



BOSTON
CHILDREN'S
MUSEUM

Teddy Bears Picnic

Children have a “picnic” where they make and share food, socialize, and engage in open-ended play together.

START

- In this activity, children create a healthy picnic, making and sharing pretend food with one another and with their animal and puppet friends.
- Set up the picnic cloth on the floor.
- Arrange the food and dishes in baskets or on the floor in a way that invites children to play.
- Place the animals and/or puppets on the picnic cloth or blanket with some dishes and food already set up for them.
- Introduce the activity by saying Who would like to come to the Teddy Bears Picnic? We're going to sit down here on the picnic cloth and share some pretend food and have some fun!

NEXT STEPS

- For younger children, offer them a stuffed animal and a piece of plastic food and ask if they would like to give the bear/puppy/kitty a snack.
- For older children, you can pick up the teapot and say I am so thirsty! Could someone pour me a cup of tea?
- As the children gather around and start to handle the toys, encourage them to sit down and interact with one another. You can ask questions such as Can anyone make us some lemonade? Why doesn't everyone pick out a cup. Who would like to pour?
- You can incorporate discussion about how foods are made and where foods come from. For example, ask What is lemonade made from? How many lemons should we put in? How much sugar?
- Adults can sit on the cloth or blanket, and “eat” and “drink” as well.
- The picnic is an ideal opportunity for an adult to sit down and read to the group.

MATERIALS

- * Picnic cloth or blanket
- * Plastic food
- * Plastic dishes with at least 6 settings
- * Baskets, boxes, or open shelves for storing the dishes and food at the picnic
- * Stuffed animals, puppets, and teddy bears

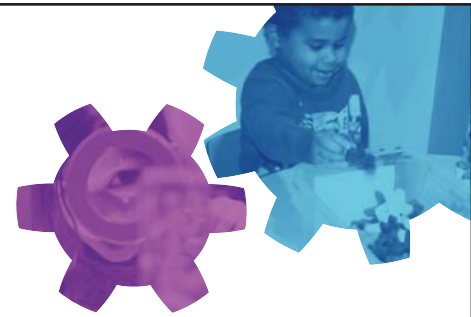
Learning Guideline:

Social Science: Discuss classroom responsibilities in daily activities such as setting tables and cleaning up after activities.

Tip Sheets:

Be Healthy, Friends

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FINISH UP

- As the children finish their play, they should be asked to clean up by putting their dishes and food back into the baskets or storage spaces. If other children are coming to play, they can also clean up by neatly setting a place on the picnic cloth or blanket for a child in the next group.
- As they are cleaning up, you can ask them questions such as Did you enjoy your picnic? Do you think bear/puppy/kitty had fun, too? What were your favorite foods today?

EXPAND YOUR ACTIVITY

- During the picnic, the children can be encouraged to make up a story about why they're there and who the guests are. This can include "conversations" between the stuffed animals or puppets, as well as the people.
- Children can be encouraged to think about what they would like to make for the picnic food. You can engage them in conversation about what's appropriate food for a meal vs. dessert and why. For example, apples are sweet, but they're healthy to have with a meal or for a snack; ice cream is also sweet, but it should be saved for a dessert food. You can also ask about their favorite foods, what they help to make at home, and what they would like to make for the picnic. You can also expand on the idea of where foods come from by holding up one of the picnic foods and asking Who knows where bananas grow/come from?

TAKE IT HOME

- Families can make a guessing game of talking about where the foods in their homes come from: Are they grown in the ground (e.g., carrots) or in trees (e.g., apples)? Are they made in factories with lots of different ingredients or cooked in a bakery? Adults can show children how to look for clues, such as leafy tops or roots, and also where to find the list of ingredients on a package.
- Have children help to plan and assemble the foods and utensils for a picnic. Talk together about what makes a healthy meal; let the children share their knowledge about this as well. The picnic location can be as simple as a front porch or backyard, and children can bring a favorite stuffed animal as a guest.

BOOKS

- *The Teddy Bears' Picnic* by Jimmy Kennedy
- *Feast for Ten* by Cathryn Falwell
- *The Vegetables We Eat* by Gail Gibbons

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