



# Sunshine Academy Toddler One

## March 2018: Healthy Me



	Mon	Tue	Wed	Thu	Fri
Healthy Routines				1 <u>Sleepy Yoga</u> Partner Yoga Hand Washing Practice	2 Wash the Tables and Chairs Tooth Brush Practice
Fruits and Veggies	5 <u>Eating the Alphabet</u> , Grocery Store Visit Apple Stamping	6 Blend and Taste Fruit Popsicles Cut Fruit with Plastic Knives	7 Plant Vegetable Seeds "Banana Song" Banana Boat Snack	8 Fruit Smash Painting Carrot Top Painting	9 Fruit and Vegetable Sorting Sweet and Sour Fruit Tasting
Protein and Grains	12 Kitchen Play, Sing "Chicken Pot Pie" Playdough Hamburgers	13 Pour and Measure Rice Count and Sort Beans	14 Colored Spaghetti Mix and Bake Bread	15 Toast Painting Oatmeal in Sensory Table	16 Whole Foods Cereal Aisle Visit Cheerios Dinosaurs
Dairy	19 Milk Cartons out of Glove Boxes Paint Spotted Cow	20 Healthy Fruit Ice Cream Milk Pouring Practice	21 Chart Dairy Products "Old McDonald" with Toy Cows	22 Marble Milk Experiment Pretend to Milk a Cow	23 Whole Foods Cheese Department Cheese Taste Test
My Plate	26 My Plate Mural Foods We Like At Home Chart	27 Utensil Painting Wash Plates and Utensils	28 Mr. Punleu Shares His Sporks Snack Time with T2	29 Food Group Matching Sort Utensils	30 My Plate Color Sorting Food Magnet Play

**Sensory Table**  
Rice, Cheerios, Oats, Spaghetti, Water, Measuring Tools

**Pretend Play**  
Kitchen Tools, Pretend Food, Grocery Carts, Aprons, Puppets

**Easel**  
Fruit, Vegetables, Stamps, Ink, Paint, Glue, Rice, Oats