



Sunshine Academy Infant One

January 2019: Our Bodies



	Mon	Tue	Wed	Thu	Fri
Introduction to Our Bodies		1 No School New Year's Day	2 Body Tracing Finger Paint Traced Body	3 Practice Infant Yoga to Sooth- ing Music Sing "Head, Shoulders" with Actions	4 Play "Peek-a-Boo" with Lights Move to Mr. Dave's "Body Song"
Face	7 Read <u>My Face</u> Book, Make Faces in a Mirror Paint on Acrylic Mirror, Practice Smiles	8 Play "I Got Your Nose" with Red Dots <u>The</u> <u>Nose</u> Book, Smell Scented Play Dough	9 Blow Bubbles Imitate Simple Sounds	10 Rhythm Game with Instru- ments Roll Sound Shakers on Floor	11 Explore Colored Sensory Bottles Play "Hide and Seek" with Colorful Balls
Hands	14 Read <u>Hand, Hand,</u> <u>Fingers, Thumb,</u> Handprint Art Touch and Explore Whipped Cream	15 Build and Knock Down Blocks Unwrap Cardboard Blocks	16 Sing "Clap Your Hands" Count Claps Practice Gentle Touches	17 Splash Water in Sensory Bucket with Hands Pull Scarves out of Holes in a Ball	18 Explore Oatmeal in Sensory Table Finger Paint Abstract Art
Feet	21 No School Dr. Martin Luther King Jr. Day	22 Explore Wet Sponges with Feet Walk on Bubble Wrap	23 Sing "Row, Row" Row with Feet Explore Different Size Rocks with Feet	24 Sing "This Little Piggy" with Actions Paint a Mural with Feet	25 Put Bells on Feet to Move to Music Walk on Con- tact Paper
Tummy	28 Roll on Exercise Ball on Tummy Lay on Different Textured Fabrics	29 Roll Different Sized Balls on Tummy Explore Sensory Bags While on Tummy	30 Explore Cooked Noodles on Tummy <u>Where</u> <u>is Baby's</u> <u>Bellybutton?</u> Tickle Tummy	31 Tummy Painting Ride a Blanket on Our Tummies	