



Sunshine Academy Pre-K

February 2019: Healthy Me!



	Mon	Tue	Wed	Thu	Fri
Intro					1 KWL: What We Know About Health Discussion... Ways to Stay Healthy
Exercise	4 <u>Human Body</u> , Discuss... Why We Exercise Wall Art: Build a Body	5 Partner Yoga Re-lay Race at Pierce Park	6 Nature Walk At Griggs Whole Group "We're Going On a Bear Hunt"	7 How Many Jumping Jax Can I Do? Chart Trace Partner in Spread Eagle Pose	8 "Head, Shoulders, Knees, Toes" Measure Arms Three Legged Race
Fruits	11 Buy Fresh Fruit At Stop& Shop Taste and Chart Favorite Fruit	12 Apple Sorting and Comparison Dissect and Explore Apples	13 Applesauce Recipe Discussion Follow Recipe for Applesauce	14 Seed Exploration and Sorting Avacado Dissection and Discussion	15 Cut and Taste Fruit Salad Use Cut Fruit to Paint
Vegetables	18 No School President's Day	19 Explore Bell Pepper Insides Sort Small, Medium, Large Seed Piles	20 Vegetable Fill In The Blank Vegetable Syllable Game	21 Root Veg. vs. Non-Root Veg. Chart Blind-folded Veggie Taste Test	22 Journal... My Favorite Vegetable is... Cut and Add Veggies To Soup
Hygiene	25 Journal... What Are Germs, Discuss...Good/Bad Glitter Germ Experiment	26 <u>Germs are Not for Sharing</u> , Elbow Cough Practice Coughing Spray Bottle Art	27 <u>My Tooth is About to Fall Out</u> , Tooth Estim. Mega Block Brush and Floss Game	28 Hand Washing Steps Practice and Chart Wash Up, Wash Baby Dolls in Sensory Table	

Sensory Table
Plastic Veg and Fruit, Soap and Water, Tooth Model and Brush

Science Area
Magnify glass, Body Chart,

Pretend Play
Kitchen, Yoga Poses Chart,

Block Area
Large Hollow Blocks, Stepper,

Writing Table
Color Pencils, Stencils, Body Outlines, Food Magazines