



# Sunshine Academy Toddler Three

## June 2018: Healthy Me



	Mon	Tue	Wed	Thu	Fri
Introduction					1 Measure and Graph Our Height Healthy Me Word Wall
Exercise	4 Hop Scotch Count Jump Rope	5 Breath Exercises Yoga	6 Nature Walk, Chart What We See Meditation Practice	7 Soccer in Gym Toss and Catch Ball	8 "Duck, Duck, Goose" Activity Dance Party
Food	11 Visit Trader Joe's to Buy Fruit Stamp with Fruit	12 Fruit and Water in Sensory Table Felt Fruit Tree	13 Make Fruit/Vegetable Smoothies Fruit and Vegetable Color Sort	14 Read <u>Carrot Seed</u> , Plant Carrot Seeds Visit Farmer's Market, Color with Veggies	15 Create and Compare Fruit and Veggie Salads Have a Healthy Picnic
Hygiene	18 "How to Wash Our Hands" Sequence Chart Hygiene Hands Art	19 Wash Baby Dolls Sing "Healthy Hygiene" with Actions	20 Brush Yellow Teeth with White Paint Decorate Tooth with Cotton Balls	21 Toothpaste Slime Floss with Playdough and Duplos	22 Hygiene Charades "How to Sneeze" Exercise
Check Up	25 "If I Were a Doctor" Art Doctor Pretend Play	26 X-Ray Craft X-Ray and Light Box	27 Build a First Aid Kit Bandages and Babies Activity	28 Ambulance Truck Art Make House-keeping Center into a Hospital	29 Build a Skelton Doctor Visit in Classroom

**Sensory Table**  
Babies, Soap, Water

**Pretend Play**  
Doctor Kit, Ambulance Play

**Easel**  
Ambulance Truck Art, Fruit and Veggie Art