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# Mirabelle's Morning Warm-Up Lessons

## Lesson 1: The Morning Weather Reporter

### Learning Objectives:

- Mirabelle will identify and state today's date, day of the week, and current weather.
- Mirabelle will participate in a physical warm-up that corresponds to the day's weather.
- Mirabelle will sing the "Days of the Week" song to reinforce sequence.

### Materials Needed:

- Your daily calendar with changeable date, day, month, weather, and season cards.
- A small object to act as a "microphone" (optional, like a block or a hairbrush).
- A little bit of open space for movement.

### Lesson Activities (Approx. 10 minutes)

#### 1. Welcome & Wiggles (2 minutes)

- Start with a "Good Morning" song or a special handshake to signal the start of the day.
- Say, "Time to wake up our bodies! Let's do 5 big star jumps! 1-2-3-4-5!"
- Then, "Now let's shake our wiggles out! Shake your right arm! Shake your left arm! Shake your right leg! Shake your left leg! Now shake your whole body!"

#### 2. Calendar Time: Chief Calendar Officer (3 minutes)

- Announce, "Calling our Chief Calendar Officer, Mirabelle, to duty!"
- Go to the calendar and ask, "What is our new number for the date today?" Help her find and change the number.
- Say the full date together: "Today is [Month] [Date], [Year]."
- Ask, "Can you find our season? Is it still [Season]?" Have her point to or adjust the season card.

#### 3. Days of the Week Song (2 minutes)

- Say, "Let's get ready for the day of the week. To figure it out, we need our special song!"
- Sing together (to the tune of *The Addams Family* theme song), snapping your fingers:  
"Days of the week, (*snap, snap*)  
Days of the week, (*snap, snap*)  
Days of the week, days of the week, days of the week. (*snap, snap*)  
There's Sunday and there's Monday,  
There's Tuesday and there's Wednesday,  
There's Thursday and there's Friday,  
And then there's Saturday!"
- After the song, say, "Yesterday was [Yesterday's Day]. So if we move one forward, what is today?" Help her find and change the day of the week card.

#### 4. The Weather Report (3 minutes)

- Hand Mirabelle the "microphone" and say, "And now for the official Mirabelle Morning Report! Reporter Mirabelle, please go to the window and tell us, what is the weather like today?"
- Encourage her to use descriptive words (e.g., "It's cloudy and a little windy," "It's bright and sunny").
- Have her choose the correct weather card on the calendar.
- End with a weather-themed movement. Say, "Thanks for the report! Since it's [Weather],

let's act it out!"

- **Sunny:** Stretch your arms out wide like sunbeams.
- **Cloudy:** Make yourself a small, floating cloud ball.
- **Rainy:** Wiggle your fingers down to the floor like raindrops.
- **Windy:** Woosh your arms back and forth like the wind.
- **Snowy:** Twirl around like a delicate snowflake.

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## Lesson 2: The Days of the Week Detective

### Learning Objectives:

- Mirabelle will identify "yesterday," "today," and "tomorrow."
- Mirabelle will recite the days of the week while performing a corresponding motion for each day.
- Mirabelle will complete the daily calendar routine (date, season, weather).

### Materials Needed:

- Your daily calendar with changeable date, day, month, weather, and season cards.
- Three pieces of paper or sticky notes labeled: **YESTERDAY, TODAY, TOMORROW.**
- A magnifying glass (real or imaginary).

### Lesson Activities (Approx. 10 minutes)

#### 1. Welcome & The Detective March (2 minutes)

- Start with your special good morning signal.
- Say, "Good morning, Detective Mirabelle! We have a case to solve: The Case of the Missing Day! To get our detective bodies ready, we need to do the Days of the Week March!"
- Lead the march with a different action for each day to help with memorization:
  - **Sunday:** Stretch up to the sun.
  - **Monday:** March in place.
  - **Tuesday:** Touch your toes.
  - **Wednesday:** Wiggle your whole body.
  - **Thursday:** Throw your hands up high.
  - **Friday:** Do a fun freeze dance pose!
  - **Saturday:** Sit down criss-cross.

#### 2. Calendar Investigation (4 minutes)

- Go to the calendar. "Okay, Detective, let's gather the first clues."
- Have her update the number for the date and confirm the month and season, just like a detective gathering facts.
- Lay out the days of the week cards from your calendar in a row on the floor or table.
- Hand her the "magnifying glass." Say, "Our first clue is from yesterday. What day was it **yesterday**?" Help her find the day it was. Place the YESTERDAY label above that card.
- "Excellent! Now, if that was yesterday, what does that make **today**?" Have her find today's day and place the TODAY label above it.
- "You've cracked it! And what day will it be **tomorrow**?" Help her place the TOMORROW label.
- Have her put the correct "TODAY" card on the main calendar.

#### 3. Weather Stakeout (3 minutes)

- Say, "Great work, Detective. One last piece of the puzzle: the weather. Go on a secret stakeout at the window and report back."
- When she returns, ask, "What did you observe on your stakeout, Detective Mirabelle?"

- Have her select the correct weather card and place it on the calendar.
- End with a quick movement. "Let's celebrate solving the case! Let's do 10 happy claps!"

**4. Case Closed! (1 minute)**

- Give a high-five and say, "Case closed! You figured out that today is [Day], [Month] [Date]. You are a super detective! Now, are you ready for your next mission?" (referring to her formal lessons).

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