who was
an African slave.
Later in her life she was
freed. She was a patriot,
which comes through in
her writing, and she wrote
a poem praising General
George Washington.

Phillis Wheatley



Eliza Hamilton

Wife of Alexander Hamilton.
She supported him,
sometimes wrote for him
while he dictated to her and
hosted social events for his
political associates and their
wives. Friend of
Martha Washington.

Eliza Hamilton

Print this page and cut along the lines to play the matching game *Women of the Revolutionary War*.



Deborah Franklin

Wife of Benjamin Franklin. She supported him and ran his businesses successfully alone while he was overseas as a public servant, even though it meant they couldn't be together. She died in 1774.

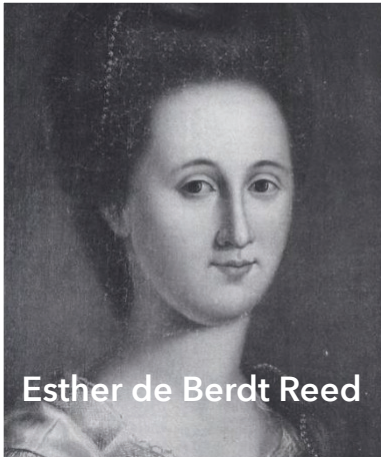
Deborah Franklin



Lydia Darragh

Spy during the Revolutionary War. British soldiers were living in her house and she would encode messages about their plans and hide them in her son's buttons. He would then deliver them to the patriots.

Lydia Darragh



Esther de Berdt Reed

Founded a patriot organization called "Ladies of Philadelphia." They raised thousands of dollars for the army and used the funds to sew 2000 shirts for the army. Esther died in 1780 before the project was finished.

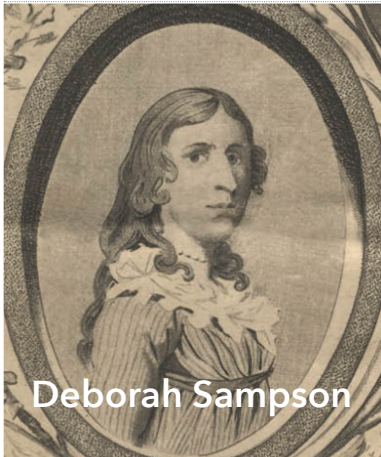
Esther de Berdt Reed



Mary Washington

Mother of George Washington. He visited her when he found out he had been elected president. She was ill and died a few months later.

Mary Washington



Deborah Sampson

Disguised herself as a man and fought as a soldier in the Revolutionary war for 1-2 years. She was eventually discovered and honorably sent home. She later made a public tour telling about her war experiences.

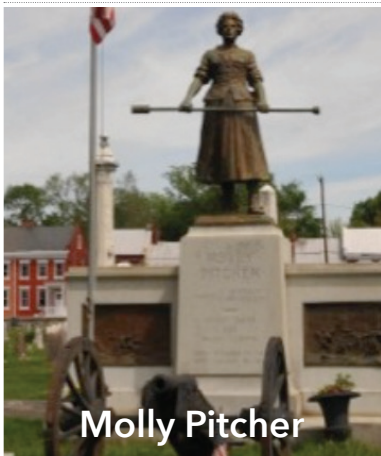
Deborah Sampson



Sarah Franklin Bache

Daughter of Benjamin Franklin. As a member of the "Ladies of Philadelphia" organization she raised funds for the army and, when Esther died, oversaw the completion of the shirt sewing project.

Sarah Franklin Bache



Molly Pitcher

Legend based on a real woman. Her husband was in a battle firing a cannon and she gave water to the soldiers. They would call "Molly, pitcher!" Her husband died and she took his place at the cannon until the battle was over.

Molly Pitcher

Instructions:

Print pages on cardstock paper. Cut out the **picture** and the **person information** to make 30 individual cards.

Shuffle the cards and lay them on the table, face down, in rows. The youngest player goes first. Play then continues in a clockwise direction. If they successfully match a pair (**picture** and **person information** together) they get to keep the cards, and that player gets another turn. If they don't match, turn them back over in the same spot. Person with the most matches wins!