



Sunshine Academy Preschool

November 2018: Healthy Me!



	Mon	Tue	Wed	Thu	Fri
Intro				1 Discuss: Elements of Good Health Create Pre-school Food Pyramid	2 Chart Healthy/Unhealthy Foods Journal: To Stay Healthy, I...
Exercise	5 Discuss Why We Need Exercise Partner Yoga	6 Visit Healthworks Jumping Jacks: How Many Can We Do?	7 Jump Rope at Park Hopscotch with Out-loud Counting	8 Preschool Relay Races Three-Legged Races at Park	9 Obstacle course at Billy Ward Vote on and Chart Favorite Exercise
Fruits	12 No School Veterans Day	13 Visit Stop and Shop to Buy Fruit Taste and Chart Favorite Fruit	14 Make Orange Juice with Citrus Juicers Make and Taste Fruit Salad	15 Blend and Make Fruit Popsicles Banana Pops	16 Dissect and Explore Apples Paint with Blueberries and Raspberries
Vegetables	19 Visit Stop and Shop to Buy Soup Vegetables Make and Taste Vegetable Soup	20 Read <u>Ugly Vegetables</u> , Explore Root Vegetables Make and Taste Beet Salad	21 Blindfold Veggie Taste Test Veggie Texture Prints	22 No School Thanksgiving Break	23 No School Thanksgiving Break
Hygiene	26 Discuss: Elements of Good Hygiene Explore Pretend Doctor Kit	27 <u>Germs are Not for Sharing</u> , Glitter Experiment Create Class Hand Washing Poster	28 Number of Teeth Estimation and Counting Tooth Brushing Practice with Tooth Model	29 Discuss and Chart Morning Routine at Home Discuss and Chart Evening Routine at Home	30 Elbow Cough, Sneeze into Tissue Practice Coughing Spray Bottle Art

Sensory Table Baby Dolls and Soapy Water, Pretend Food and Water	Science Area Blender, Crock Pot, Pretend Doctor Kit	Pretend Play Pretend Food and Dishes, Aprons	Block Area Balance Beam, Gym Gear	Writing Table Stencils, Recipe Cards, Journals
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