



# Sunshine Academy Preschool 1

## January 2017: Healthy You, Healthy Me



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

Hygiene Habits	2 <b>School Closed New Year's Day Observed</b>	3 <u>Germs Make Me Sick</u> , Germ Centers Elbow Sneeze	4 Create a Germ Song with Mr Dave Hand Washing Sequencing	5 Are You Ok? What Hurts Role Play <u>Case of the Stripes</u> , Stripe Patterns	6 Make Get Well Cards Journal: I Know I'm Sick When...
Doctor's Visit	9 Journal: Why Do We Visit the Doctor? Doctor's Kit Exploration	10 Visit from Anna's Family Dramatic Play: At The Doctors	11 Make Pipe Cleaner Stethoscopes Listen to Each Other's Heart Beats	12 Laboratory Play: Make Slides Explore Microscopes	13 <u>Going to the Doctors</u> , X-Rays on Light Table Body Tracing and "Bone" Collage
Getting Better	16 <b>School Closed Dr. Martin Luther King Jr. Day</b>	17 Bubble Bath Sensory Table Make Vegetable Soup	18 Squeeze and Make Orange Juice Rest is Best Puppet Play	19 Hand Washing Sequence Journal: Ways to Get Healthy	20 Sarah Raposo Visits Make and Enjoy a Healthy Snack
Staying Healthy	23 Getting Froggy Dressed for Winter Clothes Sorting by Weather	24 Partner Yoga Time Help Wash Tables	25 Journal: Why is it Important to Take Walks? Make a Trail Map	26 Dr Patrick Fuller Visits I Feel Healthy When...Chart	27 <u>A to Z Vegetables</u> , Veggie Stamping Fruit Counter Patterns
Review	30 Illustrate "Healthy Me" Book Share Healthy Me Page	31 Share Healthy Me Book with Pre K Journal: I Am Healthy Because...			

**Sensory Table**  
Tissue Paper, Soap, Potatoes, Beans, Pasta

**Pretend Play**  
Doctors Kit, Kitchen Food, Yoga Ball and Mat

**Blocks**  
Skeleton, Foam Blocks, "Weights", Light Table

**Writing Table**  
X-Rays, Sick Day Word Wall, Sequencing Cards

**Easel**  
Spray Paint, Feathers, Orange Juice