



# Sunshine Academy Toddler Two

## March 2018: Healthy Me!



	Mon	Tue	Wed	Thu	Fri
Introduction to Health				1 <u>Germs Are Not for Sharing</u> , What We Know Chart Catch Those Germs Activity	2 How to Eat at the Table Make "Did I Wash My Hands" Sign
Healthy Body	5 Parent Visit Mouth Exploration	6 Band-Aid Collage Listen to Our Hearts	7 Water and Soap Exploration Bathe the Baby Dolls	8 Body Collage Identify Body Parts	9 Sing "I Like to Eat Bananas," Make Smoothies Hair Brush Practice
Healthy Food	12 Make a Food Pyramid Sort Veggies and Fruit	13 Read <u>I Like Fruit</u> Visit Trader Joes for Favorite Fruit Chart	14 Make "My Plate" Plates Milk and Water How Many Cups Activity	15 Pretend Grocery Shop Fruit Salad Party	16 Parent Read a Book About Healthy Foods Make Veggie Poster Salad
Movement and Exercise	19 "Pop Pop Wiggle Wiggle" Yoga Head Shoulders Knees and Toes	20 Lift Yoga Ball Weights Do the Hokey Pokey	21 "Curves" for T2 Simon Says Exercise	22 Relay Races at Rose Garden Up and Down Stretches Activity	23 Exercise Obstacle Course Parachute Play
Healthy Mind	26 Mindfulness Deep Breathing Exercises Magnify Seek and Find	27 Visit to the Library Quiet Meditation Practice	28 Healthy Bingo Plant a Healthy Vegetable	29 Healthy Mind Sorting Art Activity Make Healthy Flash Cards	30 Make Healthy T2 Book Healthy Dance Party
<b>Sensory Table</b> Water & Soap Exploration, Milk and Water Activity		<b>Pretend Play</b> Bathe the Baby Dolls, Simon Says		<b>Block Area</b> Identify Body Parts, Yoga, Dance, Games, Parachute	