

**AMERICAN EMBASSY  
TOKYO**



**JUNE 17TH - AUG 16TH, 2024**

**6-12 YRS OLD**

**DRAGONS  
LESSON PLANS**

[www.mitsugardensinternationalpreschool.com](http://www.mitsugardensinternationalpreschool.com)

[www.ewatokyo.org](http://www.ewatokyo.org)

# WEEK 1

## JUNE 17TH - 21ST, 2024

### THEME: WATER WORKS

Welcome to Water Week - This week will be filled with water challenges and fun with ocean activities, including arts and crafts and learning time too.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING ACTIVITIES	Art corner, Blocks and Stem Corner, Group Game, Quiet Corner, Music Station, Water Balloons				
GROUP FOCUS	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules				
TODAY'S SPECIAL MORNING ACTIVITY	Water Relay - Building up teams and friendships	Beach Towel Volleyball with Water Balloons		Sponge Relay - Creating Strong Teamwork	Slip and Slide 
AFTERNOON ACTIVITY	Fill the Bucket Group Challenge	Which Team can Move the Water the Fastest Game?		Field Trip Maxwell Aqua Aquarium	 Sink or Float?
CHOICE ACTIVITIES	Iron Beads, Worksheet, Magnetic Tiles	Lego, Worksheet, Art Corner		Slime, Beads, Sea Animal Creatures	Playdough, Science Corner, Worksheet
GYM TIME	Hungry Hippo's	Popcorn Tag		Hungry Hippo's	Popcorn Tag



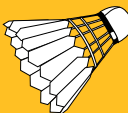




# WEEK 2

## JUNE 24TH - 28TH, 2024

### THEME: FITNESS FANATICS

Fitness Fanatic week will challenge your child's strength and endurance - we will have lots of fun games indoors and out.



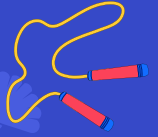
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING ACTIVITIES	 Ping Pong, Foosball Table, Twister, Boards Games				
GROUP FOCUS	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules				
TODAY'S SPECIAL MORNING ACTIVITY	Truth or Dare (question or physical challenge)	Badminton Challenge 		Tennis Time - Who will win?	Flip Cups - Tic Tac Toe Challenge
AFTERNOON ACTIVITY	Pool Games 	Toss the Ring in the Pool	 Field Trip Soleil Hill	Marco Polo in the Pool	 Pool Soccer
CHOICE ACTIVITIES	Art Centre, Board Games	Worksheet		Blocks, Books or Tennis	Art Centre, Board Games, Worksheets
GYM TIME	Obstacle Course	Rock Paper Scissors		Hopscotch	Obstacle Course







# WEEK 3

## JULY 1ST - 5TH, 2024

### THEME: PHYSICAL CHALLENGES

Last week we enjoyed plenty of fitness challenges, this week let's extend those games and push ourselves to have even more fun



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING ACTIVITIES	 Ping Pong, Foosball Table, Twister, Boards Games				
GROUP FOCUS	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules				
TODAY'S SPECIAL MORNING ACTIVITY	Ultimate Tag	Relay - create your team, motivate your team!	 Field Trip Athletic Park and Beach Side Picnic 	Tug of War Game	Limbo Challenge 
AFTERNOON ACTIVITY	 Obstacle Course	Obstacle Course in the Pool		Sardines 	Scavenger Hunt - Physical Challenge Version
CHOICE ACTIVITIES	Art Centre, Board Games	Worksheet		Blocks, Books or Tennis	Art Centre, Board Games, Worksheets
GYM TIME	4 Corners	Capture the Flag		4 Corners	Capture the Flag







# WEEK 4

## JULY 8TH- 12TH, 2024

### THEME: WILDERNESS WARRIORS

With a fun field trip to Tama Zoo planned, we will be having fun learning about wild animals through games and art activities



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING ACTIVITIES	Free Painting, Animals Facts Texts, Animal Crafts, Games				
GROUP FOCUS	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules				
TODAY'S SPECIAL MORNING ACTIVITY	Wild Animal Commando Game	Spider Attach Game 	  Field Trip Tama Zoo	Action Goose (a modified version of Duck Duck Goose)	 Wild Animal Pictionary
AFTERNOON ACTIVITY	Run Rabbit Run 	Monkey Tag 		Animal Charades	EASY - Give your friend the chicken - HARD - Chicken Cacciatore
CHOICE ACTIVITIES	Twister, Blocks, Worksheet	Study, Badminton		Karaoke, Worksheets	Beading, Painting
GYM TIME	Poison Dart Frog	Four Square Hula Hoop		Poison Dart Frog	Four Square Hula Hoop



# WEEK 5

## JULY 15TH - 19TH, 2024

### THEME: PIRATES PARADISE

Welcome to Pirate Week - Enjoying the fun with this theme we will try out lots of sensory activities and crafts with



