



Sunshine Academy PreK

February 2019: Happy, Healthy Humans



Mon

Tue

Wed

Thu

Fri

Intro to Health					1 Journal: Why is Health Important? Height and Age Chart
The Human Body	4 Trace Bodies and Label Parts Play Hokey Pokey	5 "Dem Bones" Pin the Bone on the Skeleton Play Operation and Label Organs	6 Lung Carton Breathing Experiment Yoga Breaths	7 Water Bead and Tubing Vein Experiment Body Tracing Vein Art	8 <u>MSB Inside Body</u> , Obstacle Course Left / Right Hand Test
Germs	11 What Are Germs? KWL Germ Spreading Activity	12 Identify Types of Germs and Bacteria Design Our Own Germs	13 <u>MSB Inside Ralphie</u> , How to Cure Us Doctor Pretend Play	14 Observe Items Under Magnifiers Doll and Handwashing Practice	15 Sneezing Distance Experiment Decorate Tissue Bags
Nutrition	18 School Closed Presidents' Day	19 Fill "My Plate" Diagrams Sort Healthy and Unhealthy Foods	20 Explore Nutrition Labels Fresh vs. Steamed Vegetable Comparison	21 Fruit Fractions Orange Slice Reassembly	22 Visit Livite Write Fruit and Vegetable Poems
Exercise	25 Dice Exercises Relay Race at Schick Park	26 Run and Walk Dean Park Track Name Hopping Game	27 Class Book of Exercises Human Knot Game	28 Dance Class with Mr. Dezzzy "Healthy Me" Biographies	

Sensory Table
Baby Dolls, Soap, Water, Circle Counters, Water Beads

Pretend Play
Doctor Dress Up, Chef Play, Doctor Kit

Blocks
Wood Blocks, Pattern Blocks, Mega Blocks

Writing Table
Stencils, Pens, Paper, Dry Erase Boards and Markers

Easel
Paints, Crayons, Markers, Paper, Stamps, Ink Pads