



# Sunshine Academy Preschool One

## February 2017: More than a Superhero



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

What Makes a Hero			1 What Makes a Hero? Chart Superhero Masks	2 How Can I Help? Role Play Partner Yoga	3 Create a Preschool Hero "How Can I Help a Friend" Role Play
Everyday Heroes	6 Community Hero Guessing Game Community Helpers vs Superheroes	7 Visit to the Fire Station Draw Thank You Cards for Firefighters	8 Emergency Drill Fire Engine Collage	9 "My Mom/Dad is a Hero" Ornament Write Thank You Notes	10 What Does a Hero Do? Journal Visit with a Police Officer
The Hero in Me	13 I Am Me: Mirror Exploration Self-Portraits	14 My Superhero Name This is How I am a Hero Journal	15 Coloring/ Painting on Mirrors Smashing Cardboard Boxes	16 Superhero Listening/Guessing Game Heavy vs Light Super Hero Breathing Game	17 Make Our Own Superhero Cards "Fly" Like Superheroes On Swings
The Hero in You	20 <b>School Closed President's Day</b>	21 Popcorn Compliments My Friend is a Hero When _____ Journal	22 Partner Mirror Dancing Tumbling on Mats	23 "Weight" Lifting Make Rainbow Colored Rice	24 Friendship Bracelet Beading Feat of Strength Obstacle Course
Heroes in All of Us	27 Heroes Dramatic Play Friendship Chain	28 Paper Bag Capes Hero Awards			

**Sensory Table**  
Rice, Pasta, Water, Playdough, Shiny Paper

**Pretend Play**  
Capes and Masks, Superhero Costumes, Mirrors

**Blocks**  
Superheroes, Cardboard Blocks, Balance Beam, Hollow Blocks

**Writing Table**  
Thank You Cards, Envelopes, Stamps, Pencils

**Easel**  
Paint, Tissue paper, Contact Paper, Feathers