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING ACTIVITIES	Over the Deep Blue Sea, Sail Away, Ahoy, Yo Ho Ho, Pirate Freeze				
GROUP FOCUS	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules				
TODAY'S SPECIAL MORNING ACTIVITY	Lets build a Pirate Ship with Imagination Playground	Pirate Hat Making 		Follow the Treasure Map 	 Gold Scavenger Hunt
AFTERNOON ACTIVITY	Pirate Costume making 	 What's inside the treasure box?		Field Trip Nippon Maru and Boat Cruise	Pirate Treasure Sink or Float
CHOICE ACTIVITES	Treasure Sensory Bin, Worksheet, Blocks	Science Table, Iron Beads		Puzzles, Worksheets	Peg Boards, Counters, Blocks and Cars
GYM TIME	Sharks and Minnows	Ship Dock Shore		Sharks and Minnows	Ship Dock Shore



# WEEK 6

## JULY 22ND - 26TH, 2024

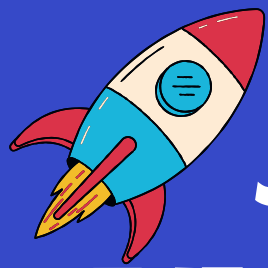
### THEME: THE WEIRD & THE WONDERFUL

Through looking at the weird and wonderful things in nature, we will learn about those strange yet fascinating plants and creatures



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING ACTIVITIES	Nature Collage in Art Corner, Scavenger Hunt Preparations				
GROUP FOCUS	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules				
TODAY'S SPECIAL MORNING ACTIVITY	Nature Hunt - Collecting Nature	Keep on Tracking - What can you track? or who?	 Field Trip Saitama Green Centre	North by Northwest - Compass	Scavenger Hunt for something Weird!!
AFTERNOON ACTIVITY	Camouflage Game	Fire Tender		Flower Dissection	Oil Spill Experiment
CHOICE ACTIVITIES	Garden Yoga, Gardening	Gardening Worksheet		Gardening Building Free Art	Nature sink or float, Board Games
GYM TIME	Heads, Shoulders, Knees and Balls	Fruit Salad		Heads, Shoulders, Knees and Balls	Fruit Salad





# WEEK 7









## JULY 29TH - AUG 2ND, 2024

# THEME: GUARDIANS OF THE GALAXY

Welcome to Space Week where we will learn all about outer space, space exploration and JAXA



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING ACTIVITIES</b>	Paint Corner - Solar System Model Making - Rocket Ship Building				
<b>GROUP FOCUS</b>	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules - Space Exploration				
<b>TODAY'S SPECIAL MORNING ACTIVITY</b>	Rocket 3D Making 	 Painting Planets		 Creating the solar system	Alien (New Life Forms) Creation and Presentations
<b>AFTERNOON ACTIVITY</b>	Rocket Launch 	 Galaxy of Stars	Field Trip JAXA 	Group Project Milky Way 	Galaxy Glitter Jars 
<b>CHOICE TIME</b>	Worksheet, Planet Making	Moon Phases		Science Centre	Rocket Launch
<b>GYM TIME</b>	Race to the Galaxy	Striker Ball		Striker Ball	Race to the Galaxy





$$E=mc^2$$

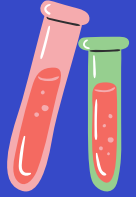








# WEEK 8

## AUG 5TH - 9TH, 2024

### THEME: MAD SCIENTISTS

This week we will strain your mind into a world of endless possibilities. What can we make go faster, further, stronger and more?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING ACTIVITIES</b>	Stem Corner and Science Table, Math Games, Computer and I pads				
<b>GROUP FOCUS</b>	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules - What is S.T.E.M?				
<b>TODAY'S SPECIAL MORNING ACTIVITY</b>	Water Bottle Launch	 Make It - Move It - Challenge!!	 Field Trip National Science Museum in Ueno	 Egg Drop Challenge	10+ experiments in a day! 
<b>AFTERNOON ACTIVITY</b>	Mix Dish Soap, Cornstarch and secret ingredients. ....and ?	Engineering Challenge - Make the strongest Bridge		Home Made Slushies without using the freezer??	Does Solar really cook food? 
<b>CHOICE TIME</b>	STEM Corners	STEM Corners		STEM Corners	STEM Corners
<b>GYM TIME</b>	Four Circles	Minute to Win it		Striker Ball	Parachute Games














# WEEK 9

## AUG 12TH - 16TH, 2024

# THEME: SPORTS SURVIVAL



Who will survive this week full of sports - indoors and out??? This weeks field trip of the most requested - lets enjoy all the sports we can to see who if the strongest of all.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING ACTIVITIES</b>	Morning Free Sports - Badminton, Ping Pong, Frisbee, Long Jump etc 				
<b>GROUP FOCUS</b>	Welcome to NEW Friends, Introductions, Weekly explanations, Field Trip Goal and Locations, Ice Breakers and Group Rules				
<b>TODAY'S SPECIAL MORNING ACTIVITY</b>	 <b>OLYMPICS</b> Minute to Win it <b>OLYMPICS</b>	Cardboard Carnival Sports Challenge		 Crab Soccer 	Kabaddi Sports Game
<b>AFTERNOON ACTIVITY</b>	Basketball Champion 	Ship to Shore		Field Trip Round One Itabashi 	Ten Pin Bowling Tournament
<b>CHOICE TIME</b>	Board Game Sports	Twister, Board Games		Cardboard Carnival Replay	Board Game Sports
<b>GYM TIME</b>	Dodgeball	Catapult Fitness Game			7 Relay Races