



Sunshine Academy Pre-K

January 2019: My Healthy Body



	Mon	Tue	Wed	Thu	Fri
My Emotions		1 No School New Year's Day	2 Partner Mirror Play to Express, Inter- pret Emotion "If You're Happy and You Know It" Simon Says Game	3 <u>Glad Monster, Sad Monster, Make Expression</u> Masks Journal: What Helps Me When I Am Sad	4 Partner Skits: When I Am Mad I Can... Construct a "Mad" Safe Place
My Five Senses	7 Volume Variety Activity Voice Recognition Game	8 Visit Kabloom to Smell Flowers Smell and Identify Spices, Make Spice Paint	9 Sort Textures Create Feely Box	10 Label Taste Buds, Yogurt Taste Off Mix and Taste Healthy Smoothies	11 Visit Eye Glass Store, Make Pre- tend Glasses Explore Objects with Magnifiers
Healthy Habits	14 KWL: Healthy Habits Healthy vs. Not Food Plate	15 "My Sleep" Routine Checklist Create Bedtime Clock	16 Wash Away Bubbles Game Measure and Make Soap	17 Visit from Dentist (Henry's Mom) Make Toothpaste	18 Practice Deep Breathing Techniques Meditation Stations
We're Growing!	21 No School Dr. Martin Luther King Jr. Day	22 Journal: How I Have Changed with Baby Pic Birth vs. Cur- rent Weight Comparison	23 "How Tall Am I" Height Chart Birth vs. Current Height Comparison	24 My Growth Chart Replicate Size as a Baby	25 Role Play Visit to the Doctor Pre- tend Play with Doctor Kit and Baby Dolls
We Can Move	28 Body Part Bingo Game Sock Skating	29 Imitate Yoga Poses Obstacle Course Play	30 Visit Healthworks Circuit Training in the Gym	31 Pre-K Relay Race Play "Duck, Duck, Goose"	

Sensory Table
Textured Cloth, Bubbles, Soapy
Water and Baby Dolls

Pretend Play
Pretend Food, Doctor Kit,
Partner Skits

Blocks
Marble Run, Obstacle Course,
Meditation Stations

Writing Table
Alphabet Stencil, Journals

Science Area
Magnifiers, X-Rays, Light Table
Skeleton, Tooth Model