



Sunshine Academy Pre K

November 2017: Health and Hygiene



	Mon	Tue	Wed	Thu	Fri
Introduction to Health and Nutrition			1 Journal: What Do I Like to Eat at Home? My Grocery List	2 Repeat After Me Fitness Game Eat the Rainbow	3 What Are Germs? Germs That Scatter Outdoor Germ Search
Hygiene	6 Identify and Label Parts of the Body Make a Body Map	7 Read <u>Germs are Not for Sharing</u> , Glitter Germs How to Wash Hands	8 Invisible Dirt Hand Soap Experiment	9 Wiping and Blowing Nose Poem Practice Elbow Cough	10 School Closed Veteran's Day
Dental Care	13 Dental Professional Visit Neighborhood Dental Office Count	14 How to Brush Teeth Guess Whose Smile Game	15 Egg Plaque Block Flossing	16 Healthy vs Non Healthy Teeth Label Parts of a Tooth Chart	17 Tooth Paste Making My Dentures
Exercise	20 We Can Move Our Feet My Favorite Sport Chart	21 Aerobics Favorite Athlete Reports	22 Yoga Dance Party	23 School Closed Thanksgiving Break	24 School Closed Thanksgiving Break
Healthy Eating	27 Food Pyramid Feed the Hungry Caterpillar	28 Food Sorting Healthy/Non-Healthy Make and Taste Fruit Smoothies	29 Taste Test Apples Apple Patterns	30 Seeds We Eat My Lunch Bag	

Sensory Table
Water, Soap, Pretend Toothpaste, Seeds

Pretend Play
Play Food, Dress Up, Baby Dolls

Blocks
Legos, Mega Blocks, Linking Cubes

Writing Table
Magazines, Glue, Letter Paper, Tracing

Science Area
Magnifiers, Rocks, Teeth, Skeleton Bodies