



# Sunshine Academy Preschool

## August 2018: My Body and Me



	Mon	Tue	Wed	Thu	Fri
Introduction			1 Discuss: What We Know About Our Body Measure Height and Weight	2 Label Parts of the Body Human Body Word Wall	3 Pin the Nose on the Face Self Portrait Using Mirrors
My Body	6 Body Trace a Friend Paint Body Tracing	7 Body Puzzle Creation Glue Body Parts to Outline	8 Pin the Body Part on the Human Game Skin Tone Color Mixing	9 Measure Body Using Blocks Chart How Many Blocks Tall We Are	10 <u>Bend and Stretch</u> Discuss Personal Space Explore Little People in Sensory Table
My Five Senses	13 Make Scented Slime Explore Scented Playdough	14 Guess That Spice Game Paint with Spices	15 Sweet and Sour Taste Testing Paint with Sand	16 Explore Apples and Make Apple Sauce Apple Painting Creation	17 Shaving Cream in Sensory Table Match Sound to the Picture
Movement	20 Simon Says Movement Game Small Group Twister	21 Obstacle Course at Billy Ward Freeze Dance	22 Preschool Yoga at Church Park Create and Play Hopscotch at Griggs Park	23 If You're Happy and You Know It.... Song, Dance Indoor Gymnastics	24 Relay Race at Emerson Park Head, Shoulders, Knees and Toes
Nutrition	27 Explore Fruits and Make Fruit Salad Enjoy and Graph Favorite Fruit	28 Food Pyramid Creation Discuss How I Can Take Care of My Body	29 My Vegetable and Fruit Collage Create Fruit Smoothies	30 How Much Did I Grow? Measure Height and Weight Picnic at Church	31 <b>No School Professional Development Day</b>

**Sensory Table**  
Shaving Cream, Sand

**Science Area**  
Scented Slime, Play Dough, Spices

**Pretend Play**  
Twister, Doctor Costumes, Skeleton

**Block Area**  
Blocks, Body Puzzles

**Writing Table**  
Human Body Word Wall