



Sunshine Academy Toddler One

January 2017: Healthy Me!



	Mon	Tue	Wed	Thu	Fri
Eating	2 School Closed New Year's Day Observed	3 Color "My Food Plate" Placemat Sort Snack on Placemat	4 Taste Test Colorful Vegetables Cheddar vs. American Cheese	5 Read <u>In the Kitchen</u> Wash Play Food Cook with Pans in Play Oven	6 Velcro Fruit Basket Play Make Fruit Smoothies
Exercises	9 Play on Soft Structure Gymnastics on Mats	10 Climb Rock Wall at Church Park Up and Down on Step Exerciser	11 Relay Race at Crowley Park Yoga Poses	12 Jump Across Floor Squares and Count Partner Dance	13 Tricycle Races Tunnel Crawl
Emotions	16 School Closed Dr. Martin Luther King Jr. Day	17 <u>The Feelings Book</u> , Plate Emotion Masks Emotion Stamp Pads	18 "If Happy..." Macaroni Smiley Faces Sad Faces in Mirror	19 Read <u>Quiet, Loud</u> Loud vs. Soft Screams in ODC Excitement Pom Pom Cheers	20 Squeeze Stress Balls Calm Body with Breathing Balls
Routines	23 <u>Germs Are Not For Sharing</u> Practice Hand Washing Chart Hand Washing Steps	24 Brush Giant Tooth Model Paint with Toothbrushes at Easel	25 Pretend Nose Blowing with Scarves Explore Contents of Doctor Kit	26 Share Favorite Bath Toy Bathe Baby Dolls	27 Play Dough with Forks Scoop Sand with Spoons
Relationships	30 <u>Hands...Hitting</u> Practice Gentle Hugs Cheer for Friends at Obstacle Course	31 Take Turns Ringing Bell "Simon Says" Listening Game			

Sensory Table
Wash Food, Play Dough, Sand

Pretend Play
Cooking at Stove, Dr. Kit Exploration, Bathe Dolls

Block Area
Soft Structure, Yoga Poses, Ringing Bells