



Sunshine Academy Preschool Two

March 2018: Health and Hygiene



Mon

Tue

Wed

Thu

Fri

Germ's!				1 <u>Icky Yucky Germs</u> Practice Hand Washing Sponge, Paint and Glitter Game	2 Clean vs. Dirty Bread Experiment Germ Tag Game
Our Outsides	5 Venn Diagram: Mammals vs Fish Skin Layer Wrapping Tubes	6 Left and Right Hand Experiment Trace Hands and Feet	7 Match Baby to Child Pictures PS2 Class "Me" Book	8 Preschool Eye Color Chart Measure Heights with Unit Blocks	9 Who's Missing Game Mirror Self Portrait Drawing
Our Insides	12 Hard Noodle Skeletons Plastic Hand "Muscles"	13 "Lung" in a Bottle Straw and Pom-Pom Race	14 Muscle Pumping Heart Walk and Run Heart Rate Comparison	15 <u>Inside the Human Body</u> , Red Cells and Tubes White Cell, Red Cell Car Race	16 Body Part Collage Human Body Obstacle Course
Healthy Eating	19 "A Full Belly" Mural Digestion Experiment	20 "My Full Plate" Activity Measure Portion Sizes	21 Write Shopping List, Visit Whole Foods Wash and Make Fruit Salad	22 Make and Taste Turkey Tacos Flavored Seltzer Taste Test	23 Naan Bread Pizza Faces Woah Food vs. Go Food Scavenger Hunt
Caring for Myself	26 Count and Record Number of Teeth Tooth Brush Painting	27 When Do I Need Help Chart First Aid Station Pretend Play	28 Active Yoga Poses Sleepy Yoga Poses	29 Bust a Move Dance Game Favorite Songs Chart	30 Sensory Meditation Walk Aromatherapy Guessing Game

Sensory Table
Tubes, Water Beads, Funnels, Water, Cups, Spoons

Pretend Play
Food, Body Parts, Dress Up, Plates, Doctor, Dentist

Blocks
Tubes, Balls, Skeleton Puzzle, Protective Gear

Writing Table
Pens, Ink, Stampers, Rulers, Word Wall

Easel
Finger Paint, Body Tracers, Dry Erase, Salt Paint